

# COVENTRY ROAD CLUB

*Cycling for sport and leisure*

Founded 1929 - Affiliated to BC CTC CTT RRA BC-CA MC-CA MRRA BSCA



## COVENTRY ROAD CLUB JAGUAR CHARITY RIDE

The CRC/Guy Salmon charity ride is at 9.00am on 7th February 2016. This years charity is going to be NSPCC. It would be fantastic to have the same amount of riders as last year and raise as much money as we can for a great cause

If any members or their family or friends can volunteer to help with the day or event planning please contact me by email: [press.sec@coventryroadclub.org.uk](mailto:press.sec@coventryroadclub.org.uk)

The signing on point will be Guy Salmon Jaguar, Earl Place Business Park, Fletchamstead Hwy, Coventry, CV4 9XH. There will be two great routes to suit all abilities. The routes will be signed, but to be on the safe side we recommend that you download or print the routes off. The 27.1 mile route can be found

here: <http://ridewithgps.com/routes/11667964> & the 56.6 mile

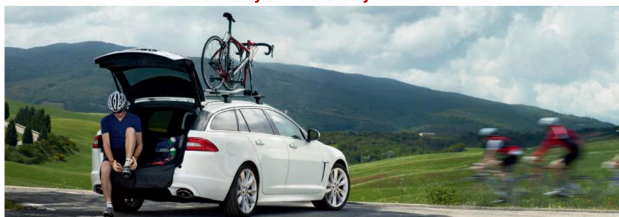
here: <http://ridewithgps.com/routes/11667976>

### Guy Salmon Jaguar Coventry & Coventry Road Club Sportive/Cycle Ride for Charity



Starting and Finishing from Guy Salmon Jaguar,  
Fletchamstead Highway (A45), Coventry, CV4 9XH.  
Doors open 09:00AM

~ Sunday 07<sup>th</sup> February 2016 ~



I'm prepared... to ride for NSPCC...

In signing this document;

"I agree to abide by the rules of the road, understand that this is a non-competitive cycling event, and also understand, and agree, that I participate in this event entirely at my own risk. I understand that I must rely on my own ability in dealing with all hazards, and that I must ride in a manner which is safe to myself and others. I have no fitness issues that may prevent me completing the course and my cycle is in a safe, legal and rideable condition. I am aware that when riding on a public highway the function of marshals is only to indicate direction and that I must decide whether any manoeuvre I make is safe. I agree that no liability whatsoever shall attach to the promoter, promoting club/organisation, event sponsor, or any event official in respect of any injury, loss or damage suffered by me in or by reason of the event however caused. I will participate in this event in a loyal and sporting manner."

"I have read and agree to abide by the above declarations".

Name: Please Print		
Date of Birth:	DD/MM/YYYY	Current Age
Signature: (parent/guardian if U18)		
e-mail address:		
Emergency Contact Tel. <small>Not your own number!</small>		

My chosen route >>>> Long or Short Please circle the route you intend to ride.

Fill in this form and bring it with you, along with your £5 entry fee, on the day. It'll save time!



ALL-NEW JAGUAR XF

COME AND START YOUR  
ROAD SEASON HERE...



Coventry Road Club & Guy Salmon Jaguar are hosting  
their 4th Sportive/Charity Cycle Ride  
This year's chosen charity is NSPCC

Starting and Finishing from the Guy Salmon Jaguar  
Showroom, Fletchamstead Highway (A45), Coventry,  
CV4 9XH Sunday 07th February 2016 From 09:00AM

There is a choice of two ride routes to the south west of  
Coventry: Departing from - 09:30 - Long - 56 miles &  
Short - 27 miles.

Routes are marked: Guide Maps/Directions available  
Downloadable "Garmin" GPS files...

