

The Signpost

Darley Abbey

Magazine of the
Derby Mercury RC



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April 2010

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Editorial

The year is four months old and, would you believe it, there are still some people who have not paid their club membership. What are you thinking? Come on - get down to the club and give Avice your money. And remember, if you want to race, if you are not a paid up member **you will not be allowed to ride.**

It's a thin magazine this time I'm afraid, due to a lack of material but what we have is interesting stuff so thanks to our contributors to this issue.

As promised, there's information about the Go-Ride scheme and what it means to the club.

There's also an article from one of our young riders, Rosie Blount. When you are starting out there are lots of different disciplines to have a go at and it's good to try them all. I hope that others will be inspired by Rosie's words.

Dave Ellis

Go-Ride

Derby Mercury RC is now a British Cycling Go Ride Club. Jim Crew explains what that means.

In the dim and distant past, when a younger rider turned up at the club, the Sunday club run was the way to get started, develop fitness and generally get involved. In the late 70's and early 80's I understand there were often 20 or 30 schoolboys out on a Sunday morning, doing just this. [Where are they all now? But that's a different question]. This can still work, provided that the group is willing to take a younger rider or two out - or even better if a parent comes along too. But it's a bit hit and miss if we know nothing about the child.

So what if the younger rider isn't ready to join the clubrun - through being too young, not strong enough or not having the required skills - and how would we know these things if we hadn't seen them ride before?

This is where British Cycling's Go Ride scheme comes in. Aimed mainly at 7 to 16 year olds, it is the means to bring younger riders into a club environment so that they can learn skills, develop fitness and eagerness, make friends and generally develop an interest in cycling. The emphasis is definitely on learning skills in a safe and fun environment - it isn't about pounding out the miles on the chaingang or grinding away on a turbo-trainer - that can come later. And lets face it, a turbo in the garage probably isn't going to convince any youngster that what we do is in any way better than the alternatives.....

Cover Photo: Rosie Blount in action on her mountain bike.

We are now a Go Ride club - this costs the club nothing to register. It does cost money to train coaches, but Derby City have covered the full costs for all 3 coaches currently in training. Equipment - cones, limbo bars, etc - is largely supplied free of charge by BC. Speaking of which we have had brilliant service from BC - Dean Hughes is our local Go Ride coach and Anthony Gill the Regional Manager. They are both at the club regularly - as was Rob Sharman before them. Rob now runs the youth development programme in the East Midlands - that's the next level up from Go Ride. The higher performing kids from Go Ride sessions can be nominated for further coaching led by Rob - such as Regional Schools of racing for road, track and MTB. The club now has youth riders attending these sessions.

A typical training session will last just over an hour, starting with a bike/ helmet/ clothing check, then a warm up off and on the bike. Each session will have an aim - this might be to improve braking technique, cornering, climbing, gear selection, control at slow speeds through to starting in a bunch as in a race. Coaching material provided by BC covers how to get the message across in a variety of ways. Emphasis is on learning and fun - not standing round a blackboard. Skills and techniques can be combined, depending on the ability of the group, ie - climbing/ gear selection/ choosing the right line round obstacles or avoiding muddy patches. All the kids get feedback as the session progresses - encouragement, a pointer to what to do to get better, maybe using a competent rider to give a demo.

Towards the end of the session, we might do a race to put some of the skills into practice. This isn't just about first across the line - slow bicycle race anyone - it could be a mixed ability relay or maybe working as a team using one bike that only fits the smallest rider properly. Keirin racing, using a stronger child or an adult on the front, round a tight oval on slippery grass or gravel car park is seriously good fun, even for the grown ups - a real

adrenaline rush on that one.

Training sessions have to be off road - sensible, as many parents would insist on this anyway. In Derby we're lucky to have access to lots of great parks, normally free of charge thanks Derby City Council. Other clubs are stuck with car parks.

