



Read All About It

September
2004

A reminder that this newsletter is a copy of the one on the club website.
If you want to take it away just wait until the end of the evening

Click [here](#) for August's Newsletter

Editorial by Pat.

I will try to get different folk to provide a few words here for the start of the month. So, up on your soapbox! A few general reminders from me to kick-off (Bad start - mentioning football!)

The idea of the website is to keep members in touch with what each other are doing. Sometimes it can be weeks (or just monthly at the Slubbers!) before you get to see some club members. If you can keep up with the club's events and individual's activities the you or they will feel less like strangers. Also, events may be planned which you would like to be part of. I think that the biggest snag is that a lot of folk really feel that no-one is interested in what they are doing - which is WRONG! We all want to know where you went, what you did, who fell off etc. And for every 20 people on a ride there are another 20 who would like to hear about it and ,especially would like to see it on a photo.

Haven't got time? Poor excuse! How long does it take to type 20 or so words when you are checking your email? Even quicker to squirt a digital picture to me. (Even of the grand-children, Tony!) Hand me a scrap of paper or a snap which I can quickly return (by post if you need it back sharpish)

Not eloquent enough? Hey, we all like wallowing in mud (even Libby!) so we ain't posh.

Too modest? No. If you have undertaken an activity which you are proud of you know you want to be asked about it ! But we won't know if you don't tell us, or someone has to spend ages hunting for your results category or asking your friends about it.

Someone else will do it? Enough from me - I'm not your mother!

Technical Note

If the website does not display correctly in your browser please let me know. What is OK on one person's computer can look rubbish or crash another. I will see it as a big help rather than as a complaint! There are some browser tips in "HINTS"

[Cycling.tv](#) (click)

This website offers free and pay-to-view cycling videos on its own (downloadable) player. Many races which are shown in the rest of Europe can only be seen by us UK-ites on here. The Fort William MTB World Cup round, with now-disgraced Filip Meirhaeghe and GB's Liam Killeen, is quite good - they make it look easy! (Go to highlights section. TV mode gives full screen (Sit back!))

More Fun ! ?

After that Holmfirth Scout Ryde you must be thirsting for more. Or maybe you just like a 9.00am start? Right? So here it is! It's a similar scene with about 24 miles of cycling up on the moors. If I remember rightly (unlikely!) it has less road than the Holmfirth ride and is a little shorter. You will love the finish! (Not!) Outline details and entry form are at www.st-pauls-scouts.org.uk It's called the Calderdale Mountain Bike Marathon and it starts just above Sorby Bridge (OK "Sowerby" Bridge)

Racing is illegal on bridleways so these scout rides are non-competitive personal challenges (!) You may find some of the Locals less than encouraging if they frequently come across large groups of people challenging themselves.

You may find that your household insurance will cover you if you flatten a passer-by or another rider (3rd party) though you might want to get that in writing and I don't know what a court would make of "non-competitive cycling event." The [BC organisation](#) and [CTC](#) offer insurance.

No "entry on the day?"

Armchair Cycling!

Click [HERE](#) for a printable listing of this month's cycling related TV programs. (Word .doc)

[THIS](#) link has nothing to do with cycling but...

**[Whilst THIS](#) link features our most aggressive enemy - the car!
(... or is it?)**

Tracy Moseley's Slowest Downhill

She separated her right shoulder and tore her rotator cuff crashing hard during a training ride at the last round of the Maxxis Cup in Port-Aine, Spain. It took three hours to get the U.K. rider down the hill, and the damage will keep her off the bike for at least a month. Before beginning rehab, though, Moseley made sure she didn't surrender her lead in the Maxxis series. The day after her crash she arrived at the top of the hill with a cross-country bike, and split time between walking and riding, slowly making it to the bottom of the course.

"If she didn't ride it was possible that she could lose the series by four points," explained Kona team manager Russell Carty. "So she loaded up on pain killers, strapped up the arm and got to the finish."

Carty said Moseley's "run" took 27 minutes compared to about 4 minutes for race winner Celine Gros. By VeloNews.



Pitstop ?

For years it's was the one thing that definitively separated mountain biking from its road-racing cousin. If you get a flat, you fix it. Bust your chain, get out the chain tool. But that will all change starting next year when the UCI introduces a rule that will allow outside technical assistance in cross-country races at World Cup and world championship events. There will be pit zones where riders can swap out everything but the frame. The new rule will also allow teammates to exchange parts, meaning the era of cross-country domestiques may well have arrived.

