

NEWS DE LAUNE



Photo by kind permission of Phil O'Conner

EVANS
CYCLES.COM

**NIGEL SCALES TO
NEW HEIGHTS
APRIL 2008**

DE LAUNE CYCLING CLUB meet at CAMBER TENNIS CLUB

We are situated opposite The Grove Tavern (Harvester restaurant) public house 50 metres from the traffic lights at the junction of Lordship Lane and Dulwich Common (South Circular).

Buses P4, P13, 185, 176, 312.

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OF EACH MONTH

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PRESIDENTS REPORT

Hi all

Not much this month.

On the 18th May I am putting on the Ken Fuller Memorial Road Races in Bletchingly Surrey. I am getting entries already, so liwill be after you to help out with marshalling and in the changing area.

Congradulations to Alan Priddy - he got second place in Good Friday's Yets 10 mile TT down in Nettlestead Kent. Well done Alan.

A large, well-wrapped up against the Artic temperature, crowd met over at Herne Hill for the Good Friday meeting and what a good meeting it was. A young up and coming Welsh boy, Luc Jones, won the White Hope Sprint and Tony Gibb won the £1,000 for the Golden Wheel Scratch Race. The best race was the motor paced event with the big motor

The AGM will take place on
Thursday 1 May 2008 at
Blackheath Harriers HQ,
56 Bourne Way, Hayes, BR2 7EY

bikes - plenty of noise and speed. We had a good rider in Simon Gaywood - he came second only to the world champion Itimo Sholz from Leipiz. All in all a great afternoon's entertainment. Brian Dacey, Mike and Mark Peel, John Kav, Roly Craford and myself finished off a great day with a drink in The Dog' pub.

Quote for the month:

"Doubt, of whatever kind, can be ended by action alone

Thomas Carlyle

1795-1881, Philosopher and Author



SPORTSTEST LONDON

Sportstest are pleased to announce they are now offering their services in South West London.

Sportstest already has a national profile and reputation for providing high level sports science support services to athletes in a wide variety of disciplines including running, cycling, rowing, duathlon and triathlon to name just a few.

Headed by Dr Garry Palmer, a world renowned sports scientist with vast experience of working with athletes to World Championships and Olympic level, Sportstest are now offering their successful testing and coaching programme at the Pavilion Sports, Health and Fitness Club, Hampton Court.

Think this sounds "too elite" for you? Not so. Dr Palmer can advise everyone from grass roots level through to elite athletes as each test is tailored to the individual.

At Sportstest, exercise + science = results.

For more information or to book an appointment, please call the Sportstest office on 01384 70099 or take a look at the website www.sportstest.co.uk.

Kav's Report

In last months report I said that if you want to meet up with all your old friends go to the Good Friday meeting at Herne Hill and stand just past the finishing line (not on the track!) and they will all turn up. Guess what! They all did.

Considering how bl...dy cold it was, we had a group of about 30 including the Nomads and the San fairy Ann, with about a dozen from our club. Good to see our President Roy Savery (in his red skiing outfit to keep warm); Mike Peel, Malcolm Adams, Alan Rowe, Brian Dacey, Francis Rudd, Jane Wadsworth, Cliff and Carol and little Cassia Steel, Bill Wright, Dave King, Geoff Sinnett, Jeremy White, Christian Rudolf, James Lyon, and Dave Haggart to mention a few.

With the cold north wind it made us all huddle up in a group like penguins waiting for your turn in the middle for warmth. If only Brian Saxton, our secretary, had turned up we could have had the AGM.

Before I forget. We are running a road race at Brenchley, Kent, on the 13th April on behalf of the SERRL. If you are not riding in this event we need help. I know your phone numbers! For more details www.serrl.org.uk

On Saturday the 19th April I am taking the Park & Ride club run to France for the day. The format is that you drive your car to Dover harbour car park. Get your bike out of the boot and ride on to the boat. Total mileage will be about 40 including a stop for lunch. The club will subsidize the boat fare for members. Look on the club web site for details, times etc. (I think this should be Notice Board Ed).