The short route is here -  
<http://ridewithgps.com/routes/3870946>

The long route is here -  
<http://ridewithgps.com/routes/3857749>

For more details talk to: Anthony Griffith.  
Tel. 024 7667 2999 or email [anthonygriffith@sytnr.co.uk](mailto:anthonygriffith@sytnr.co.uk)

Download an entry form from  
[www.coventryroadclub.org.uk](http://www.coventryroadclub.org.uk)

**Guy Salmon Jaguar Coventry**

Earlplace Business Park, Fletchamstead Highway,  
Coventry, West Midlands CV4 9XH  
024 7667 2999

[guysalmon.coventry.jaguar.co.uk](http://guysalmon.coventry.jaguar.co.uk)

**GUY SALMON JAGUAR COVENTRY  
& COVENTRY ROAD CLUB SPORTIVE/  
CYCLE RIDE FOR CHARITY**

- Doors open at 9:00AM
- Extensive Parking - for cars and bikes!
- Showroom facilities for signing on and off the event.
- Pick up a form, fill it in and bring it with you (along with your entry fee) and hand it in at the "Fast Track" desk. That way you won't have to queue to sign-on, on the day!
- Entry fee - £5 (all going to charity)
- Complimentary Tea / Coffee / Cake for riders before & after the ride
- A chance for one rider to win a Jaguar car for the weekend!
- The opportunity to view some beautiful Jaguar cars up close ...and some of the latest bikes available
- Note: Doors will close at 2:30pm so pick a route that matches your ability!

#### THE ART OF PERFORMANCE

Model shown XF 3.0D 300ps S Auto. Official fuel consumption for the All-New Jaguar XF range in mpg (l/100km): Urban: 24.1-58.9 (11.7-4.8); Extra Urban 44.8-78.5 (6.3-3.6); Combined 34.0-70.6 (8.3-4.0). CO2 Emissions 198-104 (g/km). Official EU Test Figures. For comparison purposes only. Real world figures may differ.

## CLUB KIT UPDATE

We have had a new delivery of kit delivered to Ride Coventry, This includes: S/S Jerseys, L/S Jerseys, Bib Tights, Bib Shorts, Gilets, Winter Jackets, Buffs, Mitts, S/S Skinsuits and L/S Skinsuits



## TAKING YOUR RIDING TO RACING



### TIME TRIALLING

The beauty of the time trial is that your target is to do your best. You can get help from other riders on how to improve,



### CYCLO-CROSS

Competitive off-road bike racing for all ages and abilities.



whatever your level of performance, as the whole atmosphere is very supportive. Everyone is welcome of any ability.

Most people start with normal road bike, which must be roadworthy. A helmet front and rear light (on flashing mode) are strongly recommended.

You will need your entry fee of £3 and some money for tea/coffee and cake afterwards.

<http://www.coventryroadclub.org.uk/?cat=28&id=157>



### **BRITISH CYCLING ( BC) RACING EVENTS**

There's a type of road racing to suit many kinds of rider – from circuit racing for punchy, powerful riders to multi-day stage racing for the ultra endurance athlete. There are racing categories from youth to senior for both men and women, with a category system from 4th category to elite ensuring that there's suitable competition for riders of varying standards. British Cycling's Racesmart programme shows new riders the techniques, skills and etiquette of road racing, with practical video guides on all aspects of the sport

<https://www.britishcycling.org.uk/racesmart>

You don't need any specialist equipment to start, as long as your bike is safe for yourself and others.

Like triathlon, cyclocross mixes multiple athletic endeavours, namely riding and running, with a strong emphasis on skillful bike handling. Most races are held on 1km to 3km courses, mixing tarmac, sand, dirt, mud, run-ups and sometimes steps. Races typically last a set timespan – between 30 minutes and an hour

<http://www.wmccl.co.uk>



### **LEAGUE OF VETERAN RACING CYCLISTS (LVRC)**

The League of Veteran Racing Cyclists provides racing for cyclists who are veterans. To be eligible to join you must be 40 years of age or more; the League is open equally to male and female bike racers. Don't worry if you think you aren't fit enough to race - in the LVRC you are always allowed (encouraged, in fact) to compete in an older age group than your calendar age indicates. The only exception to this is National Championship and Percy Stallard Series races. This is deliberately designed to help people get back into racing, and move up the groups as fitness starts to return. <http://lvrc.org.uk>

## **HAGGAR BASH**

This years Haggar Bash will be on the 17th April 2016.

