

THE WHEELER



Winter 2018

Club Contact Details

President: T.B.C (president@herefordwheelers.com)

Chairman: Jim Dicken, chairman@herefordwheelers.com

Hon General Secretary: Clive Walker, secretary@herefordwheelers.com

Racing Secretary: Chris Hughes racing@herefordwheelers.com

Hon Treasurer: Andy Hurrell, treasurer@herefordwheelers.com

Welfare Officer: S Alderton, welfare@herefordwheelers.com

Coaching & Juniors: Stuart McFarlane, juniors@herefordwheelers.com

Cycling UK Representative: Stuart Edinborough 01432 269700

Audax: Dave Unsworth 01432 355261

Website: Chris Holt, webmaster@herefordwheelers.com

The Wheeler editorial team: Chris Holt - webmaster@herefordwheelers.com
Valerie Hurrell - hurrell@herefordwheelers.com

Please send all articles (typed or hand written) and pictures for *The Wheeler* to one of the above contacts. Items will be returned promptly after copying if requested.

Front cover photo: The Wheelers publicity board was on display in Hereford Museum in Broad Street during the month of October to commemorate the club's 90th anniversary.

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PRESIDENT'S INTRODUCTION

Hello Cyclists

The club AGM was held at Hereford Rowing Club where the new committee was voted in for 2019. As your outgoing President of more than a decade, I have decided to step down from the position of President and had hoped another cycling member would step up to undertake this post. I remain on the committee in the more active role as Race/Time Trial Secretary. Jim Dicken was voted in as Chairman for the year and I look forward to working alongside him for the benefit of the club. If any member would be interested in the role of President please let me know or speak to Jim. The sustainability of our club is the sum of ALL its members and everyone has something to offer. Two newer members also joined the committee, namely Chris Moore and Julie Montez, so I offer a warm welcome to them both.

It has been a successful and momentous year with our Club reaching its 90th Birthday and it has its roots in being a club with traditional values where building on its history and maintaining the Racing heritage is a fundamental part. Our large Trophy history gives members the chance to follow and challenge themselves against the best of present but also of past winners on the same courses that they once raced on. Traffic numbers may have increased over the years but racing bikes have morphed into the full aerodynamic machines we see today. During my time as President I have tried to continue to uphold the long-standing traditions as I have considered myself a caretaker in the role. In the past the Club was proud to hold the inner-city Annual Road Race which was always well supported and large numbers of spectators would fill the centre of Hereford. Organisational costs and traffic infrastructure forced the ending of this popular event, one which I would like to see return. During my time with the Hereford Wheelers I increased the local TT series to 15 where a league was established and a winner decided from the best 10 results around 4 local courses. This has become very popular not only as a personal challenge to improve your own times but to compare with your peers. The rules over the years have also changed, long gone are the 'out and back' courses that are deemed too dangerous to now where only circuit and roundabout courses are allowed to keep the safety aspect maintained.

At the end of the 2018 Racing season I asked if any members could come forward to maintain a healthy official volunteer base for all the TT races. As indicated in the previous quarterly report Bill Berry has decided to step-down and he will be sorely missed in all aspects of club activities. Thankfully, we have a new team of officials and I look forward to the new TT season starting in early April 2019 with their support. The new Race Programme will be released early in the New Year following authorization from the governing body (WCA) and the Police.

The Annual Prize Presentation was held this year at MFA Bowl with a special guest Olympic Track champion, Becky James coming along to share with us some of her achievements and to award our local champions with their well deserved prizes (read on to find a full report of the evening event).

As the new season approaches, so it is time to **renew your membership** – the annual fee is fixed at £10 for January to December 2019. Please can I urge you to organise a direct debit (download form from website) if possible through our new Club Treasurer Andy Hurrell. This is the easiest option for the club; otherwise please ensure you pass your £10.00 cash to Andy with your new form ASAP or at least by the end of January. Don't forget that by joining the club you are then insured third party for riding with The Hereford & District Wheelers. Our insurance is through Cycling UK, previously called the CTC.

