



# HARLOW CC

NEWS | RIDES | EVENTS | ANNOUNCEMENTS

## Ride Captain Catch Up.

With the colder, darker nights closing in I would fully expect the numbers on the evening rides to dwindle, we will continue to put rides on for those still wishing to ride, rather than sit on their turbos, but please bear in mind there may not be numbers to be able to split the rides and as there is a no drop policy it will be to the slowest rider.

As the nights are closing in it is now compulsory to have fully charged, working front and rear lights on all evening club rides, in the near future mudguards will also become compulsory so please keep an eye out on our social platforms for this information.

The Sunday rides will continue but may also not be split into groups as numbers may not be higher enough.

So far it's been a good season for rides and all have been well supported by club members so let's hope we can continue this.

If anyone has any suggestions as to routes, issues etc please feel free to contact me and I'll do all I can to help.

Richard

## Chairmans Chatter

Since the last newsletter and through August / September it's continued to be a bit of a strange period, Covid restrictions being lifted and all making full use of our late summer sunshine. We have also seen the number of members again increase which is

fantastic and encouraging to see. Due to this and the variation in abilities the ride leaders are looking for people to help with the guiding of rides for those wanting to get into road riding leading rides of 5-20 miles at a more relaxed pace to encourage those taking part to come and join the longer social rides and build confidence. Let's spread our love of 2 wheels and ensure all who wishes to can be part of our club and community.



Sadly, August saw the passing of our late president, Ken Wall. It was good to see so many from HCC and other clubs come to see him off and share memories of him. He will be sorely missed by many. The club donated a sum to the preferred charity.

We are also heading toward the time for our yearly AGM, which is to be held on the 14<sup>th</sup> November 2021 at 18:00. This will be, again, the Moot house. There will be a copy of amended club rules that we ask people to read though beforehand so we can vote on these at the AGM.

The AGM will be followed by a social evening at the Belash Indian across the road. Those that are interested in coming to the social will need to let members of the committee know via email/WhatsApp/visiting Lee Valley Cycles, so we can get an idea of numbers to book tables.

We have also managed to get another session in the velodrome of which 15 of the 16 places have already been taken. Due to its popularity those that have missed out on this occasion will be offered a place in the next session first.



## Membership

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

### *Try Not to Laugh!*

Why could the bicycle not stand up on its own?

Because it was 2 tyre'd

## *What I wish I knew before!*

Having successfully completed Lands End to John o'Groats Linda Courtney took some time to sit down and answer a few questions for this edition of Harlow CC Newsletter.

### **Q1 - Is there anything you would have changed about the way you prepared?**

Yes, I would have done more hill training outside, I didn't really challenge myself to climb huge hills outside on a regular enough basis. Also, in hindsight I should have lost my lockdown weight as well – I had lost 22kg but put 10kg back on during lockdown and I felt everyone of them on the climbs



### **Q2 - Not including the bike, what are the top 5 kit items or things that you could not have done without?**

- 1 - Chamois cream – you are a long time in the saddle!!!!
- 2 - I had some padded underwear type shorts – I was double padding towards the end as was a wee bit saddle sore
- 3 - Hot Water bottle – I developed stiff shoulders after day 6 so was great to be able to apply the hot water bottle in the evenings to help ease the tension
- 4 - Instant Imodium tablets – a life saver when I over did the energy blocks and tablets in my water – lets just leave it at that shall we!!
- 5- My Garmin Edge 830 – invested in a new head unit just before the ride as my previous one was becoming a bit unreliable for following routes – loved the feature about the hills, so I knew they were coming and how long and steep the climb was. There were a couple of occasions when I just wanted to stop on a climb but the head unit lets you know how much you have already down and what is left, on those occasions I realised the worst was behind me and that only another X metres to climb so I carried on and completed the climbs.

The Garmin made me realise how my fitness was improving over the course of the event, as on one particularly horrendous climb I had glanced down to see the gradient was 20% so just got my head down to slog it out, a few minutes later I thought to myself “ Oh this is getting much easier now” glanced down to see the gradient was 12% and when it went to 10% I thought it was super easy !!!

