

What a Month June was....

The sun finally shone, we had a great turnout at Mull, we had the annual club BBQ, we Everested the Suie, we went to the Mid-summer Beer Happening and we continued the TT Series as well as continuing the usual club rides.



Membership

Welcome back to Stu McLaren who has re-joined the club since the last newsletter.

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 15th 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

Big thanks to Mike this month for hosting both the club BBQ on 10 June and the Suie Everesting on 21st. Both cracking events

Congratulations

Congratulations go to Stuart this month for getting the Suie Everested after years of cajoling – what a great event that turned out to be. I suppose we will be Trenching the Suie next year

2023 TT Series – Event 2 Brindy Hill Climb and Event 3 ‘The Long One’

Results and photos of both the 31 May Brindy hill climb TT and the 28 June ‘Long One’ are on the [website](#). Turnout on the Brindy was very good both in terms riders and supporters, no doubt aided by the BBQ that Brenda put on at the finish line. Thanks to Brenda for the BBQ and to Stuart for organising the TT also to Louise and Ian for timekeeping.

There is no TT in July due to School holidays and we make up for this by having 2 in August (9th August and 30th August) which will be the last 2 TTs of the year so if you have yet to enter one come along to one of these and give it a go. TTs are open to all club members so why not sign up for the next one – 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

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

Autumn Away Weekend – 29th Sept - 1st Oct at Kinloch Rannoch. The cost will be around £185 per person based on 2 people sharing a twin room. Dinner provided at the house with everyone pitching in. There are still a few places available so if you want to go please get in touch with Brenda.

Christmas Party I know it’s still 5 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.

Track Day – a possible track day out at the Sir Chris Hoy velodrome in Glasgow. We are considering the winter months for this trip. Please look out for announcements on Chat.

A class “**pilates for cyclists**” will be arranged but we have yet to identify a date. This will probably be a midweek event in the near future. Keep your eyes open for further details on Chat.

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 sign 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>

Adapted Cycling – Volunteers Requested



Alford Volunteers Needed

Get involved with Adapted Cycling in Alford to enable more people to get out and enjoy cycling



Some of you may have seen this excellent initiative shared on Facebook but in case you haven't here are the details:

The [Grampian Inclusive Cycling Bothies \(GICB\)](#) is a 3-year lottery funded project to make cycling more accessible in Grampian. By having adapted bikes stored at Bothies throughout Grampian, access to adapted bikes will be closer to the people within each community who need to use them.

GICB is currently looking for volunteers to support its new hub in Alford at the Grampian Transport Museum.

Training will be provided (Ride Leader, Inclusion, First Aid, Mechanical).

If you are interested, please get in touch with Fiona (fsmith@sportaberdeen.co.uk)

<https://www.facebook.com/grampianinclusivecyclingbothies/>

OTHER NEWS/Non-Club Events

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

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

7 October – [Kayleigh's Wee Stars](#) now starting from Newmachar and offering a 54 mile route or Kayleigh's Big Star 90 mile route.

Now we Ride – this is a new campaign by 'Love to Ride Aberdeen City and Shire' and Scottish Cycling in partnership with the UCI world cycling championship, which as you know shall be in Glasgow in August. The campaign is asking riders to get involved and log their rides so win some great prizes. It's free to take part and all about getting more people on bikes. Please see the [their website](#)

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

Routine Rides

Sunday – As mentioned last month we are back to running the main Sunday rides at 0745 (14-16mph) and 0800 (16+mph) ; these rides are typically 50-60 miles in length during the summer months.

The Returners Sunday rides have not been as popular as previously. We are currently still facilitating short (20-25 mile rides) for returners on Sundays but are considering replacing this ride with the Tuesday returners ride which will continue to run.

However, if there are members for whom the 25 mile social ride is still something they would like to do, then could I ask that members from this group who would like to volunteer to organise the Sunday Returners group get in touch to let us know how you would like to go forward. Please note that this could be done on a rota system if we had a number of volunteers - we have one volunteer who could commit only to once per month.

Tuesday – the ride for the returners group has 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 - Intro rides for beginners 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