

# AMERSHAM Road Cycling Club

January 2010

News desk email; david@amershamrcc.com

Volume 2, Issue 1

www.amershamrcc.com

## Inside

Page 2

Club Rides, Short Shots and News

Pages 3 & 4

ARCC Committee members

Page 5

Hydration –what you need to know

Page 6

The Carbon Rush

Page 7 & 8

ARCC Committee members



## “Wishing you a very happy 2010”

The club committee wishes you a great and successful year. That you achieve the goals and targets you set yourself and have a lots of new and positive cycling experiences.

The weather has certainly not been conducive to getting out on the bike but at last it does appear to be thawing. But be on the look out for patches of BLACK ICE, as some found to their cost on Sunday, you just can't spot it.

We hope that this edition will give you a few ideas and maybe a little inspiration for the coming year. Look out for details of special offers to help you get your kit sorted.

So take care, be safe and enjoy your riding

*The ARCC Committee*

## Amersham RCC Annual General Meeting

The clubs AGM took place on 19th January at The Squirrel at Penn Street. The committee elect were joined by a couple of members and business brought to order at 8pm. In keeping with the best traditions of the club the first mention of CAKE was at 8.05 and set the tone for the rest of the meeting.

Andrew Cowburn, as outgoing chair, gave a brief summary of his year and thanked the committee for their efforts and support of the club throughout the year. Special thanks to Cameron Jack and Andrew Jackson who stood down from the committee at the AGM. Andrew handed over to the new chairman, Brian Chapman, wishing him continued success.

Brian then announced the results of the elections which had taken place through December and club committee for the year are introduced and give their thoughts in the following pages.

Each committee member has provided a little information about themselves and what they hope to achieve for the club while on the committee.

Minutes of the AGM and dates of future meetings will be made available to members in the coming weeks.

If you have any comments or suggestions about ARCC please do contact any of the committee members who will be pleased to hear from you.

### Brian Chapman— Chairman



I am very pleased to have the opportunity to become the third chairman of Amersham RCC. When I joined the club as a founder member back in 2006 I did not imagine that I would one day occupy this chair.

I have enjoyed acting as club secretary for the past three years and this has given me a good insight into the running of the club and the needs and aspirations of its members.

Our membership is about as diverse as it can be in terms of age, experience, fitness, ability and expectations. I believe we have addressed this diversity quite well and have delivered a club with facilities to suit everyone. The fact that we have developed a paid up membership of 90 in such a short time speaks for itself.

*Continued on page 3....*

## Club Rides

### Club Contacts

#### **Club enquiries**

brian@amershamrcc.com

#### **Membership**

justin@amershamrcc.com

#### **Ladies**

rachelle@amershamrcc.com

#### **Press**

david@amershamrcc.com

### Membership Fees 2010

All members one fee

**£12.00**

## **AMERSHAM** Road cycling club

### **Club runs Social Riding Racing Time Trials Sportive's**

*"When spirits are low,  
when the day appears  
dark, when work  
becomes monotonous,  
when hope hardly  
seems worth having,  
just mount a bike and  
go out for a spin down  
the road, without  
thought on anything but  
the ride you are taking"*

*Arthur Conan Doyle, in  
Scientific American  
1896*

**Saturday Afternoon**  
A cycling "roll up" of varying rides both distance and pace but all are welcome and every effort will be made to ensure no one is dropped.

**12.30pm—Annie Baileys**

**Sunday Mornings**  
Easy, Moderate and Hard Rides of between 40 and 60 miles with a cafe stop around half way.

**9.00am - Link Road Car Park**

## Short shots

Entries for the Chiltern 100 which takes place on 6th June this year are now open and filling fast! As always the Gran Fondo is the first to go, so if you're planning to ride this fantastic sportive, either Corto, Medio or the ultimate Gran Fondo get onto the web site and enter. Don't forget to name Amersham RCC as your club! Do it NOW.

