

Coaches welcome

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From MVC Coach, Rob Kennison



It's the time of year when we look back on the last year and more importantly forward to the future. 2013 was a good year for the Club in many respects; We did particularly well on the road and track with 5 members gaining second category licences, particular mention must go to Club Champion Jacob Nicholson who moved from novice to 2nd cat by mid season and Vicki Strila did similarly. The Club Championship was one of the closest ever with just 2 points separating the top two. As a team we managed to place 13th in the SE Regional Rankings, for a club of our size this is a truly fantastic result.

Looking forward I think there is renewed enthusiasm within the Club with the Committee working hard to move the Club forward. We have a number of things planned; Firstly Tom has managed to get a day booked at Calshot Velodrome for Saturday 18th January. This is a super little indoor track near Southampton. The session is four hours long so there will be opportunities for everyone from beginner to expert, certainly no previous experience is required. The Velo has a few track bikes which can be borrowed or they can be hired from Calshot.

Other exciting things to look forward to are our road races at The Cyclopark in April, where I'm sure our racers will be out to impress. Our initiative to recruit and retain lady members seems to be successful and hopefully we will see plenty of teams representing the Velo in time trials, particularly my favourites the KCA 3 up 25, Thanet 2 up 9.5 and VC Elan Hilly 22, more details about time trials in future newsletters.

Hope you all have a successful and speedy 2014.

Rob Kennison



Alternative breakfast ride – Sally Smith

Disappointed on missing out on the excellent breakfast ride organised by Mick due to work, I decided to organise my own. A mixture of 20 riders from a number of clubs, but mainly velo, headed from Sittingbourne to the Dirty Habit. A delicious full English awaited us followed by a race up Hollingbourne hill afterwards. The hill climb was apparently not short of skull duggery, with a scrooge allegedly letting down the tyre of their opponent. This only added to fun and gossip of the event, thanks to everyone for coming, it definitely made up for missing the proper breakfast ride.

2013 - A year to remember

Getting fit, completing London ride 100, raising money for charity and **fighting prostate cancer**, MVC member **Mark Barton** share's his highs and lows of 2013

51-year-old Mark Barton from Upchurch has always had a passion for cycling, pedalling for most of his life on and off. Whether it be on a home built racing bike made from reclaimed parts and cast off frames or budget mountain bikes which he rode with his wife Denise, Mark has always kept cycling close to his heart.

In 2009 whilst changing companies Mark found himself with some spare time and purchased a new road bike. He enjoyed whizzing around the country lanes with his friends, shedding a few stone in weight very quickly. He said: "I managed to find a few buddies to go out with to make it even more social, more competitive and me even fitter."

However in the middle of 2012 Mark became worried after having problems going to the toilet, he explains: "I had slowly noticed I had been struggling to pee and was unable to go through the night without at least two trips to the loo. I was referred to urologist who carried out all the normal checks of my water works and advised I most likely had a benign growth causing a restriction on my urethra.

"This could be put right with a fairly straight forward op to bore this out called a TURP. The operation would lead to 6-8 weeks off the bike so I underwent this surgery 22nd November 2012 and I thought everything was ok."

Unfortunately it wasn't and when Mark attended a follow up appointment on 13 December he was informed that he had Prostate Cancer. Mark continues: "I then went on the roller coaster for 6 weeks had various MRI Scans, Bone Scans, Biopsies and second opinions in London.

"This went on through January and February 2013 and I was not able to ride my bike. Once we were sure of it's advancement we selected the surgeon in Harley St and jointly agreed a date of 13th August 2013 for Robotic Radical Prostatectomy, thus allowing me time to get extremely fit for the Prudential Ride 100 London Surrey 4th August and the operation just 9 days later.

"Ironically the same day I was diagnosed an unsolicited e-mail came from Prostate Cancer UK asking if



Mark at the Ride100 event

I would consider cycling for their charity at Ride 100, if I was unsuccessful in the official ballot? When they heard of my condition, they confirmed my position straight away as member of Team Cycle Prostate Cancer UK 2013 provided I was well enough to do so without jeopardising my condition. This was all I needed to set myself a goal to aim for and keep my mind away from the negativity that can creep in to the mind once you hear the words cancer."

With a new goal set in his mind Mark was back onto his bike after having the TURP. Following on from having biopsies in March he was beginning to feel fitter by Easter. A chance meeting with some MVC members he knew led him to take part in club activities such as chain-gang and club runs.



Mark's story

Any MVC member taking part in charity events next season is asked to consider raising money for Prostate Cancer UK charity.

After this Mark joined the club and continued to work hard at his training regime growing fitter and more mentally focused with each session completed.

Mark's company also supported him allowing him to work from home which fitted around hospital appointments and the all-important training programme.

