



Newsletter of the Cycle Club Bexley

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Greetings from Spencer Towers, I thought it was important to get a newsletter out to you all just in case the next thing to go in to 'Lock-down' is the Postal Service.

Being asked to stay at home has given Angela and I the opportunity to wash and service all of our road bikes, rather embarrassingly, each one had been put away after a cold, wet and mucky ride, which was a feature of 2019 and the winter months – let's hope there are some more memorable features to this year than this flaming Corona Virus.

As I write this, restrictions to all forms of sport are in place, in particular, from our perspective, Cycling Time Trials have suspended the sanction of any events until 30th June, coming in to line with British Cycling; I think we will be lucky to see any cycle sport this summer. On a positive note though, whilst we are permitted to cycle for exercise once a day, I am seeing more people out on the road, many that I would think don't usually ride a bike, so perhaps this will usher in another increase in cycling as a sporting pursuit for a whole new group of cyclists – perhaps they'll call it 'The COVID Effect'.

FROM THE CHAIRMAN

The club dinner and dance at the Birchwood Park Golf Club on February 15 was a great success. I think this new venue was to everyone's liking, Marc's photographic show was great entertainment, and personally I always like to move onto the dance floor at some point in the evening, which many of us did on this occasion. I would like to thank Debbie and Richard for another great promotion for the club, and everyone else who helped, including Marc, our regular toastmaster Pete Holbrough, Murray who delivered the main speech of the evening, Mick for introducing the prize winners, and Yvonne Grayland for presenting the prizes!

Buoyed by a great evening out, we should have all been out riding the following morning, but it was yet

another Sunday when heavy rain, flooding and very high winds prevented any worthwhile cycling, at least outdoors. Two thirds of my 'miles' this year have been on the turbo, and this was another morning when I resorted to training indoors. If nothing else turbos are a very efficient way of gaining or keeping fitness, provided you can park your brain for an hour or two.

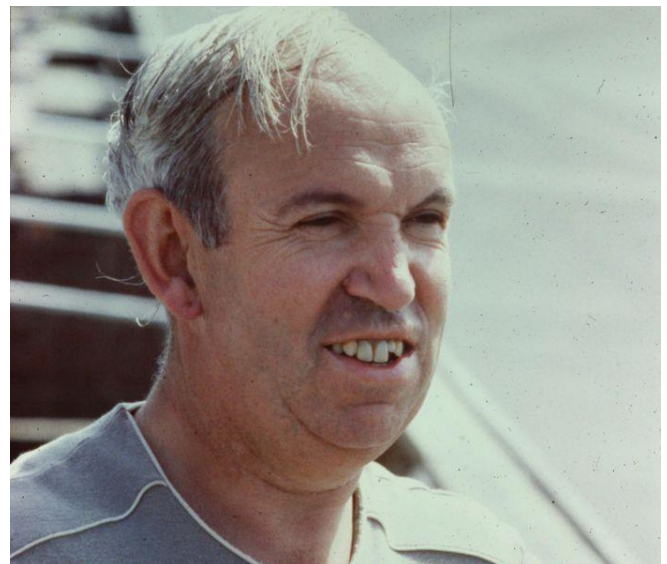
Looking at my training records, I have ridden every Sunday this year but two, so maybe the weather has not been as bad as we think. In that time, I have managed to go on three club runs, two of them from the new meeting point at Hall Place. I have only managed to reach the café on one of these rides, but I hope to remedy this and do a few more of the rides on non-racing days. Luigi, John Hawes, Murray and others are working hard to increase participation in the club runs, and I would encourage everyone who cycles to have a go at them if they can. As I have said before, if the numbers increase, we will be able to introduce slower and faster groups and hopefully offer a wider range of rides to members and new recruits.

As I write this (on March 15) there is one item dominating all the news items, the coronavirus. I wish all members good health for the year and let's hope the worst of the predictions are wrong.

Mark Vowells

JOHN KING

Sadly, once again, I have to report the loss of another member of our community, John King passed away on 17th March aged 87 after a long illness. John was a founder member of C C Bexley in 1966, having formerly been a member of the Thames Road Club. As well as being a very active racing man, in his day, John was a coach, timekeeper, course measurer and event promoter; he had also been President of the Kent Cycling Association.



John King – 1932 - 2020

TRAINING WITH JO



**Fuelling well, before, during and after rides:
Reduces your Rate of Perceived Exertion,
or allows you to ride Harder
.....you decide.**

It also helps to support your immune system and maintains a positive mental mood.

For all, but the specialist ultra-athletes, **carbohydrate** (carbs) is the most effective method of fuelling.