All the latest information is on the club website www.herefordwheelers.com or on the Club's Facebook page – Hereford Wheelers Members. Please note the Facebook page is for general items of interest, Club ride information and social events but if you would like Club information please check the website or email one of the Club members from the contacts link under 'Resources' on the Website. Any of the members will answer your questions as soon as possible. Otherwise give me a call on 01432 271829 or my mobile 07970 865 434.

Enjoy your cycling... and stay safe! Please share any of your cycling exploits in 2019 with Chris Holt to enable him to post them on the Club webpage.

Chris Hughes,
President
December 2018

ARTICLES

Cycling and My Recovery

I started cycling after a head injury which left me with significant balance issues, I had an intensive exercise regime to follow but however strict I was with my programme, my progress was frustratingly slow, and it was delaying my return to full health and getting back to work and normality.

My husband religiously attended the neuro physio sessions with me as he had to help me with my exercise routines, he and my physiotherapist often discussed cycling as they were both converts to the sport. They thought if I could ride a bike it would help to improve my balance, strengthen my core and could get me back to full health quicker. I had not ridden a bike since being a small child, I was so frightened of falling of and banging my head again, I was in a panic, but I was determined to try.

Mark got me the bike and had to almost take it apart to adapt it to my needs, I had a flat handle bar with altered position to allow me to not lean too far forward as this over-stimulated my brain and overbalanced me, it took Mark hours to get it right having to change it again and again. We could only practice riding around in Chartwell Road initially, only in one direction, only without cars passing me, only on the one ring. All these basic things to overcome as anything extra I had to do, other than staying upright on the bike made me over balance and lose control. The brain is a very complex or-

gan, each small change or additional act was exhausting for me, I would physically shake with fear, cry, shout and even swear, but kept going.

My confidence was so low at first, having put on lots of weight due to being unable to move with any speed for almost a year, just putting on the lycra clothes to get on the bike was traumatic. But I knew that if I didn't do this I could be another 6-9months before I could get back to normal, my husband was amazingly patient, and my physio-therapist started to see huge changes in my ability and my mood which was so uplifting, and it just made me more determined.

The day came to go on a proper ride we progressed to the Lines, I couldn't steer well enough to get around the round- about without overbalancing yet, so had to walk around the corner and cross the road before getting on the bike. I was terrified. My heart rate was so high it was affecting my vision and I was gripping so hard my knuckles were white, but I got to the new footbridge, unable to take my hands off the handle bars to even signal directional changes but Mark was on my wheel to get me there re-assuring me and guiding me, it took me ages to get there. But, then came the next obstacle, the bollards to enter the bridge!! My brain could not cope with cycling through them, wobble, swerve and off, again and again (even until just recently this was difficult to overcome). We eventually got on to the bridge having to stop on the corner as again turning tightly was not in my range of ability, nor was dealing with anyone who came past with a dog, kids, anything at all, I had to stop. It sounds so painful now writing this down, but it's all true. Eventually, off the bridge on the flat I could ride a little until I tried to change gear, I just couldn't get it, I got cross and frustrated, but got back on and tried again and again. Stop, start again and again, gateways, bollards and corners, until we got down to the bottom of Rotherwas roundabout and back; this was progress. I was slowly getting it, two miles, three miles, then four over several weeks until I gained enough confidence to go around the block, then eight miles having to stop and start repeatedly due to tiredness. Eventually I got better, stronger and building in confidence each time challenging myself and sometimes my relationship with my husband too.

Because I had been attending the Wheelers Thursday evening Turbo events through the previous winter only making the coffees and teas I had got to know a few people at the Wheelers, so the next progression was to go along to their Easy Rides. This was huge for me, even traumatic, I was unfit, overweight and a novice on a bicycle, I knew this was a big step, but it was progress. So, we started by meeting the Easy Riders at Tillington Fruit Farm Cafe, we rode out to meet them initially, and then continued over the following weeks to attend the full rides on a regular basis, and the group were supportive and friendly, which spurred me on.

