



Welcome to the second edition of the CCA newsletter (June 2020).

What a strange year so far – first of all Jan and Feb were dominated by tropical storms every weekend, leading to the cancellation of many club activities due to strong winds (and rain), closely followed by the Covid-19 pandemic and the above notice becoming a familiar sight!

It has been a challenging few months and whether you are a key worker working all hours, home schooling, working from home or furloughed, it has no doubt been a strange time and hopefully everyone has been finding ways to cope and to stay sane. It has been a very positive message for cycling though with many people choosing it as their one form of exercise per day. Bike shops have never been busier and the turbo training scene has really taken off – see later in the newsletter for the club activities that have taken place on Zwift. As restrictions start to ease, we are hopeful that some club activities will be able to resume in the not too distant future and so please keep an eye on the forum where we will provide updates as and when Government and British Cycling guidance changes. We are all desperate for a club ride and a cake stop – until then keep yourself entertained with a cycling quiz and prepare your own Chocolate Guinness cake in the comfort of your own home for after an intense turbo session.

Stay Safe!

CCA Committee

Meet your committee: (committee@ccashwell.com)

Chair:	Emma Koppe (chair@ccashwell.com)
Secretary:	Jess Lievesley (secretary@ccashwell.com)
Treasurer:	Peter Daniels (treasurer@ccashwell.com)
Membership:	David Jones (membership@ccashwell.com)
Website:	Mark Constable (web@ccashwell.com)
Kit & Grass Track:	Dan Hall (kit@ccashwell.com)
Racing:	Will Smith (roadracing@ccashwell.com)
Time Trials:	Andy Nunn & Stuart Field (tt@ccashwell.com)
Youth:	Mark Wyer (youth@ccashwell.com) & Sallie Bracewell
Cyclocross:	Peter Daniels (cx@ccashwell.com)
Tootle:	Sallie Bracewell & Jenny Andrews (see Facebook page)
Social:	Martin Lawless
Matt Scales, Vince Friedlander, David Hadsley	

Meet your Chairperson

Hello everyone, I have now been Chair of CCA for 1 year. Having been a member of the club for 11 years, I already knew what a great club it was, offering something for cyclists of all levels and a fabulous opportunity to ride with fellow enthusiasts, try out something new and to push yourself to the next level. When the opening arose, I knew that I wanted to become more involved, represent women in cycling and be part of shaping the club for the future generation.

So how did I get into cycling? In fact, any kind of sportiness in my adult life completely surprises me! At school, I absolutely hated any kind of sport and was always that chubby kid at the back being picked last and was certainly never encouraged!

I did play for the school netball team - as one of the tallest in the year I was able to score goals! Fast forward a good number of years to University in Bath whilst alongside the Science, I actually trained to be a lifeguard and swam a mile every day. The motivation for this was a job to pay the rent but even so, I have always been a water baby. Cycling hadn't really featured in my life by this point apart from a fold up bike to do a paper round (I have a funny story about that for another day), until David- the Welshman with a love of hills, aka membership secretary, came along. Closely followed by the purchase of a trusty mountain bike for my 5mile commute to work in rural Hertfordshire.

It spiralled from there - after pushing myself to the limit on the mountain bike it was time to upgrade. Common phrases that came out of my mouth included 'how can you ever ride a bike with drops', 'how can that be comfortable' and 'what's wrong with trainers, I'm not clipping in'. My shiny new purchase was a hybrid bike with flat pedals, which I loved. After an injury, my Saturday morning badminton career was over and I came along to the club for a pootle round with the newly formed Saturday group. I have never been a fan of riding next to others and weirdly love to punish myself - being absolutely determined that you didn't need a special bike to time trial I turned up for my debut on my flat bar hybrid and trainers. By the time I got to the finish I was grinning from ear to ear and I was so low on the bike it was hysterical. But I had done it - my first ever TT and in 30mins, I wasn't last, I beat my target time and hadn't embarrassed myself. I was hooked and I continued for a few seasons on my hybrid.

