



Newsletter

November 2010

Diary Dates for November

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

Thursday, 4th November. 19.00 Chain gang. Meet in Crown Square Matlock
19.00 Barn club room open. Junior club night.
Bonfire toffee

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

9.30 Coaching in Whitworth Park.

Sunday, 7th November. Meet for a social ride starting at 9.30 in Crown Square, Matlock
Club run : see website for details or contact Chris Metcalfe.

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

Thursday, 11th November. 19.00 Chain gang. Meet in Crown Square Matlock.
20.00 Barn club night. Coaching forum led by Richard Clark

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

20.00 Dr Bike - as above.

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

Sunday, 14th November. Ladies ride departing Crown Square at 9.30.

Club run : see website for details or contact Chris Metcalfe.

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

Thursday, 18th November. 19.00 Chain gang. Meet in Crown Square Matlock.
20.00 AGM at the Barn.

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

9.30 Coaching in Whitworth Park.

12 noon onwards 6th Round of the SRAM Notts & Derby Cyclo Cross League at Sinfin Moor Park - Promoted by Derby Mercury. See below for individual events.

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

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 23rd November. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 25th November. 19.00 Chain gang - meet in Crown Square, Matlock

20.00 Retro Bikes at the Barn : Harry Dearing and Ken West with their restored machines.

Saturday, 27th November. 9.15 MTB ride starting from the car park opposite Stanley

Fearn's.

Sunday, 28th November. Meet for a social ride starting at 9.30 in Crown Square, Matlock.

Monday, 29th November. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 30th November. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Thursday, 2nd December. 19.00 Chain gang. Meet in Crown Square Matlock

19.00 Club room open. Junior club night.

Saturday, 4th December. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching in Whitworth Park.

Sunday, 5th December. Meet for a social ride starting at 9.30 in Crown Square, Matlock
Club run : see website for details or contact Chris Metcalfe.

12 noon onwards 7th Round of the SRAM Notts & Derby Cyclo Cross League at Thornbridge Outdoors - Promoted by Zepnat - incorporates the Midlands Cyclo-Cross Championships. See below for individual events.

Press Secretary. Steve Strange is our Press Secretary. Please send Stories, News, Results and Photos to Steve Strange - 07768 847743 or spstrange@gmail.com. Steve 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.

Club Kit. The club has decided to use Endura to supply club clothing alongside the existing 'on-demand' system from Impsport. Endura orders will be placed 3-4 times per year with the second to be submitted in the Autumn. The design is not being changed so all recent clothing will remain current. Projected lead time for our first order is eight weeks, so now is the time to place orders in time for winter and the cyclocross season.

The Endura brochure is also available to view at http://www.endura.co.uk/Dept.aspx?dept_id=207

Please submit orders to Lee Shunburne, who can be contacted on 01246 590228 or via email at lee.shunburne@nottingham.ac.uk

Lee also has some club cloth racing caps for sale at £7 each.

Volunteers Coordinator - Helen Collier

Volunteering Proposal: The committee have been discussing the best way of increasing the number of volunteers available to organise and help with MCC events and activities, in order to spread the burden across a wider group of people as well as ensuring the longterm viability of popular events. A Volunteering - Proposal has been put together which will be voted on at the AGM on 18th November. The Proposal is on the website and a discussion thread has been started on the General Forum. You are encouraged to read the document and provide comments on the Forum discussion, but a very brief summary of the proposal is as follows:-

1. that active club members aged 16 and over who participate in one or more Club activities will be expected to volunteer to help out at one event (more of they choose to) during the year;-
2. members can help out at any type of event, not just the type of event in which they normally participate;
3. members helping out at an event in which they would normally have competed and for which they would be awarded points will be compensated with average points for that event.
4. Offers of help from members who do not normally participate in MCC events will, of course, still be welcomed.

AGM All members are invited to attend the Annual General Meeting to be held at the Barn, Church Street, Matlock on Thursday, 18th November. Nominations for club positions and proposals for the AGM to the secretary by Thursday, 13th November please

Club Secretary Sue has intimated that she would like to retire from the post of club secretary and so there is a forthcoming vacancy. The handover period would be mutually agreed between Sue and the new secretary. Please let Tony know if you are interested.

Thanks Thanks to all who helped with the Open hillclimbs on the 24th October.

Tour de France 2011 The club's trip to see the 2011 event will probably visit Brittany from 4th-11th July. Details next month

Paris-Roubaix 2011 The club is organising a trip to see the 2011 race which takes place on Sunday, April 10th. staying at Le Pot d'Etain near to St Quentin. Depart : Thursday, 7th April. Return : Wednesday, 13th April. Booking during November. Please let me know if you intend to come with us by ringing Chris on 01629 734996

Notts and Derby Cyclo-Cross League.

These events start in September and finish in February, 12 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 £5

Junior : starts at 14.15, lasts 50 minutes and costs £8

Seniors, vets, women : starts at 14.15, lasts 50 minutes and costs £12

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.