Reading Bill Wright 's article on the future of the club and comments from Cliff Pendleton makes me think, all great ideas, but who is going to run them? Looking at Bill's statistics, regarding ages, made me think.

Look at the guys who are at the sharp end doing regular club duties. Roy Savery, President, age 70. Mark Ballamy DLN Editor age 76. Brian Saxton, Club Secretary age 71. Alan Rowe, Time Trial Sec, age 69 (only a baby) Don White Club Treasurer age 81. All in the departure lounge of life. Makes you think!
Kav.

See over

Re the trip to France. We will be getting the 08.25 ferry on the 19th April. Considering you have to park your car I suggest we meet in the P&O reception area Dover docks at 07.45.

Nigel Scales came up with a good idea for later in the year. Visit the Tour of Flanders museum. (Freddy Maertens is a guide there) This could be a weekend trip with a stop over. Let me know what you think.

Latest: Three Golds For GB on Second Evening Reports, Images & Results - World Track Championships



There were three gold medals for GB on an historic evening - Rebecca Romero in the Individual Pursuit, Manning, Clancy, Thomas and Wiggins in the Team Pursuit and Vicky Pendleton and Shanaze Reade in the Team Sprint. There was also a new world record for GB in the Team Pursuit.

Please note that the AGM of the De Laune Cycling Club will take place at 8.00 pm on Thursday, 1st May 2008 at the headquarters of Blackheath Harriers, 56 Bourne Way, Hayes, Kent BR2 7EY. Any items for inclusion on the agenda should be with me by 10th April latest.

Thank you.
Brian Saxton

Although I receive dozens of requests like the above, this one I thought I would pass on as Paul Mill has been a keen supporter of the Fred Peachey '25'; in fact, he was winner of the event in 2000, 2003, 2004 and 2006. Some of you may wish to support him.

Brian Saxton

JOHAN MUSEEUW CLASSIC

Sunday 11th and Monday 12th May 2008

Elite cycling have created a trip of a lifetime. Come and spend 2 days in the company of a Classics legend. Johan Museeuw will be our exclusive guest of honour. We will pick you up at Ashford mainline train station, which can be easily reached by rail from London. The station is less than 10 minutes from junction 10 off the M20 and is easily accessible by car from the M25. There is a safe Multi storey car park, which costs £11.50 for 24 hours. From here you will travel on a Kings ferry luxury coach to Oudenaarde Belgium. On arrival we will disembark for lunch at the Tour of Flanders Museum bistro. After lunch you be able to walk around the interactive attractions and see why the Tour of Flanders really is the Classic to win. We will then take you to the Hotel Kennedy

<http://www.hotelkenedy.be/engels/frameeng.html> where we will be staying. This hotel is of the highest quality and is the choice of Quickstep, Lotto and Liquigas professional cycling teams. You will have time to relax before our guest arrives to join us for our exclusive five-course dinner. There will be DVD footage of Johans victories in the World Championship, The Tour of Flanders and Paris Roubaix. You will have the opportunity to ask him questions about all these monumental races .. He will also tell you more about Museeuw frames produced out of Carbon Flax. The UK distributor for these frames Ken Jones of Onimpex will accompany him. At the end of the evening there will be a chance to take photographs with Johan for mementos as well as an opportunity to win some signed Mapei jerseys. The next morning we will have breakfast and then drive to Bellegem to start the ride in the VIP party alongside Johan and many other dignitaries. Food and drinks will be available throughout the ride at major points. You will tackle some of the climbs, which have gone down in Flemish cycling history like the Knokteberg, Oude Kwaremont, Kluisberg and the legendary Paterberg. On finishing the 300km ride you will receive a Commemorative T shirt for and jersey for all of your efforts and some food and drink before we depart for the UK. This spectacular package is offered at an all-inclusive price of only £399 per person. Spaces are limited for this unique opportunity so early booking is recommended.