The rest is history - I was convinced to get a road bike and later a TT bike and had all the usual clipping in, lycra cycling shorts, underwear and how do I go to the toilet dramas. Being part of a club was amazing and allowed me to push myself further and faster than I had ever been, opened my eyes to new routes and the whole world of cycling with lots of people more than happy to advise (too much sometimes!) and competitive TT'ing.

Everything was going well and year after year I continued to push myself and improve, I would make spreadsheets of my time trialling results, look for 'marginal gains' and spend most of my free time on the bike. I took part in the club and Interclub TT's, the N&DCA league and the Tour of Cambridgeshire multiple times, clocked up PB's and podium positions. It was three years ago when my perspective changed after a car driver decided to ignore a junction and plough straight into me on my cycling commute. After a trip in an ambulance, a short stay at the Lister, 3 months of pain and 6 months of intense physio I was back on the bike but everything was different. My confidence was knocked, my enthusiasm gone, not to mention my form and fitness and for me my outlook changed. It wasn't about improving my times, getting the latest bit of kit and spending weekends driving to competitions - it became about enjoying my time on the bike, rekindling my love, building my confidence, encouraging others, cycling to new places and to just enjoy myself. This sums it up - for me there is nothing more exhilarating than riding my bike down some country lanes, taking a break from everything, escaping to somewhere new and being part of the cycling community. Last year I cycled in the French Alps for the first time and completed the ascent of Alpe d'Huez and cycled from London to Paris in 4 days and raised over £4500 for Save the Children - both of which were in a heatwave. Both of these are my single biggest achievements to date that bring me the greatest satisfaction I will continue to remember.

I also dipped my (little) toe into the world of Triathlon - what are you thinking I hear you say! Having never run in my life I did the C25K program (albeit very slowly) which has allowed me to explore this very weird sport!



It has to be said that cycling will always be my first love and I'm definitely a cyclist before triathlete – I enjoy the café/cake stops at the end of ride too much – without having to follow them by a run!

For the club, I am a regular Saturday rider – most of the time trying to win a sprint from 2 miles out as it's my only chance, I participate in the weekly TT's and I represent CCA at the Interclub events as well as helping out at a number of other CCA events throughout the year and doing the odd hill climb. I also make an awesome Chocolate Guinness cake which makes an appearance at TT's – for those who are missing it this year, I have put the recipe in this newsletter to have a go yourself. I want to create an environment in the club where everyone can be themselves and join in whatever their ability. It is not just about racing and competitions but challenging yourself, sharing your experiences and being part of a fantastic cycling community.

Remember - you are 1 bike ride away from a good mood!

Happy Cycling

Emma

Zwift

By Matt Scales



In order to keep people connected during the current Covid-19 epidemic, we have all turned to technology in some shape or form. So how do you keep cycling communities burning throughout an environment of social lockdown? One clear answer is virtual riding. Virtual, social cycling platforms such as Zwift have come to the rescue in a way it's founders probably never dreamed over recent times. When Group riding, racing and time trialling is forbidden on the road, it appears it is business as usual within the world of pixels and watts.

Although club cycling activities are unfortunately not possible at present, an online CCA club vibe is very much alive and kicking, and one which has been growing more and more popular over that last 10 weeks or so. CCA has witnessed a dramatic increase of riders taking part in Zwift events across various guises... Every Sunday morning club rides have been keeping pace, with rides taking place from 1.5 - 3 hours over a variety of challenging terrain. These rides are made even more engaging with social chat taking place courtesy of Discord. All you need is the app on your phone and a pair of earphones with mic. Join in and watch the miles fly by. The Unique Selling Point for these rides is the elastic band facility. This keeps all riders together, no matter the individual efforts - Nobody gets dropped.

Midweek cycling has been a new hub for competitive riding. Tuesday's has seen British cycling lay on a plethora of crit races (circa 10 miles) which provide both an introduction to crit racing for those unaccustomed to racing, as well as acting as a vent for the regular racers within the club. On top of this, BC has also been facilitating an individual TT series each Thursday. Whether it be on the road or on the screen, committing yourself to 10 miles of flat out effort has not, unfortunately, got any easier!