ARCC will need your help in the run up to Chiltern 100, all sorts of things as we organise the Corto Fondo and on 6th June help to organise and run the event. Contact brian@amershamrcc.com

Sun and cycling; ARCC Spring training camp in Majorca, 13th to 20th March 2010, sadly one of the club riders who is booked has to pull out. Flights from Stanstead, hotel and bike hire are included in the price, so if you can swing some time to get away from our dreary weather contact; justin@amershamrcc.com or Andy Lane.

Dee's are offering ARCC members a special price on bike servicing, this includes, wheels cleaned, trued and tensioned, bearings, brakes and gears adjusted and lubricated, tyres checked and inflated. They will also do an overall check of your own and your families bikes. The cost is £35 per bike saving £10 on the usual price and they will inform you of anything that needs replacing with discounted spares for ARCC members. Contact Andy at Dee's Cycles, Hill Avenue, Amersham 01494 727165

## News

### Committee Members

The Club committee members for 2010 are as follows;

Brain Chapman—Chairman

Rachelle Hembury -Secretary

Alan Nixon -Treasurer

Justin O'Neil—Membership

David Lowbridge—Press & Publicity

Lynda Kellam—Social & Sportives

Andrea Parish—IT & Website

Chris German—Club Kit

Andrew Cowburn—Time Trials

Sam Eakin—Rides Coordinator

Harry Kalsi—Members Representative

Julie Andreson— Members Representative

*Your club, your committee,  
have your say and speak to  
anyone of the above.*

### MORE HELP

Your help will be needed on the 2nd May when ARCC is organising and running the West London Combine open 25 TT from Great Missenden. This is part of our clubs participation in WLC.

We need willing helpers for, registration, starting, marshalling the course, helping at the finish, compiling results, serving tea and cake and generally being friendly and helpful to what could be up to 100 cyclists from the clubs around us.

Contact  
andrewc@amershamrcc.com for info.

### TIME TRIALS 2010

After the success of our first time trials the calendar for 2010 is coming together. More details to come on the clubs web pages.

21st Feb - ARCC 10 miles  
7th Mar—WLC 10 miles  
14th Mar—ARCC 10 miles  
21st Mar—WLC 25 miles  
28th Mar—ARCC 10 miles  
11 Apr—WLC 25 miles  
25th Apr—ARCC 10 miles  
2 May—ARCC/WLC 25 miles  
23rd May—ARCC 25 miles  
30th May—WLC 25 miles  
20th June—ARCC 10miles  
27th June—WLC 50 miles  
18th July—ARCC 25 miles  
5th Sept—WLC 25 miles  
12th Sept—ARCC 10miles  
19th Sept —ARCC/WLC 10 miles  
10th Oct—ARCC 10 miles  
17th Oct— WLC Hill Climb at Windsor Hill.

Why not take part or, simply come along and help with running these friendly events. You will be surprised at how "enjoyable" it can be!



## Amersham RCC Committee members 2010



www.amershamrcc.co.uk

Chiltern 100" 2010 don't miss your chance to ride this fantastic event" Choose your distance and enter at ; www.chiltern-hundred.org.uk



### Brian Chapman, con't from Page 1

I am very fortunate to be supported by a committee of enthusiastic, reliable and dedicated people. All of the important committee roles are very time consuming and it is to the advantage of the club that our committee is prepared to put in the time and effort for the benefit of all the members.

In the coming year I hope to see The Amersham continue to develop. We are already a well known and respected club and I want to see our reputation continue to grow. I am looking forward to my year in office and with the help of all of you I will do my best to ensure that it is a good one for Amersham RCC.

I certainly had no intention of joining a cycling club when I stumbled upon ARCC in Autumn 2008. I went from

### Rachelle Hembury



Club Secretary

virtually no cycling experience at all to joining 30 mile club rides within a matter of weeks. My poor body didn't know what had hit it but I was totally hooked.