Before he knew it the big-day had arrived and Mark was on the start line with thousands of other cyclists eager to complete the 100-mile challenge. Despite the fact that 9-days later he would undergo an operation to hopefully rid him of cancer on that day all he had to do was ride his bike to the finish, he said:

"I completed the ride in 5:45:47 lapsed time including 2 pee stops and drink refills, with a moving/ride time of 5:23:17. Not only did I achieve my finishing goal, I raised £1,507.00 for the Prostate Cancer UK charity."

After the exhilaration of the sportive he had to prepare for surgery and just over a week later he was in surgery, Mark describes the experience: "The operation went to plan with no complications whatsoever and resulted in just a three night stay at The London Clinic where the surgeon and anaesthetist kept complimenting me regarding the ease of the op and the amazingly speedy recovery.

They put it all down to my fitness, lack of abdominal fat and positive mind set and agreed it was the best thing all round that they had let me do the ride!"

"It is well known that there usually are life changing side effects of a Radical Prostatectomy in relation to incontinence and erectile function, let alone I might not have been able to ride my bike ever again. So at only 50 years of age (still young) I wanted the best possible chance of reducing the risks of side effects. I chose the best surgeon possible, got as fit as possible and thought positive thoughts as much as possible and believe all these things have given me a life where all three things I was worried about, I can still do. Some things might not be quite as they were, but I am alive, still feel like a man, able to use the loo as normal and getting back to fitness on my bike just 8 weeks 2 days post op.

"I have once again been pre-selected to be part of the Team Cycle Prostate Cancer UK for next years (2014) Ride 100 London Surrey where I hope to again raise money for this great cause to help the awareness early for those 20,000 men diagnosed each year to live a full life after PCa."

The club would like to congratulate Mark on his excellent ride and thank him for sharing his incredible story with us.

Me and my bike

Each month we will be featuring a club member and their trusty steed. Everyone featured will receive a MVC frame sticker. If you are interested in taking part, please e-mail Sally Smith. This month we hear from **Steve Smith (36) from Lordswood**.

Q) When did you start cycling and how long have you been in the MVC?

A) I had a stint racing when I was younger then a 10-year break playing rugby and other sports. I got back into cycling four years ago and joined MVC.



Q) What cycling activities to you take part in?

A) Mainly local time trials now but was all road racing two years ago, so I still do a few of those too plus the odd sportive.

Q) So tell me about your bike and why it's special?

A) Its a Fuji Classic track bike which I've converted into a road commuting bike. I commute into London regularly so I wanted a bombproof low maintenance bike.

I chose the Fuji because fixed wheel fitted the low maintenance remit and it had clearance for full mudguards, which are essential for a commuter bike in my view.

It took a bit of fettling to get the mudguards in place and I've used a zefal bottle cage mount as the chain stay bridge, which is a simple but very effective fix. Some road bars and brake levers, plus changing the gearing to approx 66inch completed the bike which worked out a pretty low cost at circa £400 all in.

I've since replaced the wheels with some more durable hand built ones as the Fuji wheels were about the worse I think I've ever owned, snapped spokes every other ride at one point! I think riding fixed regularly also helped my time trailing improve last season as pushing a bigger gear on the hills helped strength and spinning up on the downhills helped improve my legs speed and form.

Q) What are your plans for next season?

A) I'll be mainly doing TT's again so looking to bring down my PB's significantly. Aiming for Sub 21mins for a 10, Sub 55mins for a 25, Sub 1:55 for a 50, and if I do a 100 then Sub 4 hours. Also contemplating doing my first 12 next season (gulp!) so I qualify for the long distance BAR.

KCA 3-up Team Time Trial

Turn to 9th March in your new 2014 diaries and book yourself in for the KCA 3-up TTT. Check out the MVC Facebook members only forum (link on the website) to find other MVC riders seeking team mates for this fantastic fun starter to the season.

Welcome

I am absolutely thrilled to welcome two new lady members, **Nicola Smith** and **Kay Maynard** to the team.

I also have great pleasure in welcoming **Steve Nixon, Andrew Dixon** and **Matty Waters** to the club. I hope you all enjoy your time in the Velo and look forward to seeing you at a club run or event.

- Sally

Frame Stickers

The hottest bike accessory in town has arrived, the Medway Velo frame sticker. Every member is entitled to one and additional stickers can be purchased for £1 or claim a 2nd sticker free of charge by contributing to the newsletter. E-mail rob.kennison@icloud.com for more information.

MVC Hoodies

Show your love for the club by wearing a MVC team hoody. These are the must have fashion item for 2014 priced at £21 for adults or £10.50 for children's. Contact Rob Kennison for more info

Contact us

To share your news and views e-mail publicity secretary Sally Smith on sallyrsmith@hotmail.co.uk