

Committee Vacancy – Social Secretary

Ian Smith has decided to stand down from the committee of which he has been a member since the club formed. As the club's social secretary over the last few years Ian's enthusiasm, even during the covid years, never waned and in 2022 his organising of the club trip to Pitlochry and the Christmas party at the Grant Arms in December were great events – Ian certainly leaves the committee on a high. Please join me in thanking Ian for the work he has put in to supporting the club in this role and the many others he has taken on since the club formed.

Ian's retirement from the committee means we now have a vacancy for the position of social sec. We would be grateful if someone with a keen interest in the role would volunteer for the role. Please let us know if you wish to co this role.

Club Events coming up:

Coaching Group Riding Skills 5th and 19th March

At the AGM a request was made for coaching in group riding skills to be primarily aimed at Returners and inexperienced riders. Well, we have a coach and a location all ready for you.

The coaching will take place on 5th and 19th of March from 0900-1200 at Knockburn Loch, Strachan, Aberdeenshire AB31 6LL. The facilities at Knochburn Loch are excellent and of course coffee, cake and if required shelter from rain are all available.

There is no fee to attend so all we need now is for you guys to turn up and support the event. As this was a requested activity I would ask that members support it by signing up here:

<https://forms.gle/VKUK6gdF7CNKL4tP7>

Maintenance Workshop 15th April

Another AGM request was for us to provide a basic maintenance masterclass. Well hopefully we have gone 'above and beyond' with this one and I think we have timed it well – 15 April one week ahead of the Etape Loch Ness you will have the chance to get your bike perfectly set up. From 12-1500 Trev from Osprey Cycles in Inverurie will be with us at the Insch Community Hall to demonstrate basic maintenance AND will carry out any minor repairs, gear indexing etc on your bike free of charge (parts excluded) if you bring it along to make sure it is set up correctly.

As a bonus, for attendees, we will raffle one of Osprey's 'Silver Service' vouchers – worth £80.

Again, this was a requested activity so I would ask members to support it and sign up here:

<https://forms.gle/N1tYRk9uciqSigK17>

Zwift Training Sessions

The Tuesday Zwift training sessions will continue until 21 March. All you need to do to take part is make sure you are set up on Zwift and follow Alan Callow via the Zwift Companion App (make sure you are in the InschCC Virtual Rides WhatsApp group for the latest news). If you don't know what you need to do to get set up on Zwift, this video from YouTube provides all you need to know:

<https://www.youtube.com/watch?v=M5TYuJOteG8>

to set up the session for a workout this video will put you right:

<https://fb.watch/ic-PEkyzan/>

1st Aid Training

There are currently spaces on upcoming 2-day BASP outdoor first aid courses, all at Alford Community Campus;

10 spaces on the 11-12 March
12 spaces on the 1-2 April course

The cost is £155 however there are 12 "free" spaces available to clubs (these must be Aberdeenshire based clubs) and Aberdeenshire schools. If anyone wishes to take up a free place on behalf of the club then please contact awards@aberdeenshire.gov.uk cc to inschcc@gmail.com

Mid May 2023

As many of you will know, Sam Bedford has been working in Norwich over the winter months. We have received the following message from Sam who will be cycling from Norwich to Insch over 5 days when his contract expires in May:

A Ride for Rothers

It breaks my heart to say it but my old workmate John Rothery finally succumbed to prostate cancer on January 15th 2023 at the age of 51. You won't find anyone with a bad word to say about him and the world can't afford to lose people like John.

So, I for one am going to do my best to raise some money for Prostate Cancer UK in the hope that they will eventually find a way of beating it for good.

I'm currently working for Jet2 at Norwich Airport and at the end of the contract, (towards the end of May), I'm planning to cycle the 540 miles 'ish' home to Insch in 5 days, with the final leg riding over The Cairnwell Pass, (Glenshee, 2,200 feet).

If you think this is a reasonable effort, please donate whatever you can afford to my Just Giving page, '[A Ride for Rothers](#)', where all proceeds will go to Prostate Cancer UK. Anyone who fancies cycling with me at any point on my route would be very welcome.

Sam



If you feel you can contribute to Sam's Just Giving Page (<https://www.justgiving.com/fundraising/sam-bedford3>) or find time to ride the last section of his trip with him then I am sure he would welcome your support.

TT series will run with at least 5 events between April and September, as in previous years there will be a mix of the 10-mile, Hill Climb and the 'Long one' (14 miles – hopefully minus horses this year)

Mull Sportive Sunday 4 June – several members have already signed up and booked accommodation.

Stonehaven's Mid-Summer Beer Happening 17th June – the best Sportive in Britain outside Mull – will take place on 17 June; we usually have good club participation – enter here: <https://www.midsummerbeerhappening.co.uk/>

Everesting the Suie – Wednesday 21 June; a possible addition to the calendar. This sounds like a massive challenge but in fact 48 ascents of the Suie can be done in 20 minutes if we get enough riders out. We have 69 club members so if we get 48 riders from the club to ride a single Suie ascent the club will have everested. Beers on top! Keep a look out for the sign up sheet

Ride The North 26 August – this year starting and finishing at Huntly. Registration is now open here <https://www.ride-the-north.co.uk/>

Insch by Insch (200km) and Half Insch (100km) Audaxes Saturday 2 September – This will be our own club event so as much support as possible will be welcome. We are looking for volunteers to help run this as well as riders; We are planning to start and finish the rides at St Drostan's Church Hall. Start will be 0730 for all riders with finish by 2130 for the slowest 200km riders.