"We can not accept that the best rider in the world with a lot of sponsors can lose a race just because of a puncture," said Regis Alexandre, the president of the UCI mountain bike commission. "Besides we already know that some teams use the system where they have tubes and tools in the bottles to give to riders. It is hypocrisy if we don't authorize assistance when we already know it is happening."

Other changes on the way for next year include the elimination of radio use during cross-country races, a move Alexandre said is meant to reduce suspect team tactics.

"If the team leader has a mechanical problem and in the front of the race he has a teammate," explained Alexandre, "we don't want the director to be able to tell the rider at the front to cut the speed or block the race to wait for the leader." By Velonews



The MTB World Championship

is decided by a single race. GunnRita Dahle and Julien Abalson repeated their Olympic wins watched by thousands of spectators at Les Gets and with Pan-European TV coverage - did you miss it then? - never mind , if you were watching "sport" on UK TV you will probably now know all about Premiership Managerial job shuffling !

PHOTOS

REVIEW



No Mud... ? No Punctures... ?

... could this really be Mirfield in late September? Wednesday night on the 29th., in fact!

Gary led us at high speed (Well, it certainly seemed that way to me!) around a well stitched-together route of fun downhills and single-track.

Stuart and Paul demonstrated the art of high speed down-hilling in the dark without lights while our leader demonstrated how to get 3 foot of air over a jump (which we chose not to follow!)

The tracks were in excellent condition and my bike did not need washing! (Well, in my opinion...)

Meltham Roger's Saturday ride. Sept. 18. A sunny day, pleasant tracks and good company.



The Rough Riders take over Meltham car park. Roger is popular!



The clouds part and the sun comes out. Below Deer Hill Reservoir. Before the mud!



Russ In Honley Woods. Twisty singletrack.



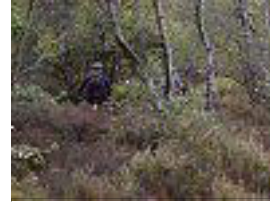
Plenty of new faces. Saturdays are a good choice for folk sampling the WYRR



We usually start at 1.30pm but ring the ride leader on Friday night.



On her 5th ride. Christina soon relaxed (when her bar-gripping muscles tired!)



Who needs a track? Deepest Honley Woods.



A visitor from Foreign Lands?



You can find rocky descents even in Honley Woods



It's a long way to the top! Climbing Harden Moss Road is tough!



It's a rough track (Walker's identity concealed to save blushes)



The good thing about this ascent is the whizz down nearby Harden Hill Road.



Sarah's hill-climbing practice in the Scout ride pays off!

My apologies to those who smiled dutifully but are not included. I overestimated the capacity of my memory (and the camera's...) and ran out of "film!"

I will eventually remember what all the squeaks and beeps mean. (... perhaps "Shut up, camera!" is not the best approach?)



Muddiest Bum Competition Sub-titled: "... I don't know... !"

"Blood Doping" and what did the 2nd man to set foot on the moon say... ?

In Endurance sports, there is an intense temptation to use any means to get an "edge" on the competition. The World Anti-Doping Agency are constantly developing new tests and store samples to test in the future as their technology advances. Here is an extract from a New Scientist article:

"... ways of boosting the blood's oxygen-carrying capacity can enhance performance by 20 % or more. The first tactic cheaters adopted was to give themselves blood transfusions, which pack the blood with extra oxygen-carrying red blood cells.

But transfusions carry significant risks... When a natural hormone called erythropoietin (EPO) that boosts red blood cell production was turned into an anaemia drug in the 1980s, a black market for it developed among athletes.

... four years ago ... a test for EPO became available. Since then old-fashioned blood transfusions have been making a comeback, despite the health risks. But now transfusions can be detected too ...

That is the message sports officials are promoting after US cyclist Tyler Hamilton was nailed by a surprise test for a previously untraceable method of blood doping during the Tour of Spain race last week.

Hamilton, who won a gold medal at the Athens Olympics in August, denies any wrongdoing." [MORE...](#)

Best MTB-ing in the UK? Sat. 2nd Oct.

I am always impressed with Calderdale mountain biking. The steep and rocky valley-sides give some great trails. We set off from Mytholmroyd where the Sowerby Bridge & District Round Table Challenge will leave from in November. (Not to be confused with the Calderdale Mountain Bike Marathon which leaves from Sowerby Bridge on 10th Oct. - well, I find it confusing!)

Sheila led (lots of) us on a fierce climb towards Stoodley Pike then crossing the valley for another fierce climb followed by a blast down Jack Lane.



A fairly simple course; a low-key event; wide variety of ages and abilities and a big bike shop. A gentle intro to the racing scene.



