



SVV NEWSLETTER SPRING 2018

Club & Website Update - Jason

Hello Velos

Welcome to the first newsletter of 2018. As we updated you all at the beginning of the year there have been some significant changes both in personnel and approach. There has been a fair amount of work going on in the background to shape and plan how we take the club forward and hopefully this newsletter will give you an idea of what we have been doing and what we hope to achieve for the Velos.

There have been 2 official club committee meetings and the intention is to hold these meetings on a quarterly basis. Any minutes from the meetings will be published on the Facebook group and on the club website and if you have anything you want to raise in person please feel free to ask for an invite to the meeting.

We have made some amendments to the website, so you can see which routes the Sunday and Wednesday club rides are doing on the home page and the rides page. We are also going to look at developing the website a bit further to include some useful content about cycling, information around riding in a group, ride leader guides, governance stuff like the minutes of meetings and looking to produce the

club constitution which will essentially be our operating manual and rule book.

If you have any questions or comments on any of the updates in the newsletter or would like to get involved in producing some content for the website, social media or newsletter or would like to be involved in organising/helping with some of the planned events this year contact Jason Walker, Malcolm Fox or Matt Neale.

Join the Ride

SVV



Survey Results & Funding Requests – Matt

Thanks to everyone who completed the survey. The main things you told us were:

- a. More variety in ride routes and ride distances is needed;
- b. Ride speeds and leadership should be reviewed;
- c. Keep doing special rides like the TdF Lynch or Bridge Loop.

The SVV Committee is already making plans in response to these points, alongside the individual feedback that people provided.

The club has a limited supply of funds available to any member who has an idea how to improve the club. This could be a one-off ride, social event, or training session. To make a suggestion, use the form here:

<https://goo.gl/forms/fhgYNF64KBTgzBNE3>



Ride Leaders – Malcolm Fox

In response to survey feedback, we are aiming to have a nominated ride leader for each ride. The ride leader will be primarily responsible for ensuring each ride “does what it says on the tin”: riding as a group, keeping to the advertised pace, pointing out dangers, ensuring no-one is left behind, keeping to the planned route etc. It’s something a lot of us do informally but the feeling is that nominating a specific individual for each ride will improve matters. We would also like to have a responsible person in the event of a mechanical or medical issue on the ride. The objective is to improve everyone’s enjoyment of a group ride, not to be overly officious.

We would like to be able to publish the weeks leaders at the same time as we publish the weekly route so everyone knows in advance who/what to expect. There are a number of excellent sources such as CTC and British Cycling that have some useful guides for group riding. We will be attaching these to the facebook page, but here is a link to a short BC video on the topic

We have a small group of volunteers already. If you are interested in helping out occasionally – please contact me at malcolmjfox@hotmail.com

We know from anecdotal and survey feedback that riders can be put off by the anarchy that has sometimes been experienced on some group rides. Many of us want to be challenged, but not intimidated, on what for many is the main/sole group ride of the week. We also want to have an idea of what to expect on the ride we have chosen. The biggest area of confusion has perhaps been within the Inters which by definition looks to cater for everyone who is not an elite/sport rider, but who wants something more than a leisurely spin. We would like to be able to offer a range of “inters” paces (slower, medium and faster) but this very much depends on numbers. Given the state of local roads groups of 8-10 are preferable. As the club grows we may be able to offer slower (avg. 13.5mph), medium (15.5mph) and faster (17.5mph) options, but at the current time we will at least run a “medium” pace inters ride, with the opportunity to add another group(s) depending on attendees on the day. All our Sunday rides are group “no drop” rides which means riding together and regrouping where necessary.



Club Rides – Dave

After Easter the Spring/summer rides schedule will start. On the Sunday morning rides, we will start from the Glider Cafe at Aston Down on alternate Sundays from 9am, to open new routes & rides as this was feedback from the survey.

The Pain Train will commence again on Wednesday nights from The Glider Cafe at 6:15pm. On alternative Wednesday’s there will be a ride available from The Lockies.



Progs Update – Malcolm Clarke

The Progressors group (Progs) was set up early last year to fill the gap between the Leisure and Inters groups. The aim of the Progs was to get riders not used to bigger distances to be able to ride sportives.

