

WHEELER'S DIGEST

Events | Guidance | Club Updates

Welcome...

Welcome to the November edition of the Wheeler's Digest.

Without your stories and news this would be a very brief newsletter so please send me anything cycling related, preferably with some photos as well, to webmaster@wellesbourne-wheelers.org.uk

Next issue at the end of December

Steve Kirk - Editor

Diary Dates

17 December - Club Xmas Ride

2024

23 January - AGM

24 March - Mad March Hare sportive

27 April - Netherlands Club Trip

3 May - WOWW IoW Club Trip

26 May - Ride London

22 June - CFC Coast to Coast

7 July - Broughton Castle sportive

Xmas Breakfast/Brunch Ride

Meet in the lay-by at 9.30am for 'not so quicks' and 10 am for the 'so quicks' on **Sunday 17 December**.

Ride 18 miles to Lighthorne Pavilion for breakfast/brunch then 5 miles home. Ride Leader (RL) is Paul Meade at 10am and RL's John Tuck & Olwen Kelly at 9.30am.

One drink per person will be paid for by the club.

Please let your GO know by 10th December if you're planning to join the ride as Lighthorne Pavilion will need a guesstimate number of breakfasts.

Olwen Kelly - Secretary

Club Update

Good to see so many Wheelers from all the groups enjoying a regular ride and the hot coffee and cake stops.



Winter has arrived this month with everyone searching out their extra protective layers to keep cosy out riding. I know ride leaders take their responsibilities very seriously, and when a decision is made to cancel or alter start times for a ride, it is done in the best interests of safety for the group.

Its not too late to get your booking in for the Christmas ride including a drink on the Club.

Diary date for January; the Club has its 9th AGM on Tuesday 23rd at the Bowls

Club followed by the Awards ceremony. This was a very enjoyable occasion last year and promises to have further attractions.

As the season of peace and goodwill approaches may I wish everyone a Merry Christmas

Philip Harris - Chair



Sunday Club - The Year So Far

It's Sunday Club's turn this month to share what their group has been up to in 2023. Thanks to Ashley Sherren (Group Organiser) for the update:

Sunday Club

No. of riders (10 rides or more):	12
Average ride distance (miles):	52 (Q1) / 50 (Q2) / 49 (Q3)
Average speed (Quicks - mph):	18.3 (Q1) / 17.5 (Q2) / 18.0 (Q3)
Average speed (NSQs - mph):	16.5 (Q1) / 16.4 (Q2) / 16.1 (Q3)
Average no. of riders:	7 (Q1) / 7 (Q2) / 8 (Q3)
Maximum no. of riders:	10 (Q1) / 10 (Q2) / 12 (Q3)
Total distance ridden (miles):	576 (Q1) / 447 (Q2) / 543 (Q3)
Cancelled rides:	1 (Q1) / 0 (Q2) / 2 (Q3)

As you can see, it's a smaller group than the average but with longer distances and faster speeds. The average distance of fifty miles or so is in line with the club parameters on the website and likewise the speeds, although nearer the top end of the range.

Due to the ability range, the group split into two; the self-explanatory 'Quicks' and the 'Not So Quicks' (NSQ's). The two groups leave at different times, with the intention of meeting at the café stop at the same time.

In addition to the cancelled rides due to the weather, the group also incorporate local sportives into the calendar with participation in four this year so far.

Steve Kirk - Editor

Bike Fit Service

Precision Cycle Fit has been established in Southam, Warwickshire to provide a high-quality Bike Fitting service for all types of Cyclists and Triathletes riding all types of bikes over all types of terrain. Our aim is simple: to improve your cycling comfort and performance, whatever your goal.

I've been riding bikes for decades and have extensive experience of racing Time Trials, Road, MTB, Gravel and Triathlon. I've also cycle toured in UK, New Zealand, Tasmania, Canada, USA and Borneo and have covered thousands of miles as a commuter.

A bike fit is beneficial to all cyclists, not just those who want to race. So, if you are new to cycling and have not yet found that optimum fit, or highly experienced but find that changing levels of flexibility, fitness, strength and priorities are no longer aligned with your existing position, then we can help.

Fully trained in Bike Fitting by Mike Veale of Bike Dynamics, I'd like to offer a 10% discount (not including parts) to Wellesbourne Wheelers members and if you book during November and December 2023 there is a further 10% Winter Discount which can be combined making this the perfect Christmas Gift for you or your loved ones.

For more info please visit our website www.precision-cycle-fit.co.uk, contact me at matt@precision-cycle-fit.co.uk or why not give me a call on 07579 774633.

Now is the perfect time to get a bike fit because you can adapt to it during gentle winter rides enabling you to enjoy the longer rides of spring and summer even more.

Matt Heywood

Club Majorca Trip - 2024

Winter's well and truly here now so, to give you something to look forward to, I thought I'd give you details of a potential cycling holiday to sunny Majorca next May.

Some of you may have been to Majorca before and, if you have, you'll know how well set up it is for fantastic road cycling holidays. For those of you who haven't been before, it's a cycling experience not to be missed and one that everyone inevitably recalls with very fond memories.



Anyway, I've done a bit of preliminary research and I think we could have a great holiday based in Puerto Pollensa (north east Majorca) at the Duvabitat hotel for less than £800 per person to include flights, transfers and 2 bedroom apartments (1 bedroom apartments also available for single occupancy at extra cost) on a bed and breakfast basis.