Carbs that we eat are converted to glucose. When our bodies have more glucose than we need, it is converted to glycogen and stored in the muscles and liver. Low glycogen stores and poor fuelling on the bike can lead to mental and physical fatigue and poor performance. By fuelling our rides in the right way, we can actually train our muscles to store more glycogen. We can enjoy more fun and more power on the bike.

Types of carb:

Fibre: wholegrain cereals, wholegrain flours, breads, vegetables, pulses, nuts and seeds.

Starches: pasta, rice, potatoes, noodles, pulses, bread, oats, cereals, vegetables, seeds, nuts, grains and flour products.

Sugar: glucose, fructose, sucrose, lactose, maltose, sugars

We all know we need to include healthy carbs in our diet, high in fibre and low in added sugar. This helps to promote the storage of glycogen, whilst providing our bodies with the right nutrients that are not too calorie dense.

As we get closer to the ride/training session/race, we need to reduce fibre and increase sugar, so we have an easily converted fuel supply.

Before the Ride

It is best to eat a Carb centric meal 3-4 hours before riding. 1-2 hours before the ride, we can top up with an energy bar/banana or equivalent. With less than 15 minutes to go (to avoid a drop in insulin levels) simple fructose/glucose - gel/shot blocks/energy drink/dates/honey.

Many people talk about “carb loading” before an important ride/race. This helps to ensure a good storage of fuel to be used during the race. However, this can lead to gastric distress, as our gut struggles to cope with an increased volume and potentially different food.

The following table provides a guide to carb intake for a specific event and for a long-term training schedule. Adequate carb intake on a daily basis can ensure adequate fuelling with less opportunity for gastric distress.

Table 1. Guidelines for CHO intake by athletes

Situation	Recommended CHO intake ^a
Short term/single event	
Optimal daily muscle glycogen storage (e.g. for post-exercise recovery, or to fuel up or CHO load prior to an event)	7-10 g/kg BM/day ^{6,9}
Rapid post-exercise recovery of muscle glycogen, where recovery between session is <8h	1 g/kg BM immediately after exercise, repeated after 2h ^{10,11}
Pre-event meal to increase CHO availability prior to prolonged exercise session	1-4 g/kg BM eaten 1-4h pre-exercise ¹²⁻¹⁴
CHO intake during moderate-intensity or intermittent exercise of >1h	0.5-1.0 g/kg/h (30-60 g/h) ¹⁵⁻¹⁷
Long term or routine situation	
Daily recovery/fuel needs for athlete with moderate exercise programme (i.e. <1h, or exercise of low intensity)	5-7 g/kg/day
Daily recovery/fuel needs for endurance athlete (i.e. 1-3h of moderate to high intensity exercise)	7-10g/kg BM/day ^{8,9}
Daily recovery/fuel needs for athlete undertaking extreme exercise programme (i.e. >4-5h of moderate to high intensity exercise such as Tour de France)	10-12+ g/kg BM/day ^{18,19}

^a Key references have been provided in the form of original studies, except in the case of CHO intake during exercise where reviews or consensus papers summarising data from numerous studies are available.

BM = body mass; CHO = carbohydrate.

A note on exercise times: this is moving time and does not include chat stops 😊

During

For events/rides longer than an hour and of moderate RPE or above (4 and above), we need to be fuelling on the bike. We should have enough glycogen stores for 90 minutes, but it depends on how efficient we have become in that storage and utilising that fuel. We are training our bodies to become efficient at storing and utilising carbs. We are training our gut to cope with processing carbs on the bike.

Fuelling a shorter, intense ride helps us to ride longer tomorrow.

For best performance, take in 60-90 grams of carbs per hour, small amounts every 15-30 mins. Ideally this should be 2:1 glucose to fructose, in the form of an energy drink/ bar or gel. The number of grams in items is written on products or can be easily Googled. You will become an expert in adding up the units which work for you and know what you need to eat and when. Some people cannot absorb fructose, without causing stomach upset, so it is about finding which foods work for you.

Recovery

Within 30-40 mins after riding (less time for women) we need to consume food/drink of a 3:1 carb to protein ratio. This can be a slice of cake in the café, but consider how to get some protein in. This could be a milkshake or latte. On a daily basis though we need to make sure we are getting enough nutrients. I like to have a recovery shake. I have tried out various brands and have found those with fructose

have a negative impact on my gut. Anything which does this is not being absorbed effectively as it should be. For some of you, a glucose-fructose will be the perfect fuel and recovery. Be safe and keep training.

Jo Hitchen

CCB ANNUAL DINNER AND DANCE

Hurricane Ciara was battering the UK on 15th February, the day of our Annual Prize Presentation Evening, this made getting to the Club Dinner a little tricky for some, with both the Medway and Thames Bridges being closed to all traffic. When we arrived, in all our finery, the blasting winds and lashing rain made sure that we were all thoroughly ruffled by the time we had made it between the car and the venue.