Sessions have to be led by a British Cycling trained Level 2 coach - we have one of those already in Tom Butcher and there are three more in training - Rob Malik, Mark Gray and me, Jim Crew. All are CRB checked and First Aid trained. Two coaches should be OK to look after up to 30 children - and we hope we don't get more than that to start with. We could group the children based on ability, or not - depending on the activity.

Where do we get the kids from? Good question. Both Cycle Derby, headed up by Tracey Fletcher and BC with Dean Hughes, work with schools in the City and beyond, during lesson time or in after school clubs, for 6 week periods to develop skills and find kids who might be interested in taking things beyond school. They can then be pointed in our direction. We're aiming to bring the schools they have been working with together at the end of their 6 week block to compete in an inter schools event - again in a City park for a couple of hours.

What do we want to achieve? Twenty 14 year olds turning up for the club run on a Sunday morning? Maybe not. But locally we have the Notts and Derby Cyclo Cross league every winter - 3 of the rounds for this are in Derby parks, so it would be good to get some children riding those. Maybe Darley Moor Youth races - that begs the question of how we get them there if parents can't do it. But that's for another day. Roller racing is something we already do at the clubroom. So lets see how it develops

The first session is on Wednesday 21st April at 6:30 pm in Allestree Park, near the hall/ golf club. Then weekly for 4 weeks on

Wednesdays, possibly changing to Thursdays after that (we're being supported for the first 4 sessions by Dean - who has other coaching commitments on a Thursday evening). Any helpers would be more than welcome - you don't need anything but interest and

enthusiasm. Or just come down and watch - there's nothing wrong with having a chat over a cup of tea - even if it is from a flask. Its what some of us cyclists are best at.

Not quite Talent Team

By Rosie Blount

It's odd to think that only 2 years ago I was focused on triathlon. I swam with City of Derby Swimming Club and ran for Amber Valley, with little cycling in between. Consequently, the cycle leg was where I always lost time - so with the 2008 triathlon season over, my dad decided it was time to get out on my bike. The best way to do this seemed to be taking part in the Notts and Derby cyclo-cross season, which my dad had previously taken part in (back when he was fit and young). So we went down to Sinfin for the first race of the season, which happened to be run by Derby Mercury, and I rode around in the mud for the best part of 40 minutes. Lovely. However, I did actually enjoy the experience, which of course had nothing to do with the fact I came first girl. So as planned we went through the cyclo-cross season and I came out the end with a big trophy, a Sram groupset and lots of new friends.

Since then, we've tried lots of different cycling disciplines, with varying degrees of success. Shortly after the cyclo cross season, we had a go at the track in Manchester which me and my sister Hannah both enjoyed and then dad committed us to the Forest Town track league - which in the end was no bad thing. It lead us to the DHL Sprint School and then ultimately for me riding the National Track Championships and the Revolution series.

In spring 2009 I tried circuit racing which is available locally at Darley Moor, although didn't particularly enjoy it then. However with what I've learnt from track racing and the Regional Schools of Racing (held by British Cy-

cling) this years races have been far more enjoyable and successful. We've got more circuit races lined up which could ultimately lead to representing the East Midlands in this year's North West Tour and UK School Games.

Not wanting to leave it out, we also had a go at some mountain bike racing last year, although we've come to the conclusion that we would rather just enjoy a casual ride now and again, instead of committing to races where you don't know what you're going to get.

Wanting to be faithful to the club, we had a go at time trialling over the summer, which was the first time we had actually raced on the road, leaving dad a nervous wreck. Despite some atrocious weather and dad's lectures on road safety, Hannah and I enjoyed them and we'll be back again this season.

Before I knew it, it was September and I was back on my 'cross bike, well actually my dad's cross bikes as Hannah inherited mine. After last season's success I wanted to do well at Notts and Derby and by December had won the Under 16 Girls Championship. We also travelled around the country racing in the National Trophy series where we raced against best girls in the country and recognised there is still work to do if we want to be chosen for the British Cycling Talent Team, although it doesn't feel out of reach.

