

# COVENTRY ROAD CLUB

*Cycling for sport and leisure*

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



### West Midlands Cyclocross Registration is Open

The League starts again on 4th September 2016 and runs into January 2017. The Sunday events are organised by local clubs. There are different leagues for Under 8s; Under 10s; Under 12s; Under 14s; Under 16s; Junior Men (16 – 18); Senior men (18 - 40); Women; and Veteran men (40+). The League is very friendly and welcomes beginners and elite riders.

Each event is different, but typically races will involve a mixture of technical and non-technical terrain on a short circuit – usually around a mile and a half. Some sections may require riders to dismount and carry their bikes. Race length varies from an hour for Senior men to around ten minutes for Under 8s. Lapped riders still get placed, so as long as you finish you'll get a result.

Registration will close on Sunday 20th August or when a relevant category has reached it's rider limit. The 2015 League registration closed at 6pm on the 24th August 2015 with 702 riders registered so don't hang about.

<https://www.britishcycling.org.uk/club/profile/3727/west-midlands-cyclo-cross-league>



### CRC Elite, 1st & 2nd CAT. Road Race Championship & 3rd & 4th CAT. Road Race Championship

This years nominated road race is the West Midlands Regional Road Race championship event on Sunday 11th September 2016. It will be using the Bridgnorth Course from Stanmore out to Red Hill, Rabbit Run, Telford Road and up Bromley Bank

PreEntry is needed and the CRC trophies are only eligible to 1st Claim members. The organisers will get to chose the riders for the event if it is oversubscribed

To Register

<https://www.britishcycling.org.uk/events/details/149810/West-Midlands-Regional-Road-Championships>

## CRC OPEN TT CANCELLED

Unfortunately we have had to cancel this years CRC Open Time Trial. This is due to not having any members come forward to help organise the event.

This has put the club in an embarrassing position with the CTT and we would ask that if you would be prepared to volunteer to be one of the organiser's next season, could you let us know as early as possible.

Thank you



## CRC V Leamington Inter club Time Trial

This year it is Leamington's turn to host the inter club event. They have chosen Wednesday 27th July 2016. It will be on the K3/11-25 course.

It will be great to have a good turnout and win the trophy.

The link to the 25 mile route is

<http://www.leamingtoncyclingandathletics.org.uk/cycling/TimeTrials/TTCourseMaps/TTMapPage.php?CourseID=13>



## Not For Profit Charity Sportives

### **The COGS charity ride 21/8/16**

Coventry Olympic Group's have asked if our riders would like to ride their annual Sportive the COGS Charity Ride. 3 sportives following quiet country roads and lanes through South Warwickshire and into the Northern part of the Cotswolds. Choose your distance from 20km, 50km or 106km and support any of the nominated charities. All entry fees and proceeds go to your chosen charity. The Charities you can choose from are Zoe's Place, Myron Hospice and Baginton Lions FC

Details here <http://cogs-sportives.co.uk>



## "New" Online Shop CRC Club Kit

To access the on-line shop log-in to the Coventry Road Club website, click ON-LINE KIT SALES for a link to the shop and the password, it is suggested that you bookmark the URL and save the password for subsequent visits.

Orders should be placed on-line and payment made by card or PayPal at time of ordering.

On 7th,14th,21st and 28th day of each month, club orders will be sent into production for items not in stock. Delivery time will be 4/5 weeks from that date (including postage).

Items will be sent directly to the delivery address detailed when ordering and a shipping charge of £2.50 per order will be charged.



## "CAFE STOP" BRAIN TEASER

- 1) The modern 21-day/stage Tour de France is roughly what total distance: 550m/880km; 880m/1,400km; 1,100m/1,760km; or 2,200m/3,500km?
- 2) The traditional generic name of the 1880s bike design which improved the penny-farthing (high-wheel) and basically endures today is the '(What?) bicycle': Efficiency; Reliance; Safety; or Sensible?
- 3) What French railway term refers to the bicycle gear system for shifting the chain between sprockets?
- 4) The 'maillot à pois rouge' jersey of the 'King of the Mountains' (best hill climber) in the Tour de France is white with red: Chevrons; Spots; Crowns; or Snowflakes?
- 5) What country produces Flying Pigeon bicycles, at 2010 the most popular mechanical vehicle in history?
- 6) By the year 2010 there were roughly how many bicycles worldwide: 250 million; 400m; 650m; or 1 billion?
- 7) What was a bicycle first called (and still today also any human powered wheeled vehicle), a Latin portmanteau of 'speed' and 'foot'?
- 8) A modern 'balance bicycle' is purpose-designed for: Tightrope walkers; Children; Delivery riders; or Elderly shoppers?
- 9) In 2013 Dutch cyclist Sebastiaan Bowier set a world speed record for a bicycle (unassisted, human powered vehicle) of what mph? 49; 57; 72 or 83?
- 10) A penny-farthing (high-wheel) bicycle is steered by which wheel(s): Front; Rear; or Both?

**ANSWERS AT THE BOTTOM OF THIS EMAIL**



**Recent Club Ride Photo**

Thank you to Steve Ingram for this  
Club Ride photo at Newton Regis  
Garden Centre

**NEXT CLUB RIDES**

**10th July 2016**  
**12mph-14mph group - Desford**  
**Moderate - Desford**  
**Intermediate - Desford**  
**Hard - Newtown Linford**

**17th May 2016**  
**12mph-14mph group - Earlswood**  
**Moderate - Earlswood**  
**Intermediate - Lickey Hills**  
**Hard - Waseley Hills**

**24th July 2016**  
**12mph-14mph group - Shenton**  
**Moderate - Shenton**  
**Intermediate - Shenton**  
**Hard - Great Rollright - Shackerstone**

**31st July 2016**  
**12mph-14mph group - Herb Centre**  
**Moderate - Herb Centre**  
**Intermediate - Herb Centre**  
**Hard - Herb Centre**

**Download Routes Here**

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)



1) 2,200m/3,500km, 2) Safety bicycle, 3) Derailleur (from the original meaning of a train derailing from its track), 4) Spots (also termed polka dots), 5) China (there are over half a billion of these globally, mostly in China..), 6) 1 billion, 7) Velocipede, 8) Children (also called a 'run bike', it has no pedals or mechanized propulsion, encouraging the learners to use their legs for support and propulsion, and has progressively superceded children's bicycles with stabilizer training wheels, which can foster an unnatural dependency and fear - the 'balance bike' is an example of nudge theory, where instinctive change/learning [in this case of balance] and confidence are enabled via counter-intuitive design), 9) 83 (precisely 83.13 mph or 133.78 kilometres per hour), 10) Front