

Harlow CC

April - May 2021 Newsletter

Bike news, Rides, Club Events and more . . .



Club Rides meeting at the Moot House Summer 2020 - Photo Andrew Goodman.

Easy Fundraising

With most of the highstreet still closed, many of us will have turned to online shopping. You can help the club out by signing up for the EasyFundraising app. Like other cashback sites, when you make a purchase, the club receives a % of the sale price and you pay no more! What's more, you get that warm happy feeling inside that you've helped the club carry on while indulging your retail therapy!! If you need further information, please email us on info@harlowcc.org and a member of the committee will contact you to answer any questions you may have.

<https://www.easyfundraising.org.uk>

The club has raised a whopping £194 towards future projects for when lockdown ends, a huge thanks to all those who have helped!!

General Cycling

Linda is Fundraising for Sarcoidosis UK

Club Secretary Linda says;

As I'm sure most of you know, my youngest sister (Davina May) sadly passed away last year after a short battle with cancer. She suffered from a rare and debilitating illness, pulmonary sarcoidosis, which was a contributory cause of death. Due to covid restrictions in place last year she was only allowed one visitor for one hour once a week in the three weeks she was in hospital. However as a very pushy big sister, I was fortunate enough to get to see her once while she was still awake and chatting in hospital. We hatched the plan for me to do the Lands End to John O'Groats cycle ride during that visit to raise awareness of sarcoidosis.

Dee was laughing at how much I would suffer and that she would drive past me laughing on the uphill bits! "We spoke about her being there at the finish and I couldn't ever imagine that just 10 days later, I was there, with my family, at her bedside as she left us. It was so shocking to see her lying there on a ventilator, unable to speak or move, from the induced

coma that she was in, and we just cried and kissed her and held her hand while she slowly faded away.

“100% of your donation will go to Sarcoidosis UK and I have spoken to the charity and requested that all funds raised are put towards research for better treatments and I hope a cure for this rare disease. The British Lung Foundation will match £ for £ all fundraising for research which is great “Whilst this won’t help our family, it does provide a degree of comfort to know that this may help prevent another family from going through the loss that we have been through. Please take the time to read a little about the illness and donate if and what you can.

“My cycling friends can also support by riding with me over the next 11 weeks as I continue the training to get me ready for this challenge. I’m leaving Lands End on 8th June and should arrive at John O’Groats on 19th June.

https://www.justgiving.com/fundraising/Linda-Courtney4Davina?utm_campaign=lc_frp_share_transaction_fundraiser_page_donation_received_-_nth_donation&utm_content=e14f3ac3-8e13-4d12-872f-9464c234fcdd&utm_medium=email&utm_source=postoffice&utm_term=1613468443227&fbclid=IwAR2MxlwN4JPrf4mDtQL9WVzV_zTa1cb9toSRaxftC1Hu2uNMTLjxQ-L_Sko

VeloGames - <https://www.velogames.com>

With professional cycling now back in full swing make sure to pick a team of your favourite riders and join the club leagues!

It's like fantasy football but better, because it's cycling obviously!!

And don't worry about making bad picks and coming last . . . because I've already got that covered.

Fursty Fridays/ Racing / Time Trialling /Sportives / Audax UK and all things club rides

Ride Captain Rich says: As I guess you're all aware we are now moving out of lockdown, and the good side to this is that as a club we are able to ride in groups of 15, I'm sure there are a lot of us that have been waiting for this news.

So, as from the 30th March our Tuesday evening training rides will recommence, we are going to use the same successful format as last season, whereby we split into groups of speed/ability.

While we have been in lockdown myself and Sam Faulkner have been having a few meetings(and beers) to decide what we can do to push the club forward, so, as well as our Tuesday evening rides we wish to put on a Thursday evening ride too, this will be a social ride, no drop, no specified speed, which hopefully may encourage some members to join us in a no pressure environment. But every few weeks on a Thursday we are also intending to put on a pursuit handicap event, we have the route in mind but just need a few tweaks before we put it out there, so keep an eye on the social platforms.

We have worked out a full calendar of rides right up until the end of summer and we feel there is something there for everyone, if there are any suggestions feel free to contact me and we will see what we can do.

