



Newsletter of the Cycle Club Bexley

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Well, here we are in 2020 and diving in to my 25th edition of the club newsletter; there are times when this job is easy and the words just flow, or even better, someone steps up and writes an article for me, then there are times like this when I am absolutely lost for words.

Since the last edition in October we have received terribly sad news, not once, but three times; we have lost Owen Harden, John Healey and Richard Goodchild, all long-standing members and very close friends to many of our club mates.



Obituaries for all three can be found at the club website - click the menu for 'About' and then choose 'Past Members'.

Owen is pictured above about to set off on his trike just a few months ago.

John is seen here (above right) celebrating his victory at the Isle of Man Kermesses at Castletown in 1970.

John always manned the first checkpoint on our Reliability Trial and marshalled at the turn for our Open 10 down on the Grain in June. Both John and Owen were at the Summer Barbecue in July.



Richard has been missing from club life in the last few years as Parkinson's Disease got the better of him. When he stopped driving, he cycled to the evening 10s and assisted collecting in the riders' numbers.



Wow, that first page has taken me hours to write, so many fond memories of all three swirling around in my mind, may they all live on in our hearts.

I've drawn a line here because I was going to leave the newsletter there and just go to the calendar, however, the AGM happened and I have received some offers of help and some articles along the way. I will leave our Chairman, Mark Vowells, to update you on the content of the most animated Annual General Meeting I have ever had the pleasure of attending.

Reflections on the Club AGM

I have chaired quite a few meetings of the club over recent years, but this year's AGM on January 22 was definitely one of the best in my opinion. Although it was disappointing that we failed to elect a Racing Secretary, we did fill all the other posts and we now have no less than six general committee members!

There were no propositions, but we had several quite long discussions. These were on club riding, time trials, and club clothing. On the question of club runs, John Hawes and Luigi Fumarola spoke about the need to recruit more new members to our rides, and to boost the club run attendances in general. As a result, we are looking in to moving the starting point to Hall Place, Bexley, starting when the clocks go forward and the runs revert to a 9.00hrs meeting time. We hope this will encourage potential new members living in the Bexley/Bexleyheath areas to try riding with us, as many membership enquiries are from riders living in that area. Some of them may not always find it easy to cycle to the existing starting point at Farningham to join us. We also hope to split the rides into two runs, faster and slower, and to publish more details in advance of routes to be taken and café stops. We would encourage more existing members to take part in the runs this year. To publicise the Club, we hope to produce a flyer summarising what we have to offer to new members.

On the evening '10' series, although the numbers are holding up reasonably well, the committee will consider ways of encouraging more participation, and we will also consider promoting an open '10' on the Farningham course in 2021, in addition to our existing open at Grain.

For the first time, there will be a Club Mountain Bike Championship this year, making use of a new trophy donated to the club recently via Murray. This will be held within an open mountain bike event in Essex on 3rd May. More details will follow later [see *Calendar*]. Hopefully this year we will also organise some off-road club runs.

On club clothing, always a contentious subject in my experience, in order to give members a wider choice of what to buy, Marc will look further into making NOPINZ a second supplier, along with our existing one, Impsport.

On a sad note, as I said at the meeting, Brian Debonnaire, Owen Harden, John Healey and Richard Goodchild all passed away during 2019. They will all be greatly missed, and our condolences go to their friends and families. At the AGM Deborah Goodchild was unanimously elected as an honorary life member, Deborah very kindly examines the club's accounts each year, which we greatly appreciate.

As I said in the meeting, many thanks to all our officers and other helpers for all the very hard work they do for the club. Let's hope we can increase our membership numbers this year, and involve more people in all of the various activities that go to make up our programme. We have a lot to offer.

Mark Vowells
Club Chairman

Membership Renewal for 2020

Your membership for 2020 is now due for renewal; once again the fee has been held at just £12.00 for full membership and a mere £8.00 for non-riding social members and Juniors.

You can renew in a number of ways, the old school method is to hand the cash to the Club Treasurer, Richard Boxall, but you can also send your payment direct to our bank account by bank transfer or by visiting the Club website at ccbexley.com and renewing your membership by clicking on the 'Join Club' tab and choose to pay by PayPal selecting the icon on the first screen (PayPal charges us for using their services, so we have to add a pound to use this method of payment).

If you have not renewed by 31st March we will assume that you have resigned your membership of the club. Act now to avoid disappointment.

Jo's Training Blog

Some of our members will think this information is not for them – they don't want to race, it's just for fun, they don't want to spend money on expensive equipment and time looking at data; or even that they feel nervous about pushing their bodies too hard.

Don't worry! We can begin by simply raising awareness of how our bodies are responding during our rides and this can help us get the most out of our time on the bike. Often, data driven performance analysis can lose sight of how we are actually feeling on the bike and this can lead to training mistakes like "over training". This is why coaches are including how their riders are feeling in their performance analysis.