Firstly may I, through the pages of the DLN wish Bill Miles a very happy 96th birthday, what a fantastic guy. You are not that old yet Bill! There is a Monk here in the local Wat, (one kilometre from us) that is 112 years of age. I believe he is the oldest man in SE Asia, he has his birth records, everything is recorded. He eats mostly oranges, other fruit and vegetables, walks around on his own, another amazing guy.

Bill you must be the oldest ever member of the Delaune, by my reckoning you are only 23 years younger than the DeLaune itself, founded in 1889. Please stay fit and well Bill, don't go off skiing with those other "old nutters"

Sorry to learn that material for the DLN was a bit hard to come by. I cannot write about cycling because I am completely out of touch with the sport these days. Read the articles about membership in the DLN, in my humble opinion members join when young for racing, then get hooked by the camaraderie later, this is why we have so many "old Members"

Speaking for myself I can relate to you why I felt it was unwise for me to continue with my daily bike ride here in Phuket. Up until two years ago I was doing a daily 26km fairly hilly ride in 30C degree + heat. Started out from home, headed due south, then over some short steep hills and a couple of long drags.



On one of the long drags, when I was 72.

I would accomplish this in under an hour, my best time was 54 minutes although I was not racing, had to contend with traffic spots and roundabouts. I would leave home at first light, this time varies between the summer and winter months, 5-45 am in the summer, 6-30 am in the winter months. The clocks do not change here because we are only 7.5 degrees north of the Equator.

Early on, the traffic was almost none existent, but towards the end of my ride the traffic had increased considerably. It was not the cars that were the problem but the motorbikes. Hundreds of them; all small 100-125cc Honda or Yamaha's. When tuned they can do well over 100-150 kph. It was always the young male riders, many teenagers, who caused the majority of the problems. I would be riding at the side of the road in a marked bike lane, often they would overtake me on the inside, almost rubbing shoulders with me as they did.

Another favourite trick was to overtake, slam on their brakes directly in front of me then turn left, no signals or warning, I has several near misses with this one. Worst of all was the motorbikes fitted with a homemade iron framed sidecar, totally illegal, but ignored by the police. They would often drive against the traffic flow on the wrong side of the road! If you hit one of these you would have a big problem. There was, and still is, absolutely no road manners or road discipline here in Phuket, it is a "free for all"

Two major near misses I had were: I was coming down a long drag in top gear, probably doing 50-60 kph when a lady on a motor bike came out of side road, did not look or stop, went riding up the wrong side of the road across a major intersection. Her negligence caused me to brake hard, my back wheel locked, skidded several meters losing tire tread as I went. How I missed her I shall never know, it was mere inches. The lady just rode merrily along as if nothing had happened, totally oblivious of what she had done. Perhaps my most dangerous near miss was when I was almost back home one morning, I was riding in the bike when a coach/bus came quite close alongside me because at this point the road had narrowed. Suddenly

and without any warning, a crazy young guy on a motorbike overtook both of us at speed, on the inside, had he cut in front of me I would have hit the bus.

Then the last straw came about two years ago, when they, (the authorities) decided to widen Chaofa Road West into four lanes. One would think that they would do a two or three-kilometre section at a time, not here, they ripped up a twenty-five kilometre section all within a month.

You can only visualize the mess, even riding a mountain bike you would have problems with the lumps of ripped up loose road surface; not to mention the thick choking dust stirred up as the cars drove by. Fortunately they were driving very slowly, maybe doing a maximum of 25-kph.

Five years ago I bought quite a decent Bianchi road bike, top Shimano equipment, good aluminium frame etc. My wheels were fitted with the lightweight high-pressure tires.

I could not have gone 100 meters without puncturing the road was so bad. Half of the road section that had been ripped up was my daily bike ride route; I had no choice but to stop.