Cycling took over my life for the first half of 2009 - club rides on a Saturday and a Sunday, riding to the station during the summer at sunrise and cycling holidays! A couple of injuries put paid to my cycling obsession in the latter half of the year so my personal goal for 2010 is very simple, I'm going to get out back out on my bike as often as possible and enjoy every minute I'm out there cycling.

I have spent the past year extolling the virtues of cycling to anyone who cared to listen and will no doubt continue to do so in the coming year. As ladies contact for ARCC it has been really good to see an increasing number of women joining the club and the committee. Hopefully this trend will continue in 2010.

I'm not sure what I'm letting myself in for by taking on the role of Secretary but I will do my best to work effectively with other Committee members to ensure ARCC continues to go from strength to strength.



Alan Nixon—Treasurer

I am taking over from Chris as treasurer when the clubs finances are in a healthy state, or so he tells me! Seriously, I am looking forward to playing my part in building on the current success of ARCC and spending time at committee meetings not only talking about finance, which I will obviously do, but also the wider aspects of the club and what the members want.



Sam Eakin—Rides Coordinator

My job this year is to remove the need for appointed leaders for rides, and hence the reliance on the a few individuals to take responsibility. This is to be done by having a library of routes available to all via the website, with a suggested ride each week for the Mods (Fasts and Steadies are self-organised) which should be printed off by all who wish to ride.

We will be trialling this in the Spring and will see how it works, so let me know your thoughts, favourite routes and any relevant ideas you have.

I am also the author of Friction Free Riding which I would encourage every member to read and read again and then "just do it" it will make ALL rides more enjoyable for everyone!

*Ed. Note; Sam likes pork pies!*



**Lynda Kellam—Social and Sportive  
Co-ordinator.  
(Seen here to the right of Julie and Rachelle)**

I joined ARCC in September 2008 and a few months later was invited to become the club social secretary - probably because my interest and ability in chatting and general hedonism far outweighed my cycling ability. Last year's highlights on the so-

cial front were the club weekend away to Stratford upon Avon and the end-of-season dinner at Chorleywood Golf Club. There were also one or two pub evenings.

This year I aim to be slightly more ambitious. I am hoping to organise two weekends away - dates and locations TBD but possibly May and early August. The French Alps and the West Country are initial ideas. I am very much open to suggestions from the members regarding where they want to go so feel free to email me with your ideas. There will of course be an end of season dinner in the autumn - this is the 'big ticket' event of the year which we hope as many members as possible will attend. Again, feedback on where/what/how you would like this event to be run are very welcome. Other plans include a trip to the Ghent Six track racing in Belgium in November and several social evenings.

Additionally, my role has been extended this year to include sportive co-ordination. The idea is to make ARCC participants aware of other club members who are riding the same event, arrange shared transport if required and generally share the pain. The events that ARCC will be taking part in this year include, but are not limited to, the Princes Risborough sportive on April 25th, the Southern (Petersfield) on September 12th and of course the Chiltern 100 on June 6th. If you are keen on any other particular sportives just let me know and I will publicise it among the club members.

In summary, my intention is to organise what a majority of club members want by way of social activities. My ideas, especially around cycling events, will be somewhat limited - and likely to be from a female perspective! 85% of the club membership is male so to avoid me organising a club w/e away involving hair and beauty treatments after the ride I need your input!

**Julie Anderson Comm. Member**



"I am hoping that on the committee I can represent another type of rider - one who loves riding, but cannot go as far or as fast as most people, and is always trying to catch up from the back. I started cycling when I came to the UK from NZ in 1994, and have been riding socially since then with friends, progressing from an old Dutch bike to a hybrid to a road bike. When I joined ARCC a year ago, starting with the Saturday rides, I was quite intimidated. However once I discovered the Sunday Steadies (or should I say the Tea Shop Tourers!) my enjoyment and confidence increased. I even took on the challenge of Mike Waite's excellent 100 miler, and

the well organised club ride to Stratford (although I cheated by splitting between cycling and driving the support vehicle with my husband Dean). I am inspired when I see a young rider join, who at the beginning had difficulty managing 30 miles on a Wednesday ride, and now can beat everyone else up the hills (you know who you are!). I would like to see more people join who haven't ridden with a club before, and to be supported as they grow in confidence and ability. Most of all I want to see ARCC riders have fun doing what we all love."