New to Zwift? Want some tips?....

1. If you sign up to race or event, join early (you can join 30 minutes before the actual start). The earlier you join, the nearer the start line you will be placed!
2. Give yourself plenty of time! Logging in to Zwift at least 15 ahead of a ride or race will ensure that any surprising Zwift updates can be accommodated without missing your start time.
3. Mid ride, to see your average power and other stats, 'End Ride' like you would normally do at the end of a ride, you can review your figures before hitting 'Escape' or 'Cancel' to return to riding.
4. Earn spending power through your hard work. Sweat drops you accumulate (shown in blue on your ride screen) can be used to purchase new bike frames and wheels which vary depending on your level. Be sure to buy the fastest equipment for your level.

TOOTLE

LADIES-ONLY BIKE RIDES

By Paula Holm

Last July I saw a facebook post about Ladies on a grass track... I had taken up cycling in the February of that year in order to complete a sprint triathlon. With that under my belt, what do I now do with the sport that I had previously been petrified of and hated, but now rather enjoyed? So, I contacted Jenny and arranged to attend grass track, the following Monday. The next few Mondays saw warm sunny evenings and I actually learnt to ride next to and behind someone and to use the curly bits on the end of my handlebars (I had always wondered what they were for!) Following this, Jenny encouraged me to come along to Tootle on Fridays where I enjoyed the advice, encouragement, friendship and the different challenges Jenny set us

During Lockdown I have learnt to cycle alone and have gradually been increasing the distance I have gone. With no goal or target due to Covid-19, Jenny suggested Claire and I hit our next milestone of 50 miles in a socially distanced sportif. We planned the route, studied the elevation, fuelled up and headed to Guilden Morden for 8am on Saturday 30th May. Jenny met us with supplies, encouragement and advice, before we wished each other well and headed off in our separate directions. We met Jenny at approximately half way, where she helped with technical issues, provided food and drink and sent us on our way. At this point I was already ahead of the target I had set myself, but was worried that I would fade. Just a few miles later I got to wave and cheer Claire as she passed in the opposite direction - such a fabulous moment! I was elated to return to Guilden Morden (a few map reading problems later!) and complete the 52.75 miles in 2:55:40, surpassing my sub 3 hours for 50 miles and hoped for average of 17mph. Tootle has given me the confidence and the support to embrace this sport and has been my absolute sanity throughout the Corona Crisis! Now for the next challenge...



Congratulations to Paula Holm and Claire Lynn on completing such a milestone achievement especially during these unprecedented times. Your dedication and enthusiasm is an inspiration and you are definitely ready to join regular club rides once activities return to normal.

Why I love cycling

by Noah Scales, aged 9

I started to cycle because I saw my dad race and I thought to myself can I do that? A couple of weeks later I was on my bike ready to start a race at the Ashwell grasstrack. I was in the under 8 group and I remembered when I was watching my dad who was in the tent. Suddenly I heard a whistle blow behind me, Martin the coach had started the race. For those who don't know who Martin is he taught me how to ride properly along with my dad. But the whole reason I race is for fun, so to those who are reading this and don't race, I recommend going to Ashwell cycling club to race.

A fantastic story Noah and glad to hear that you are enjoying your cycling and have got the racing 'bug'. Keep up the hard work and practice and you'll be beating your dad in not time!

Article from the Guardian - Will Smith does job swap

Glampsite worker to lorry driver: meet the Covid-19 job swappers

When Boris Johnson announced a lockdown that closed businesses across the country, millions of workers were uprooted from their jobs and facing loss of income. To make ends meet, people have turned to work they would never have considered before. Meet some of the coronavirus job swappers, who have thrown themselves into a new line of work during the pandemic.

William Smith, 39, trumpet player to delivery bike rider



It was a bit alien to me because I haven't had to do that kind of paperwork for a long time, and I didn't have much relevant experience. It's been really, really fun. You're out on your bike all day and you're getting paid. Other delivery companies take the parcels to the depot and we load up the trikes and utility bikes, and then do the last bit of the journey, because it's often quicker on a bicycle than in a truck.

