

Webmaster welcome

Issue 3, February 2014

From MVC Webmaster, Sally Smith



Since returning the MVC as a full claim member I must say I am loving the changes the club has made. Firstly I am impressed by the renewed enthusiasm for just 'doing stuff' whether it be a coaching session at the Cyclopark, the Tuesday night chain-gang or putting yourself out there and entering some events, everyone seems to be doing something and it is great to be part of that.

Secondly the club is now biting the bullet and putting on its own open events which is something I whole-heartedly support and I am so pleased to see, the first of these is being held at the Cyclopark park on 27 April and even has a women's only race which brings me nicely onto my third thumbs up – women's membership.

A number people (not members) have queried the reduced membership for women in the club and I would like to explain why I think it is a good idea, though appreciate everyone is entitled to their own opinion. Interestingly enough though some question reduced membership for women, not one person has queried free membership for juniors or reduced membership for grand veterans.

As a lady in a cycling club you are entering a man's world and though there seem to be a fair few females cycling, there are not enough women joining clubs. Not only does a reduced fee make the decision a little easier financially when rationalising if one should join the club, it is also the clubs way of saying "We want you!" and "Join, you'll be welcome!" To me it is a massive gesture and I am pleased to say it is working with a number of new ladies joining, including one lady who has completed an Ironman! Some of our new lady members even want to race which makes me even more excited.

One of the many good things about being a woman in cycling is that you are pretty much guaranteed a ride in any time trial, local or national and, in road racing, you can race alongside Olympians, so I just can't see why anyone wouldn't want to do it. My vision would be in time to have a ladies race team and I believe that this is not beyond the realms of possibility. With the coaching and support offered by the club I can see our ladies team making their mark on the Kent circuit on the future. I think 2014 will be the year of the Velo.

Sally Smith

Racing members get organised

It was encouraging to see so many members at Tom Knight's racing workshop on Wednesday, 22 January at the 442 Club. Even more encouraging was the sheer enthusiasm of those present who appear to be champing at the bit to enter some races.

As a result Tom will be circulating lists of target races for the racing members so everyone can get the feel of racing as a team and help each other out at events. Tom also reminded everyone that The club is holding its own race on 27 April at the Cyclopark and entries are now open. For more details visit the BC website, <https://www.britishcycling.org.uk/events/details/104838/Medway-VC-Crits>

Me and My bike

This month I was delighted to put the 'Me and My Bike' Q&A to one of my all-time favourite Velos, Mr Rob Sapp, who gives us the lowdown on his 'Trigger bike.' Best of luck for the upcoming TT season Rob - *Sally*



Q) Name/ Age/ Location:

A) Rob Sapp 38 - almost able to race vets! Resides in Iwade

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

A) I have been cycling since my teens. I brought my first mountain bike with an insurance payout after totaling my moped and did not look back. I used to ride about the IoW with my mates and then just continued by commuting. I joined the MVC in 2004 after popping into Victory to buy some arm warmers and getting chatting to Rich.

Q) What cycling activities to you take part in?

A) These days I cycle as much as I can fit around my family and work. I ride as many Tuesday & Thursday chain-gangs as I can and Saturday club runs. With racing I time trial, and after a year off am looking forward to smashing it this year.

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

A) My special bike is my 'Trigger bike'. In 1998, with my first proper pay check, I brought my first ever road bike and after all these years it is still going. Most of the bits have been replaced and in its present incarnation it is built around an Argon 18 Radon frame (2003). The cranks however, are still the only remaining original component and I have no intentions of ever upgrading them. My favourite part of the bike is the custom painted by stem, which was done by Phil Callow.

Q) What are your plans for next season?

A) This year, I am really aiming to get my TT-ing mojo back. Last year is the first time in a few years I have held no club trophies and I want them back, although from all the café talk, there is going to be some real tough competition. Luckily this is great motivation for me and the New Year has been good so far.

Training session at the Olympic Velodrome

We have been successful in securing a three-hour coached training session at the Olympic Velodrome, the Lee Valley VeloPark. The session will take place on Saturday, **16 August 2014** from **9am to midday**.

The cost will be £35 for members and this price includes the hire of a track bike, though you are welcome to bring your own.

Please look out for a booking form which will be e-mailed out to all members soon. The session is strictly limited to 25 riders so will be booked on a **first come first served basis** with **members taking priority** over non-members. A deposit must be paid with your booking form to ensure your place.

It is hoped to run some track training sessions at Herne Hill or Calshot in the run up to event so all riders taking part feel confident on the track and can make best use of their time at Lee Valley.

Members get on track

The mighty velo went 'on tour' to Calshot Velodrome on Saturday, 18 January for a track training session coached by Rob Kennison.



It was good to see a mix of ages and abilities present from hardened track professionals like Tom Kennison, seasoned veterans like Rodney Kennison and complete newbies who had never sat on a track bike before.

The riders were split into two groups and practised through and off, gaining a lap, riding the lines and breaking away in pairs. During the through and off, for the intermediate and advanced riders the paced quickened throughout the exercise before people had to drop back leaving only a few men standing at the end.

It was great to see a good number of lady members giving the track a try and we are currently waiting for Calshot to let us know when we can hire the venue again.

In future it will be necessary to charge £15 a head for members and £20 for non-members to ensure the costs are covered., but for four hours of an indoor velodrome to ourselves with free coaching I am sure everyone would agree it reflects excellent value for money.

Cyclopark road race training

On Saturday, 25 January a number of members took part in a road race coaching session held at the Cyclopark. This was about giving race training to members so they can hold their own in events and ride safely in a bunch.

Rob Kennison coached the session, which had four lady members taking part, he said: 'This was the second of our coached events at the Cyclopark and it was great to see it so well supported. Now we have members keen to race it is important we get them to the start line with the experience and skills to allow them to safely ride within the pack. Riding confidently within the peloton is a skill that must be practised. Quite often in racing it is the strong riders who are not so used to group riding that leave disaster in their wake and therefore I feel it is important that if we encourage our members to race, we equip them with the skills to handle race situations.'

Welcome

Welcome new members **Theo Webb** and **Victoria Suffield** it was great meeting you at Calshot.

- Sally

Club Kit

Our latest order of Boiracer kit is due to be delivered this week, most of it was pre-ordered by members, I have also just made an order of both men's and women's race kit to replenish stock, delivery is due by end of March.

- Short sleeve Quadri jersey £38.00
- Short Sleeve Body Fit (race) jersey £44.60
- Bib shorts £61.20
- Lycra Aero overshoes £18.00

We still have some of the old Vitesse kit going at half price, but stock and sizes are very limited now. Items include; shorts, long sleeve jerseys, skin suits (both male and female) plus the odd gillet and short sleeve jersey. I have a small supply of Bioraces socks, which compliment Club kit priced at £5.00 a pair. Following the huge success of Club hoodies I have placed a new order which will be here in a week or two.

MVC Hoodies

A new batch of hoodies has been ordered and is due for delivery soon, see Rob Kennison to order yours.

Contact us

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