I've just passed the Chairman's role on to Brian and now I'm responsible for all things Time Trial related and I would encourage every member to get involved, to ride and to help us run events. If you think racing isn't for you why not come along, it's very friendly and you may just enjoy it enough to give it a go! What are you waiting for?

I'll look forward to seeing you out on the road.



**Andrew Cowburn Time Trials**





Back in the 1960s, it was common for riders in races like the Tour de France to stop off at roadside bars for a glass of wine or something stronger, never mind tea and cake half way to Waddesdon Manor on a Sunday morning! This seems hardly believable now, but there were some marathon stages in those days and a more laid-back attitude prevailed, at least in the early part of a long hot day. Today, we have a much better understanding of proper nutrition and, specifically, proper hydration. This is vital for endurance racers and time triallers, but should not be neglected by anyone setting out on longer rides - certainly if you will be riding for more than an hour. Even at a moderate pace, hydration is important.

#### Noticeable Symptoms of Dehydration:

- Dry Mouth
- Lightheadedness when standing
- Muscle cramps
- Decreased sweating
- Nausea, Vomiting

The effects of poor hydration on performance are substantial. In fact studies show that in 4 hour trials, cyclists who started rehydrating within the first 30 minutes performed significantly better than those who started rehydrating after 30 minutes

Most athletes lose substantially more body fluids through sweat than they replace by drinking during exercise. This so-called "voluntary dehydration" can have serious implications for health and performance. An athlete's failure to drink sufficient fluids is caused by many factors:

- The physiological inhibition of thirst that occurs after moistening the mouth with a beverage;
- The uncomfortable sensation of fluid in the stomach;
- Poor access to beverages during exercise;
- Poor quality of available beverages;
- A lack of education about the need to drink during exercise.

After becoming dehydrated, elderly individuals tend to drink less than their younger counterparts. Athletes can be trained to become "better drinkers" before, during, and after exercise. In fact, **minimizing dehydration by drinking during exercise has the largest beneficial effect on performance of any single nutritional intervention.**

Improving the flavour of a beverage can dramatically increase the consumption of fluids during exercise.

Although athletes will drink more of a cool beverage than a warm one, the temperature of the drink has no important effect on core body temperature.

#### Tips & Tricks to stay hydrated:

- Drink little and often.
- Improve access to fluid by using the new generation 'hands free' hydration systems – eliminating the need to wait for a more convenient moment to 'grab the bottle'.
- Give yourself variety: on longer rides, invest in both a down tube and rear carrier system, and fill them with different flavours.

Here at Ten-Point we have been investigating better ways to rehydrate 'on the fly'. We found a great system in America and shipped it over. Normally, members of ARCC get 10% discount on footwear and clothing at Ten-Point, but for the month of February, we'd like to offer you 5% off the [Speedfil Hydration System](#), as well as the [X-lab rear carrier system](#). **Remind us of who you are when you pop in, and we'll deduct the % at the till.**



In case you missed all the excitement, Blue Competition Cycles have arrived at Ten-Point. TT bikes, road bikes, criterium bikes – pop along and drool .... We're stocked with loads of bike gear and spares, but if there's something you want and you can't see it, ask and we'll try and get it for you – competitively to Wiggle!!

Bike-fit sessions are available now for £60. By improving your position on your existing bike, you're not only more comfortable over distances, you'll also be able to ride more efficiently. By appointment only.

**Open Tues-Thurs 11am to 7pm; Friday 11am to 6pm; Saturday 10am to 6pm**

## Live fast, die young: the Carbon rush

By Paolo Coppo



Occasionally my life takes turns which bend into the realms of surreal. On the 21<sup>st</sup> of December, I was sipping a coffee in the cockpit of a Boeing 737-300 with the Captain and the First Officer, in the middle of a snow blizzard. Admittedly we were grounded at Gatwick, but still, these things don't happen to everybody in the post G.W. Bush era.



