



Newsletter

December 2010

Diary Dates for December

Thursday, 2nd December. 19.00 Chain gang. Meet in Crown Square Matlock
20.00 Barn club room open. Back pain tests.
Email : thall4@my.shu.ac.uk for more details.

Trophy return evening

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 Midland Cyclo-Cross Championships. No entry on the line except for U-10 and U-12.

Monday, 6th December. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 7th December. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 9th December. 19.00 Chain gang. Meet in Crown Square Matlock.
20.00 Barn club night. Presentation :
"Rosie Emeny from the University of Sheffield- will be speaking about her current research project, 'Cars and the Countryside'. - The project explores the way that people use their cars to experience and engage with rural

area"

Trophy return evening

Saturday, 11th December. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's.

9.30 Coaching in Whitworth Park.

Sunday, 12th December. Ladies ride departing Crown Square at 9.30.

Monday, 13th December. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 14th December. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Thursday, 16th December. 19.00 Chain gang. Meet in Crown Square Matlock .

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

20.00 Dr Bike - as above.

Trophy return evening

Saturday, 18th December. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

12 noon onwards 8th Round of the SRAM Notts & Derby Cyclo Cross League at Sherwood Pines - Promoted by Sherwood CC. See below for individual events.

Monday, 20th December. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 21st December. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 23rd December. 19.00 Chain gang - meet in Crown Square, Matlock

20.00 Club open

Trophy return evening

Saturday, 25th December. Christmas Day

Monday, 27th December. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 28th December. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Thursday, 30th December. 19.00 Chain gang. Meet in Crown Square Matlock

20.00 Club room open.

Trophy return evening

Saturday, 1st January. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

Sunday, 2nd January. Meet for a social ride starting at 9.30 in Crown Square, Matlock

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

9.00 Meet at Thornbridge to set up cross course.

Monday, 3rd January.

12 noon onwards 9th Round of the SRAM Notts & Derby Cyclo Cross League at Thornbridge Outdoors - Promoted by Matlock CC.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 4th January. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 6th January . 19.00 Chain gang - meet in Crown Square, Matlock

20.00 Club open

Trophy return evening

Saturday, 8th January. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching in Whitworth Park.

Sunday, 9th January. Ladies ride departing Crown Square at 9.30.

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 Subscriptions

Club Subscriptions due January 1st. 2011. Fees same as 2010. Time Trial pass £10. Contact John White.

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 by **13th December** in order to ready for the 2011 road season and to beat VAT increases. 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

If you are able to help out at any MCC event in 2011 whether this be marshalling, making tea, please can you either reply to Helen's thread on the website General Forum or email her at helencollier@tiscali.co.uk Training will be given where required.

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 club officials for their efforts in 2010

Social Evening

The club is organising a ceilidh at Starkholmes Village Hall on Saturday, 5th February from 7pm to 11pm with live music and snacks. Tickets, £5 adult and £3 children., are available from Helen Collier and other committee members and will be found at Stanley Fearn's.

There will be a tombola to raise funds for the club's 2011 charity - the Derbyshire Air Ambulance.

Trophy Presentation Evening.

This now takes place at 7pm on Thursday 3rd March at the Barn, Church Street, Matlock.

Tour de France 2011

The club's trip to see the 2011 event will visit Brittany from 4th-11th July to see bit of three stages. We hope to stay in Lambaille and sail to St Malo. More details by ringing 01629734996.

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

Cyclo-Cross at Thornbridge Outdoors, Great Longstone on Monday, 3rd January 2011.

Come along and try some cyclo-cross at Great Longstone - the nearest course to Matlock. The under-10 event starts at 12 noon and the under-12 event starts at 12.30pm. Both cost £1 to enter.

Get there at 11.00 and you will be shown around the course by John and Ken and then have time to sign-on. The course will be flat with lots of bends just like the ones at Whitworth Park.

Look forward to seeing you there.

Junior Dr Bike *This session takes place on Thursday 16th December 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 December. *There are two sessions, Saturday, 4th and 11th December - note change of date - there will be **NO coaching on the 18th December.** Both start at 9.30am and run until 10.30am and use Whitworth Park. Note that there are horse and coach rides in the Park from 10.00 so we will be using the extra bit of the car park and the area around the "hill" and the second football pitch. These sessions 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.*

2011 CTT handbooks available to order through club at £8 each. Names to Chris by January 1st , please

Coaching dates until April 2011

| Day | Date | Month | Time |
|-----------------|-------------|-----------------|---------------------|
| Saturday | 4th | December | 9.30 - 10.30 |
| Saturday | 11th | 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 |

Proposed East Mids BSCA Championships 2011

| Day | Date | Event | Venue | Time |
|------------------|-----------|-------------|-------------|-------|
| 2010/2011 | | | | |
| Sunday, | 20th Feb | Cyclo Cross | Thornbridge | 10.00 |
| Sunday, | 3rd April | Crits | Darley Moor | 14.00 |
| Saturday, | 14th May | Hard track | Forest Town | am |
| Saturday, | 14th May | Rollers | Forest Town | pm |
| Saturday, | 20th June | Grass track | Darley Dale | am |
| Saturday, | 20th June | mtb | Darley Dale | pm |
| Sunday, | 17th July | Time trial | Darley Moor | 10.00 |
| 2011/2012 | | | | |
| Sunday, | 25th Sept | Hill climb | Matlock | 10.00 |

A happy, prosperous and speedy 2011 to all our members.

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**

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 2nd 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