

Welcome

Please join me in welcoming Gillian Agnew to the club. Gillian rode with us last year on Thursday rides so it is good to see we didn't put you off Gillian.

With cold, wet, snowy, icy weather followed by Tornado force winds, January club rides have been mostly limited to indoor meetups on Zwift with just one outdoors Sunday ride so far. Let's hope that February brings better weather so we can ride outdoors much more.

Zwift Training Sessions

The annual winter club Zwift Training Sessions are running at 1900 on Tuesdays until 19 Mar. To take part make sure you are following Alan Callow in Zwift. All rides will be banded so as long as you keep pedalling you won't be dropped regardless of how much power you are putting out. A voice chat channel for each ride will be available to allow witty repartee and unqualified training advice to be dispensed.

We're going INTERNATIONAL!!

Everyone will have seen Jayne's post re the Alps Trip she is planning in September. We have a team of 8 who will be flying out, so we look forward to hearing their trip tales when they get back – if of course 'what goes on tour.....'. Have a great trip guys.

Coming Club Events:

Apr – Sep TT Series

28 Apr; [Etape Loch Ness](#)

2 Jun; [Mull Sportive](#) an awful lot of scenery for a £40 entry fee!

15 Jun; [Mid-Summer Beer Happening](#) returns to Stonehaven. This has to be the best value Sportive anywhere with distances for all abilities and even a gravel option

24 Aug; [Ride the North](#) this year is going from Arbroath. Entries are filling up fast and we already have a lot of club members signed up. As usual, to keep RtN stuff off the normal chat groups we have a specific RtN chat group in WhatsApp to co-ordinate this ride.

7 Sep; [Insch by Insch](#) and [Half Insch](#) Audaxes – once again we will be looking for volunteers to help at the Start and Finish as well as seeking donations of food, cakes etc.

15 Sep (provisional); Rapha Women's 100

Other News/Non-Club Events for your diary

A listing of up-to-date events is available on the club calendar on the [website](#)

25 Feb – If you fancy a ride around the Black Isle, Moray Firth FC have a [reliability ride from Muir of Ord](#)

3 Mar – [Dundee Wheelers Reliability Rides](#); 30 , 50 and 70 mile options

9 Mar – [Elgin CC Reliability Ride](#) 70km and 100km route options

16 Mar - [Revolution Reliability Ride 2024 Nairn](#); 90km and 58km options

7 Apr; Wolf Whisky and Mountains Audaxes choice of [100km \(start 0900\)](#); [150km](#) (0830) and [200km](#) (0800) routes all start and finish in Nairn

14 Apr 08:00 to finish by 21:20 - Farr from Elgin a new 206km Audax event. start and finish in Miltonduff village hall, Nr Elgin. [Enter here.](#)

20 Apr 0800 from Leslie, Fife - Och Hills 200km Audax. [Enter here.](#)

21 Apr 0800 from Garve - The Iron Horse 200km Audax (Bealach Na Ba). Enter [here.](#)

4/5 May – If you fancy something different there is the Gravel/MTB option of the [Cateran Dirt Dash](#) from Alyth. A 2 day intro to bikepacking on the Cateran Trail – note e-bikes are welcome

12 May – National 10 mile TT to be hosted in Moray – details to follow when available

12 May – Etape Caledonia. [Entry.](#)

18 May 0600 from Nairn - Turra Coo 300km (with a new route this year). [Entry.](#)

1 Jun [Cairn O Mount Challenge](#) choice of 30 and 80 mile routes

7 Jun 2200 from Dingwall - Hellfire Corner 400km Audax. [Entry.](#)

29 Jun 0600 from North Kessock - The North Coast Classic 600km Audax. [Entry.](#)

31 Aug [Highland Perthshire Challenge](#) choice of 50 and 100 mile routes

14 Sep [Tayside Challenge](#) choice of 46 and 81 mile routes

Club Kit

The club kit orders were all delivered in December. Can anyone who has yet to collect their order please organise collection ASAP. We will be opening the club kit shop again during the year if there is a demand to do so. Champ-Sys requires only 10 items (any combination) to provide an order so we can in future be far more responsive to members needs than in the past.

Discounts for Club Members

[OSPREY Cycles](#) As most of you know, Trev at Osprey Cycles offers a 10% discount to club members that applies to any of his service or repair options. I know many club members have used Trev's services over the last year and I can personally recommend him.

This month we have also been contacted by the following companies offering members discounts. I have no particular knowledge of the companies but thought it worth passing on to members:

[Total Endurance Sports Therapy](#) – based in Bucksburn offering a range of Therapy services – see the email attached to this news letter. For 10% discount quote TEST10.

Gavin Harris, based in Turiff, is also offering a 10% discount for his bike fitting service [Peak Performance Cycle Solutions](#). See 2nd Attachment to this newsletter.

Nice to Roam - ride in support of the MyName'5Doddie Foundation

Some of us have been taking part in Doddie Aid during January. Rory Cooper is going one step further by taking part in DoddieAid's All Roads Lead to Rome charity bike ride in support of the MyName'5Doddie Foundation.

Part of a team of 12 starting in Nice and riding 500 miles to Rome over 7 days in time for the Scotland vs Italy 6 nations rugby match on the 9th March.

Rory asks, if you can, to please support this important cause and make a donation to help achieve the Foundation's vision of "A World Free of MND".

[Here is the link to donate.](#)

You may have to scroll down to find Rory's name!

Routine Rides – now on winter timings

Sunday – We are currently on winter timings 0845/0900; the 0845 group's average speed is around 14-16mph average; the 0900 group is 16+mph. We shall continue to ride through the winter whenever weather conditions allow.

The Returners Sunday – Marc Heeley is leading the Returners Sunday rides when the weather is suitable. Departing BLC at 0900, these rides will be slow paced and will start with short easy distances and a coffee/cake stop. The rides will be social but and are designed to build confidence and fitness to allow riders to progress to the faster groups if they wish to or to stay in the returners group if that is their wish.

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.

Wednesday 1930 departure from BLC. Tend to be a tad quicker but no one gets left behind (for long). We will continue to offer this ride throughout the winter months provided weather conditions allow us to do so. Night riding can be very special but make sure you are well wrapped up (Merino base layer is advised) in case of having to stop for punctures or other mechanicals.

Thursday - Intro rides for beginners will re-start in spring 2024.

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 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** – especially no religion /politics or derogatory comments. We accept that all posts are posted in good faith but please don't be offended if an admin asks you to remove a post – its not personal!

InschCC Introductory Rides - Posting and sign up for the Thursday 1900 Intro rides; will be active once again in April.

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