### Q3 - Was there a particular stand out hardest point or a particular low point in the ride and how did you manage to get past this?

The hardest point was not at all where I expected it to be as it came on the penultimate day, which was 103 miles from Alness to Thurso and roughly 6500ft of climbing so nothing too horrendous. I felt pretty good for the first 73 miles, then came the Betty Hill climb just before the second water stop. It just seemed to go on for ever and when I got to the top I had nothing left in the tank whatsoever. The last 30 miles were hard and painful, I think made worse knowing that the next day was a 19 mile ride into John O'Groats.

I was totally fatigued from the consecutive days of riding, pretty saddle sore, stiff shoulders and wondered why I was doing this to myself. But of course, I remembered the reason, cried a bit about that and thought about my sister and all the fundraising and that got me through. At one point the sweeper van came out to check on us all to make sure we were okay, that spurred me on to get it done as there was no way I was being picked up by the van at that stage. When I finally got to the overnight stop I discovered that almost everyone had hit a wall at some point during that leg.



### Q4 - What is the stand out high point or something you will always remember?

Wow, so many things that I will remember about the event, mainly the fantastic people also mad enough to do it and their personal stories. I totally fell in love with the Scottish Highlands and loved pedalling around the lochs and taking in the amazing scenery.

I have 2 standout moments really. I had loaded each days ride into my head unit a week or so before the event and was dreading 2 climbs, Cheddar Gorge and Shap. I had convinced myself that I couldn't do either of them and almost took an alternate route on a busy A road to avoid Cheddar Gorge but changed my mind at the last minute and went for it. The climb was horrendous to start off with, I think the gradient was about 17% at one point, all I know is that I was zig zagging up the road to try and get some momentum going, as I could not do it in a straight line, at one point I was so slow my Garmin paused itself!!! I think the first mile was horrendous climbing but then it averaged about 4% for the majority and it was a fantastic ascent to the top and I am so glad I did it.

## New Path

Construction works have started on creating a new accessible pathway linking Todd Brook to Netteswell Pond.

A new 800m path which will be accessible to all will replace a current muddy and uneven route. The new path will run alongside Todd Brook behind Stony Wood and St Mark's School connecting to an existing cycle track along Second Avenue. Currently the route is not accessible all year round particularly to residents with disabilities.



For more information regarding the planned schemes please see <https://www.harlow.gov.uk>

### *Fancy getting Involved*

Have a story to tell, an upcoming event you are taking part in or just some club chit chat?

Why not share this with the newsletter team for the next club newsletter.

Simply email the club or leave a message on the Harlow CC Chat WhatsApp chat and someone will get back to you.

### Social Media Hype

Last week the clubs Instagram account reached 300 followers which is a great achievement having increased the number of followers by 190 since September 2020.

We would like to recognise all the posts, photos, shares and likes that the membership have provided to help build our social media presence. And it has not gone unnoticed as we have recently been approached to collaborate with a few other companies and clubs as part of other social media content.

Please continue to use our social media platforms to share, like, follow and comment.

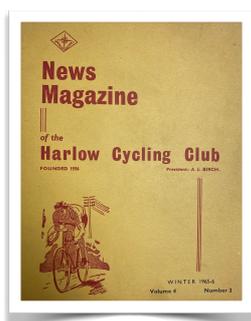
### HCC Newsletter

#### History

Snippet from the winter 1956 HCC newsletter.

According to a statement recently made by the M.O.T. construction of the M11 motorway will start in 1968 and be finished in 1972.

Apparently there is to be a spur road at Harlow for the new Stansted Airport.



