



February Newsletter 2011.

The presentation evening was a huge success and well done to all those who helped put a great night together. A very special thank you to Rhian – your hard work was clearly seen and very much appreciated – Thank you very much.

With everyone working together, we'll take this good club into a great one and soon we'll be one of the best cycling clubs in Wales (that's if we're not the best already!).

Dates for your Diary:

- February 26th - Icebreaker 2: Track racing held at the National Indoor Velodrome, Newport. Entries close 12th February.
- February 13th - Welsh Cycling MTB Series – Round 1 held at the home of Taff Buggy Downhill – Cwrt-y-Celyn Farm, Pontypridd, CF37 5BJ – So if you fancy a fast course with grass sections combined with a technical descent, a rooty cambered section through trees and a leg burning switchback climb then get your entry in quick. Advance entries for the series close 6th Feb for a 25% discount.

If you can't decide if you want a go now and want to see what MTB racing is all about or are a last minute "decider" then entries are taken on the day. Alternatively there is an on-line entry system available through www.xcracer.com/raceentry.

Under 8/ U10's (£2) and U12's (£3) entry on the day. Postal entries to Scott Bugden, Welsh Cycling, Wales National Velodrome, Newport International Sports Village, NP19 4RB. (see entry form attachment). Visit Welsh cycling website for further information.

Towy Riders have been kindly asked to marshal this event. In return we have been promised free track time at Newport Velodrome. So all those interested in developing their track cycling – both adults and children, or those who fancy giving the velodrome a go! For the first time – then (adults) help marshal this event. This is a great opportunity to be part of the Welsh MTB series and practice track cycling at Newport Velodrome. I need "definite" names ASAP.

- February 27th - The daffodil Classic sportive ride with all proceeds going to charity. Distance 45 miles with registration between 10.30-11.30 at Gilbert's Cafe, Pendine, for a midday ride start. See Towy Riders website – event section for link to registration form. Information also available at www.cyclosportive.org/events.
- Sunday club runs continue with two venues – Pembrey and Carmarthen Track, both meeting at 0930. Further information of suggested routes will be released later. Please remember children need to be accompanied by a riding adult and puncture repair kit / tube must be carried by all riders.
- Llandow Sunday Training Sessions – Held at Llandow circuit every Sunday until 27th March, 10.30 start until 12.30. Session cost at £2/rider. Although these coach led sessions are aimed at youth riders, due to the large circuit anyone interested in riding will be catered for. We are planning on attending and will notify everyone when an exact date is set.

We are currently planning on attending this Sunday's (30th January) session, so all those interested please let Neil know ASAP. Please note that the MTB Sunday ride at Brechfa will be re-scheduled and a new date posted soon.

- Welsh Cycling Youth Programme continues at the Velodrome in Newport. These sessions are run under the guidance of fully qualified and experienced coaches so why not give them a try.

Youth Improvers (under 12yrs) every Wednesday 6-8pm

Youth Structured Quality Training Sessions, (under 16 and 14yr olds) held every Thursday 5.30-7.30pm.

Sessions cost £2/rider and start promptly. You must wear you club kit to these sessions and anyone wishing to hire a track bike must enquire at the Velodrome reception (or see Neil).

- Spinning sessions continue, every Monday 7-8pm with everyone welcome. The more we work on our fitness now, the faster and easier the racing season will become! Please inform Neil to ensure there is a bike available for you.

- Core Performance / circuit training sessions – **held during those rainy nights when we can't get out on the bikes** - every Wednesday 8-9pm at the leisure centre. If you fancy developing a performance mindset and learn exercises that incorporate strength, power, stability and flexibility then check these sessions out. Everyone welcome.

Other Issues:

Don't forget to check out your race and membership validity. I have a list of some membership's that are expiring and will notify those when expiry is approaching. But I don't have everyone's. It's a great idea to combine both race and membership expiries. Anyone needing further information please feel free to ask.

Please note that I have only had a few completed 2011 membership forms. I wish not to be chasing these up after February, as I like you wish to focus on training. So I urge you all to complete the forms and forward them either by post or hand during one of the cycling sessions. It all helps with the smooth running of the club.

Anyone needing new kit for 2011 – either TRCC / Towy Riders, please contact Elaine – Elaine.m.adams1@btinternet.com.

To all those racing in the first Icebreaker on Saturday 29th January who haven't received their new licences – don't panic. Just take your existing one with you.

We currently have two proposed AGM dates for you all to pencil into your diaries – Monday March 21st or Monday March 28th. Awaiting room availability so will confirm soon.

The calendar is filling fast with the upcoming races, with the national track and road dates being posted. If anyone wishes to contact me for these dates or any non-national races please don't hesitate otherwise I will post them nearer the time.

If anyone wishes me to add anything else please feel free to contact.

MTB Bike For Sale

Specialized Hotrock 24 Inch Wheel Girls Mountain Bike - Ideal for the new Welsh Mountain Bike Series starting soon!

A cross country-inspired bike designed to be fun, safe and reliable. Featuring an Aluminium ATB frame with a low standover height for care-free starts and stops, suspension forks, 21 gears and dependable brakes. This bike is suitable for children aged between about 8 and 11 years old.

This bike is about 2 & 1/2 years old and is a really good little bike that has been well used. It has the usual scuffs and marks that you would expect but no serious damage and everything is in good working order. Cost £270 new – looking for £100 ono.

Anyone interested in the above contact Carwyn during one of the training sessions and get entered in the Welsh MTB series. Under 8, 10 and 12's enter on the day.

Just two last reminders:

Membership forms please and

Definite names for marshalling the first MTB series at Pontypridd – needed

ASAP.

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