



## **Rye and District Wheelers Member Newsletter January 2019**

### **From the Chair**

It is my pleasure to introduce a new monthly newsletter for members. It is just a simple idea to keep all members better informed on a regular basis and to offer an opportunity for open exchanges with committee members. I hope the "Top Tips" piece will help a good few who, like me, struggle to keep my bike well maintained in the dirty winter weather. And I hope you enjoy the first in a series of "Get to Know" pieces, featuring our energetic Club Captain.

Please feel free to comment on or question anything and everything we write. Contact details for contributors this month are:

**Paul Wilson** - [stonegarth@gmail.com](mailto:stonegarth@gmail.com)

**Andrew Whittaker** - [andrew.whitt500@gmail.com](mailto:andrew.whitt500@gmail.com)

**David Greenwood** – [dmgreenwood65@aol.com](mailto:dmgreenwood65@aol.com)

**Nick Wilson** - [mail@dotwilson.com](mailto:mail@dotwilson.com)

**Richard Morley** - [richard@rmbd.co.uk](mailto:richard@rmbd.co.uk)

I was so sorry to miss the Awards Dinner on 19th January. If you also missed out this year then lose no time to pencil in the date 18 January 2020 for next Year! Congratulations to all those who received awards: Nick Wilson, James Ashburnham, Steve Gooch, Rebecca Wilson, Dace Homa, Barry Goodsell, Geoff Pullen, David Greenwood, Stephen Marchant, James Kirkham, John Wickens and Mark Amon.

A special award was made to our outgoing Club Secretary Paul Simpson in recognition of his huge commitment to the club since 2010. His act will be a difficult one to follow but thank goodness that (subject to election at a Special General Meeting on 9th February) Steve Blattman has agreed to take on the role for 2019.

I think the club is generally in good shape. Despite the winter weather most club rides are going ahead. Fifteen riders sat down for breakfast at the Blue and White on Tuesday 15 January - is that a record? One worry is the declining support for our Summer time Friday evening Time Trial. I encourage all members, whether or not competitive racers, to either have a go or perhaps offer to marshal the event from time to time. Nick Wilson will be pleased to hear any new interest and will be happy to offer further advice.

Amid the good times for the club in 2018 were several cases of serious illness and cycling incidents. I look forward to a healthier and safer 2019 but please, please let me know personally when both good and bad events happen to you or other riders in your group. Having been the recipient of so much concern and support last year I want to make sure all members are offered the same care when needed.

*Paul Wilson*

#### **From the Treasurer**

We are about to complete the first month of the calendar year but are three months into the Wheelers financial year. We would ask therefore that those who have not yet paid their subs dig deep to the tune of £15 as soon as possible. Payment details are as follows:

By bank transfer: sort code 40-23-18

A/C no 42337894

A/C name Rye & District Wheelers

By cheque payable to "Rye and District Wheelers" Post to Andrew Whittaker, Treasurer, Rye and District Wheelers, 5 Park View Terrace, Tenterden TN30 6HL

*Andrew Whittaker*

#### **From the Captain**

It has been a good start for the club for 2019 and a couple of things worthy of a mention. Young William is back with Rye as first claim for the 2019 season and hopefully beyond, although that does mean one or two of us may have to move down the Club Champs results sheet. It is also great to see Dave Hayter putting in respectable weekly mileage again, well done Dave. On club rides, our weekday groups are hitting the teens on Tuesdays and Fridays. Sunday Club rides are feeling the pinch with the weather and can only muster groups of 5 and 6. Jim's group, lead often by Dave have been testing different routes including the hilly ones. Jim is doing very well and managing 20 miles on Friday mornings.

The first of the captain's rides is booked in with the railway café for the 17th March. So, be there or be talked about! With two booked in the calendar for July and November.

Ride safe and look out for each other.

*David Greenwood*

#### **From the Racing Secretary**

A handful of racing wheelers made their traditional start to the new year by competing in the Southborough and District Wheelers NYD 10. The event was held this year, for the first time, on the fast Q10/1 Hamstreet bypass course, following doubts about the suitability of the normal Bethersden route where there have been significant changes to the road during

2018. The weather was generally kind, with a dry and bright start, but a stiff North Westerly breeze bringing the temperature down and reminding us that spring is still a few weeks away. The results for this event are never taken too seriously, and are seen more as an indication of how much work is required to get back into form before the racing season starts properly with the 3 up team time trial in early March.

The Rye finishers were Nick Wilson, Tom Cornforth, Dave Greenwood and Mark Amon. William Murtagh, who is back to racing in Rye colours for 2019, unfortunately suffered a mechanical and was unable to finish. On the start sheet, but suffering from winter viruses were Steve Gooch and Rebecca Wilson who were there to support, but not to compete. They were joined by Ros and Rod Harrow and Jim Hollands, who also came along to support, which was greatly appreciated. The fears about the Bethersden course appear unfounded, where the only significant change is a new roundabout which wouldn't affect results greatly, so fingers crossed the event can return there in 2020 as it's so much more spectator friendly.

Looking forward to seeing Wheelers old and new roll out to time trials in 2019.

*Nick Wilson*

### **Richard Morley - Top Tips for Beginners**

We don't always have the time or motivation to clean the bike after every ride; but if we can clean it fairly often, it doesn't just have aesthetic benefits. It can be a useful way to avoid mechanical issues whilst riding.

