



# Newsletter

**Gravesend CC** est. 1923

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[www.gravesendcc.org.uk](http://www.gravesendcc.org.uk)

The Award winners!



How is everyone? Hopefully no injuries or setbacks and everyone is either Zwifting or freezing on morning commutes or occasional club runs in full thermals. I think its starting to be the former – based on what I see on Strava.

It's reached that time of the year where our Turbo Trainer and the garage/shed becomes our place of training. Where the promises to be faster, leaner and stronger starts to place itself at the front of our minds – well it does for me.

We had our AGM in October and there are no real new motions to discuss. We will re-adapt our website and our Facebook profile and hopefully raise our digital footprint. Making ourselves more approachable and maybe attracting a few more members along the way.

I would like to see us have a Mountain Bike / Off-road side, possibly with some organised rides as well. There is no doubt that the influx of Gravel any terrain bikes is on the ascendancy and meeting this new trend would be a good direction to follow.

The off-road fraternity around here are looking for a cycle club to join. Remember that most of these guys have road bikes as well as MTB's and would like the benefits of Cycle club membership – especially the

kit – as it gives a sense of where they're from to the ride.

Maybe we could have a Zwift club run? Sounds daft, but as the online training format grows so does the operating system that supports it and the software applications allow for more diversity and connectivity.

Or potentially a comedy time trial. Every year San Farie Ann (probably spelt wrong) do one of these over a 10 mile or 10 k course. The only stipulation is that you can't ride any road bike with drops or aero bars – so no TT bikes and no Road bikes. Flat bar hybrids or MTB's or any other kind of bike be that single speed flat bar commuters or a bmx if you like, you get the picture. They also don't allow you to run road pedals but you can run spd's. However, consider that you run a hybrid with 700/25c tyres and the times can surprise you, apparently.

Now this could be quite a laugh and we could hold an inaugural event on the Grain course or potentially somewhere a little less exposed if we could find somewhere. I was thinking of a pub race challenge on

a course from the See Ho to the roundabout at Cobham War memorial then back to the pub. I reckon that could work, as the roads it uses are quiet, it's mostly flat and its approximately 5 miles. I'd say this could be quite fun. Let me know at [breadcrumbs@live.co.uk](mailto:breadcrumbs@live.co.uk).

Another idea that was mooted was a free roll ride down a hill without any power – chain removed to avoid cheating. Furthest distance wins. Either way this kind of lunacy could be good fun at the end of the season in say October – we could even have a trophy for it!

So, to review where we have been this year let's look back over the last 12 months.

We started in January with a reliability trial held over a familiar course running either 50 or 28 miles (all of them cold) starting and finishing at Shorne Country Park. This is a well attended event every year and always draws in some old faces to ride with. I especially enjoy the routes around Grain in the winter!

Some of the GCC guys joined Dave Evans in taking part in a cyclocross Sportive over near Basingstoke I think.

Jack Rode with Team Sky – as a ringer but he got to ride their bikes and wear the kit, and to look the part. Jealous – well yes.

Don't forget there was the cycle jumble too. I broke by cherry here and sold quite a bit of cycling cack that had been sitting in my house for some time.

Moving on towards March we have the first 2 runs on the time trial circuit to set a banker time and burn off some calories from the winter. Always good fun and not particularly too strenuous. Although this is GCC so this is always taken seriously.



Especially by this person!

Then we move to April to our Belgium trip, which normally involves a GCC recreation of a classic race. This year we stayed in Maastricht and rode an adaption of the Amstel Gold Race circuit (although I must have missed the part on Eurosport where they race off road). Last time I went to Maastricht was to watch Andrieu Rieu play a concert in the main square. This time when I arrived in the same main square I could barely hold my eyes open after the riding during the day. Still it was fun tackling the Caubourg three times in one day, along with a long ride in Standard Ardenne weather (rain). Nice drink in Volkanberg on the way back whilst watching John fix a puncture.

Much better to enjoy the main riding day rather than reflecting on what happened the day before. Then on the way back we rode on part of Tour Du Flanders course including the Murr van Geraardsbeergen, otherwise known as the Kapelmuur. Then it rained and we got back to the vehicles before heading for home.

Bob Wilson had a moment and then rode back to fitness completing the London – Brighton ride.



Given the journey Bob had let's hope no one has a similar ride.

Some of us partook in Sportives over the summer months, Jason, Steve and myself did the Dragon Devil Ride in Wales.



We entered a good number of riders in Ride London and enjoyed a quick ride on closed roads in the Capital. A few guys did the Midlands Velo ride around Birmingham including Jason and John.

I seem to remember a Surrey Hills Saturday ride with approximately 7 of us in May.

We hosted our Hill climb in September, won this year by Jack Wade.



It should be mentioned that we owe Steve Harrington and John Milner a special mention on ferrying us around.

To finish it all off 9 of us cycled in the Alps in early September, even if one of us may have walked up part of a climb, the views were well worth it in the long run.



We tackled the Croix de Fer, The Galibier, the Col du Glandon and Alpe D'Huez. The latter being one of the steepest busiest routes I have ever done, but as a test of cycling utterly gratifying and steeped in History.

I have no idea what we are going to be doing in 2020 but I imagine that we will have a repeat of some Saturday club rides en masse. Hopefully we will have riders in Ride London and other sportives around the UK. Maybe we might have a team in the Red Bull 25 hour team event at the end of October in Windsor.

Otherwise I would like to promote events that we are doing, but in order to do this you need to update me if you're doing an event so that I can put you in the rag so to speak. I will aim to publish 12 newsletters next year with a publish date of around the 24<sup>th</sup> of each month. Please send me any links to [breadcrumbs@live.co.uk](mailto:breadcrumbs@live.co.uk).



I will be back to slow down your average speed on the club runs very soon and give you a reason to get cold waiting at the top of the climb for someone.

I have really enjoyed this year looking forward to the next one, Happy New Year all.

No injuries eh? Well, Captain Hot-tub reporting for duty sir!

I have now fully recovered from my injuries - made worse as I don't drink - I misjudged how little grip you have on a marble floor when your foot is wet and whilst climbing out of a hot tub in Vegas on a Stag trip lost my footing and twisted my knee. Still - I got upgraded to Business class by my medical insurance and flew home the next day.