Date wise, I'm looking at **Sunday 12th May until Sunday 19th May** and flying with Jet2holidays as part of a package holiday.

We'd fly out from Birmingham late afternoon on a two and a half hour flight and leave Palma airport around midday for the return journey.

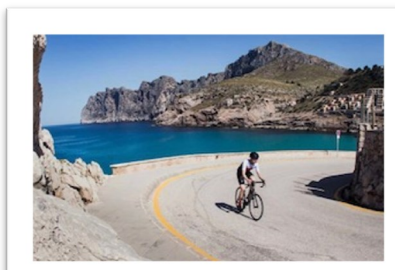
In terms of bike hire, my thoughts are that we would again (as we did in 2019) go with "the Pinarello Experience". For peace of mind, they have compulsory insurance at €20 for the hire period to basically cover everything with the exception of theft. We'd all have iconically branded Pinarello bikes and prices range from about £20 to £30 per day dependent on model, with a D12 option available (for Debbie!) at about £40 per day.

Trevor has been before and I'm sure he'll agree that, in terms of evening meals, it's great to have a leisurely stroll into town (probably about three quarters of a mile away) and dine in one of the many beachside or main square restaurants (BTW, Puerto Pollensa also has a nice sandy beach!).

In terms of cycling opportunities, there are options where we can all ride together or in two groups at other times; this dependent on how big a challenge you want!

We'd have five or six days riding and some of the route options could include:

- **Cap Formentor** - a spectacular ride from the hotel along the narrow north east peninsula to the famous lighthouse. At 22 miles, it's not long, but the views are amazing, with a few climbs thrown in (the toughest one is very early on!).
- **Andratx** - We'd travel by coach down to the south-west before cycling along the west coast taking in lunch at Soller and then climbing Puig Major. It's a long climb (nine miles), but it's steady with no really nasty sections! From there you eventually start a well deserved long (about six miles) and exhilarating descent into Pollensa Old Town for late afternoon cake and a drink before heading back to Puerto Pollensa.



- **Randa** - Randa is in the centre of the island and the route is reasonably flat at about a 60 miles round trip. This would be a great ride for all of us!
- **Cala St Vincent** - A lovely little cove with a nice beach and a great cafe for lunch. Only about 10 miles from the hotel and ideal for an easy day (perhaps recovering from a harder day!).
- **Sa Calobra** - In the top ten of the most iconic cycling climbs in the world! It's probably about a 50 mile trip in total, with Sa Calobra itself being around six miles of mostly hairpin bends. (You'll probably want to do Cala St Vincent the day after Sa Calobra!)

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- **Alcudia** - A flat, short route heading south along the east coast past the Bay of Alcudia, with the option to go further south whilst still continuing on fairly flat roads.

These are just a few examples from my most recent memory of 2019 when no less than 17 of us made the trip!

If my rough outline of the holiday has generated sufficient interest in you, then it would be great if you'd let me know your thoughts by e-mail to garygristwood54@outlook.com

Gary Gristwood

Wheelers Workshop

A monthly column aimed at providing useful performance tips in bike maintenance

The Problem

For those of you who ride Trek bikes (and, almost certainly, bikes made by other manufacturers), you may have experienced an annoying squeaking noise when your drive train is put under pressure, typically when you're climbing.

Most people's first thoughts are that the bottom bracket or even the saddle may be the cause. I've had the issue on both my older summer bike (2017 Trek Domane) and my newer winter bike (2023 Trek Domane).

The Solution

In both cases it seems the noise emanates from the pedals and how I've come to this conclusion is that, since I recently started giving them a pre ride quick spray with GT-85 (I guess other lubricants may do the same job), the squeaking noise has simply disappeared.

No need to remove the pedals (wouldn't be practical to do this anyway); just spray them all over before you set out and that's it - climbing in heavenly silence again!

Gary Gristwood

Club Kit

After a slight hiccup in the ordering process due to a technical hitch with Endura's new management information system (for which we had an apology), the latest order of winter kit arrived recently. Thirteen club members across all riding groups received either a "top of the range" Pro SL Roubaix jacket and/or a Multitube (what Endura call a "buff", although being a brand name that term can't be used for their product).



Anyway, enough of this verbal malarkey! It is always nice to receive feedback about any of the products ordered, so I'm grateful to Malcolm from Sunday Casual for taking the time and trouble to write the following about his jacket:

"I'm very happy with it, I found it to be warm and showerproof. I'm glad I ordered an XL, though, as the relaxed fit is just right for me and very comfortable."

Please note that as the Multitube product is supplied in a minimum of 10, there are a couple of these in stock as in the following list. Used items are available for a suitable donation into club funds.



Manufacturer	Item	Size(s)	Condition	Price
<i>All items are in the original red/black/yellow club colours.</i>				
New				
Endura	S/S summer "Road" jersey	XXXL	New	£45.60
Endura	S/S summer "Road" jersey	M	New	£62.40
Endura	Compact (summer) gilet	M	New	£58.80
Endura	Multitube (buff) x2	One size	New	£12.00
Used				
Owayo	Arm Warmers	One size	Very Good	Donation
Owayo	Bib shorts	M	Good	Donation
Owayo	Bib shorts	L	Good	Donation
Owayo	Cycling cap	One size	Good	Donation
Owayo	S/S summer jersey (3/4 zip)	XL	Very Good	Donation

Any club member who is interested in any of these products should contact me via email at kit@wellesbourne-wheelers.org.uk

Ashley Sherren (Kit Secretary)