Open Time Trial Dates 2011

Saturday, 5th March	Hilly 25	AH/2	14.00
Sunday, 1st May	Open 10	A10/16	08.00
Sunday, 5th June	BDCA 50	A50/12	06.30
Tuesday, 7th June	Grouse 10	A10/16	18.30
Tuesday, 7th June	Grouse 10 MG	A10/16	18.30
Sunday, 26th June	GHS Cen Dist	A10/16	08.00
Sunday, 26th June	Tarmac 25	A25/12	08.00
Sunday, 26th June	Tarmac 25 MG	A25/12	08.00
Sunday, 23rd Oct	Riber	AHC/1	10.00
Sunday, 23rd Oct	Bank Road	AHC/6	14.00

Junior Section

Junior Dr Bike This session takes place on Thursday 11th November 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 Rob on 01629 822259.

events.

Next BSCA Event The next BSCA event is the National and East Midland Regional Cyclo Cross Championships at Thornbridge, Great Longstone on Sunday, 20th February. This event incorporates the club championships for U-8, U-10, U-12, U-14 and U-16. You need to enter on a BSCA entry form which can be obtained at a coaching session or from the BSCA website. Send the completed form together with the entry fee of £7 to Chris Mottram, Parkside, Station Road, Darley Dale, DE4 2EQ by Saturday, 5th February 2011. Cheques payable to NDCXL

Coaching in November. There are two session, Saturday, 6th and 20th October. Both start at 9.30am and run until 10.30am and use Whitworth Park. They will consist of some racing type activity cyclo cross, round the lake or up the mountain together with the possibility of learning new skills or improving those already learnt.

Coaching dates until April 2011

Day	Date	Month	Time
Saturday	6th	November	9.30 - 10.30
Saturday	20th	November	9.30 - 10.30
Saturday	4th	December	9.30 - 10.30
Saturday	18th	December	9.20 - 10.30
Saturday	8th	January	9.30 - 10.30
Saturday	15th	January	9.30 - 10.30
Saturday	5th	February	9.30 - 10.30
Saturday	12th	February	9.30 - 10.30
Tuesday	22nd	February	10.00 - 12.00
Saturday	12th	March	9.30 - 10.30
Saturday	26th	March	9.30 - 10.30
Saturday	2nd	April	9.30 - 10.30
Saturday	16th	April	9.30 - 10.30

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

Lower back pain in cyclists

Tony Holmes, our Chairman, has received the following letter from Tim Hall.

Dear Tony

I am writing to ask your organisation's permission to approach your members or colleagues and invite them to participate in a study investigating aspects of lower back pain in road cyclists.

As part of a final year dissertation, around 60 volunteers will be invited to attend a 15 minute appointment and give informed consent to a non – invasive test of spinal range of movement. There is no treatment involved.

The study is of low risk, and has been reviewed by Sheffield Hallam University Health and social Care Ethics Committee and subject to ethical scrutiny throughout. I am being supervised by Dr Stephen May PhD.

If you are able to help I will need a list of email addresses, or ask you to forward an email on my behalf.

If you have any questions or require further information please contact me on: 07768 220143 or by email: thall4@my.shu.ac.uk

I look forward to your reply

Yours sincerely

Tim Hall

PS: I ride occasionally with the Matlock CC lads and know a few of them quite well. I was hoping we could set up a testing evening on a Thursday night at you club room?

Te actual test is a simple measurement of lower back range of movement and takes around 5 minutes in reality.

Physiotherapy study - Miracle cure to back pain . . .

...is not what I expect to find but I am trying to understand a lot more about the causes of lower back pain when cycling.

Non-specific lower back pain really is a pain-in -the neck: 85% of us suffer from it at one time or another and I'm looking for around 60 volunteers (with and without pack pain) for a short one off test as part of a study.

Ok, apart from the obvious stuff you all endure out on the road ; 1000s of miles per week (mostly in secret), ill-fitting bikes, back breaking wind and unavoidable aging process.

There are a few other components that might predispose some of us to lower back pain, pain that ranges from slight discomfort to pain that really competes with childbirth.

One of the reasons is undoubtedly genetic, others are saddle angle and muscle endurance / strength / length.

I'm specifically interested the flexed or bent position we all adopt when cycling in an effort to be more aerodynamic and the negative effect that has on the shape and range of movement in the lower back (lumbar region), and the subsequent pain.

Am I going to find a cure?

If I do I'll retire on the profits - so probably not. I am hoping to establish a correlation that might give us some ideas about how to manage and minimize the problem.

What do I need from you?

Around 5 minutes of your time and consent to the test.

Where will it happen?

8.00pm onwards 3rd December, at The Barn.

How do I get involved?

Send me an email expressing your interest and I will send detailed information and arrange a time slot. <mailto:thall4@my.shu.ac.uk>

It really is a quick and easy test so I'm hoping a lot of you will want to help me out and get involved - you might find something out that improves comfort and performance so it could be a very well spent 5 minutes!

Tim