



Nottingham Clarion Newsletter

April 2007

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Clubroom Pumpstation House, Daleside Road, Nottingham **2nd Monday in each month 8.00pm**

Website: www.nottinghamclarion.co.uk

Welcome to the Clarion newsletter for April 2007.

Club News

Thank You

Thank you to all involved in setting up our round of the Rudy project TT series which is taking a considerable amount of organising. Thank you also to Derek Foot for the interview later in the newsletter.

Clubruns

We continue with the weekend club run every Saturday, meeting at 10.00a.m. at the Lime Kiln PH. The ride will be tailored to suit whoever attends.

Around this basic ride we will be proposing variations such as Peak District rides and we will still be organising Sunday runs for those who would prefer that day.

If you want to go out at the weekend you can still either just reply to the e-mails or phone Tim Fahy or Paul Harwood.

Club Nights and Committee meeting dates

The next Club Night and Committee dates will be **Monday 14th May** 2007 at the Park Yacht Inn, Trent Lane, Nottingham, NG2 4DS. All welcome.

Club Track Championship 2007

It was decided at the Club AGM to hold an annual Club Track Championship. Gary is looking into available dates for Manchester later in the year so expect further details in due course.

Track Training Sessions

There are some regular sessions being held at Manchester Velodrome. Please talk to Paul Harwood about availability if you are interested.



Club Road Championship 2007

In order to capitalise on the growing interest in Road Racing in the membership we are promoting the Club Road Championship for Seniors and Juniors with a club trophy available for each category at the club dinner.

For the Seniors, the Duncan Murray Wines Summer Classic Road Race (3rd and 4th Cat) on the 5th August is the designated event and the rider who finishes with the best placing will take the trophy. Suggest you get your entries in early if you want to have a go. Details are on the British Cycling website www.britishcycling.org.uk

For the Juniors, best 3 placings in the Tuesday night Mallory Park Road Races over the season will win the trophy. The events start on Tuesday 24th April and details are on the British Cycling website www.britishcycling.org.uk

Forest Town Evening Track League

The weekly league restarts soon on Wednesdays at 7.00p.m. and is run under TLI rules www.theleagueinternational.com There is a start up membership fee of £3 and each evening cost £5.50. If you want to know more about the League, have a chat to Alan Daniels.

Press

No mentions in the media this month but Cycling Weekly will be covering our forthcoming Rudy Project TT round

Tour De France 2007 Stage 8

If anyone wants to book a luxurious 3 bed apartment, just 10 (downhill) miles from Stage 8 of the TDF then I can offer a special club discount off the normal rental rate for 1 week from Sat 14th July 2007. if anyone is interested please contact **Phil**.

Club Bikes

If you would like to donate any kit, spare or redundant equipment to the club, which could then be loaned out, let us know. Any donations would be gratefully received.

Nottingham Clarion Graphics

Nottingham Clarion decals – contact Jason if you are interested

Events and Racing

If you would like any help or advice on how to enter open events or which events you would like to enter please let us know. We would all be very pleased to help any rider wanting a go at an open event, helping with filling in entry forms, possible shared transport etc.



Results and Reports:

Melton Olympic Open Hill 20.5mile time trial

Sunday 1st April – cancelled due to roadworks.

Forthcoming racing events (the season is approaching fast!):

Nottingham Clarion Rudy Project Time Trial event 2007

The Club is holding round 3 of the popular national Rudy project Time Trial series on the 21st April 2007 on a sporting course in the Vale of Belvoir. Details are on the website. We require a number of volunteers on the day to help with marshalling etc. We have a significant entry number including some of the best time-triallers in the country. Your support on the day would be very welcome even if you would just like to watch the riders in action. Look out for the report in Cycling Weekly.

Nottingham Clarion Evening 10 events are here!

Starting this month, dates are **Thursday 12th April** to the 16th August with a 'Bob in the Hat' event on the 26th August using the Club 10 mile course starting at the Lime Kiln PH.

This is the most eagerly anticipated series for years with competition likely to be fierce across the whole membership and many new personal bests anticipated.

We are thinking about designating one of the earlier 10s as an 'athlete's 10' with tri-bars and disc wheels temporarily banned and prizes for the winners!

We will also be running a couple of 25 mile club TT's on other dates (tbc) to give members the opportunity to try a longer distance without the pressure of entering an 'Open' event.

NCRA dates for 2007.