One of the main reasons I was interested is because it's zero emissions, and I don't think it's going to be an area of work that will disappear. It's something that I'm definitely interested in continuing even when the lockdown is over. Until it starts hammering it down with rain, I think it's going to be really fun. I'm also really enjoying my trumpet practice because there's no pressure to practise for specific work now – I'm doing a lot more jazz and transcription, which is something I've been meaning to do for a long time.

Our youth coach, Mark Wyer also works for Zedify – great to see club members flying the flag for cycling and contributing to saving the planet – well done guys!

Update from the AGM

We held our slightly delayed club AGM on 16th June 2020 – it wasn't what we had planned as it was scheduled to be a post TT meet up with a few beers in Guilden village hall but Zoom came to the rescue for our first ever virtual AGM. It has to be said that it was also probably close to a record turnout with greater than 20 members dialling in to say hello and discuss club business. Your committee were all successfully elected back in (see page 1 for names and contact details) and the main topics of discussion were the club finances, membership, youth activities, communication and resumption of club events. Pre-Covid, we had a number of plans for expanding the clubs grass track offering and road training/racing scene and had planned to put extra money into these. Whilst this is currently on hold we are hoping to pick this up as soon as we can. The club website continues to be updated and we are looking at other communication options going forward and so any ideas are welcome along with volunteers to be responsible for these.

The club insurance is through British Cycling and so we are eagerly awaiting any updates and changes in guidance from them in order to start putting plans in place for resuming club activities and coaching. This is a rapidly changing environment and so as a Committee we will get together when things are clearer to specifically discuss this and what we need to put in place. All communications will be via the Forum so please keep looking and ensure that your membership is up to date head of resuming any club activities.

If you have any questions/comments/ideas please reach out using the contact details at the start of this letter.

The lack of club activities, time trials and socials has meant a seriously lack of Chocolate Guinness cake to replenish lost energy and so for those of you missing it – here is the recipe so that you can try and re-create at home. Perhaps when activities resume, we can all taste your efforts! Feel free to post your pics on the Forum.

CHOCOLATE GUINNESS CAKE

Rich, dark and chocolaty, the Guinness gives this sponge extra depth and keeps it moist. We've matched this cake with tangy cream cheese frosting, which goes just perfectly.

Serves 12-14

FOR THE SPONGE

250ml (9fl oz) Guinness
 250g (9oz) unsalted butter
 80g (3oz) cocoa powder
 400g (14oz) caster sugar
 2 eggs
 1 tsp vanilla essence
 140ml (5fl oz) buttermilk
 280g (10oz) plain flour
 2 tsp bicarbonate of soda
 ½ tsp baking powder

FOR THE FROSTING

50g (1¾oz) unsalted butter,
 softened
 300g (10½oz) icing sugar
 125g (4½oz) full-fat cream
 cheese (such as Philadelphia)
 Cocoa powder, for dusting
 (optional)

One 23cm (9in) diameter
 spring-form cake tin

1. Preheat the oven to 170°C (325°F), Gas mark 3, then line the base of the tin with baking parchment.
2. Pour the Guinness into a saucepan, add the butter and gently heat until it has melted. Remove the pan from the heat and stir the cocoa powder and sugar into the warm liquid. Mix together the eggs, vanilla essence and buttermilk by hand in a jug or bowl, and then add this to the mixture in the pan.
3. Sift together the remaining sponge ingredients into a large bowl or into the bowl of a freestanding electric mixer. Using the mixer with the paddle attachment or a hand-held electric whisk, set on a low speed, pour in the contents of the pan. Scrape down the sides of the bowl and continue to mix thoroughly until all the ingredients are incorporated.
4. Pour the batter into the prepared cake tin and bake for approximately 45 minutes or until the sponge bounces back when lightly pressed and a skewer inserted into the middle of the cake comes out clean. Set aside to cool, and then remove from the tin on to a wire rack, making sure the cake is cold to the touch before you frost it.
5. Using the electric whisk or the freestanding mixer with paddle attachment, mix the butter and icing sugar together until there are no large lumps of butter and it is fully combined with the sugar in a sandy mixture. Add the cream cheese and mix in a low speed, then increase the speed to medium and beat until the frosting is light and fluffy.
6. Place the cooled cake on to a plate or cake card and top generously with the cream cheese frosting. The cake can be decorated with a light dusting of cocoa powder.