Above all it's been great to enjoy the sport and make new friends, young and old. It's great news too that Derby Mercury is now a GO RIDE club and will be having training sessions at Allestree Park which will attract new young riders

Book Reviews

By Nick Scott

Bikie (A Love Affair With The Racing Bicycle) by Charlie Woods

(Mainstream Publishing ISBN 1-84018-657-7)

The Time Literary Supplement had this to say: 'Bikie is not just a poignant and very funny autobiography, it is also a beautifully written piece of social history'.

I started to try and write a clever review of this, in my opinion, seminal work but nothing I can say does it justice. All I can do is repeat the words on the rear cover:

'Bikie lays bare the true heart of cycling. Every grass-roots enthusiast, keen racing man (*or woman*) and elite professional has one thing in common: he (*or she*) loves his (*or her*) bike and riding it. The author pinpoints the source of this love, tracing its development in the individual, how it draws people into a community and then a tradition – creating a whole worldwide culture to celebrate that deep affection for what is a technological marvel and transcendent experience.

Great champions too are inseparable from their bikes. They merge into them, becoming a composite image, figures of myth. As well as exerting an emotional hold, cycling, in its famous races, also mounts a living proof of exemplary virtues: courage, perseverance and self-sacrifice – gives us, in fact, a glimpse of the higher reaches of human spirit. There is a sense of this mythical realm in every pedal turn, for once astride a handbuilt lightweight we are put in touch with the greatest riders of all time.

Bikie is the story of one man's passionate involvement, but in its forthright sincerity it goes to the root of what we all share.' If you haven't read it yet, get hold of a copy and read it!

In Pursuit of Stardom (Les Nomades du Velo Anglais) by Tony Hewson

(Mousehold Press ISBN 1-874739-41-2)

Tony Hewson, having won the Tour of Britain outright in 1955, in 1958 set off with mates Jock Andrews and Vic Sutton in a converted WW2 ambulance to seek fame and fortune on the roads of France and Belgium... you couldn't make up a better story if you tried in my opinion! Here are one or two tasters from the chapter headers:

'Breeteesh OK. Jeepsy no good. You comprehend? Gitanes no good. When he pronounced gitanes it sounded like shit-on, a word spat from the mouth like a bad oyster.'

'It seemed a group of elite climbers had left the peloton and the commentator was enunciating a crackly recitation – Anquetil, Gaul, Bahamontes. He paused as if to check and fumble with an unfamiliar name – 'et le petit Britannique, S-oo-ton.'
'You'll have to wait. We're in the shower'. Again the door shook. 'C'est moi, Roger Riviere!' We grinned at each other. 'Yes,' I yelled back, 'and I'm the Pope'.

This work is certainly on a par with Bikie although much more hard core road racing related and if anything is more intriguing providing a frank and amusing insight into just how difficult it was to break into the continental professional cycling ranks back in the day – even with talent, motivation and some language skills. These were the days when the French and Belgians ran the sport and indeed it was possible for the Independent to make a living out of the village criteriums and regional road races of the day provided one could survive financially and maintain good health....