This was the best thing for me, to make it round a planned route with other people, I was slow and had poor road sense and I was a definite hindrance to the group, but they welcomed me and more than anything helped me to believe in myself again. For me the group was a new beginning, I built friendships and tried harder to keep up, get fitter, it was so much easier with others to encourage me. Soon, I recognised what Mark had seen in getting out in the fresh air and being part of a likeminded group of

people and doing something together. I hope that the group will continue to bring many others through like me to become healthier and happier in years to come. I do believe that group had a **major** role in my recovery both mentally and physically.

Over the last year I have continued to progress and to set myself goals, despite having a crash where I broke my finger, cracked my eye socket and knocked myself about a bit. But, I did get back on when I could use the brakes again. I knew I needed to get back on, because so many others had started to come and have a go at cycling and to support me I didn't want my accident to put others off riding.

I have progressed onto a road bike after a bike fitting and coaching from Jonty Williams to give me help with road skills and gear changing I found this so incredibly helpful. I now ride every weekend with either the Wheelers, the Spot- on- Coaching Crew or the Tri club Intermediate group all of which I enjoy immensely. I have also taken part in the Wheelers Time Trials and found competitiveness within me that I have never known before in fact as I write this I am thinking I want to beat my last year's time! I have even been to Stourport Cycle Track and practiced chain gang techniques and cornering at speed.

To develop my strength and improve my general fitness I now attend classes to help with my standing balance and core strength each week making more friends along the way. Through the winter I am going back to the turbo sessions every Thursday and will ride where and when ever I can, weather permitting.

I know I will never be the best, the fittest or the fastest, but I know I have found a hobby that is great fun that I can do on my own or better still with others, I can choose when to go out and to where to go. I have seen more of the beautiful Herefordshire countryside over the last year than I have over the last ten years, found amazing places and met many lovely people whom I would dare to call my friends. I have used my new interest in cycling to help show others that it is never too late to start getting fit on a bike, if I can do then anyone can!

So, I would like to say thank you to **all** the Herefordshire cycling groups for helping me to get to where I am today. I still have some issues with my balance that are steadily being addressed, some may never be fully corrected but, more than anything I have returned to work, returned to my previous self and am **proud** of what I have achieved over a relatively short period of time. Who knows what the next year may bring, apart from a faster time on the TT course?

Julie Montez

TRADITIONAL BREAD PUDDING

Great cycling food!

INGREDIENTS

8oz wholemeal bread (homemade is best – I use crusts from breadmaker loaves)

2oz soft brown sugar

2 oz butter

6 oz dried fruit - raisins/dates/sultanas

½ pint milk

1 teaspoon ground nutmeg

1 teaspoon mixed spice

Grated orange or lemon rind



METHOD

Soak the bread in water until soft (about 30 minutes). Drain and press through metal sieve to squeeze water out. Mix well with fruit, sugar, spices and orange

rind. Add melted butter and egg beaten in with the milk. Stir thoroughly. Pour into a greased dish and bake for 1½ - 1¾ hours at Gas 4, 180°C, 160°C fan oven. Cover with greaseproof paper with a hole cut out of the middle for last 30-40 minutes, if getting too brown.

Hereford Wheeler Quiz and Chips 2018

Around forty members and friends of Hereford Wheelers gathered at the Rowing Club for the 2018 edition of the popular annual Quiz and Chips organised by Valerie and Andy Hurrell. Unfortunately a few people had cancelled due to illness, but on the night there were seven teams. However the buzz of chatter and laughter from those present more than compensated for one empty table. We were pleased to welcome teams from the Gannets, Tri Club and “Spot-On Wheelers”.

Food was provided by The Mermaid at the Oval on Belmont Road and was delivered promptly at 8.30pm. Everyone got what they had ordered and the food was hot on arrival.

There were five rounds of questions, with a starter round on biscuit varieties. The main rounds featured questions on General Knowledge, People, Food and Drink and questions with answers beginning with the letter “B”. The winning team was “We Hate Clay” (named for reasons best known to themselves!), consisting of Linda and Ken Green, Sue Segust, Sue and Biss Bissell and Brent Lowson, with 59 out of a possible 62 points. They were closely challenged by the Tri Club team “Tryin Again”, captained by Ian Rivers, with 58 points. The winning team won bottles of wine and the runners up won bottles of Herefordshire apple juice. The lantern rouge team with 43 point was “Where is Geraint’s Trophy” with 43 points, but it was a valiant effort from a team of only three people.