I'd like to thank all members for their patience and for following all the rules set out, looking forward to seeing you all out in the club kit on the roads in the very near future

Below is the outline for April and May, more events may pop up and as always as a club we will be following the latest advice from British Cycling and the Government's guidelines so keep an eye on the social feeds and WhatsApps for any changes to the plan.

April 2021

1st Thursday - Social Ride meeting at the Moot House at 18:30

2nd Friday - MTB meeting at Lee Valley Cycles 19:00

4th Sunday - Out and Back TT meeting at Gilden Way CP 08:00

6th Tuesday - Training Rides meeting at the Moot House 18:30

8th Thursday - Social Ride meeting at the Moot House at 18:30

9th Friday - MTB meeting at Lee Valley Cycles 19:00

11th Sunday - Social ride to the Snugg Cafe meeting at the Moot House 08:00

13th Tuesday - Training Rides meeting at the Moot House 18:30

14th Thursday - Social Ride meeting at the Moot House at 18:30

16th Friday - MTB meeting at Lee Valley Cycles 19:00

18th Sunday - Chigwell Hills 96Km 16-18mph Ave meeting at the Moot House 07:30

20th Tuesday - Training Rides meeting at the Moot House 18:30

22nd Thursday - Social Ride meeting at the Moot House at 18:30

23rd Friday - MTB meeting at Lee Valley Cycles 19:00

25th Sunday - Social High Beech Hills meeting at the Moot House 08:00

27th Tuesday - Training Rides meeting at the Moot House 18:30

29nd Thursday - Social Ride meeting at the Moot House at 18:30

30th Friday - MTB meeting at Lee Valley Cycles 19:00

May

2nd Sunday - Ford 50 at 15-16mph ave meeting at the Moot House 08:00

3rd Tuesday - Training Rides meeting at the Moot House 18:30

6th Thursday - Social Ride meeting at the Moot House at 18:30

7th Friday - MTB meeting at Lee Valley Cycles 19:00

9th Sunday - Social to Tremall Park meeting at the Moot House 08:00

11th Tuesday - Training Rides meeting at the Moot House 18:30

5th Thursday - Social Ride meeting at the Moot House at 18:30

14th Friday - MTB meeting at Lee Valley Cycles 19:00

16th Sunday - Out and Back TT meeting at Gilden Way CP 08:00

18th Tuesday - Training Rides meeting at the Moot House 18:30

20th Thursday - Social Ride meeting at the Moot House at 18:30

21st Friday - MTB meeting at Lee Valley Cycles 19:00

23rd Sunday - Social to Booking Hall meeting at the Moot House 08:00

24th Tuesday - Training Rides meeting at the Moot House 18:30

26th Thursday - Social Ride meeting at the Moot House at 18:30

27th Friday - MTB meeting at Lee Valley Cycles 19:00

30th Sunday - Reverse training loop at 16-19mph ave meeting at the Moot House 08:00

Membership

Everyone should now have had a log into the club website, don't forget to check your spam folders and if not get in contact.

And when your done reading this why not log in and have a look around?

Make sure your details are up today, if you've changed your email or phone number please drop us a note at the below email and get in touch.

The membership can be paid by Bank Transfer, Standing Order or Paypal. Details of how to pay for your membership can be found on the Membership form, which is hosted on th FB page under documents.

Please remember that all members must take out liability insurance to join on club rides. If you are a member of British Cycling or Cycling UK you will get automatic insurance.

British Cycling

Liability insurance, legal support, weekly members emails, training and nutrition advice, discounts at select retailers. For full details see website.

Membership from £41 per year, £36.50 if paid by direct debit. 1st year members get discount bringing price to £20.50 using code *newcmrd*

Cycling UK

Liability insurance, legal support, 6 cycle magazines a year, discounts at select retailers. For full details see website.

£48 per year or £26 per year using club code; 90139236 (note this does not include legal support or magazine)

For any membership enquiries please email - harlowccmembership@gmail.com

The club will need to carry out checks to ensure that adequate insurance is in place and to protect all members on the rides.

Committee

The next committee meeting is being held on the 12th of April, please contact the committee if you have anything you wish to be raised.