The following sections are just a few ideas and I'm sure there are other methods out there worth discussing. Some of you experienced riders might be able to comment. I know that Rick Box uses a toothbrush to clean his bike, but I'm not sure if it's the same one he uses to clean his teeth! I also know that Bill Waters cleans his bike once every three years, without fail!

Firstly, three things to avoid:

- 1. Avoid pressure hosing** - it can drive moisture into bearings and other moving parts, resulting in corrosion.
- 2. Avoid using household detergent** - it often contains salt which is corrosive especially where aluminium is in contact with steel.
- 3. Avoid using WD40** - although a great rust dissolver, and water displacer, it is not a great lube, and can drive grit into bearings and chain links.

Some ideas: The following is not a comprehensive bike maintenance guide, but four simple stages to quick, effective bike cleaning after a good ride:

- 1. Degrease the chain, derailleurs and cassette.** Ideally using a spray - such as Muc Off Degreaser, and a soft rag, or small brush to work in the degreaser, then leave it to do its work. Then wash the bike all over with a sponge or soft brush using diluted cleaner such as Muc off Bike Cleaner. Warm water helps remove grime and keeps your hands warm in

winter. Taking the wheels off allows you to get into all the nooks and crannies. Leave soaking for a few minutes, then gently hose down.

**2.** Towel off the wet (old towel!) and put the bike somewhere airy, and if possible, warm to dry thoroughly.

**3.** Spray the bike - apart from brake blocks, wheel rims, tyres, saddle and handlebars - with a 'protect and shine' such as Muc off #3. Lube the chain, and run through the gears to get the chain lube on all sprockets and chain rings. Whilst dry lube is nice and clean, it will disappear in any wet weather. Personally, I prefer to use an extreme wet lube all year round. It gives really good protection against wear, and doesn't get too messy, if you remove surplus lube and clean your bike regularly.

**4.** Check tyres for pressure loss, wear, and any partially embedded 'sharp objects'. These potential puncture-causers are more easily removed if the tyre is partially deflated. Replace wheels and check brakes for adjustment, check gears and moving parts for smooth running, and check cables for wear or corrosion.

Ready for putting away!

We can maybe cover a more comprehensive clean and a few thoughts on checking and replacing drive train components in a later article. Good riding!

*Richard Morley*

## **Get to Know . . . David Greenwood, Club Captain**



### **When did you start cycling?**

I started cycling when I was based with the Army in Suffolk in 2002-05, I had a brief club membership with Stowmarket CC but due to operational commitments this didn't amount to much, other than the odd Sunday Club Ride. My first long distance ride was in 2012 with a charity group known as "Bobby on a Bike," Police officer friends talked me into signing up for the 4 day coast to coast ride from Aldeburgh to Borth on the Welsh Coast, a distance of 400 miles. I got the bug for distance rides and the following year I rode the 1400km Audax. London-Edinburgh-London in 110 hours.

### **When did you join Rye and District Wheelers?**

I joined in 2015, quite randomly, after meeting Fraser Curry (Now with Ashford Road) heading to the bridge one Sunday Morning and I tagged along. I had my first taste of a Club Trip to ride the Paris- Roubaix sportive, bunking up with Simpson and Holman, an experience I shall never forget. I started racing Time Trials that year, including the 12hr and I was awarded Clubman of the year for 2015.

### **What motivates you to ride and train?**

I suppose my motivation comes from the fact that racing is still relatively new to me and having a change of focus or new goals each year helps as well. 2018 was about posting a sub

hour 25 and getting into the 22's for a 10, this I did on a couple of occasions. My main focus for 2019 will be the 12 and 24hr and I hope to post PB's at these events.

**What is your weekly mileage?**

My current average weekly mileage is 160+ miles, mixing between Turbo sessions, solo rides and group rides, I plan to increase my mileage or time on the TT bike towards the racing season.

**What are your cycling plans and ambitions for the future?**

Other than the racing goals I have mentioned I will be riding the Maratona again this year with the usual crew. I hope to remain fit and well and keep posting respectable TT times in seasons to come. Looking further afield I may revisit London-Edinburg- London in 2021 and if I do, I'll hope to ride it with a bit more style.

**Do you have a favourite route and cafe stop?**

Although the captains Club Ride will take some beating, my favourite Sunday club ride is to The Lord Whiskeys, it's an excellent ride, hilly out and flat on the return. We are never disappointed with the food or the excellent service.

**Tell us more about you, your time in the services and family life.**

I joined the Army from Leeds recruiting office in 1981, serving in the Royal Electrical and Mechanical Engineers as a Recovery Mechanic, a job role of recovering vehicles and equipments from the battlefield. I served for 23 years and served on operations in Kuwait, Iraq, The Balkans and Cyprus. I Left the Army in 2005 on completion of service, starting life in Civvie Street as a self-employed Tree Surgeon. I have been a youth worker, working with young offenders on community projects and have engaged young people from disadvantaged backgrounds into adventurous activities including expeditions in Norway and team building on a tall ship sailing adventure from Sweden to London Bridge. I met Kathy in 2012 and I moved down from Suffolk to be with her and children, Andrew and Frankie in 2015. Although Kathy has no interest in cycling she is very supportive in all that I do. I currently work for a healthcare company in Ashford as a workshop engineer.

