



NEWS IN BRIEF

Go-Ride Event & Adult Taster Session

5th September

Round 1 Cyclocross Event

9th September
Abbey Stadium

WMCCCL Events

Check link
[WMCCCL](#)

Car Park Repairs

24th September
for 4 weeks

Snowdonia Weekend

5 & 6th October

Wind Tunnel Experience Tour

20th October

Cyclocross Season is here !

Can you believe the summer we have had? Can you also believe that September is nearly here and along with it, the Cyclocross Season begins?



Please email us on Admin@rrpcc.co.uk and let us know if you would like to come to an Adult Taster session for cyclocross on 5th September at 8pm.

UPCOMING EVENTS

DATE	TYPE	DESCRIPTION
02 Sept	Road	Sunday Morning Weekly Ride Out 2 groups of 30 miles. Morton Stanley Park, Redditch @ 9am
05 Sept	Go-Ride	Go-Ride Event, Abbey Stadium The last Go-Ride event of the year and is a Cyclocross Event
05 Sept	Cyclocross Practice	ADULT ONLY EVENT - following on from Go-Ride Event From 8pm there will be a bit of an adult cyclo cross session available so you can see what a course might look like.
09 Sept	Road	Cancelled - Due to Cyclocross Round 1 at Abbey Stadium
09 Sept	Cyclocross	Round 1 – West Midlands Cyclocross Abbey Stadium. Helpers are always welcome
12 Sept	Slipstreamers	Abbey Stadium, Redditch
16 Sept	Road	Sunday Morning Weekly Ride Out 2 groups of 30 miles. Morton Stanley Park, Redditch @ 9am
16 Sept	Cyclocross	Round 2 - West Midlands Cyclocross (WMCCCL) Heart of England Conference Centre, Coventry, CV7 8DX
19 Sept	Slipstreamers	Abbey Stadium, Redditch
20 Sept	Social	Cinnamon Indian Restaurant, Redditch 7pm. BYO Drinks. We need to let them numbers by 16 Sept.
23 Sept	Road	Sunday Morning Weekly Ride Out 2 groups of 30 miles. Morton Stanley Park, Redditch @ 9am
23 Sept	Cyclocross	Round 3 - West Midlands Cyclocross (WMCCCL) Johnsons Coaches, Liveridge Hill, Henley-in-Arden, B95 5QS
26 Sept	Slipstreamers	Abbey Stadium, Redditch
30 Sept	Road	Sunday Morning Weekly Ride Out 2 groups of 30 miles. Morton Stanley Park, Redditch @ 9am
30 Sept	Cyclocross	Round 4 - Mid Shropshire Wheelers (WMCCCL) Shrewsbury Sports Village, Sundorne Rd, Shrewsbury, SY1 4RQ
05 Oct	Social	Snowdonia Weekend See newsletter for more details
14 Oct	Cyclocross	Round 5 - Halesowen A & CC (WMCCCL) Baggeridge Country Park, Gospel End, Dudley, W Mid, DY3 4HB
18 Oct	Social	Social Meeting at Rockland Pub, Redditch at 8pm
21 Oct	Cyclocross	Round 6 - Leamington C&AC (WMCCCL)
28 Oct	Cyclocross	WMCCCL - Round to be confirmed

Cyclocross

Click here for the WMCCL website

West Midlands Cyclo Cross League (WMCCL)

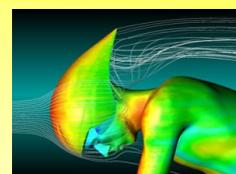
For those of you who are new to Cyclocross and have signed up for this years league, please find below a schedule of races for each event.

Registration has closed but you can sign-on “on the day” providing that there are spaces available. Please see www.wmccl.co.uk for an up to date listing of events.

Start Time	Category	Distance Duration
10:00	Under 6 & Under 8	10 minutes
10:20	Under 10	10 minutes
10:45	Under 12	15 minutes
11:10 – 11:30	Course Practice	
11:30	Youth u14 & u16	30 minutes
12:15	Vet 50+ Men	40 minutes
13:05 – 13:35	Course Practice	
13:35	Junior Women	40 minutes
13:35	Women	40 minutes
14:30	Junior Men	50 minutes
14:30	Senior Men	50 minutes
14:30	Vet 40+ Men	50 minutes

SPECIAL
EVENT

Wind Tunnel Experience Tour 20th October



The club has been invited to a **tour** of Chris Boardman's new wind Tunnel facilities at Evesham. The tour will include the Wind Tunnel, science Labs and biometric labs.

This could be a once in a lifetime opportunity and is open to all riders and non riders.

If you are interested— please email Wayne on secretary@rrpcc.co.uk.

Club Notices

Abbey Stadium Car Park Notice

The side car park that we utilise for Slipstreamers every Wednesday will be closed from



24th September for 4 weeks for resurfacing



Registration will be at the container at the back of **Abbey Stadium** instead during this period.