Enter the 200km here <https://www.audax.uk/event-details/10248-insch-by-insch-200-217km>

or the 100km here <https://www.audax.uk/event-details/10249-half-insch>

OTHER NEWS/Non-Club Events

Looking around the area there are a few different rides that might be of interest to members:

26 March – if you fancy a hilly 18 Mile TT over [this course](#) at Pluscarden, 1st TT of the season in the North East. If you fancy it you sign up on the British Cycling Website: <https://www.britishcycling.org.uk/events/details/278266/Pluscarden-Shield-Hilly-Time-Trial>

2 April – Highland Audax Wolf 100km/Wolf and Whisky150km and Wolf Whisky and Mountains 200km Audaxes see <https://audaxhighland.wordpress.com/>

2 April – another option is to try cyclo-cross; BA stores near Lyne of Skene are running a series of events see <https://www.resultsbase.net/event/6598>

16 April – Ythan 10 Mile TT from Café 54 at Pitmedden from 1000hrs – see: <https://www.britishcycling.org.uk/events/details/278937/Ythan-10-Mile-TT-Bob-Souter-Trophy->

23 April – Etape Loch Ness - I know several club members have signed up; there may still be charity entries available see: <https://www.etapelochness.com/event/etape-loch-ness/>

23 April – If you don't have an entry for the Etape Loch Ness then the Highland Audax Iron Horse 200km (over the Bealach Na Ba) may well be worth giving a shot - <https://audaxhighland.wordpress.com/>

We try to maintain a listing of up-to-date events on the club calendar on the website

Routine Rides

Sunday – We are still on winter timings 0845/0900; the 0845 group's average speed is around 14-16mph average; the 0900 group is 16+mph. We shall move to summer schedule no later than 26 March but if the opportunity arises we will look to move to summer timings as soon as practicable to get the best out of warming weather and lengthening days.

We are going to try an experiment with the start times (suggested by the only qualified coach we have in the club) for a couple of weeks and see how it works. We will start everyone at 0845 and then allow riders to select a preferred group – fast or slower. The idea is that if you go out too hard on the fast group you can ease off and allow the slow group to collect you hopefully this will make riders less reticent about going into the faster group. We know the system works in other clubs but we shall just try it out and see if it works for us. Keep an eye on the ride sign up forms.

The Returners rides have continued through the Winter also, thanks to Ray, Ingrid and Brenda for volunteering to help John – we should have plenty of cover for planning the Sunday and Tuesday rides. All are welcome – the rides depart BLC at 0900

Tuesday – the ride for the returners group at a gentler pace (around 13mph) than that we tend to do on Wednesday but of a similar distance 20-30 miles. Leaving BLC at 1900. Lights are still a requirement.

For those who want to push themselves harder, the Zwift training sessions on Tuesdays at 1930 shall continue to run until 21 March. Instructions on how to join these are available on the website here:

<https://inschcyclingclub.wordpress.com/tuesday-jan-march/>

and a video is here <https://fb.watch/ic-PEkyzan/>

Wednesday rides will continue to run through the winter months with a 1930 departure from BLC whenever the weather is suitable. It goes without saying that lights are now required.

Thursday - Introductory Rides will re-start in April.

Club Communications:

Some club email communication to members is posted via the British Cycling Club Manager App – so please don't delete these as SPAM!

Facebook (please LIKE; FOLLOW AND SHARE the page to make sure our posts to get a wider audience) - <https://www.facebook.com/InschCC>

WhatsApp Groups – to get the most up to date information and to sign up for rides please make sure you are signed up to the following Whats App Groups:

InschCC Rides – Posting and sign up for the Sunday 0745/0845 rides and 1930 Wednesday rides; so we don't lose sight of the rides this site should be used to post rides; to publish the list of signed up riders and to let rides know if you have signed up but then cannot make the ride – to prevent waiting for a no-show

There is no need to post that you are coming or can't make the ride (unless you have already signed up) – we can see this from the sign-up sheet.

InschCC Chat – for Cycling related discussion and any questions – please stay on topic though – especially no politics!

InschCC Introductory Rides - Posting and sign up for the Thursday 1900 Intro rides

InschCC Virtual Rides – If you have Zwift and want to join us when the outdoors weather is unrideable then this is a chat group for co-ordinating Virtual MeetUps and our January to March Zwift training sessions – let us know if you want to join this group. For MeetUps you will need to follow Alan Callow in Zwift

Club Website - <https://inschcyclingclub.wordpress.com/>

If you have any questions or suggestions about anything in this month's newsletter, please feel free to contact a committee member directly or email inschcc@gmail.com

Chapeau

Alan Callow

Club Chair