



Magazine February 2011

GET IN TOUCH

If you have anything you would like to be included in the magazine or have ideas and suggestions for articles, you can contact me in the following ways.

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Deadline for next month's magazine

26.2.2011

Editors Notes:

Turbo Frustration.

I don't believe in Voodoo or Ghosts, possibly sabotage, but in this case unlikely. Turbo training as you well know is a bind, a commitment, time consuming when you could be doing something else really interesting such as de-scaling your hot water tank or de-frosting your fridge. You are only spurred on in the belief of faster swifter performances at some later date with the tarmac.

You spend all day at work in the knowledge that a turbo session is overdue, the New Year is here, and it's been three weeks since the last ride. So you arrive at home and dinner is waiting which smells oh so tempting but it can be left and zapped later, excuse 1; out the window. The heart rate monitor comes out, only use for it is on the turbo, the strap is plastered with contact gel, the only thing that's going to make the damn thing work.

In the garage, where I have painstakingly added two more fluorescent tubes with my modest electrician skills for times just such as this, all the better to read the computer screen, another modification with a rear wheel sensor, again just for the turbo.

We have a bidon of water, an empty bidon to spit into (sorry) because this session is going to hurt. The I-pod is charged and ready to relieve the boredom and for something else to think about whilst churning around in the pain barrier.

Now to get the bike onto the turbo, which necessitates a change of skewer, the front wheel lifted into its arch which is supported on bricks because the arch alone is not high enough.

Now the cooling fan rested on the old coffee table in front of you and plugged in. Then you realise you left the wrist part of the HRM in the house, so back outside to retrieve it.

Finally back in the garage you can actually start pedalling. The warm up ride home from work was now so long ago that another warm up is necessary.

For reasons that are not immediately apparent It feels that the fan/mag is immersed in black treacle. It's so hard! Why damn it, I stop to check just in case someone has fitted a 32mm tractor tyre to my bike and pumped it to 300PSI without me knowing. I should point out at this stage that my turbo is a second-hand Cats Eye, as used by Chris Hoy, it is of very solid construction and would certainly kill you if dropped from a great height.

I discover that the turbo tension cable is wrapped around the turbo itself, possible pinching the cable, maybe causing the treacle effect. So off I get after ten minutes warm up and unwrap it, climb back on the bike and suddenly I am like a speedy Gonzalez on a mouse wheel, seemingly there is no resistance ("no chain" as Lance would proclaim). I have not previously adjusted the cable or moved the tyre closer to the roller from three weeks ago, this is hopeless.

So ruling out Voodoo, Ghosts and Sabotage who does my turbo do this, does anybody know!

Robert White

Membership's fees for 2011 become due on 1st January 2011.

These have not increased from 2010.

Seniors - Over 18 on 1st Jan - £15
Junior - Under 18 on 1st Jan - £6
Family – Up to 2 Seniors & 2 juniors at the same address - £20

You do not need to send in another membership form unless your contact or address details have changed.

Please forward your remittance to the following address (cheques payable to Kettering Cycling Club)

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Club Run

January 9th.

Five riders met at Sainsbury's on a cold and frosty, but sunny morning; namely Darren Botterill, who had ridden in from Northampton and reported that the A43 was a bit slippery because of the frost. Rob Barker also said that the road from Corby was also slippery, Norbert Radvanski was also there along with Tom Bailey. They decided to set off carefully and see how things were, as they did so Eddie Clutton joined them so they rode along Rockingham road and headed to and through Rothwell and on to Harrington from where they went to Lamport and turned along the main road towards Brixworth. The wind had risen and was blowing from the side as they descended the hill before climbing up to the roundabout at Brixworth, it was at this point they realised that Darren was missing so they turned back to find him replacing his inner tube at the junction with the lane to Scaldwell. The cause was a quite large piece of glass, he successfully completed the repair and they set off again to turn left at the roundabout and then across the causeway at Pitsford reservoir up the other side to turn right to Moulton then left to Overstone. Darren turned for home just before they reached Overstone, so the quartet continued past the airfield and on to Little Harrowden turning left to ride back to Kettering via Orlingbury and Pytchley.

Tom reached home just before mid day. His ride was a distance of 33 miles.

January 16th

Tom reached Sainsbury's before 9:30 expecting to find some club members to go on a run with, but 9:30 approached and no one had turned up but then an unexpected rider arrived. He was Stuart Walters he had been given permission to ride his bike by his Surgeon but was taking things very gently as the broken bones had not knitted together yet. He was on his way home so Tom and Dave Robinson, who arrived shortly after Stuart, rode along with Stuart as far as his home and then continued to ride out of town and on to Pytchley. The wind was quite strong so the climb up to the village was made even harder than Tom usually found it. They rode on to Orlingbury, where they turned to ride to the A43 and on to Hannington and then Holcot. Ignoring the turn for Brixworth they rode towards Moulton only to take the turn for Pitsford enjoying a respite from the wind until they turned onto the Northampton road as they left the village and then turned down the hill past Brampton Halt and up into Chapel Brampton, where they turned right towards Spratton and on to turn right through Great Creaton to Cottesbrooke, they negotiated the muddy road through the village and on to climb the hill into Naseby. Tom decided to turn right past the Battle Memorial because he enjoys the descent, which follows. He registered 41 mph at the fastest point.