I then became completely engrossed with our new house project so bike riding was out for me.

The road is resurfaced now; quite good actually. Problem now the traffic travels that much faster!

The statistics for road accidents in Phuket are appalling: 20-25 people are killed and over 1000 injured in road accidents each and every month of the year, 98% are riding motorbikes. This out of a population of 400,000. Now you see why I decided it was dangerous to ride.

Being in my 75th year I do not relish having a heavy fall. I keep fairly fit; weigh in at 80 kilos, a little heavy but not that much. My doctor says, "lose 5-kilos" I feel very fortunate in that I enjoy a very active life style for

my age. One serious fall from my bike could have a devastating effect on my remaining years so I have reasoned that this is an unacceptable risk.

We are going to California in April for a long earned rest from work. While there I will buy either a set of rollers or a training “contraption” whereby I can mount my road bike then do a one-hour fairly heavy cycling session. This in the comfort of our spacious exercise room; adjacent to the swimming pool. After my exercise stint I will swim for fifteen minutes in the pool.

Not as good as riding on the road but better than lazing around and doing nothing. Although I have been retired for over twelve years, I think I work harder than when I was working. People ask me why I don't slow down, my reply: I still have too many things to accomplish. Does Bill Miles still ride his bike in London? If so this too must be pretty hazardous.

May I wish all my old pals the very best, hope to see many of you out here in a few months? I have not lived in the London region for over 45 years, yet still I want to remain a member of the De laune; a truly GREAT CLUB.

Take care and do well this coming racing season,

John Darroch



The AGM will take place on Thursday 1 May 2008 at Blackheath Harriers HQ, 56 Bourne Way, Hayes, BR2 7EY

Andover Wheelers Hilly 10.2 - 16th February

1	Chris Birch	East Street Cycles.com	00:25:15	
2	William Girvan	North Hampshire Road Club	00:27:06	- 01:24
37	John Starsmeare	De Laune CC	00:44:52	- 18:46

Redhill CC 18 - 24th February

1	Dave Dent	Wightlink / Wight Mountain RT	00:42:08	V	+04:12
2	Adam Page	Kingston Wheelers CC	00:43:09	S	
3	Tim Stevens	34th Nomads / Gem Hygiene	00:43:27	V	
16	Jon Archdeacon	De Laune CC	00:46:11	V	-01:11
16	Nick Kinsey	Team Tri UK/De Laune CC	00:46:11	V	+01:32
48	David Haggart	De Laune CC	00:52:32	V	-05:10



PHOTOS
By
Paul J. Wright

www.
pjwphotos.
co.uk

East Surrey Hardriders - 9th March

1	Matthew BOTTRILL	De Rosa RT	01:07:25	M	
2	Richard SIMMONDS	London Dynamo	01:07:54	M	
3	Tim STEVENS	34 Nomads CC	01:09:55	V	+13:32
62	David HAGGART	De Laune CC	01:26:17	V	-2:50

SCCU Sporting 21 - 16 March

1	Clive Nicholl	High Wycombe CC	00:52:00	
2	George Brent	Addiscombe CC	00:54:27	
30	Matthew Baker	De Laune CC/Evans	01:09:17	05:38

BJW 42K - 23 March

Conditions awful with icy cold rain and 3 degrees temperature but strong wind giving high chill factor.

				Prime
1	Nik Gardiner	John`s Bikes	01:03:38	12.42
2	Dave Dent	Wightlink	01:04:10	12.54
6	Matt Goodes	De Laune CC	01:11:53	14.01
	Matthew Baker	De Laune CC	dnf	

VTTA (Kent) 10 Vets on Std - 21 March

1	Reg Smith *	DCB-Kent	00:22:38	V	7.24
2	Alan Priddy *	De Laune CC	00:24:51	V	6.09



Attention all Sportive Riders!

