

Welcome to the Club Newsletter for March 2024

Date	Sunrise	
	Sunrise	Sunset
Fri, March 1	7:00 AM	5:45 PM
Sat, March 2	6:57 AM	5:47 PM
Sun, March 3	6:54 AM	5:49 PM
Mon, March 4	6:52 AM	5:51 PM
Tue, March 5	6:49 AM	5:53 PM
Wed, March 6	6:46 AM	5:56 PM
Thu, March 7	6:44 AM	5:58 PM
Fri, March 8	6:41 AM	6:00 PM
Sat, March 9	6:38 AM	6:02 PM
Sun, March 10	6:36 AM	6:05 PM
Mon, March 11	6:33 AM	6:07 PM
Tue, March 12	6:30 AM	6:09 PM
Wed, March 13	6:27 AM	6:11 PM
Thu, March 14	6:25 AM	6:13 PM
Fri, March 15	6:22 AM	6:15 PM
Sat, March 16	6:19 AM	6:18 PM
Sun, March 17	6:16 AM	6:20 PM
Mon, March 18	6:14 AM	6:22 PM
Tue, March 19	6:11 AM	6:24 PM
Wed, March 20	6:08 AM	6:26 PM
Thu, March 21	6:05 AM	6:29 PM
Fri, March 22	6:03 AM	6:31 PM
Sat, March 23	6:00 AM	6:33 PM
Sun, March 24	5:57 AM	6:35 PM
Mon, March 25	5:54 AM	6:37 PM
Tue, March 26	5:52 AM	6:39 PM
Wed, March 27	5:49 AM	6:42 PM
Thu, March 28	5:46 AM	6:44 PM
Fri, March 29	5:43 AM	6:46 PM
Sat, March 30	5:40 AM	6:48 PM
Sun, March 31	6:38 AM	7:50 PM

Summer is on the Way!!

Please join me in welcoming Mike Inglis, Roy Farquhar and Craig Milne to the club.

Now that March is here, we can start looking forward to the summer. On 9 March the sun sets after 1800 hrs and will not set earlier than that until 17 October. Weather permitting, we will switch to our summer timings on Sunday 3 March now that the lighter mornings are already with us; let's make the most of the daylight.

Zwift Training Sessions

Zwift Training Sessions are running at 1900 on Tuesdays until 12 Mar (not 19 March as previously stated). To take part make sure you are following Alan Callow in Zwift. All rides are 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.

Coming Club Events:

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.

September – Alps Trip

Other News/Non-Club Events for your diary

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

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

23 Mar – Pluscarden Hilly TT (part of the Scotland North TT series) from Miltonduff Village Hall. This is an 18 mile TT. [Enter via British Cycling Event Link.](#)

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 'Farr from Elgin' a new 206km Audax event and also a 100km Option 'Away to the Spey'. 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.](#)

Club Kit

The club kit orders were all delivered in December. Can anyone who has yet to collect their order please organise collection ASAP before it gets mouldy from lying in my garage all winter.

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.

[Total Endurance Sports Therapy](#) – based in Bucksburn. For 10% discount quote TEST10.

Gavin Harris, based in Turiff, is offering a 50% discount (and free follow up) for his bike fitting service [Peak Performance Cycle Solutions](#).

Coaching Clinics

Live Life Aberdeenshire is running coaching clinics in March in various locations across the shire. Please see graphic below for full details and how to sign up:



EXPERIENCE THE MAGIC OF WINTER WITH LIVE LIFE ABERDEENSHIRE!

Coach Clinics- 2024

Alba Road Development Team "From the Garioch to Europe" Scotland's elite female cycling team

Open to Coaches/Deliverers from all sports!
Join us at :
Stonehaven Community Centre
7pm Wednesday 20th March 2024

Ellon Community Campus
7pm Friday 22nd March 2024

Inverurie Community Campus
7pm Wednesday 27th March 2024

Join us for an evening of discussion and insight into elite sport, with a special Q&A session to allow you to learn from the Alba RT experiences and apply it within your own club/sport setting. Light refreshments provided, to book your place please visit:

<https://forms.office.com/e/w2FfRfL56V>

Or scan the QR code below:



Winter
WITH US



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

Some of us took 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 if you wish to do so.](#)

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

Routine Rides – moving to summer timings

Sunday – We are moving to summer timings from Sunday 3 March with rides departing from BLC at 0745/0800. The; the 0745 group's average speed is around 14-16mph average; the 0800 group is 16+mph.

The Returners Sunday – Marc Heeley is leading the Returners Sunday rides. 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 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 – the weather hasn't played ball much in 2024 so far! 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 as soon as the weather and daylight allows in early 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 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