



Newsletter

February 2010

Diary Dates for February

Monday, 1st February. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 2nd February. 19.00 Meet for a road ride starting from Crown Square,

Thursday, 4th February. 19.00 Chain gang meet at Crown Square

19.00 Junior Club night : Adjusting brakes with Richard Thoday

Saturday, 6th February. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

19.30 for 20.00 Social and Trophy Presentation Evening at Starkholmes Village Hall

Entries (£6) close for BSCA National Cyclo Cross Championships to be held at Thornbridge on Sunday 21st February

Sunday, 7th February. Ladies ride departing Crown Square at 9.30.

Club run : see website for details or contact Chris Metcalfe

Monday, 8th February. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 9th February. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday 11th February. 19.00 Chain gang meet at Crown Square

20.00 Club room open. Drugs in cycling :

how, why, what. A talk by Chris Metcalf

Saturday, 13th February. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

12.00 onwards fourteenth Notts & Derby Cyclo-Cross League race at Sherwood Pines

14.00 Sheldon Circuit time trial. Starts north of Shutts Lane, Bakewell. Cost £2 unless you have paid for the year.

Sunday, 14th February. Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 15th February. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 16th February. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 18th February. 19.00 Chain gang meet at Crown Square

19.00 Junior Dr Bike: Please ring Rob on 01629 822259 for an appointment

20.00 Dr Bike - as above

Saturday 20th February. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

12.00 onwards rearranged thirteenth Notts & Derby Cyclo-Cross League race at Thornbridge

14.00 Sheldon Circuit time trial. Starts north of Shutts Lane, Bakewell. Cost £2 unless you have paid for the year.

Sunday, 21st February. Meet for a social ride starting at 9.30 in Crown Square, Matlock

10.00 onwards BSCA National Cyclo Cross Championships at Thornbridge. Entries closed on 6th February

Monday, 22nd February. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney

Road.

Tuesday, 23rd February. 19.00 Meet for a road ride starting from Crown Square, Matlock Entries (£7) close for the Open hilly 23 on the 6th March.

Thursday, 25th February. 19.00 Chain gang meet at Crown Square

20.00 Club room open. Coaching workshop with Rik Clark

Saturday, 27th February. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

14.00 Hilly 23 starts at telephone box at Alport. Cost £2 unless you have paid for the year.

Sunday, 28th February. Club run : see website for details or contact Chris Metcalfe

Monday, 1st March. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 2nd March. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 4th March. 19.00 Chain gang meet at Crown Square

19.00 Junior Club night : Marbles

20.00 Meet Jenny Gretton BC's Regional Events Co-ordinator

Saturday, 6th March. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's
14.00 Open Hilly 23. Help marshalling much appreciated. Please ring 01629734996 if you can help.

Sunday, 7th March. Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 8th March. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Press Secretary. John White is our acting Press Secretary. - stories, news, photos to John White, 01629 56341, johnwhite244@btinternet.com. John needs to keep a high profile for the Club on the sports pages of local press. Please help by sending

him your news by Sunday evenings.

John would like to thank all who have sent in news and photos for his press reports.

Club Kit. Order on-line at Impsport's website or by phone using a club-specific password to get your discount. This password is on your membership card.

For those with no internet access, Lee Shunburne will act as co-ordinator and arrange an on-line order of your garments. Lee can be contacted on 01246 590228. Lee also has some club cloth racing caps for sale at £7 each.

Notts and Derby Cyclo-Cross League.

These events start in September and finish in February, 14 events in all. They follow a similar pattern.

Under-10 : starts at 12 noon, lasts 7 minutes and costs £1.

Under-12 : starts at 12.30 lasts 15 minutes and costs £1

Youth : starts at 13.00, lasts 25 minutes and costs £4

Junior : starts at 14.15, lasts 50 minutes and costs £4

Seniors, vets, women : starts at 14.15, lasts 50 minutes and costs £10

Ages calculated from 1st January 2010. Senior and junior riders need a BC licence.

Details can be found at www.ndcxl.org including details of the venues.

Lee Shunburne is always available to give advice. Tel : 01246 590228.