Among the many topics of conversation was the new kid on the block, the Boeing Dreamliner, largely manufactured from carbon fibre composites (CFCs). CFCs are not new to the aviation industry, but such a vast use of them in one single aircraft is unprecedented. Of course, other industries have embraced composite materials long ago... motorsport, for instance. Interestingly, I always associate aviation and motorsport with catastrophic crashes and spectacular, if glamorous, ways of dying. Look at Otis Redding, look at Senna: was it not a carbon fibre part which failed claiming his life? I can't think of a more glamorous man than Ayrton Senna da Silva... I only buy sunglasses which have been worn by Senna... or by Sonny and Rico in Miami Vice. I ended up teaching materials science to aviation and motorsport engineering students at Brunel... see? I told you my life takes vicious turns.

Carbon fibre composite, in my mind associated with "live fast, die young". And that's what it does: it goes fast and it fails fast and without warning... in engineering it's called catastrophic failure, does it sound reassuring?

Engineers like to classify materials in terms of stiffness and tensile strength. They're easy to measure in one single experiment by ripping apart a bone-shaped specimen under a tensile load. Carbon fibre composites excel in this particular test: the highest Young's Modulus (stiffness) the highest Tensile Strength... that will do!

Shame bicycle frames don't fail for excess of tension, otherwise one would be tempted to manufacture them out of carbon fibre!

Shame a good bicycle frame should give you plenty of warning before falling apart, otherwise one would be tempted to...

So what's all the hysteria around carbon fibre? Why all manufacturers produce top end frames and sometimes even middle range frames out of carbon fibre composites?

Well, the industry follows the rules of the market and the market has dictated that the only parameters which do matter in a bicycle frame are stiffness and weight: and CFCs excel in both.

Shame stiffness only really matters whilst sprinting for the line at 40 mph. Shame weight only really matters for those greyhound-like PRO riders, whose body fat can be contained in a walnut shell.

The latest high end CFC frames weigh 900 grams... less than 2 packets of spaghetti... less than one bottle of wine, just over a pint of Stella in its glass! Imagine this set of tubes supporting the average cycloamateur weighing in at 160 packets of spaghetti, 80 bottles of wine, 100 pints of lager... and tension doesn't really matter... maybe compression, maybe torsion, maybe bending, but no tension involved at any stage...

Shame the material down in Taiwan was only tested in tension...

*Ed. I feel a rather long and heated debate coming up on the forum.*

## Amersham RCC Committee members 2010



**Harry Kalsi – Committee Member**

I am relatively new to cycling, only a couple of year's experience, originally I was a long distance runner/jogger; I know it's difficult to believe, but have been forced into this activity due to continuous injuries.

As far as I can remember, I have always enjoyed physical activity, some of the other activities I have participated in are, martial arts, body building, swimming and hill walking. Until quite recently, I only cycled once a week, but due to yet another running injury have been heading out twice a week. I find ascending the most satisfying aspect of cycling, even as a heavy weight, (almost 14 stones post Christmas carbo loading), riding flat out on smooth level roads is also fun, I dread descends. This year I am planning to participate in more sportives and may be even the odd time trial. Crash avoidance will also be a high priority as I had two last year; they were not appreciated on the domestic front.

Being a relatively new kid on the block in terms of cycling, I am always keen to spend time with new members, plus as I am mainly in it for fitness, I don't really mind being the anchor man or riding with the steadies from time to time. I also organise/lead a monthly mountain bike ride for a group of friends, some of them have shown a desire to convert into roadies some time in the future.

In order to put something back into the sport, I am keen to support events as a timekeeper, road marshal or any general tasks that are outstanding, joining the committee is just an extension of this philosophy.

Friends, Riders, Club Members, lend me your gears,  
I come to introduce myself...not bore you to tears.