The Boxalls getting their priorities right, upon arrival at the Kelvedon Suite – Drink first, *then* the obligatory photograph.

I have started off with a photograph of the Boxall family, Debbie organised the evening and, whilst none of them received awards for their cycling, between them they scooped a load (well, it seemed like) of the raffle prizes! There were some amazing prizes to be had – I didn't pick up one.....maybe next year then. Mark Vowells gave a good account of the evening in his article, saying that he took to the dance floor, I didn't dance myself, as much as I love music and am going bonkers inside, the rhythm elicits no outward expression that I may even be enjoying myself! A frown is a good indicator of my inner joy.

The Club Championship Trophies were awarded before the music was ramped up though, so Yvonne Grayland was asked to present the awards whilst Mick Morris made the announcements.

Before I get to the victors, Andy Elford, Jo Hitchen, Mark Starbuck, Marc Engall and myself all trooped up to the front to pick up our medals for places in the 10, 25, Evening 10s and the Triathlon Championships.

Michael Bebbington was awarded the Stabiliser Trophy for his crash on his mountain bike which resulted in a visit to hospital, pins, plates and physio for what would have been the rest of the season.



Yvonne & Gary Grayland, he scooped the 25 Mile TT, Evening 10 TT, Hill Climb and the Men's Triathlon.



Yvonne presents Mark Vowells with the 50 Mile TT, the Speedwell Trophy for his Club Trike Record, The Middle-Distance BAR and 2nd in the Evening 10 Series.



Michael Bebbington picked up the 10 Mile TT Championship and 5th in the Evening 10 Series.

MEMBERSHIPS ARE OVERDUE

I know that most of you have already renewed your membership for 2020 and that, due to the cancellation then moving of the AGM and the cancellation of the Roller Championship, some of you have not had the opportunity to pay your subs, I am pleased to advise that you can pay your £12 using the PayPal link on the Membership tab on the website, alternatively, call Richard Boxall on 07831 866 838, or myself on 07751 899921 and we will give you the bank account details to send a bank transfer. It's only £12 – if you do not renew right away it will be considered that you have resigned from the club. Don't let it come to this, we are one big happy family and very proud to shout "UP THE BEXLEY!"

ADDITION TO THE WEBSITE

The 'Training With Jo' article was received with such positive acclaim that we have decided, with her permission, to add a tab on the CCB website so that the tips and coaching can be accessed from anywhere – that is assuming you don't have access to your personal archive of Club Newsletters. I for one have found her guidance to be engaging, enlightening and has already spurred me to try harder, fuel well and perform better when it counts.

CALENDAR

The following club championships and other events are all on the assumption that the UK Government and the various sporting bodies lift the restrictions on or before 30th June. The Mountain Bike Championship was to take place at a special event on 3rd May, we await an announcement from the organiser of a proposed revised race date.



We are all looking forward to that warm, reassuring embrace from Ken, Mick, Brian and Richard, before delivering us with an almighty shove-off up the road at the Evening 10s. Let's hope we get that chance this year.

Wednesday 01 Jul – CCB Summer Barbecue

Horton Kirby Cricket Club, Franks Lane
From 7pm – Free for members, £5 for guests.

Wednesday 08 Jul – First Evening 10

First rider away at 19:30pm

Entry fee £5 (£4 for CCB full members)
Enter on the day at signing-on

Sunday 12 Jul – 50 Mile TT Championship

VTTA - Q50/11, Ham Street
First Rider away at 06:30
Enter at least 10 days in advance at CTT.COM

Sunday 19 Jul – 100 Mile TT Championship

KCA - Q100, Ham Street
First Rider away at 07:00
Enter at least 10 Days in advance at CTT.COM

Wednesday 22 Jul – 10 Mile TT Championship

CCB Evening 10, enter on the line.
First Rider away at 7:15

Sunday 26 Jul – Triathlon Championship

East Essex Tri – Blackshotts, Grays
Enter at least 10 days in advance at
ENTRYCENTRAL.COM

Sunday 23 Aug – 25 Mile TT Championship

Catford CC – Q25/12, Old Romney
First Rider away at 07:00
Enter at least 10 Days in advance at CTT.COM

Wednesday 26 Aug – Hill Climb Championship

Stansted Hill, Sevenoaks – First rider off at 6:30pm
Park in the Stansted Village Hall carpark, Malthouse Lane. Entry and signing on will also be here.

Sunday 06 Sep – 12 Hour TT Championship

KCA - Q12, Brenzett
First Rider away at 05:30
Enter at least 10 Days in advance at CTT.COM

Next Issue – Due June 2020



See you at Hall Place at 9 o'clock on a Sunday yet to be determined.