Summer series

June 5	HQ Southwick – Fenland Clarion
June 12	HQ Middleton – Rockingham Forest
June 19	HQ Southwick – Peterborough
June 26	HQ Old – Kettering
July 5	HQ Harrington – Welland Valley

Entry fees would be £40 for the series (pre entry), £50 for the series (entry on the line at 1st event), and £10 entry on the line at each event.

As in 2006, only members of affiliated clubs and individual affiliates would qualify for series prizes (the Club is affiliated).

Let me know of any race or event you have taken part in. Could you have been a contender? Were you a victim of underhand team tactics? Let us know the gossip.



Coventry CC Open 10

Coventry CC have written to us to promote the Diana Cooke Memorial 10 mile TT on Saturday 5th May to be held on the K10/10C course.

Other forthcoming 2007 races:

Keep an eye out for the early season open events such as the CDLCA 10 on 14th April. We are also looking for some teams of 3 for the Leicestershire RC 50km 3-up TTT on the 28th April and we should have a few entries in the Matlock CC Open 10 early on Sunday 6th May.

Sportive events 2007:

Melton Cicle Classic on Sunday 20th May – based on the course of the actual race there is now a sportive ride.
http://www.cicleclassic.co.uk/cyclosporitif2007_301184.html

Etape Du Dales on Sunday 20th May – unfortunately now full but a number of Club members are entered. <http://www.etapedudales.co.uk/index.htm>

White Rose Classic near Otley 10th June. <http://www.whiteroseclassic.co.uk>

Website

www.nottinghamclarion.co.uk - recently updated by our Webmaster John.

Club Clothing

The remaining red kit has now been delivered and we have some red garments in stock.

Any member under 18 will be able to purchase the club kit with a discount of 25%. Any orders or questions ask Andy Woolf or see www.nottinghamclarion.co.uk for details on sizes, prices and types of garments.

Club Polo Shirts

If anyone is interested we can make you a Club polo shirt which would look something like this:



Colours to be black or red with white embroidered logos and cost around £6.50 depending on numbers interested.

Social

Second Monday of every Month at our new venue of The Park Yacht Inn, Trent Lane, 8.00p.m.

Readers Articles

Jenny's Blog:

Apologies for a hastily put together blog this month but it's only been a short time since the last one with the Easter weekend meaning that the club night & newsletter have been brought forward to avoid the bank holiday. Attendance at last night's meeting was good again with close on 20 members turning up to share a meal and a drink and mull over the forthcoming season of events and look back over the last few months of cycling activity.

Several members have been attending track sessions over the winter months, with all the young lads showing great potential in this discipline. Greg, Danny, Blake and Nathan have all shown real promise with their track riding. Gary and Paul have supported them throughout with transport and mechanical advice etc. Quite a few other members have also tried out the track scene including Sam, Stuart, Harv, Lee, Darren, John & Woolly Gordon (sorry if I've missed anyone!).

The track at Manchester will be closing shortly for resurfacing work so track riding activity will switch for the summer to the outdoor tracks at Mansfield and Scunthorpe. Anyone interested in attending sessions let us know.

The 2007 season as far as club events are concerned will start shortly with the evening ten series which begins on the 12th April at 7pm at the Lime Kiln. The pub will be on alert with copious supplies of eggs for their delicious omelettes and plenty of crispy chicken pieces for me!

Then comes the prestigious Rudy Project event which the club is hosting at Granby on the 21st of April at 2pm. The event is coming together nicely attracting a good field with many top riders entering. It will be "all hands to the wheel" to make this a



success. With this in mind I better go and start getting organised for baking my "famous" Eccles Cakes & Rock Buns ready for the day. Its been a while since I made any for an event so I better see if I can remember how, I'm sure someone will taste them for me to make sure I have got them right (won't you Tim?).
Bye for now and see you all around at an event somewhere soon.
Jenny

Ride reports / Tech / fitness / words of warning hints and tips etc. – any articles from members would be welcome. These may also be used on the website.

Show us your ride

Carbon Corner

As there seems to be a Club 'carbon arms race' developing this feature is intended to add to the hype so that you feel that you just can't get any further on a bike without that extra piece of 'black gold' or ceramic bearings....

This month's award for the largest carbon footprint goes to Darren Buckby:



Planet X Stealth Pro Carbon 2007

Let me introduce you to my latest toy..., from a long line of toys dating back many years!!



I have always been somewhat of a carbon fiend, starting with a Specialized Allez Carbon road bike back in the day - purchased in deceit whilst my parents were away on holiday..(I must add I was only 17 at the time)

Anyway, back to the present and the Stealth. Had been looking around for a new TT bike for many months, and had almost gone for a Cervelo P3 carbon, however, more by chance than anything else stumbled across the Planet X website and their latest incarnation of the Stealth TT frame.