In order to coincide with the opening of their new London branch at the Pavilion Sports, Health and Fitness Club in Hampton Court, Sportstest is offering an afternoon of

"SPORTIVE SUCCESS"

On Sunday 6th April, Dr Palmer of Sportstest will be discussing optimal preparation for Cyclosporives. The session will start at 4pm, and will last 2-3 hours. Refreshments will be available.

This seminar will be appropriate to all sportive riders, but will be ideal for riders training for the *Étape* and *Marmotte* in July. With just *3 months to go*, this is an ideal opportunity for you to gain expert advice on how best to prepare in the run up to these prestigious events!

Tickets are priced at £20. Places are limited so please book early to avoid disappointment.

For more information or to purchase a ticket for the presentation evening, please call the Sportstest office on 01384 70099 or

email office@sportstest.co.uk

[For further information regarding Sportstest see: www.sportstest.co.uk](http://www.sportstest.co.uk)

DOWN UNDER IN OZ

I once again went to visit Harry Thomas and his wife Sylvia who live about 40



minutes drive from my son Glyn in Brisbane. He seems to be keeping well after a rough couple of year's health wise and remains cheerful which is the main thing. The 'photo was taken in his back garden by his pool but the weather has been so bad this year that he has hardly used the pool.

Every year we go down memory lane and talk about club runs, cyclist cafes long gone, and characters in the De Laune over the years. Harry sends his regards to all those that remember him. I believe Harry joined the De Laune in the late 1940's.

Fortunately for me the weather has improved with temperatures in the high twenties most days and just the odd wet day. Suzanne Ridding (nee Fuller) how ever who lives in Adelaide has been having record temperatures. Adelaide has taken the record off Perth as Australia's hottest city as they have had temperatures of over 35C for something like 12 consecutive days. Not funny I can assure you. When I was there 2 years ago with Ken Fuller and Dot watching the Tour down Under we had about 5 very hot days with the worst day being 42.8C which is about 108F and the tar was melting on the roads. They even reduced the distance of the race on the last day and cancelled the amateur races; this is a government ruling apparently.

To save any more 'photos of Kav's bunion or Roy's collar bone or indeed your ducks. I am enclosing a photo of myself training for the World Vets Championship pursuit and I hope this will frighten Roy Savery into training just that bit harder.



From a very warm
Australia.
John Geoghegan

Hell of the Ashdown

By Nigel Scales

After getting round the KCA Reliability Trial without being reduced to any walking, though outside the time limit, I thought the Hell of the Ashdown would be an interesting ride and when Kav assigned it as the month's "Park n' Ride" the decision was made. I wasn't naïve enough to think I'd get all the way round with the group I started with but I thought I'd be able to stay more or less in touch over the early climbs, get back on after them and hang on in the wheels until half distance, then drop back through the later groups. Well, it didn't quite turn out that way, but it was still a good ride and I'm looking forward to next year's event!

The Catford CC website has a section devoted to the "Hell" which is very informative about the route, climbs, descents etc, with photos of previous years and is quite effective in generating a bit of enthusiasm for the event and giving you an idea of what's in store. Unfortunately for me, work commitments meant that for a month or so prior to the event I only managed about 45-90 minutes per week on the turbo – not quite what you need for a 100km hilly event...

On arrival at Knockholt (I faced reality and drove out) I was a bit nervous to note that the car park was full and there was also little parking

available on the side of the road. Luckily the overflow parking in the field had been opened up, and as an early arrival I got a good position, though the rain earlier in the week had left it an easy place to get some wheelspin – but in an early portent of the relentlessly good organisation, someone was on hand with bags of woodchips to aid grip. On entering the hall I was amazed to see a huge queue for sign-on (450 registered to ride, I believe). One surprise was that you were assigned to groups by signing in together rather than being pre-booked. This led to fellow early arrival Jayne Wadsworth and myself pulling off to one side near the front of the queue to wait for the other members of the De Laune posse to arrive. After a short delay we all linked up and were assigned to a group. The groups are moved into a starting gate and counted down to the “off”. I spent the last few minutes responding to feedback from the “posse” and changing to less warm gloves etc. (Not yet having managed a winter’s base mileage since starting my comeback, I still struggle to assess the level of clothing I’ll need for long rides in different temperatures and routinely “cook”.)