Thanks to all who took part and helped to make the evening a success. I hope to see you all again next year.

Valerie Hurrell

90th Anniversary Awards Dinner

This year's location for the Annual Dinner was MFA Bowl, Hereford in their function suite. The Christmas decorations were up plus a bevy of balloons, blue and yellow, of course, plus 90th Happy Birthday ones floated above the big round tables. The array of cups, awards and trophies waiting to be won looked impressive. At least 60 of us attended, nice to see people looking smart as opposed the usual lycra and helmets, though more difficult to recognise!

The event turned into an enjoyable evening and a real bargain at £5 a head excluding drinks and raffle tickets. The selection of food was appetising and enough left for seconds.



After dinner, there was a question and answer session with our guest of honour, the



delightful Becky James. She gave us a real insight into the life of an Olympic medal winner. The strength, self-discipline and commitment she had to have was truly admirable. Good to know also that since retirement she is now normal again! Her medal was passed around; I hope she remembered to pick it up.



The awards were then announced by Chris Hughes, President and given out by Becky.

Then it was time for the raffle prizes to be drawn. The main raffle raised £120 for St



Michaels Hospice. The two prizes were an amazing “bakedbybecks” cake made especially for the Wheelers by our guest and a very large arrangement of fruit donated by Mike Parry of Total produce.

That was pretty much it for another year, although I hear there were some interesting games involving After Eight mints on one table!

Thank you to all that attended, organised and took part, especially Valerie Hurrell.

Annual Soup Ride

As it was 11th November, Remembrance Sunday, it was fitting that 11 people turned up. However, before we set off from Steels, Andy noticed he had a flat front tyre caused by an unlucky encounter with a staple. With a new inner tube in place, we were soon on our way to Pengethley Garden Centre. Our route took us out on the cycle path from Sainsbury's towards Callow, then through Kivernoll and Wormelow, turning off to Llanwarne to follow some quiet lanes through to the junction with the A49, leaving just a mile on the main road to the garden centre.

Before we got to the main road, the peace was shattered by a sudden bang and I also became victim to a puncture. Not a staple in sight but there were some sharp stones which may have made a gash in the back tyre. An unfortunate thing to happen whilst suffering from a gammy finger. Luckily Andy couldn't wait to mend another puncture (!) and managed to fix it just in time for us to observe the 2 minute silence. It was a great setting for it too: standing in the sunshine with just the birds singing, a distant church bell and lovely views.

After refreshments at the garden centre, we headed back via Hoarwithy, Ballingham and Holme Lacy. The weather, dry and sunny, had been much better than forecast but we were unlucky to get caught in a proper cloudburst as we got to Dinedor. Being the soup ride, the now very soggy group made their way to Andy and Valerie's house where we proceeded to drape various articles of wet clothing around the ground floor!

We appreciated and enjoyed a choice of 3 soups: spicy sweet potato with carrot and lentil, broccoli and stilton and curried parsnip. A selection of cakes followed: Victoria sponge, lemon drizzle, date, chocolate and banana, mincemeat brownies and poppy biscuits all washed down by tea and coffee.

Always a good event, thank you Valerie and Andy.

You know you're addicted to cycling when:

You tuck your trousers into your socks before getting into the car.

Your other half says "It's me or the bike" & you ask for time to think about your answer.

The bikes on the roof/boot rack are worth more than the car.

Your wardrobe contains more cycling clothes than work or leisure clothes.

You point out potholes when cycling alone.

A bad day on the bike is better than a good day at work.

Introduction to Online Training (Zwift)

With winter here, and the nights have now drawn in, it's time to dust off that dreaded turbo trainer and embark on the nightly ritual of slogging yourself to death in your own self-appointed pain cave, in the vain attempt to try and keep some modicum of hard earned summer fitness.

