



BOGNOR REGIS *Cycling Club*

B.R.C.C. Newsletter and Fanzine (issue 2- October 2016)

Hi Graham

Welcome to our second, and still hopefully not the last newsletter keeping you up to date with the various “goings on” within the Club. If you want to contribute to the content of the next one, or if you want to tell us how wonderful, or woeful you find it please contact us (Mark Haplik or Michael Smith) by email.

RACING & TTs

We’ve had an excellent season of racing and Time Trials with a number of creditable successes achieved by members of the club. A number of PB’s are on the books for this season and all the regular riders showed increasingly faster times throughout the year.

A very respectable showing at the Goodwood series of racing events by BRCC was marred by an unfortunate couple of incidents leading to members taking time off from their racing calendar. We wish you all, especially Arthur Waghorn, a speedy recovery and hope you are back fit and ready for 2017.



We look forward to hosting another full diary of events next year.

Huge thanks to Richard and all the team for managing this year’s events and keeping us all safe and for most part on the correct route! Plus, a special mention and thanks to all those who helped provide the cakes and treats for us all when we got back to the HQ.

TURBO SESSIONS

These are back on now, every Thursday at the Eastergate Memorial Hall, the first one was this week and we had an excellent turnout. The class is free to all first claim members of the club but anyone is welcome to join us. The hall opens from 6.30 with the pain level increasing from 7.00 until the gentle and very welcome 'warm down' and finish at 8.00

CLUB RIDES

There have been a number of changes with the club runs this year. We have tried to accommodate the increasing fitness and ambitions of club members, whilst maintaining the option of our traditional routes and club run ethos of steady pacing and assistance when required. We must be open and encouraging to new members to join up undaunted by the prospect of fast hilly routes which may be beyond their ability at first.



We have now settled on a format which we hope will be agreeable to all members. The primary club run will leave from the Pink Pub on a Sunday morning at 9.00am and will be open to anyone who wishes to join. The route will be via Tangmere to Stansted House for refreshments and then return to the Pink Pub allowing people to leave the ride at points suitable for them on the way back. The pace will always be 'steady' but no-one will be left behind and all abilities will be catered

for. We will stop to provide assistance if you have a mechanical issue and we will make sure all riders return safely.

If there are sufficient riders the group may split so that some can take a faster/longer/hillier route if they wish but the standard route will always be available to those who want it.

Please keep an eye on Facebook for posts about the Club ride, very bad weather may affect it but otherwise we hope to make this a fixed ride always available.

This Sunday 9th October there is also the Canine Partners 'Pedal for Paws' event. This is our nominated charity for this year so it would be great to have as much support for it as we can. There are various routes available and full details are available from the following link <https://caninepartners.org.uk/event/pedal-for-paws>

TRAINING RIDES

We have grown a core group of club riders who are looking for bigger, faster and more challenging routes. On a personal note I wish them well and look forward to seeing them at Stansted when they come through there! These rides will be posted on the Facebook page and anyone is welcome to join. The pace will be quicker than the Sunday club rides, the routes will be more challenging and anyone joining will be expected to be more self-sufficient. Don't let that put you off – if you're up for the challenge these are great rides to participate in and help take your cycling to a new level. Whatever the pace there is always time for some friendly banter and every ride has a good stop for coffee and refreshments.

In good weather these will happen on a Sunday and through the week but arrangements are made on a week by week basis with full details posted on the Facebook page as and when a ride is available. They will often have a focus so it may be hills, distance or pace but the ride posts will have all that information for those interested

DAVE PRIOR MEMORIAL RIDE

To honour Dave's memory, the club will be riding the Isle of Wight, which, as most of you will know was one of Dave's favourite "days on a bike". The ride will take place on June 11th next year and can be tackled in three ways.

Firstly, a double circuit once clockwise and then anti clockwise! approx. 134 miles!

Secondly a single clockwise circuit approx. 67 miles and

Finally, a much shorter approx. 33 miles' route.

Mark will be co-ordinating this ride and full details will be available early next year

HEY! GUESS WHAT?

IT'S ALMOST CHRISTMAS

Yes I know we haven't had Halloween yet but the wrapping paper is already in the shops and this week I even heard the first dulcet tones of Noddy Holder.

We can't avoid it but we can make the most of it so we're having the traditional BRCC celebration Christmas Dinner and Dance evening on Saturday 26th November. I will be sending out menu choices and order slips very soon but we need to have them back by the end of the month or we can't guarantee you any Christmas pudding!

Please look out for them and get them back to us in the envelope provided.

MEMBERSHIP

Although not due yet, if you wish to join for next year and get it out of the way. If you join now we will carry your membership over till the end of 2017. You can do this online at <http://bognorregiscyclingclub.org/apply.html> or contact me on 07891 513 929 to deal with it by post.



CLUB KIT

The Club has some stock of jerseys and bib shorts, if you didn't get to place an order and would like some of the new style kit please contact Mark for details.

Please remember you can post on the FB group page at any time to invite interest from other club members for a ride that you would like to do or to just keep up with club events and news

Don't despair if you've decided not to join the Facebook, we understand that it is not for everyone. We will try to keep members up to date through these emails and our contact details are on the web site and below if you want to ask any questions.

Looking forward to riding with all of you SOON! Ride the Blue and Yellow train - you know it makes sense!

Regards

Mark Haplik and *Michael Smith*

Bognor Regis Cycling Club
Membership

07891 513 929

Sunday Club Run for all abilities – Every Sunday, 9am from The Pink Pub.