The roll-out from Knockholt led down Star Hill and although I was being a little bit cautious in case of any residual icy patches I was still with the group after the descent, but ominously wasn’t feeling 100% even on the flat, and not because the group was going too fast - a definite feeling that the legs weren’t quite right despite pigging out on Weetabix and fruit for breakfast and sipping SIS’s excellent PSP-22 product before the start and during the ride. (The odd feeling was explained later that day after I’d returned home and the whole family succumbed to a bug, which kept me off work the next day. As DLN is a family magazine I’ll spare you the gory details!)

Despite the general “rough” feeling, I was relatively happy until we hit the first significant climb, Toy’s Hill. We’d passed the Rapha-Condor squad earlier on (OK, they were waiting for the first of a number of puncture victims in their squad – not sure what tyres they were using but I’d like to avoid them! By contrast my Specialized Roubaix Elite Armadillo’s remained untouched even by the muddy section included in homage to the other

“Hell”).) As soon as we hit Toy’s Hill it was a case of “Bridge to Engine Room – more Power!” and “I’m sorry Cap’n we don’t have enough Dilithium Crystals..!” and I drifted out of the group at a speed reminiscent of a racing catamaran caught downwind of a hurricane. (I think overheating may have made things worse, as I’ve measured a power reduction of 10% when overheating during experiments on the trusty turbo.) As the Rapha guys went past I did suggest they could give me a push, but no takers! I was significantly adrift over the top and nearly came unstuck a couple of times on the following descent, hoping I could roll back into the group. I took the hint after the second near-miss and dialled it back a bit. This also led me to a re-think on the route – I’d originally intended to go for the full distance, but I realised that coming adrift this early, a definite lack of form both climbing and descending wasn’t a good thing to combine with the remaining climbs. I decided to take the 50km route instead, which apart from Toy’s Hill, also included Ide Hill and Star Hill.

Opting for the “Devil’s Detour” route put me into the tea bar control earlier than expected and, knowing that the rest of the DL posse was going to be arriving at the finish a fair bit later than me, I decided to take a longer break there, along with a convivial group that arrived at the same time. I then fell in with a group of 4 riders – triathletes I suspect- whose weakest member was a little stronger than me on climbs but nervous on descents which helped in terms of keeping me in the group, as they waited for her. An unfortunate side-effect was that, chasing the first 2 riders down a descent near Knole, I didn’t pay much attention to signage and our little group arrived at a junction that didn’t quite correspond to the route card and wasn’t signed or marshalled. It turned out that this was because we’d missed a turn sign and made an extra descent – which we had to make up for by climbing back up on to the route! We stayed together until just before Star Hill, when I decided to let them ride away and go up at my own pace. This turned out not to be the best decision as there was a fair headwind down the hill and I could have benefited from some pacing, at least on the early section. I struggled a bit on Star and stopped part way up - it was that or walk – and after re-starting (a glug of PSP-22 seemed

to have a virtually instantaneous effect so I suspect it was the cooling effect rather than the carbs) I felt as though I was going to cramp, so ended up walking a short section before re-mounting and riding the last section. Once over the top I felt relatively good, certainly no “knock”, which also suggests overheating was a factor.

Times were taken as you finished and by providing them to the volunteers manning the PCs in the Village Hall H.Q. you could have an event certificate printed off immediately. A good range of food and drink options was available for good prices and as the other DL riders came in we were able to profit from the opportunity to reload that glycogen and have a chat. (I managed to resist the temptation to ask the Rapha boys, seated nearby, what tyres they were riding...!)