They turned right at the crossroads to ride through Kelmarsh and then Harrington on route to Rothwell, where Dave turned to go back to Desborough and Tom continued to join the A6003 at the complicated junction just past Glendon and then ride through the town centre back home.

He arrived about 12:20 after riding 42 miles.

January 23rd

Six riders set off on what turned into a two part club run; they were Joe Mulholland, Dave Robinson, Clive Shackleton, Shaun Bailey, Evelyn Clawson and Tom Bailey. The weather was cold and cloudy but not freezing with a light north wind. Tom and Evelyn needed to be home early as they were attending the N & D C A 75th Anniversary Lunch and Prize Giving.

They set off along Regent St. and then through various side roads to Stamford Rd, where they turned to ride through Weekley and into Geddington on route to Great Oakley, from where they went to Oakley Hay roundabout and turned to ride to Pipewell then a left turn to Rushton, where Evelyn, Clive and Tom turned through the village and on to cross the A6003 at Storefield Cottages and back to Kettering via Geddington and Weekley. Shaun, Dave and Joe headed for Rothwell and ????

What's On
February 2011

Thur	3 rd	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	6 th	K.C.C. Clubrun. Sainsbury's	09.30
Thur	10 th	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	13 th	K.C.C. Clubrun. Sainsbury's	09.30
"	"	A5 Ranger Cycle Jumble Sale. Towcester Club-room	10.00
Thur	17 th	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	20 th	K.C.C. Clubrun. Sainsbury's	09.30
Thur	24 th	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	27 th	K.C.C. Clubrun. Sainsbury's	09.30

March 2011

Thur	3 rd	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sat	5 th	N.C.R.A. H'cap Road Race(1) 48klm Mawsley	14.00
Sun	6 th	K.C.C. Hilly 20ml C.T.T. NC1A Islip	10.00
Thur	10 th	K.C.C. Turbo-Training. North Park Pavilion.	19.30
Sat	12 th	N.C.R.A. H'cap R.R. (2) 48klm Middleton	14.00
Sun	13 th	K.C.C. Club 10ml T.T. Kettering Northern By-pass	09.00

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For Sale

Any reasonable offer accepted for the following:-

Frames

54cm Cottingham 531 road frame. Lug built. Blue. With Sun Tour double C/S
(Needs a new headset)

55cm Peugeot resprayed Blue, lug built, oval tubes, chrome forks. 105 brakes.
Double C/S. Sun-Tour mech.

55cm Peugeot Vitesse, oval tube. Grey, chrome forks. Fitted with cheapo gear

54cm Graham Weigh, oval tube, vertical drop-outs. 105 double C/S. Needs an
Aheadset.

56cm John Pavey 531 lug built road frame. Purple.

Wheels

Pair FIR Tour 192. Sun-Tour hubs, with T & T.

Pair Mavic MA2 on Mavic hubs. Hutchinson T & T.

Pair Mavic MA2 on Maillard hubs. T&T.

Pair Mavic CP23 on 105 hubs. Vittoria T&T.

Pair Mavic MA on Maillard hubs. T&T.

Several odd 700c wheels, fixed etc.

Oddments

3 new Alesa 32h rims

Contact Bernard on 01536 500942

New Years Day Walk

18 members and family friends took part in our Annual Walk and Lunch at Arthingworth. The weather kept dry until the last half mile, but not enough to be uncomfortable. A nice sociable meal and chat rounded off a good start to 2011. The only disappointment was the fact that of the 18, only four were actual Club members.

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Mick Gale

Sadly we lost one of our staunchest Club members, when Mick passed away on 20th of January. Mick suffered a heart attack, causing a fall, which resulted in severe bang on his head, which caused a massive brain haemorrhage. He died shortly after in hospital, surrounded by his family. Mick was 70, had been a member of K.C.C. since the amalgamation, and previously a long career with the Kettering Friendly C.C. During his spell of racing, he was a keen supporter of Club events, and the Clubroom. He was still getting a few miles in regularly, and enjoyed cycling out to events for a 'natter'. We will miss his easy going nature, and ready smile. Farewell Mick. We feel for wife Sue, children, grandchildren, and one great-grandchild.

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Henry Tattersdale

Henry Tattersdale passed away recently, after severe 'flu developed into pneumonia. Henry had been a member of the K.C.C. and was previously with the K.F.C.C. and the K.A.C.C. He had been married to Sue Loveder, whom he met whilst both were in the K.A.C.C. for 18 years. Henry raced a little, but supported Sue in her 12 hour efforts. Condolences to Sue, son Bob and grandchildren