Over the last few years there has been a revolution in indoor training with the advent of titles like Zwift, Roney, The Sufferes, Tacx and many more, providing a platform to bring structured training and/or virtual reality within the reach of most cyclists. As I have been using Zwift for almost a year now, the rest of this article will specifically be about that platform and my experience with Zwift, but remember most platforms provide a free trial period, so try them all to see what best suits your training needs.



So, what's it all about? 4 years ago, I would set up my turbo trainer (dumb trainer) and follow a set program of resistance training, using a heart rate monitor as feedback to my exertion level, this was OK apart from after a short length of time with nothing to distract me apart from some loud music or irrelevant TV program boredom soon sets in, with nothing to do apart from concentrate on the pain I'm inflicting on myself, it soon becomes purgatory. Moving onto today I use a CycleOps Hammer (smart trainer) with resistance being controlled via an 'app' computer program (Zwift) and instant feedback via a power meter. The application provides a virtual world where you can ride with other Zwifters located anywhere within the real world, this can range from new cyclists to professional racers that have been verified by Zwift. Your speed within the virtual

mension Data). There is much to discover and to keep you motivated, I am only covering the basics here, there are links to Strava accounts or other 3rd party apps and the Zwift companion app and much more.

What do I need to participate? An internet connection is essential, the Zwift application can run on PC, Mac, iPhones, iPad or apple TV (4th gen or higher) check with zwift website for minimum requirements. It is possible to participate with a dumb trainer with ANT+ or **Bluetooth** speed sensor connectivity but a smart trainer with power meter will give a more immersive experience. Always check with the application provider for compatibility and requirements.

To conclude Zwift is a virtual reality riding simulator with elements of social media and gaming, a training application with challenges, races, group riding and free riding. There is room for improvement with introduction of steering and better world swapping as worlds are getting crowded and soon will reach a critical mass. However you describe it, I personally have found it a revolution in the way I train and ride on the turbo, can't believe I now look forward to sessions on the indoor trainer (**RIDE ON!**).

Christopher Holt

MEMBER'S QUESTIONNAIRE

This edition's questionnaire is by Chris Hughes, outgoing president of the Hereford Wheelers, cyclist and racer.

WHERE WERE YOU BORN?

Hereford

WHEN DID YOU START CYCLING AND WHY?

Not until I was 30 years old – just to keep fit

WHAT WAS YOUR FIRST BIKE?

Dawes 573 race bike

WHEN DID YOU JOIN THE WHEELERS?

1990

WHAT IS YOUR BEST CYCLING MEMORY?

Greg Lemond beating Lauren Fignond by 8 seconds

WHAT WAS YOUR BEST CYCLING PERFORMANCE/RIDE?

56 mins for a 25 mile TT or 409 miles in the Mersey Roads 24hr TT

WHY DO YOU ENJOY CYCLING?

Generally keeping fit but having a blast on a Sunday morning with your friends makes it all worth it.



HOW OFTEN DO YOU RIDE?

As often as I can but at least 3-4 times a week

WHAT BIKE(S) DO YOU CURRENTLY OWN?

Giant TCR Advanced, Felt DA1, Kinesis Pro 6, Dawes Galaxy Tandem

WHICH IS YOUR FAVOURITE BIKE AND WHY?

I ride the Giant the most but I ride a bike for what they can do. So I need a bike for every occasion.

N+1 more – obviously!

WHAT IS YOUR FAVOURITE RIDE?

I like to ride anytime, anywhere with the right bike but first thoughts would be the Sa Calobra in Majorca. After I had a mechanical problem Rick Shallcross, Paul Tomkinson and I had a wonderful decent and return climb up in beautiful weather. One to be remembered!

WHAT IS YOUR FAVOURITE POST RIDE MEAL?

Pasta with mussels or a good curry or chilli

WHAT DO YOU CONSIDER TO BE THE BEST CYCLING INNOVATION IN THE LAST 30 YEARS?

The electronic gears are very good on my Felt TT but the Shimano STI's would have to be the No. 1 innovation

WHO IS YOUR CYCLING HERO?

Pantani was my favourite. Lance Armstrong was exciting at the time. Now my one to watch and follow is Peter Sagan – what a character!