The event was very well organised and the signage and marshalling was excellent. An official photographer took photos on Star Hill and elsewhere. There's even a short video (9 minutes approximately) of the event. The DL group is featured briefly, after about after 50 secs or so in the coverage of the staggered start. I haven't gone through the whole video, so I'm not sure if any of us feature later. Link to video is:

<http://www.cyclosport.org/video.aspx>

(Select Hell of the Ashdown link on left.)

For photos try:

<http://www.pictureselect.com/bespoke/PhilOConnor/PhilOConnor.php?Category=Cycling%20Events>

(Select 10. Hell of the Ashdown Blue Jerseys 27/01/2008)

[For a rare picture of me riding up a hill (Star Hill to be precise) go to Page 16, pictures 232-234]] Now on front cover,Ed.

**LEN DARLING HOW BRAVE OF YOU - YOU WILL DO
ANYTHING TO GET A MEDAL**



**Len was also awarded the Molar Crown , Dental Star
and the Wisdom Award
For his Oral services to the RAF..**

Related to the email about the Elite Cycling event connected to the Johann Museeuw ride, the following site provides info on cycling in Flanders (inc. MTB) - accommodation, routes, hills, bike rental/repair (!!). It's actually a page on the Tour of Flanders (Ronde van Vlaanderen - hence the rvv bit) site.

<http://www.rvv.be/en/tourism>

Cycling legend Eddy Merckx is set to release his first book on Tuesday. [For the younger/less enlightened, King Eddy is the ONLY road cyclist to idolise after Fausto Coppi.] Eddy was known as the Cannibal because of his insatiable appetite for winning career. [Over 500 significant career victories from Paris-Roubaix, Giro, Tour de France, Milan-San Remo, Tour of Lombardy, World Road championship, Six-Day victories. In his first Tour de France, which he won by 15 minutes overall (also taking the Point and King of the Mountains competitions and some stages) he dropped his rivals by several minutes on a climb without realising, because he



was looking at the scenery. Though he would probably not admit it, a career low was probably being out-sprinted by "Super-Sid" Barras (Bantel team) in the 70s at Eastway - which he famously described as the best purpose-built racing circuit he'd seen.]

Eddy has apparently teamed up with Dr Toon Claes to write the guide to cycling (called "Fietspassie") after having the idea while cycling together on the Mont Ventoux.

The 200-page book is billed as a 'comprehensive cycling bible', a collection of facts aimed at the novice and recreational cyclists.

The eight-chapter book covers everything from maintenance to how to ride smoothly during a long ride and is filled with cycling anecdotes to educate the reader. Apparently it includes advice on how to keep warm during a mountain climb with little more than a handkerchief. [Presumably in addition to shorts, jersey etc.]

Unfortunately it's only available in Flemish/Dutch and there are no current plans for even a French language version at the moment. Having been a bit baffled by the finer points of Eddy's seminal cycling video "Beter fietsen met Eddy Merckx" I may pass on this version.

See front cover:

<http://www.7sur7.be/7s7/fr/1512/Cyclisme/article/detail/211711/2008/03/18/Eddy-Merckx-propose-un-guide-a-l-attention-des-cyclistes-debutants.shtml>

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Nigel

 FROM OUR SECRETARIES MAIL BOX 

Reference Sussex Cycle Racing league - 2008 Season.

Please find attached the registration form and details for this seasons racing at Preston Park , Brighton. Could you kindly pass this on to your members and let them know that the league now has a website at www.scr1.co.uk where copies of the form can be downloaded. Information and results will be posted on this website as well as those used previously.

Regards

Dave Gerrey

Treasurer - Sussex Cycle Racing League

Mailto: registrations@scr1.co.uk

www.scr1.co.uk



I promised I would forward this on. You may remember that Alistair and Janet Cooper produced the DVDs of many road races, including the majority of the South East Road Race League events. Sadly, after two years of recording and selling these DVDs, sales have been very disappointing and they are calling it a day.