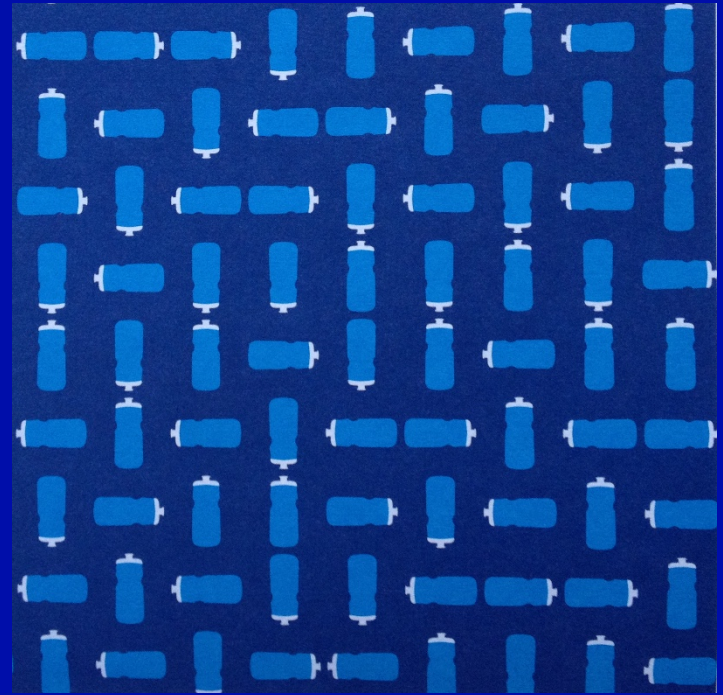
Last years Haggar Bash was a great day with everyone managing to battle their way up Dover Hill. To explain how the ride works; Riders are placed into different groups of equal performance. The groups are set off at time delays with the faster riders going last. This should mean that everyone ends up on the climb at the same time, riding to meet Brian Haggar at the top.

Alan Jones has volunteered to organise the "Training Ride" this year and will do the time handicaps. Email to enter



## "CAFE STOP" BRAIN TEASER

There is one bottle that is different, Can you find it?



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## NEXT CLUB RIDES

### **7th Feb 2016**

12mph-14mph group - Jaa ride 27.1 mile  
Moderate - Jaa ride 56.6 mile  
Intermediate - Jaa ride 56.6 mile  
Hard - Jag ride 56.6 mile

### **21st Feb 2016**

12mph-14mph group - Wellesbourne  
Moderate - Wellesbourne  
Intermediate - Honeybourne  
Hard - Broadway Tower

### **14th Feb 2016**

12mph-14mph group - Ullesthorpe  
Moderate - Ullesthorpe  
Intermediate - Desford  
Hard - Desford

### **28th Feb 2016**

12mph-14mph group - Jaa ride 27.1 mile  
Moderate - Jaa ride 56.6 mile  
Intermediate - Jaa ride 56.6 mile  
Hard - Jag ride 56.6 mile

[Download Routes Here](#)



## MIKES MYTON RIDE

Mike Vaughan's sportive ride in aid of Myton Hospice will take place on 13/03/2016. They aim to raise as much money as possible whilst riders enjoy a beautiful ride in Warwickshire. There are two routes 39 mile & 77 mile. Appealing to leisure cyclist and the more serious riders wanting to get some miles in for a good cause.



**Enter Mikes Ride Now**

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## MEMBERSHIP RENEWALS

Membership renewals are due by 1st February 2016 for existing members please use the following link <http://www.coventryroadclub.org.uk/?cat=31&id=226>

New Members are always welcome. For details on how to join please see the link below for details or Email [membership.secretary@coventryroadclub.org.uk](mailto:membership.secretary@coventryroadclub.org.uk)



**Join Now**

## MEMBERS INPUT

Please email me if you have anything you would like to feature in future issues: [press.sec@coventryroadclub.org.uk](mailto:press.sec@coventryroadclub.org.uk)