2010 Tuesday Evening Time Trial Series - Officials

Date	Event	Course	Official 1	Official 2
April 13	No.1	AS/17C	Trevor Beecham	Dave Howes
April 20	No.2	AS/17C	Matt Crouch	Tuhin Wahid
April 27	No.3	AS/17C	Jon O'Brien	Rob Slater
May 4	No.4	AH/8	Lee Blades	Harry Crew
May 11	No.5	AH/8	John Anglesea	Mike Hall
May 18	No.6	AS/17C	Dave Banks	Edd Pickard
May 25	No.7	AS/17C	Pete Turner	Thomas Peoples
June 1	No.8	AS/17C	Andy Hughes	Martin Wimpenny
June 8	No.9	AS/17C	Dan Smith	Sarah Todd
June 15	No.10	AS/17C (2-UP)	Jim Crew	Andrew Coats
June 22	Inter-Club, A25/11, Etwall			
June 29	No.11	A25/31C	Nick Scott	Dave Barber
July 6	No.12	AH/8	Mark Gray	Scott Savage
July 13	No.13	AS/17C	Richard Kirkham	Andy Pope
July 20	No.14	AS/17C (Champs)	Dave Ellis	Simon Broomhead
July 27	No.15	AS/17C	Debbie Luscombe	Stewart Riley
Aug 3	No.16	AH/8	Pete Johnson	Kevin Cunniffe
Aug 10	No.17	AH/8	Tom Butcher	Richard Parkin
Aug 17	No.18	AS/17C	Mark Pashley	Stuart Wilkinson
Aug 24	No.19	AS/17C	Dave Luscombe	Keith Jackson
Aug 31	No.20	AS/17C	Harvey Schofield	Rob Malik

Courses:	AH/8	Windley Circuit	10 Miles
	AS/17C	Long Lane Circuit	12.5 Miles
	A25/31C	Long Lane Circuit (2 Laps)	25 Miles
	A25/11	Etwall - Uttoxeter	25 Miles

Meet for signing on and numbers at the clubroom, Darley Abbey, at 6:30 pm (except for the inter-club event).

Officials need to be at the clubroom to handle signing on, collect watches and issue numbers.

Note that it is the responsibility of the individual riders officiating each week to organise a switch with another rider if they are unavailable on a particular date.

Diary

Events at the Club Room, St Matthew's Church Fellowship Room, Darley Abbey

Date 2010	What's Going On	Time
Tuesday 27 th April	TT Series, Event No. 3, Long Lane	6:30 pm
Tuesday 4 th May	TT Series, Event No. 4, Windley	6:30 pm
Tuesday 11 th May	TT Series, Event No. 5, Windley	6:30 pm
Tuesday 18 th May	TT Series, Event No. 6, Long Lane	6:30 pm
Tuesday 25 th May	TT Series, Event No. 7, Long Lane	6:30 pm
Tuesday 1 st June	TT Series, Event No. 8, Long Lane	6:30 pm
Tuesday 8 th June	TT Series, Event No. 9, Long Lane	6:30 pm
Tuesday 15 th June	TT Series, Event No. 10, Long Lane, (2-Up)	6:30 pm
Tuesday 22 nd June	Inter-Club 25, Etwall	6:30 pm
Tuesday 29 th June	TT Series, Event No. 11, Long Lane (2 laps, 25 miles)	6:30 pm
Tuesday 6 th July	TT Series, Event No. 12, Windley	6:30 pm
Tuesday 13 th July	TT Series, Event No. 13, Long Lane	6:30 pm
Tuesday 20 th July	TT Series, Event No. 14, Long Lane (10 Champs.)	6:30 pm
Tuesday 27 th July	TT Series, Event No. 15, Long Lane	6:30 pm
Tuesday 3 rd Aug	TT Series, Event No. 16, Windley	6:30 pm
Tuesday 10 th Aug	TT Series, Event No. 17, Windley	6:30 pm

Club Rides

Autumn Tints: 50 miles or less, easy pace, with lunch stop. Sundays at 9:45 am, meet at either Allenton (Arden News nr Spider Bridge) or Alvaston (Mercian Cycles) or Mickleover Nag's Head). Contact Derek Wilkins 01332 661613.

Club Runs: 60+ miles at a medium pace. Sundays at 9:00 am. Meet at the A38/A6 roundabout, Derby. Contacts: Dave Banks, Clive Lockwood.

Training Rides: Tues./Thurs. 6:45 pm, Little Chef, Little Eaton. Contact Tom Butcher.

Mountain Bike Runs: A couple of hours thrashing around the trails in the Ticknall / Ingleby area. Monday evenings, 6:30 pm. Meet at the John Thompson, Ingleby. Contact: Dave Banks.