



MATLOCK CYCLING CLUB
WWW.MATLOCKCYCLINGCLUB.ORG.UK

Newsletter

March 2009

Diary Dates for March

Sunday, 1st March . Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 2nd March . 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 3rd March . 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 5th March . 19.00 one hour training ride, departing promptly from Crown Square.

19.00 Junior club night at the Barn - virtual reality turbo-training.

Saturday, 7th March. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

14.00 Open Hilly 25 starting from Rowsley. help appreciated with marshalling.

Sunday, 8th March . Ladies ride departing Crown Square at 9.30.

Monday, 9th March . 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 10th March . 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 12th March . 19.00 one hour training ride, departing promptly from Crown Square.

20.00 Club night at the Barn. Dr Bike. Please ring Rob on 01629 822259 for an appointment

Saturday, 14th March . 9.15 MTB ride

starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

9.00 100k Three Fields Audax from Alfreton

Sunday, 15th March. 9.00 Hilly 14 mile time trial starting from the layby above Lea.

Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 16th March . 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 17th March . 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 19th March . 19.00 one hour training ride, departing promptly from Crown Square.

20.00 Club night at the Barn. May the best man win - Illustrated talk by Martin Bhurruth whose article appeared in Pedal Power 2009

Saturday, 21st March . 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

Sunday, 22nd March . 8.30 Winster circuit time trial starting at Four Lane Ends, Darley Dale.

Monday, 23rd March . 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 24th March . 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 26th March . 19.00 one hour training ride, departing promptly from Crown Square.

20.00 Video/DVD evening.

Saturday, 28th March . 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

8.00 150k Sleepy North Notts Villages Audax from Alfreton.

Sunday, 29th March. 8.00 Twenty five mile time trial using A25/12. Starts at small layby on the A6, 200m north of Church Road/A6 junction, Darley Dale.

Monday, 30th March. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 31st March. 18.30 First 5 mile time trial. Signing on takes place near to the bus shelter on the A6020 at Ashford in the Water. Prompt signing on required.

19.00 Meet for a road ride starting from Crown Square, Matlock

Press Secretary. Chris Sharp needs your results and any other information by Sunday night. Chris can be reached at chrisrach@fsmail.net or 01773 856075.

Due to Chris's recent fall resulting in a fractured hip, he needs a deputy to cover the club time trials during the coming season

Club Kit. New club kit is available. Ordering is 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.

New Sponsors We are pleased to welcome Stanley Fearn Cycles and Chubb and Co as the new club sponsors along with existing sponsors, Wards Shoe Shops and Farmers Garage. See the club website for discounts available from our sponsors.

Thanks. Thanks to all who helped in any way with the Trophy Presentation evening. Suggestions for this year's event would be very welcome.

Tour de France 2009 We are hoping to see a

couple of stages near to or after Limoges ie near to the Vosges. Departure would be mid-morning on Sunday, 12th July, returning on Sunday 19th, July. Details soon. There may be a walking alternative? Please let me know if you are interested by phoning 01629734996. Booking early March.

Club Subscriptions These were due on the 1st January 2009 Adult £12, Family £20, Junior 16+ to 23 £6, U16 £2, Second Claim £6.

John White is Membership Secretary.

Tour of Flanders 2009 We leave on the afternoon of Thursday, 2nd April from Hull, returning to Hull in the early morning of 9th April. See two races and ride the Belgian cobbles for 4 days. Ring 01629734996 if you are interested. Booking very early March.

Sunday Club Runs Coming soon, club run every Sunday. There will be a diary of club runs on the website. We would like club members to put their name to a ride/rides to ensure that there is someone there each week from the club. Please email Chris Metcalfe at iam_mrmecalf@hotmai.com with the dates that you could offer. This list will eventually be displayed on the club website.

Tissington Triangle Matlock Rotary Club 28 mile sponsored ride. Sunday 19th April.

Raising funds for Highfields School Minibus Appeal. Contact Peter on 01629 56259 Sponsor form from www.matlockrotary.com

Young Riders Velodrome Taster Session (9 to 14 year old)

We have a session booked at the Manchester Velodrome on Thursday 16th April (second week of Easter hols) from 4 to 5pm. The cost for each rider will be £6 including bike and helmet. We only have 14 places, don't delay in booking. Contact Dawn on 01629 582300

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 : kianga@btinternet.com Club website : www.matlockcyclingclub.org.uk

Junior Newsletter

March 2009

Coaching sessions.

Coaching continues in March. There are two sessions : March 14th and March 28th. Both start at 9.30 using Whitworth Park. We will be using Go-ride exercises as usual, games and some racing. The group will be split into two : experienced/older riders ; younger or new riders. The sessions will end with a race around one of John's cyclo-cross courses.

Junior Clubnight

Junior clubnight takes place at the Barn on Thursday, 5th March starting at 19.00. The February Junior Clubnight was cancelled because of the weather and so we are trying again with Virtual reality turbo-training, Come along and try computer age static bike racing on the big screen. It will test your fitness and coordination. No equipment necessary.

Junior Dr Bike

This session takes place on Thursday, 12th March from 19.00. If you have problems with your bike you can get them fixed at this session. If you would like to know how to maintain your bike, or to check for faults, this could be the session for you. If you would like one or both of your parents to know how to maintain your bike, bring them along. However you must let Rob know at least a day before Dr Bike that you intend to come to the session by ringing 01629 822259.

Junior Velodrome Visit

We have a session booked at the Manchester Velodrome on Thursday 16th April (second week of Easter hols) from 4 to 5pm. The cost for each rider will be £6 including bike and helmet. We only have 14 places, don't delay in booking.

You need to be able to get to Manchester.

Contact Dawn on 01629 582300 for more details

Coaching Dates 2009

Day	Date	Venue	Time
Sunday	April 12th	Darley Moor	10.00 - 11.00
Saturday	April 18th	Whitworth Park	9.30 - 10.30
Saturday	May 2nd	Whitworth Park	9.30 - 10.30
Saturday	May 23rd	Whitworth Park	9.30 - 10.30