[Leisure Lakes](#) (Next on Oct 17th) and [Simba](#) (24th Oct) are the only races within 1 and a half hours drive. (Just don't get carried away with the shopping like Paul was!)

Paul sets off



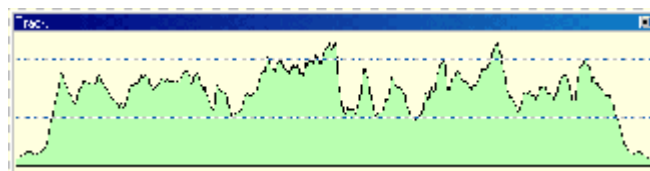
Harry gets a trophy

Merida Marathon at Ruthin

The last Merida for the 2004 season saw around 1100 riders heading out onto the trails around Ruthin. [MORE](#) or see..... [PHOTOS](#)

Merida Ruthin – profile of 100k route 1st dotted line 200m, 2nd = 400m height

Looks like a pleasant undulating course, then, folk! If you find your photos in the 1,255 available - send me the URL!



Overall	FullName (80km)	Finished	Cat	Dist
Posn.				
1	STUART GASCOYNE	12:47:20	VMF	80
2	SIMON HAYES (1st MMF Cat.)	12:49:25	MMF	80
216	PAUL DUNCAN	15:40:49	MMF	80
218	NIGEL BARUGH	15:40:56	MMF	80
18	WILLIAM GAMBLE (1st VMF Cat.)	13:34:42	VMF	80
213	DAVID DUDLEY	15:40:17	VMF	80
219	JOHN DOBINSON	15:41:00	VMF	80
220	PETER EAGAN	15:41:06	VMF	80
433	80km finishers		all	80
Posn.	FullName (50km)	Finished	Cat	Dist
Overall				
1	RICHARD FIRTH	11:56:43	OMH	50
159	HELEN COSTELLOE (1st in Cat.)	13:41:43	VFH	50
171	JULIE PHELAN	13:44:19	VFH	50
332	50km finishers		all	50

BEFORE 6 BEERS



AFTER 6 BEERS

Swaledale Trailquest

Cat	Pos	Name	points	Time	Score
Guys	1	Paul Trott	490	4:58:52	490
	2	Andy Conn	470	4:54:39	470
Gals	1	Elaine Powell	260	4:33:00	260
	2	Carolyn Binns	260	4:46:57	260
	3	Melanie Hearn	220	5:01:53-2	218
Old Guys	1	Trevor Mayne	460	4:58:33	460
	2	Simon Trickett	400	4:58:26	400
	3	Duncan Mellor	390	5:02:2-3	387
Old Gals	1	Anne Plant	370	5:01:40-2	368
	2	Libby Trickett	250	4:59:58	250
Mixed (!)	1	Helen Costelloe /			
		Peter Eagan	290	4:56:41	290

Libby is gaining on you! [MORE](#)

September's Rides

Sat 4th Farnley Park Bob Hedley

Sun 5th Holme Valley Scout Ride See [website](#)

Wed 8th Bingley Nic Cartledy 01274 594147

Sat 11th Mirfield Will Barraclough 01484 316707

Sun 12th No planned ride

Wed 15th Leeds Simon Trickett 0113 2886605

Sat 18th Meltham Roger Griffiths 01484 851659

Sun 19th No planned ride

Wed 22nd Emley Gary Day 01484 609155

Sat 25th Oakwell Andy Howden 01924 470304 / 07870 559064

Sun 26th [Dalby Forest](#) Martin Emms 10 am start 0113 203 8862 / 07747 757482

Wed 29th Mirfield Simon Collis 01924 505209

Sat 2nd Oct Hebden Bridge Shiela Davidson 01484 712854

Competition

Scout Challenge Holmfirth. 5th Sept. We usually have a good club turn-out for this. Details [HERE](#) (Their entry form may be broken ...)

Calderdale Mountain Bike Marathon Sunday 10th October

Details [HERE](#). Postal Entry

TIP ... Pump your tyres up hard - avoid snake-bite !!!

The Great Yorkshire Ryder Challenge

Position	Hrs:min:sec	Name
1	2.03.30	Jonathon Haigh
10	2.21.07	Will Barraclough
14	2.27.24	Paul Williamson
127	3.22.15	Sheila Davison
134	3.25.56	Julie Jagger
136	3.26.11	Sarah Minchin
250	5.41.17	James Kellett

Speedy Will and Paul!

Sarah cuts 1 Hour and 20 mins off last years time! [FULL RESULTS](#)

Keep in touch !



"Didn't you get my e-mail?"