DO YOU HAVE ANY HOBBIES?

Most importantly being part of our 3 grand-children's lives.
DIY and driving our Mazda MX5 and Suzuki 750

HOW WOULD YOU IMPROVE HEREFORD WHEELERS AS A CLUB?

When I came into the club I made changes to the format of the 10 TT series to include 15 races and then organised a league system each year. This has been a winning formula with up to 70 riders turning up on a Thursday evening to do a 10 mile race. I would like to see the club continue this success but to actually state one thing to improve the club is difficult, but anything that would get more people involved would be great. The club could do with a return to a monthly mountain bike ride. I am particularly interested in seeing the Track at Hereford Leisure centre come to fruition. It will give the young and disabled a chance to ride their bikes safely without the worry of cars around. I do hope this will not be long in coming to Hereford. I would urge all members to support and help in any way they can!

Chris Hughes

NOTICES

Hereford and District Wheelers Cycling Club Order Of Presentation 2018

No.	Trophies		Winner	Time/Speed/Points	
21	Club Run Attendance Trophy Senior		Valerie Hurrell		Shield
22	Lady		Barbara Alsford		Shield
23	Junior		Not awarded		
	Club Evening 9 Points Senior	1st	Paul Jones	900	Shield
	Best 9 events	2nd	Dan Wyatt	890	Shield
		3rd	Dean Prosser	882	Shield
	Club Evening 9 Points Lady	1st	Christie Jones	450	Shield
	Best 9 events	2nd	Sarah Jones	443	Shield
		3rd	Emma Wyatt	440	Shield
14	Middlemarkers 25 Cup		Kevin Coupland	1.08.45	Shield
10	30 mile Trophy		David Steel	1.28.50	Shield
17	Handicap 25 Cup		Jim Dicken	59.27 (10) 1.00.18 (9.30)	Shield
18	Phil Jones Memorial Trophy (fastest Junior Club 10)		Daniel North	27.57	Shield
25	Keith Hayward Trophy (Club Person of the Year)		Dean Prosser		Shield
11	Start of Season 25 Scratch Cup (Club Event)		Dean Prosser	1.03.19	Shield
15	Hill Climb Championship Trophy		Dean Prosser	7.12	Shield
12	April 25 Cup		Paul Jones	59.12	Shield
13	End of Season 25 Cup		Paul Jones	1.01.54	Shield
19	Tony White Memorial 10 Trophy (fastest Club 10)		Paul Jones	22.27	Shield
24	Fastest Veteran on Standard (Capewell Cup)		Paul Jones	.+4.53	Shield
20	Womens BAR		Sarah Jones	22.49 mph	Shield
5	100 mile Scratch Trophy		Guy Evans	4.16.58	Shield
3	Veteran BAR Trophy		Guy Evans	.+10.38	Shield
1	Senior BAR Trophy		Guy Evans	100 miles 4.16.58	Shield
				50 miles 2.02.08	
				25 miles 1.04.29	
				Average speed 23.53 mph	

17 Cups

Shields 23

(Donations of unwanted cycle parts in good condition will be much appreciated for the museum charity stall.)



GRAND MID WALES CYCLE JUMBLE AND AUCTION

(INCLUDING SURPLUS ITEMS FROM THE MUSEUM STORES)

Saturday April 6th 2019

The event will take place at **Cefnlllys School, Cefnlllys Lane Llandrindod Wells LD1 5WA (2 mins from the museum). Museum will also be open**

, Two minutes from the Museum ,plenty of parking on site

Tables: £7 each inside, £5 outside (set up from 0900)

Public admission: Pre 0945 £3. From 0945 £1

Auction of surplus museum cycles at 1115

For a list of machines for auction and to book a stall, please contact Steve Griffith . mob 07740 923 630 or email griffith531@hotmail.com

NB- THERE WILL NOT BE DEBIT/ CREDIT CARD PAYMENT FACILITIES ON SITE. PAYMENT BY CASH ONLY

COOMBES CYCLES



Retail
Finance



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and those who "just ride a bike"*

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Becky James Olympic medal winner