Brian Saxton



Hi all,

I thought you might like to know about new UK Internet Cycling TV Channel starting up tomorrow night (25th March) from 7pm.

It's called **Pedal TV** and they will be showing full coverage of some of the races covered by Sleeping Bear Productions Cycling DVDs.

The TV channel is provide through TVU and you can [download a Stand-Alone Player](#)

or view it through the [TVU Website](#) (*this does require that you allow an active X component to be installed*).

Also, you will need to have a broadband connection to view the channel.

Check it out.... Click here to view the [PEDAL TV Guide](#)

Enjoy

Alistair Cooper

A tandem rider is stopped by a police car. "What've I done, officer?" asks the rider. "Perhaps you didn't notice sir, but your wife fell off your bike half a mile back . . ." "Oh, thank God for that," says the rider - "I thought I'd gone deaf!"

A Nerd and His New Bike

A nerd was walking down the sidewalk one day when his friend, another nerd, rode up on an incredible shiny new bicycle.

The first nerd was stunned by his friend's sweet ride and asked, "WOW! Where did you get such a nice bike?"

The second nerd replied, "Well, yesterday I was walking home, minding my own business, when a beautiful woman rode up to me on this bike. She threw the bike to the ground, took off all her clothes and said, 'Take what you want!'"

The second nerd nodded approvingly, "Good choice. The clothes probably wouldn't have fit."

A Cyclist in Heaven

A very devout cyclist dies and goes to heaven. Saint Peter meets him at the gate. First thing the cyclist asks is if there are bicycles in heaven.

"Sure," says St. Peter, "let me show you," and he leads the guy into the finest Velodrome you can imagine.

"This is great," the cyclist says.

"It certainly is," says St. Peter. "You will have a custom bike and the best cycling clothes you've ever seen, and your personal masseuse will always be available."

As they speak a blur streaks by them on the boards riding a gold plated Cinelli.

"Wow!" the cyclist exclaims. "That guy was so fast that can only be Eddy Merckx!"

"No," says St. Peter, "that was God on the bike, he only thinks he's Eddy".

DATES TO REMEMBER

Diary Social/Club for 2008

Saturday	19 Apr	08.00	Park & Ride - France	Meet Dover
Thursday	1 May	20.00	Annual General Meeting	See inside page 3
Sunday	29 Jun	12:45	OMA Lunch	Brighton
Sunday	?????		Max Dods Memorial B-B-Q	Herne Bay
Friday	7 Nov		Belgium Night	Blackheath Harriers
Sunday	16 Nov	10.30	Remembrance Service	Newnham

Club & Inter-Club Events for 2008

Sunday	13 Apr		SERRL - Road Race	Brenchley
Saturday	10 May	06.00	Open '10' TT (Tonbridge Bye Pass)	Q10/19
Sunday	18 May	10.00	Ken Fuller Memorial Road Race	Blechingly
Sunday	8 Jun	07.10	Mid-Summer 25 incorporating Club Novices Championshipcorp	G25/53
Tuesday-	17 Jun	18:30	Circuit Race	Crystal Palace
Sunday	22 Jun	14:00	Open Track Meeting	Herne Hill
	27 Jul	07:00	Fred Peachey 25 -Incorporating Club 25 Championships	Q25/8 Chilham
Sunday	16 Aug	7:30	OMA 10 incorporating an Inter- club - 34th. Nomads, Catford, Sydenham Whs.	Q10/22
Saturday	6 Sep	07.15	Interclub 10 Clud as above	Q10/19
Sunday	14 Sep	08.30	Autumn 25	G25/53
Sunday	? Oct	11.00	Down Hill	Tilburstow Hill
Sunday	5 Oct	11.00	Hill Climb	GH/31 Titsey Hill

SEE MESSAGE BOARD to keep UP TO DATE

<http://mikepeel.proboards67.com>

CLOSING DATE FOR THE NEXT ISSUE 25th APRIL

Anything for inclusion please send to:

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