Quiz

With the lack of grand tours this year, here is a short quiz to test your knowledge and to get your fix. Give it a go and the answers will be posted on the forum on 6th July.

1. Who won last year's Giro d'Italia?
 - a) Vincenzo Nibali
 - b) Richard Carapaz
 - c) Chris Froome
 - d) Primož Roglič

2. Eddy Merckx and Fausto Coppi both won five Giros. Who is the other rider to have achieved that remarkable feat?
 - a) Felice Gimondi
 - b) Alfredo Binda
 - d) Miguel Induráin
 - d) Bernard Hinault

3. What is the Cima Coppi?
 - a) The first stage of each year's race
 - b) The Giro D'Italia's official brand of coffee
 - c) The highest peak in each year's race – with a prize for the first rider over the top
 - d) The prize for finishing last in the general classification

- 4) Which British rider won Stage 8 of the Giro back in 2013?
 - a) Geraint Thomas
 - b) Ian Stannard
 - c) Mark Cavendish
 - d) Alex Dowsett

- 5) In 2018 Giro, Chris Froome mounted an astonishing comeback to win Stage 19 to overhaul his rivals and decisively take the overall lead. Before the stage, by how much time did he trail leader Simon Yates?
 - a) 30 seconds
 - b) 1 minute, 15 seconds
 - c) 3 minutes, 22 seconds
 - d) 5 minutes

- 6) Where was the Giro scheduled to begin this year?
 - a) Budapest
 - b) Prague
 - c) Berlin
 - d) Vienna

- 7) Which hitherto little-known domestique won the first stage of the Giro in Sardinia in 2017?
 - a) Lukas Pöstlberger
 - b) Silvan Dillier
 - c) Simon Geschke
 - d) Roy Curvers

- 8) Which year did the Giro's grande partenza – AKA the start – take place in Ireland?
 - a) 2010
 - b) 2014
 - c) 2016
 - d) 2019

- 9) How many Giro's did Alberto Contador, El Pistolero, win?
 - a) None
 - b) One
 - c) Two
 - d) Four

10) Who has won the most individual Giro stages?

- a) Mario Cipollini
- b) Alfredo Binda
- c) Giuseppe Saronni
- d) Roger de Vlaeminck

11) Who was the last rider to win back-to-back Giros?

- a) Miguel Induráin
- b) Marco Pantani
- c) Ivan Basso
- d) Vincenzo Nibali

12) What colour is the sprinter's classification or points jersey at the Giro?

- a) Mauve
- b) Red
- c) White
- d) Blue

13) What distance was the longest stage in Tour de France history?

- a) 182km
- b) 282km
- c) 382km
- d) 482km

14) How many consecutive Grand Tours (Tour de France, Giro d'Italia, Vuelta a España) did Australian Adam Hansen complete?

- a) 10
- b) 14
- c) 17
- d) 20

15) Where is the 2020 Tour de France scheduled to start?

- a) Brussels, Belgium
- b) Nice, France
- c) Budapest, Hungary
- d) Rennes, France

16) How many times has the UK hosted stages of the Tour de France?

- a) Once
- b) Twice
- c) Three times
- d) Four times

17) How many Tour de France stages has sprinter Mark Cavendish won?

- a) 27
- b) 30
- c) 33
- d) 36

18) Which rider holds the record for the most appearances at the Tour de France, with 18?

- a) Jens Voigt
- b) Haimar Zubeldia
- c) George Hincapie
- d) Sylvain Chavanel

19) Who holds the record for the fastest ascent of Mont Ventoux?

- a) Chris Froome
- b) Nairo Quintana
- c) Iban Mayo
- d) Marco Pantani

20) Where is the Grand Départ scheduled to take place in 2021?

- a) Copenhagen
- b) Oslo
- c) Rome
- d) Cairo