



## January Newsletter.

Dear all, hope you all had a great Christmas and New Year celebration and now ready for the up and coming cycling season. There's plenty going on so those mince pies and chocolate can all be worked off and be a distant past - very soon!!

### New for 2011:

New for 2011, we aim to coordinate members' participation in sportive events. We hope to encourage a fit and enthusiastic peloton of Towy Riders / TRCC for the year ahead in local events, popular events across the UK and maybe extend to overseas summer "Tour de France" trips! If anyone has any ideas, or preferences please feel free to let us know. We aim to post events on the website / newsletter. If there is an event that interests you let us know so as we can try and co-ordinate some other riders to share the day, and perhaps the transport fuel bill!

You can also visit the cyclo-sportive website, which lists the many of the biggest sportives across the UK and the rest of Europe or events can be found on the British Cycling sportive calendar. These events are fantastic, with a range of distances on offer, so mum's and dad's now there's no excuse. They are not races so you can ride them as fast / or slow as you like. Why not try and raise money at the same time.

### So far on offer: locally !

The wiggle Cheshire Cat with 3 distances – 27<sup>th</sup> March,

Forest of Dean – 1<sup>st</sup> May,

The Tour of Pembrokeshire with 3 distances – 12<sup>th</sup> June,

The Merlin ride again with 3 distances – 3<sup>rd</sup> July.

Unfortunately the Dragon Ride on Sunday 5<sup>th</sup> June has sold out in an incredible day – so that shows how popular these events are now becoming. There are plenty of more events posted all over so if you want to combine your riding with a family weekend away then they are perfect.

Children under 16yrs must be accompanied with a riding adult irrelevant of rider capability.

### New for 2011:

We are adding a message board to the website so that any news / change of meeting venue / additional club or training runs or whatsoever can be posted so that all riders get updated – hot of the press !! Watch this space.

### Club Runs.

Now as the cyclocross session has drawn to a close for most of us we are free to meet up of the customary Sunday club runs. We are proposing two meeting venues – one at Pembrey for the younger riders as this is a traffic free zone and the other meeting at the track at Carmarthen.

Pembrey; meeting at 09:30 am – all children must be accompanied by a riding adult.

The track ; meeting at 09.30 – in the unlikely event of a puncture all riders must carry their own tubes and equipment (etc) and be able to change their tube themselves if needed. All children must be accompanied by a riding adult.

Children not accompanied by a riding adult (with no other responsibility arrangements organised) will not be able to cycle. We encourage everyone so mums and dads get your bikes out!!

It's also a good idea to bring some money as a club run isn't a club run without having tea and cake !! That's if we can coordinate a route with a cafe stop.

## Presentation Evening.

The presentation evening is fast approaching so if your form is still sitting in the out-box ready for posting get a move on. This will be a fantastic night and a great opportunity for us all to meet up and chat – all about cycling!!!!

In order to update the records – we need all updated (annually) membership forms. So please print off a membership form, complete it and bring it along to the presentation evening at the very latest and hand to Paul or myself (Lee –Nick's mum). No form no membership. If you plan to join TRCC you will need to fill in the TRCC form. As I believe seniors wanting to join TRCC must pay a membership subscription of £10.00.

### Remember membership forms

## Spinning Sessions:

The spinning sessions are continuing so spinning at the leisure centre every Monday 7-8pm. Be ready for a hard workout. These sessions are not only for the racers amongst us so everyone is welcome – let's all get fit for 2011.

## Core Fitness Training:

These sessions are also a success being held on Wed evening 8-9pm at the leisure centre after the cycle session at the school. These sessions get you working on your core fitness. They may appear gentle at the time but trust me – you do have difficulty walking the next day – or two – or three – or week in my case!! Come along and build up ready for the cyclo-sportive events. It's not just about racing.

## Continental Orders.

For all those with depleted stocks – and need re-stocking for the up-coming session remember to place you continental orders in with Mike. Orders do go in regularly so if you have missed the Jan order don't panic mike places orders monthly.

## Joining British Cycling

I have recently noticed that Nick's racing licence has run out but his membership remains valid. I was totally unaware of the two different dates so please all you racers check your licences to ensure they are all valid for the session ahead.

I have recently bought a family membership – so it's worth considering whether a family membership would be better if you have more than 1 person racing. I phoned the British Cycling and they now have co-ordinated all the expires and it was also a much cheaper option. You will need to phone the BC membership to be able to do this.

Please remember that it's worth becoming a BC member as it does offer liability insurance. There are two types of membership – one for recreational cycling and sportive riders and the other for the racing arm. So BC is not only for the mad max racers!!

Remembers for all those racers joining TRCC and wanting to race in the new TRCC KIT you need to get your licences changed. They must state TRCC on your licence. Get it sorted the sooner the better.

We are still waiting for the TRCC kit to come in and will let you all know when it's ready to pick up. Many Thanks Elaine for your hard work in this.

## Welsh cycling track training Nights;

These are held at the velodrome at Newport so you will need to arrange own transport to and from. I am aware that track bikes can be hired for £3.50 at the velodrome but please check with Neil.

Training evening for the under 12 yrs on Wed's night 6-8pm.

Training evening for the 14-16yr olds on Thursday 5.30 – 7.30 pm.

These training evenings are very hard but are very beneficial, so those interested in track racing speak to Neil. Maybe lift share system can be organised. You will need to wear your club kit for the session.

All those riders who have a club bike at home being loaned for last session - please we need all bikes back ASAP. Just let Neil or any other coach know when you are bringing the bike / s back so that they can be taken to the store and locked away.

### Dates for you diary:

29<sup>th</sup> Jan 2011 - Icebreaker Series starts- This consists of three sessions £10.00 / session or £25.00 for all three. Entries close two weeks before each date. Forms available on BC website or please find attachment.

Icebreaker 1 -29<sup>th</sup> Jan.

Icebreaker 2 – 26<sup>th</sup> Feb.

Icebreaker 2 – 26<sup>th</sup> March.

5<sup>th</sup> Feb – Wales sprint derby. Entries close 25<sup>th</sup> Jan.

## Lets get into MTB:

The Welsh mountain biking league dates are out with two out of the four venues being confirmed. The dates are:

Sunday 13<sup>th</sup> Feb Round 1 – venue unconfirmed as yet.

Sat 5<sup>th</sup> March Round 2 – venue unconfirmed as yet.

Sunday 3<sup>rd</sup> April Round 3 – venue Coed-y-Brenin, old visitor centre.

Sunday 15<sup>th</sup> May Round 4 plus the Welsh champs – venue Forest Field at Buith Wells.

We have fantastic MTB here at Brechfa so for all those interested in the league and need specific training runs just let us know and we can get some dates arranged. So far Wayne (Nick's dad) myself (maybe!) and Nick are planning on doing some MTB dates this yr as riding the mountains are not only enhance and release the adrenaline within us, it's great to improve bike handling skills - all beneficial for the road and track disciplines. Lance Armstrong was a great MTB rider so there's hope for me – (or is there!!!).

## Racing calendar:

The racing calendar is getting rather full already with the Isle of Man, North West International Tour, Omega circuit, Youth track omnium dates set. Also Castle Combe, Maindy Flyers league's are posted. I am currently completing the annual calendar so once this is done I will get the dates out. There are some closed circuit dates posted during Feb so I will add these in for the next newsletter.

Hope this newsletter is useful and informative. If anyone wishes anything else added, got any other ideas/ opinions just let me know. Remember this newsletter is being piloted.

Lee Jones (Club secretary).