I joined ARCC in spring 2009 after reading an article in a local glossy life-style magazine (Chorleywood News). Previously, I had ridden off-road (and still do) and had (at the time) recently bought a used road bike but had nobody to ride with. This soon changed. I joined the club and found myself riding the Chiltern 100 Corto Fondo only a few weeks later. Admittedly, I only rode this; taking up one of Lynda's sons' places; because there wasn't a Sunday club ride. Bitten by the bug? Oh YES.

Since then there have been very few Sunday club rides that I have missed and I now (weather permitting at this time of year, of course) regularly lead the Steadies along with Julie and Guy and organise (with club members) impromptu mid-week rides too.

**Andrea Parish – Web site and IT**



Andrea Parish Contd. From page 7

My bike collection has also, perhaps unsurprisingly, grown. I had a triple, so I needed a compact etc. So three road bikes later, and armed with ever growing knowledge of leafy lanes across four counties, here I am. I love, sorry make that live, to cycle.

Apart from cycling, I am a busy stay-at-home (for the moment) Mum of three primary school age children and a step-mum to older twins. I grow my own fruit and vegetables and love to cook. Incidentally, I also have a background in IT with 15 years+ experience as a consultant specialising in implementing Oracle Applications (Financials, Supply Chain & iProcurement).

As club website and IT officer my goals and responsibilities for 2010 are, I believe, straightforward. They include supporting the management committee and responding to the ever changing needs of our members by keeping our website up-to-date, informative and relevant. I will also be providing IT support in other areas, as required.

The website is an important asset for the club. Not only is it a valuable resource for our members, boasting many features, e.g. breaking news, rides calendar, ladies section and access to the club forum, it is also one of the main means by which we project our image and club identity to the general public. For new members our web site can sometimes be the first point of contact.

I am looking forward to the year ahead and to supporting you all and, if anyone has any suggestions or ideas for the website then please do not hesitate to contact me.



Chris German Club Kit Officer

Having served for three years as treasurer, I'm now taking over responsibility for the Club Kit from Justin. We are looking at suppliers and also getting sample garments to try to solve the issues that have arisen on sizing. I will publish details as soon as they are finalised and look forward to serving the club in this important area. Chris German

my goal is to make that first contact as positive as I can. It can be a challenge for people, especially those who may be new to club cycling and frankly, some clubs are not very welcoming to new people. ARCC wants to be a club that welcomes newcomers and old hands in a friendly and positive way, encouraging everyone to enjoy their bikes and the people they meet through the club as much as we can.



Justin O'Neil Membership Secretary

Hi, I'm Justin O'Neil and I've taken over the Membership role from Andrew Jackson. This is an important job as I'm often the first point of contact for the club and

And finally ...

Press and publicity is down to me, but I can only publish the things we do and that I've got details of. So if you are planning a charity ride, participating or organising an event do let me know, I certainly can't promise that it will get published but we will certainly give it a go.



David Lowbridge

For example, on 30th May I shall be riding from Coast to Coast as part of an invited group riding for the Toybox Charity. It's 147 miles from Whitehaven via Bowness, Carlisle, Brampton, Haltwhistle, Hexham to Newcastle, with a few climbs for good measure. There will be 15 riders and we're trying out the route for a three day Charity ride, open to the public, which will take place in August 2010.

The subtle difference between the route trialling ride however is that, while the public will ride around 50 miles each day in August, our plan is to do the whole thing in one! Mad or what? Details are available on the charities web site [www.toyboxcharity.org.uk](http://www.toyboxcharity.org.uk) and look for "The Toybox Cycle Challenge"

Should you want to sponsor my mad effort then check out [www.justgiving.com/David-Lowbridge](http://www.justgiving.com/David-Lowbridge) or just give me your money. :-)

Should you feel inspired to give either ride a go then check out the details and get in touch with Justin Bloomfield at Toybox who will be happy to give you all the details. Tel 08454 660010