



### **Membership**

Welcome to Graeme Ralph who has joined the club since the last newsletter.

### **Subscriptions**

Thanks to everyone who has renewed their subscriptions for another year. The club currently has 67 members. **BUT** only 51 members have ridden so far this year with us so if you have not ridden for a while then I would urge you not to be shy and to come along to one of our rides, I can assure you of a warm welcome. Come on don't be shy!

### **Congratulations**

I am sure you will all join me in congratulating Andy and Jayne Brailsford on the new addition to their family – though both look far too young to be grandparents.

### **Paris Brest Paris – Go Gavin**

Please join us in wishing Gavin Thomas all the best for his Paris Brest Paris ride starting on 20<sup>th</sup> August.

### **2023 TT Series**

There was no TT in July due to school holidays and we make up for this by having 2 in August (9<sup>th</sup> August and 30<sup>th</sup> August ); these 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 beer (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**

### **Insch CC Audax Saturday 2 September (Closing Date for Entry is 20 August)**

So far only 2 club members have signed up for the Audaxes (though we have had generous offers of Scones/Cakes/Macaroni pies and Tea Urns – thanks everyone).

I know that the 200km event is a serious undertaking but the 100km is a distance we often cover on Sunday rides so it would be nice to have a few more Insch shirts out on 2 September – sign up below – it's a lot cheaper than Ride the North.

The [Insch by Insch \(200km\) and Half Insch \(100km\) Audaxes](#) on Saturday 2 September will start and finish at St Drostan's Church Hall. The event start will be 0730 for all riders with finish by 2130 for the slowest 200km riders.

These 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>

As I said above, we have received generous offers to provide cakes and bakes for the riders as they finish. If anyone else feels that they would like to make this a welcoming event by making sandwiches or by offering to man the control to help sign people in/out throughout the day we would be most grateful to hear from you.

**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 4 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.

## **OTHER NEWS/Non-Club Events**

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

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

**Ride The North** 26 August – this year starting and finishing at Huntly. Registration is now closed.

9 September- [The Bealach Mor](#), at 144km, is the bigger brother of the Bealach Beag (78km) which takes place in May. The Bealach na Ba is the UK's biggest road climb with a 626m ascent from sea level in just 10km. It is set in a fabulous unspoilt landscape with outstanding views of the sea and the hills. The Applecross Peninsula is renowned as a gem in Scotland's crown of natural wonders.

1 October - Methlick Cycle Challenge postponed from July, date yet to be confirmed; 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.

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

11 November – Moray Poppy Ride

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 these summer months.

**The Returners Sunday** rides depart BLC at 0930, most Sundays. Keep an eye on the WhatsApp for details.

**Tuesday** – the ride for the returners group; folks please be courteous to the slower riders on this ride it is a no drop/ no shoot off group (as is the Thursday Intro Ride).

**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. This is for beginners so can I ask everyone to go at the pace of the slowest rider please.

## **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 and Announcements** – This group **replaces the InschCC Rides** group. The group will post the club ride sign-up sheets and other club announcements. Only Admins can post here though everyone will see postings. If you have not received an invite to join the group please let us know so we can make sure you are added to get ride notifications.

**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](mailto:Inschcc@gmail.com)

Chapeau

Alan Callow

Club Chair