Please be aware that parking will be very tight in the main car park—can you come on your bike?

Sorry for any inconvenience that this may cause

SUITABLE CYLING CLOTHING

Initially, when your child starts to come to Slipstreamers we would recommend wearing “suitable clothing” and a correctly fitted helmet. What does this include? There are no hard and fast rules. However, the information below should act as a guide.

Cyclists should wear clothing that is comfortable and also practical with respect to the weather. As a general rule, lots of thin layers are far better than a couple of thick layers. Your temperature can change rapidly as you exercise and the outside temperature changes with the sun or wind.

*Multiple layers are best
as you can remove items
as you get warmer*

It is recommended that your base layer should not be cotton as cotton absorbs sweat and becomes a wet layer close to the skin. Synthetic materials wick water away from the skin and so are preferable. Your outer layer should be wind/waterproof on cool days.

REGULAR RIDING RECOMMENDATIONS

If you start to do more cycling, cycling shorts may prove useful. They have a padded area that you sit on and which also absorbs sweat making them more comfortable.

Gloves are a **MUST** for cycling – ideally cycling gloves. If you fall off your hands can be easily grazed. Gloves prevent this. They also help to keep little hands warm in the winter.



Key things to remember for safety:

- ◆ Cycling helmets must conform to **British Safety Standards** and fit properly. These will be checked at the start of every training session. If you need help with this please ask a coach.
- ◆ Don't wear baggy clothing – it can get caught in wheels and also acts like a wind sock!
- ◆ Tuck in trousers and joggers to stop them getting caught in the chain
- ◆ Tuck laces into shoes
- ◆ Wear gloves for safety



RRPCC CLUB KIT

Our Club Racing Kit (both adults and children)
It is available from our suppliers.



- ◆ Search for www.halosports.co.uk
- ◆ Locate Menu and click Club Kit
- ◆ Locate the ‘Redditch Cycling club’
- ◆ You will be prompted for a password (redditch20160531)
- ◆ Scroll down for a listing of all items

Club Offer

If people (Slipstreamers) have signed up to the cx league and do at least 5 events they get £10 off a jersey or shorts or skin suit, they can get discount upfront so they have a jersey to ride in. Email Admin@rrpcc.co.uk for more details.

Events

Snowdonia Weekend 6th & 7th October

The weekend will accommodate riders of all abilities on and off road, depending on what you would like to do. The road rides will be from the bunk house door, while the mountain bikers can take a short drive down to Coed-Y-Brenin (<https://www.beicsbrenin.co.uk/>) for some epic trails and scenery.

What is included :

- ◆ Friday & Saturday bed (please bring your own sleeping bag / pillows)
- ◆ Friday night drinks and nibbles
- ◆ Saturday evening meal
- ◆ Various ride outs to be discussed on Friday evening

The cost is around £25 (to be confirmed). If you are interested— please email us Admin@rrpcc.co.uk for more details.



Tuesday 21st August saw the last of the Time Trials for this year. The event was the 5 miles route and was well attended with 19 riders.

Best time of the evening was Mark Cooper with a time of 11.30 mins.

Time Trials take place over the summer months and are held every 2 weeks on a Tuesday evening.

5th August

Our ride took 10 club members out on a beautiful summers morning to Ombersley. Our route out took us through Wychbold, Elmbridge and Uphampton, the last few miles took us through an area which is very sandy with a high risk of skidding. Fortunately no one came off. We stopped at Wildside Farm shop, which one person described as been like Steptoos yard. Its a bit of a mismatch of a garden centre, farm shop, café and some wildlife. We wheeled .the bikes round to the back entrance to the café area where there was outdoor seating and a duck pond. Our return route passed through Ladywood. Here Lezley managed to fall off her bike when her chain locked, but was nursed back to health by Olga and Tim with a wipe and plaster for a cut elbow. We then continued via Saleway, Shell ford where three brave riders rode through the ford, no fallers, and then onto Bradley Green and home.

10th August

It was raining when we arrived at Morton Stanley Park, so as there were only three of us and the weather was not too promising we decided on a shorter route to Alcester. We went out via Little Alne, Temple Grafton and Haselor and returned via Couton Fields and Sambourne. Lucky for us the rain stopped and the roads dried up and a pleasant ride was had.



19th August

Today's ride was to Whitlenge, Hartlebury, with a head wind initially passing through Wychbold, Elmbridge and crossing the railway at Hartlebury. At Whitlenge Gardens it looked like we had eaten most of the cake, probably something to do with a couple of climbs. We returned back via Timberhonger and Aston Fields, at one point we were treated to a discussion in Welsh from Glynn and Bethan before working our way through the festival at Morton Stanley.

Weekly Ride