Starting with 30 to 40 mile rides we gradually increased distances to a point where we competed in Velothon Wales (88 miles) and Velo Birmingham (100 miles) successfully. This worked well for the group.

This years plans are similar with the aim to get to do Sportives.

The Progs aim for an overall average of 14 mph but we will always go with what is comfortable. No one will be dropped and we regroup at the top of hills and junctions.

We ride a variety of routes mixing flat and hills and sometimes a coffee stop halfway round.



Road Racing and Time Trials - Gerald Davis

Although I've been a club cyclist since I was a teenager, (52 years ago) joining SVV has been a new experience for me. I have never joined a club so soon after it came into existence. All the others had long histories and well-established groups of riding style and pace. This presents both great opportunities and some difficulties – especially for anyone trying to get an aspect of the new club working well: e.g. trying to get Sunday rides so they cater for all – who knew it would be this complicated!?

For me racing has always been central to a cycling club. Not that everyone races of course – or even the majority, but it is racing and its skills and traditions that inform cyclists how to ride and stay safe, how to be efficient and

proficient on the bike, how to help each other on the road and how to fuel well and so on.

So, the fact that Matt's excellent SVV survey showed little or no consensus for racing has left me somewhat thoughtful. Why is this? It is the best sport in the world and cycling is growing at the fastest rate at any time in my life.

Now I know that some of our members are very good cyclists and a few do race but some of those who raced successfully, rarely or no longer ride with the club which means that now there is no cohesive race group – just a few members who race. However, on the other hand we find that the speed of the inters groups are going up. People are getting fitter and faster.

It is entirely possible that my role on the SVV committee as race resource and info coordinator will be a bloke without a job – that's fine – I'll just ride my bike; but I suspect that there are club members who would hugely enjoy dipping their toe into the "racing pond". It is just so much fun.

So, this is what we will do to try to facilitate a "comfortable" route into time trialling or road racing. We will create an "SVV Race Page" where there will be details on how to get started, and links to the right British Cycling and CTT (Cycling Time Trials) pages and details of local events which members can enter.

But more importantly, I would really like those who are racing or planning to race this year to use it to let the club know what they are doing so that others may feel they'd like to join them racing, or simply go along and support, give them a shout and hand up a bottle etc. If we get two or three riders in a race, then they can help one another and start using some tactics as a team – this can add a lot of fun and interest. There is also the possibility for a cycling kit subsidy for those who are "flying the colours" in road races. Thank Malcolm.

In closing, it was not long ago that SVV won a team criterium; the team of Steve Hitchens, Matt Evans, Mark Whitaker and Simon Offord lifted the Via Roma Criterium trophy on August Bank Holiday back in 2016! So, c'mon you youngsters; show those old guys how it's done!



Membership and Benefits – Malcolm Fox

Thanks to everyone that has already paid their subs for 2018. For this you get the opportunity to ride in the classy club kit for a subsidised cost, access to the club ride with gps subscription and entry to club social events, as well as the camaraderie of being part of the club. You also benefit from the behind the scenes efforts of those who plan, publish and lead our rides.

The good news is that we have now arranged a 10% discount at Noahs for current members. To support this we are looking to provide a club membership card (sweatproof) that will additionally provide the opportunity to record emergency contact information.



Committee News – Catherine Roe

The club committee met at Bowbridge Arms on 31st March and 21st March. The main topics of discussion were club membership and benefits, ride organization, a little about racing and the members survey. Minutes for these club meetings have been posted to the facebook page.



Kit Order – Elizabeth Thompson

We will be placing another kit order by the end of April. Delivery times are usually around 6 weeks so the new kit should be available in time for the main summer rides. As usual, you need to have a current membership and pay up front to place your kit order. See FaceBook post for full details.



In the event of Emergency

Thankfully medical and mechanical emergencies are few and far between. However we do suggest the following:

- Carry Emergency Contact Details. If you have an iPhone, a great way to do this is to setup ICE. This enables emergency contact information to be accessed without having to know the users password. Details of how to set this up are shown on the main club facebook page.
- Medical App. St Johns ambulance have a first aid app for cyclists available at the Apple and Google App Stores.
- Ride prepared. Carry spare tube(s), pump, multi-tool