A well-established way of determining how we are feeling is Rate of Perceived Exertion – or put simply, how hard we feel we are working in that moment.

RPE Scale (Rate of Perceived Exertion)	
1	Very Light Activity (anything other than complete rest)
2-3	Light activity (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	Moderate Activity (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	Vigorous Activity (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	Very Hard Activity (difficult to maintain exercise intensity, hard to speak more than a single word)
10	Max Effort (feels impossible to continue, completely out of breath, unable to talk)

The RPE we aim for will change depending what our ride is. During a club ride, there may be moments at the 8-9 effort – aiming for a PR up a hill - but this effort is not sustainable for the whole ride. It is more likely that club riders will be at moderate to vigorous effort levels, depending on the speed of the group. There will be times of light activity, while we regroup/eat cake 😊

10-mile TTs are all out efforts. We may drop to vigorous effort at some point downhill, but we need to be aiming for our effort to be in the 8-10 range, to get the most fun out of the ride 😊

RPE gets both interesting and useful when we consider that it can change from day to day, even though the ride is the same. We can go up a hill one day and feel that our effort was a 7-8. We can go up the same hill another day, with the same weather conditions, at the same speed and feel like our effort is 9-10. Why is this? What factors effect RPE?

- How rested are we? How many rides have we done this week and at what effort? Would we be better recovering with a level 3 effort ride? Or do our legs need a wake up with some short hard efforts?
- Have we had a lot of stress at work/home. Stress is stress, whether it's "training stress" or life.
- SLEEP Both an indicator of high stress and an antidote to it.
- How hydrated are we? This can have a big impact on how we feel.
- COFFEE for those who respond well to caffeine (like me) it can really reduce RPE, enabling us to feel better pushing harder. Unfortunately, it also reduces sleep, when taken too late in the day.
- Fuelling. What we eat both off and on the bike can have a big impact on our energy levels. Just having a closer look at what we are eating and tweaking that a little, can help us get the maximum enjoyment out of riding.....more about that next time.

Jo Hitchin



Jo giving it 9 out of 10 at our Open 10 down on The Grain last Summer

Thank you, Jo, that is very interesting, I will test my own 'Rate of Perceived Exertion' trying to keep up with Luigi on the club runs!

CALENDAR OF FORTHCOMING EVENTS



C C Bexley Annual Dinner and Dance

Saturday 15th February 2020 from 18:30

At the Kelvedon Suite

Birchwood Park Golf and Country Club

Tickets are £40 each and can be obtained from Debbie Boxall, call 07425 152445

The entrance to the Kelvedon Suite is to the far left of the clubhouse building, the other side of the pool and gym. If you are driving, park in the left-hand carpark where there is ample space and easy access to the entrance.



2020 CCB Evening 10 Mile TT Series

Wednesday 8th April to Wednesday 19th August

First Rider is away at 6:45pm (8th April)

Races take place every Wednesday evening with the times varying as the daylight allows. All start times are quoted in the calendar on our lovely website.

Not done one before? Come along and watch, help out, or just bring your bike and have a go, you don't need a TT bike and aero everything, we regularly see road bikes (for a while the course record was held by a rider using a racing road bike) and even a guy on a mountain bike (and he's always faster than I am!)

Note: CTT Rule 14 now state that you MUST have a working rear red light fixed to your bike. NO LIGHT – NO RIDE

Club Mountain Bike Championship

Sunday 3rd May – Practice and Race times TBA

Venue: Hawkwell, Nr Rochford, Essex SS4 1PL

Race duration is 1 hour plus a lap. Each lap is about 2.5 to 3 miles long and should take around 15 minutes

Enter at: traversbikes.com/clubchamps

Our club has been registered in this special race which is hosting a fair number of club championships (select CCB in the drop-down menu), this will allow us all to start together, therefore competing on a 'level playing field' so to speak, although the course will be far from level, riding a mountain bike is essential. CCB boys and girls will be competing for the one club championship. Minimum of a club shirt to be worn by all members who must be entered under C C Bexley.



Sunday Club Rides

So, as you will have read in Mark's report on the AGM, we are looking to completely refresh the Sunday Club Run; we are looking at a new starting point, in the Bexley/Bexleyheath area, to stay connected with the club name and to better serve potential new riders who live in that area. Some of us are already working on routes from that area which will see us approaching familiar places from a different direction. Keep an eye on our Facebook pages for news once we are ready to make the appropriate changes.

But for the time being, we continue to start at the post box and we look forward to seeing you there.

Next Issue – Due March/April 2020



See you in Farningham (for now) at **10 o'clock** on Sunday.