The whole package and more importantly the price seemed too good to be true, however, after doing some research it seemed these babies were good...very good in fact.

Decided to order the 'Pimp' version of the bike with full Dura Ace and some carbon wheels (since sold!!). Originally the bike was ordered in the limited edition Hawaii pink (to honour Spencer Smith), however, after much soul searching and the realisation that Stu had ordered an all pink Clarion kit, I decided to go with the natural carbon finish.

Shortly after ordering, my fateful crash at the velodrome occurred, and I wondered if I would ever be fit enough again to do this bike justice - (still wondering March 2007!!).

On delivery I instantly fell in love with the beautiful lines and its look of speed...., in fact loved it so much that almost straight away I began to alter things on it - and I wonder why I am always broke.

Changes from original include Dura Ace calipers to replace the Tektro carbon ones, a Flight TT saddle, Nokon cables and most importantly and costly, a set of Zipp 909 wheels!!

So that's about it..., just need to see if I can do such a lovely bike any justice....only time will tell!!

Full Spec..

Planet X Stealth Pro Carbon Frame and Forks (Medium)
Stealth Pro Carbon Seatpost
Stealth Carbon TT Bars
Dura Ace 10 spd Groupset
Tektro Carbon Brake Levers
FSA Carbon TT Chainset
Zipp 909 Wheelset
Flight TT Saddle
Nokon Cables

Darren



Please send us a picture plus comments on your favourite bike – could be a MTB /
tourer / fixed / new / old etc?

For Sale or Wanted

Let us know if you have any bikes or equipment for sale or if you are after that
elusive Campagnolo widget.

'Blown off by the bunch'

This month our spotlight falls on one of our newer members but someone who is not
new to cycling, Derek Foot:



Derek racing in 1983



When did you start cycling?

Started Cycling in 1982, bought a Falcon from Owen Blower's to accompany our boys. A neighbour Ian Hay (Nigel's father) encouraged me to join Loughborough RC and ride their 10's, after moving house I joined Melton Olympic in 1984 and joined Clarion earlier this year.

Cycling or sporting achievement most proud of?

In 2003 claimed 4 age standards to qualify for a VTTA plaque, which I proudly received from Les West at the Vets luncheon.

Grumpiest moment on a bike?

Packing in the 2005 Anfield 100 at 80 miles for no apparent reason, and had a pretty miserable 86 mile drive home. Dave & Kath Smith both had good rides in spite of Kath's tri-bars breaking.

Favourite bike or bike you would like to own?

A top of the range Cervelo.

Past and Present sporting heroes?

Mike Hailwood and Bob McIntyre.

Any other interests sporting or otherwise?

Reading, swimming, walking (mainly our boxer dog, Maddy), classic cars and motorcycles and history.

Favourite ride?

Favourite ride to Charnwood Forest. Stanton, Keyworth, Widmerpool, Wysall, East Leake, West Leake, Kegworth, Long Whatton, Belton, Whitwick, Mt. St. Bernard Abbey, Oaks in Charnwood, Beacon Crossroads, Old John, Newtown Linford, Anstey, Rothley, Mountsorrel (cafe stop @ Tea 4 Two), Cossington, Sileby, Seagrave, Six Hills, Wymeswold, Willoughby, Widmerpool, Stanton. 58/59 miles.

Steel, Aluminium, titanium or Carbon?

Current bikes, 531, 853, (both steel) 7005 (aluminium) and a Look carbon, the carbon is by far the most comfortable and best handling, however I couldn't get on with it in T/T's and have reverted to the 7005. Never ridden a Titanium.

Favourite café food?

Yes, I enjoy eating, traditional English, Italian and Indian. Favourite is Pam's Lancashire Hot Pot followed by Syrup sponge. Cafe food, up to 60 miles toast and jam at Tea 4 Two in Mountsorrel, this is to Michelin Star level, failing that a home baked scone at say Staunton Harold, Southwell Garden Centre or Cafe Continental in Syston, on a ride of over 60 miles, cheese on toast.



Tell us something we don't know about yourself:

Previous all consuming interest was motorcycles, raced for many years, first event Silverstone 1963 on a 350 Norton, last race 1979 on a 900 Ducati. Also Pam and I celebrated our Ruby wedding anniversary last month.

Send your pictures, news, reviews, views, and articles to news@nottinghamclarion.co.uk

Happy cycling....