Notts & Derby Presentation Evening. Friday 5th March at Underwood Miners Welfare. Tickets : £4 for U-16s; £8 for adults. Both Lee and Harry have tickets.

Social and Trophy Presentation Evening.

Note the date : Saturday, 6th February at Starkholmes Village Hall, starting at 20.00.

Tickets available from Rob at club or cyclo-cross races or phone 01629822259 Cost : £10 senior, £4 under - 18

Club Subscriptions. These were due on January 1st 2010. Please pay promptly.

Volunteers Coordinator - Helen Collier

'Helen would like to hear from anyone willing

to help out at the BSCA National Cyclo Cross event at Thornbridge on Sunday 21st February.

Volunteers are needed to help with the following:

Friday 19th February a.m. -

setting out of the course. - finished by lunch.

Sunday 21st February:

09:00 a.m. - checking of the course

10:00 a.m. - help with signing-on of participants

11:00 a.m onwards. - marshalling of the race(s)

After the events -

help with collecting in the course posts and tape plus general clearing up.

If you are able to help with any of the above, please contact me at helencollier@tiscali.co.uk - or call me on 01629 580027.

If you have never tried cyclocross before and would like to give it a go, there will be an informal 'have a go' trial session for any helpers after the races have finished. So bring your bike!'

Thanks Thanks to Dan Alexander for arranging the printing of Pedal Power and to John for editing this edition.

Open Time Trial Dates 2010

Saturday, 6th March	Hilly 25/23	AH/2	14.00
Sunday, 2nd May	10	A10/16	08.00
Sunday, 6th June	BDCA 50	A50/12	06.30
Tuesday, 8th June	Grouse 10	A10/16	18.30
Sunday, 27th June	Tarmac 25	A25/12	08.00
Sunday, 4th July	BSCA TT	D Moor	9.00
Sunday, 4th July	GHS	A10/?	14.00
Sunday, 24th Oct	Riber	AHC/1	10.00
Sunday, 24th Oct	Bank Road	AHC/6	14.00

Junior Section

Coaching in February. There are two coaching sessions in Whitworth Park during January, 13th and 27th February. Both sessions

start at 9.30 and will last about one hour. They will consist of the usual mix of games and skill training with three different activities each time including a cross/mtb course and some circuit racing.

Junior Dr Bike This session takes place on Thursday 18th February starting at 19.00. If you have problems with your bike you can get them fixed at this session. However you must let Rob know at least a day before the Dr Bike session by ringing 01629 822259.

BSCA East Midland Region Events 2009/10

Event	Date	Where	Time
Nat Cyclo-X	21st Feb '10	Thornbridge	10.00
Crits	11th April '10	Darley Moor	9.00
Hard Track	8th May '10	Forest Town	10.00
Rollers	8th May '10	Forest Town	14.00
Grass Track	19th June '10	Whitworth	10.00
MTB	19th June '10	Whitworth	13.00
Time Trial*	4th July '10	Darley Moor	9.00
Hill climb	26th Sept '10	High Tor	10.00

* Incorporated in the BSCA National Time Trial Championships

Young Riders Fund This fund provides money towards rider's expenses, eg entry fees, if they have ridden National or Area Championships in the name of the club or in the name of their school. Applications for grants should be made at the end of the cyclo-cross season which this year appears to be around Valentine's Day. Further details appear on the club's website.

Circuit Racing at Whitworth. We intend to run a series of short circuit races around the pond in Whitworth Park for under-8s, under-10s and under-12s. They will take place on the 2nd and 3rd Mondays in April, May and June. Each evening racing will start at 18.30 and be finished by 19.30. Entry will cost £1 per evening. Prizes will be awarded at the end of the six race series. More details later.

Matlock Cycling Club is sponsored by : Wards Shoe Shops ; Farmers Garage of Matlock : Stanley Fearn Cycles ; Chubb and Co..

**Contact Sue Statham , the club secretary, for more information about club activities on 01629 584238 or Email : matlockcc@live.co.uk
Club website : www.matlockcyclingclub.org.uk**