I was dreading the Lake District, I had done some training in the lakes so knew how steep some of the hills were, and the Shap Climb I thought I would walk the full 8 miles, but I realised it would take me way too long so I knew I had to tackle the climb. From the profile I had it did look as though it levelled off in parts before climbing at a steeper gradient so I just went for it, I told myself I would just keep my legs turning until I just couldn't do it anymore. To my surprise I just kept going and going, at one point my glasses were really steamed up and I couldn't see well. I did not want to stop at this point and was in a bit of a pickle about what to do as I didn't want to lose my momentum, such that it was. I decided to take them off and I held them in my teeth for the remainder of that part of the climb, I managed to get them back on when it levelled off just before the final push up the steepest part to the summit.

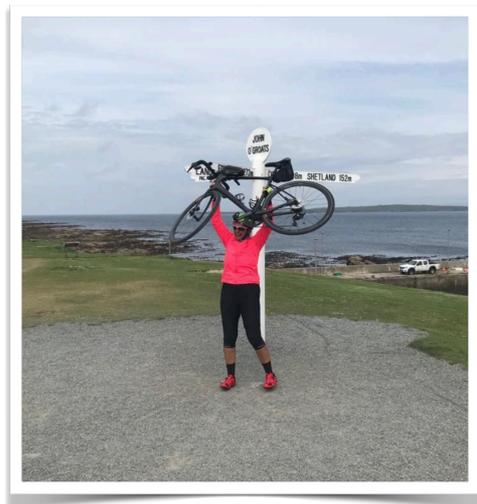
I was so shocked and pleased when I realised, I had done it without stopping, also my husband had parked up at the summit and was recording my struggle and cheered me on. I don't normally like descents but, oh man, Shap descent was fantastic, in part because I got a bit of recovery but mainly because it was straight for miles and also the lunch stop was at the bottom

#### Q5 - How long after the event was it before you wanted to ride your bike again?

Was back on my bike a week later for a nice gentle HCC ladies ride out to High Easter

#### Q6 - Would you do it again?

I think I would do it again yes. I would at least like to go back and tackle Cornwall and Devon again as I am more confident in my abilities, I stopped a few times on the climb up to Dartmoor and would like to go back and kick that climbs arse



#### And finally,

#### Q7 - What do you know now that you wish you knew before?

That having a wild wee is liberating 😊 Don't listen to the demons in my head that tell me I can't , I now know my body can.

## Racing Round Up

Despite a somewhat disrupted year HCC riders got out there on the local scene and tore it up! For most, the season kicked off with the Victoria CC 10mi Time Trial, on the E1/10a course at Wendons Ambo. Jamie Bishop netted the clubs best placing at 18th on the day, with 6 HCC riders taking part. Jamie went on to take on a number of TT in the season, with a highly impressive 50mi effort on the Maldon CC course setting a time of 2hr 6mins!

Grzegorz Jaworski was also active on the scene, making himself felt on the BC Crit circuit consistently placing in the top 15 of races throughout the season. Even turning his hand to some road races later in the summer.

Helen Barrell, took on a number of Triathlons over the season including the London Tri. With some seriously impressive times!



Many other riders took part in various Crits and TT across the season too numerous to include here. With the world returning to normality, next years season looks to be back on track (pun intended). But if you cant wait for then. . . there is always the sweaty, sweaty pain that is zwift racing!

## Caption Competition

In a few words please caption this picture.

The funniest captions will be short listed and submitted to the committee to choose a winner with the winning caption being announced on the clubs social media pages.



To enter simply add a message into the Harlow CC Chat WhatsApp group as follows: Caption Comp; followed by your caption.

## Club Bits

### Easy Fundraising

You can help the club out by signing up for the EasyFundraising app. Like other cash back 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 currently have 20 supporters which have raised a whopping £395.10 towards future projects.

### Committee Positions

Roles available and to be voted in at the AGM are as follows:

- \* Chairman/person
- \* Vice chairman/person
- \* Secretary
- \* Treasurer
- \* Rides Secretary
- \* Social Secretary (covering press and Publicity)
- \* Development Office
- \* Welfare Officer(s) male and female. Must have DBS check
- \* Race Secretary (if enough interest in racing is shown)
- \* Web Master

*Please inform chairman or Secretary of your intent to stand and what position you are interested in standing for.*