

Membership

Welcome to Roger Buckingham who has joined the club this month

Subscriptions

June is subscription month for MOST members (note recent joiners are covered until 2024). Our subscription service is administered by British Cycling so a reminder email shall come from them, please respond to that email if you wish to continue your subscription if you haven't already done so. To save you looking for an email from BC you can just rejoin here:

<https://www.britishcycling.org.uk/club/profile/6694/insch-cycling-club/#join>

Please note if subs are not paid by the middle of July, we shall assume you no longer wish to be part of the club and thank you for your support over the previous year. Access to the club private WhatsApp groups will be revoked at this time.

Thank You

Thanks to all those who gave up their time to help Alex Johnson (who gets a special vote of thanks for arranging the event) with the Insch Kids bike clinic on 20 May.

Congratulations

Congratulations to Sam Bedford on his completion of his ride from Norwich to Insch which he completed on 23 May. If you want to contribute to Sam's Just Giving Page this is the link. <https://www.justgiving.com/fundraising/sam-bedford3>

2023 TT Series – Event 1

3 May – 7 riders took part in the 1st TT of the year which was postponed until 3 May due to poor weather the previous week. To be honest the weather wasn't much better this time and the riders had a strong headwind all the way on a cold evening.

Thanks to the riders who took part and also to the several spectators who lined the finish line and provided encouragement. Particular thanks go to Ian for acting as timekeeper and to Stuart for organising the event.

Results are on the [website](#)

The next TT is on 31 May – this is the even shorter 1-mile TT (aka the Brindy Hill climb) as added incentive a Burger and a Beer will be served at the end of Brenda's Drive (formerly known as Ian Smith's rest stop)

Then on the 28 June there is the long course TT over the now renamed 'Sam's course'.

I would urge all members to give a TT a go – it does not matter if you are the fastest or the slowest rider you get the same prize at the end – a glow of satisfaction and a tin of Brewdog (alcohol free options are available).

If you can't ride then we are also looking for supporters and volunteers so please come along and participate as a rider, volunteer marshal or just to support the riders – there

is a beer at the end for everyone. We could also do with an 'official' photographer to capture the grimace/smile on rider's faces as they approach the finish line. If you wish to fulfil a volunteer support role at any event then please let us know via this [form](#).

Club Events coming up

Mull Sportive Sunday 4 June ; if you want to attend the dinner afterwards please let Brenda know ASAP

Club BBQ 10 June will to be the annual club BBQ a chance to go on endlessly about Mull to your mates. Keep a watch on the WhatsApp chat group for final details.

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](#)

TT # 3 28 June – see above

Ride The North 26 August – this year starting and finishing at Huntly. Registration is [here](#)

Christmas Party I know its still 6 months away but please keep Friday 8 December free in your calendars as we will be going back to the Grant Arms for the club Christmas Dinner – further details to follow nearer the time.

Insch CC Audax

As you are no doubt aware, we are running the **Insch by Insch (200km) and Half Insch (100km) Audaxes** Saturday 2 September which starts and finishes at St Drostan's Church Hall. The event start will be 0730 for all riders with finish by 2130 for the slowest 200km riders.

£160 of funding for venue hire has been provided to us by Scottish Cycling.

We are looking for volunteers to provide Tray Bakes; Cakes; Sandwiches; Tea/Coffee etc (does anyone have a burco boiler or similar?) and also to help msign people in/out throughout the day. Please email Alan Callow via inschcc@gmail.com if you can let me know your availability and what you are able to provide.

If you would prefer to enter the events, they are being run under the aegis of Audax UK; 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

Potential Club Events/Events in planning

We are looking at some additional events to fill the calendar this year these include:

Everesting the Suie – Wednesday 21 June; an 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 73 club members so if we get 48 riders from the club to ride a single Suie ascent the club will have Everest. Beers on top! We have around 50% of the ascent covered now so come on and sign up [here](#)

Track Day – a possible track day out at Glasgow velodrome later in the year, is being investigated

Autumn Away Weekend – likely to be in September after the Audax and currently we are looking in the Loch Lomond and Trossachs area as a possibility

A class “**pilates for cyclists**” will be arranged but we have yet to identify a date – as you can see the calendar is a tad crowded.

OTHER NEWS/Non-Club Events

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

3 June – if you’re not going to Mull or doing the club ride there is the [Cairn o Mount Challenge](#) (though you can do the CoM on the 17 June also in the MSBH)

10 June – North Coast Classic 600km Audax see <https://audaxhighland.wordpress.com/north-coast-classic-600-permanent/>

11 June – 0830 from Mintlaw is the [Iain Masson Memorial ride](#). Tickets are free but please give a donation to the JustGiving page.

24 June – [Sundown Cycle](#) – overnight ride options from Kintore

16 July - Methlick Cycle Challenge; Enter via the British Cycling online entry system. Three routes will be available:

- [54 mile gravel challenge](#)
- also a [23 mile mini gravel challenge](#)
- and a [74 mile road route](#) taking in the best of Formartine and Buchan.

13 August – [Brewdog Ride Out](#) Sportive from Ellon

We try to maintain a listing of up-to-date events on the club calendar on the [website](#)

Routine Rides

Sunday – Over the last few weeks, we have experimented with the start times, starting everyone at 0745. The experiment has received positive feedback – people enjoy the chance to chat at the start of the ride and the opportunity to move groups once they see who turns up. On the downside there is less of a chance for the faster and slower groups to socialise at coffee stops so it’s a bit swings and roundabouts in practice. Therefore, with no compelling reason to change our practices, we shall plan to revert to 0745/0800 timings used previously.

One change we will make is to continue with a development group as a 2nd 0745 group which will allow last years returners the opportunity to improve their speed and distance. To make this work please note:

1. All riders should know the route for the day and be able to navigate by some means (Garmin/Phone/Paper Map) – of course we all go off track occasionally, but we should also be able to get back on track.
2. The C group riders need to be comfortable in dealing with minor mechanical issue and at least one to carry a phone – not that there is always cover – several riders on different networks could help.

The Returners rides have started with a new bunch of returners on 20 mile slow rides departing BLC at 0900.

Tuesday – the ride for the returners group – now 2 groups a faster and slower option but neither more than 13mph. Leaving BLC at 1900. Lights are still a requirement.

Wednesday 1930 departure from BLC. Tend to be a tad quicker but no one gets left behind (for long)

Thursday - departing BLC at 1900

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. Please keep general chat off this group as it obscures ride info

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; this group is usually dormant during the summer months unless we have particularly unseasonable weather.

The Club Website has a lot of useful info - <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