

MUSINGS OF A CYCLISTS'S WIFE

From bicycle.net

It is a beautiful Sunday morning. In the surrounding neighbourhood there are families going for walks or enjoying a lazy morning at home. Where is my husband? Ah yes... he is cycling.

My husband and I strive to have a marriage of mutual respect. He frequently calls to ask me if it's okay that he may attend a class in the evening, meet a friend for dinner, or for any reason, disappear from the house when I might have needed his help. Sunday mornings, however, are a different story. On Sunday mornings he is cycling. He is cycling if it's cold, he is cycling if it's hot. He will cycle when it's raining. Did I imply that he will be cycling only if it fits conveniently into our family's plans for the day? No, no. He will be cycling unless someone in our family has spontaneously combusted. In that case he will extinguish them and then go cycling.

Though I may sound completely bitter, the truth is I am not. I am proud of my husband and how active he is. I am proud of him for keeping himself healthy, and, in the end, I know that this is what makes him happy, and without a ride on Sunday mornings, he is a grump. Who needs a grumpy husband?

CONTRIBUTIONS

If you have news about cycling events that you have enjoyed or cycling activities that may be of interest to club members, please send them to me by **September 1st**.

All rides lists and *Cycle News* are available **by post** from Sally telephone number: 01743 350481. You can also **download** the latest *Cycle News* from the **website** which gives full details of news, events and local rides programmes. Find us at : www.cycleshropshire.org.uk

Contributions for future newsletters please to Anita Crofts, 30 Henlow Rise, Radbrook Green, Shrewsbury, SY3 6BL or email : anicrofts@onetel.com

Non members are welcome to take part in DA activities, but CTC membership entitles you to many benefits. Call CTC on 0870 873 0060 or visit www.ctc.org.uk
If you decide to **join the CTC** please quote '**L2**' on the application.

Cycle News

Cycling in Shropshire and Mid Wales



August 2008

There is still time to enter an Audax event before the end of the summer season. John Hamilton is very keen to encourage more group members to take part. The rides give you the opportunity to visit other parts of the county and to meet other cyclists. This issue includes an article about the origin of these rides, which may reassure possible riders that an Audax event is not a race.

FUTURE EVENTS

Saturday 2nd August

Offa's Dyke Audax 600k from Upton Magna. Start **0500**

Sunday 3rd August

Ciwydian Audax 200k from Upton Magna. Start **0800**

Horseshoe Panorama Audax 140k from Upton Magna. Start **0900**

Leisure rides on routes to suit all abilities, from Upton Magna. Start **0930**

Organiser: John Nowell

Contact John Hamilton for further details about the Audax events.

Telephone: 01952 251403

Tuesday 9th September

Coach assisted to Derbyshire – contact Terry for further information.

Telephone: 01743 350038

Saturday 27th September

Beyond Shropshire Audax 200k from Upton Magna. Start **0800**

Shropshire Century Audax 160k from Upton Magna. Start **0830**

Discovering Shropshire Audax 110k from Upton Magna. Start **0900**

Contact John Hamilton for details – 01952 251403

There will be a good supply of food and drink along the routes.

BIKEFEST

Several members of the group assisted at the Bikefest held at Sundorne Sports Village on Saturday 7th June. The event was well supported by families and there were fun games organised on the track to test the skills of the children. There was also a Five to Fabulous ride to Upton Magna and back, which was organised for ladies by a representative of the County Council and supported by two members of our group. There were five ladies who joined the ride and we stopped for a drink and a chat at The Corbet Arms before our return to the Sports Village. Members also supervised a CTC information table which had leaflets about the club and local sections. Thank you to our members for their support during the day's event.

VACANCIES

There have been no volunteers for the roles of Chairman, Secretary and Treasurer of the group. These become vacant after the AGM in November and it is hoped that volunteers would come forward prior to the meeting so that the duties of the roles and the team work could be explained by the existing officers.

Please contact Rob, our secretary, on 01743 790513, if you would like to be one of these officers, or if you know of someone who would be. Rob's email address is robert.jones@freeuk.com

ALAN DOWNES ASHES CEREMONY

By agreement with Pam Downes and Alan's sister, Barbara, our Mid-week ride was re-organised to meet them at The Tree Site, Gatten, to scatter Alan's ashes on Thursday 12th June.

Eighteen cyclists gathered at Greyfriar's Bridge venue and followed their leader, Jenny Leese, to the tree site and met Pam, Barbara and many other cyclists who had made their own way to the site. A simple ceremony followed, befitting the occasion and the man, and Pam, with willing help, scattered his ashes.

Afterwards the party, including Alan's family, made their way downhill to our organised arrangements at the Three Horseshoes, Pontesbury. Alan would have been very impressed by our togetherness on this special day.

Dennis Raybould

RANDONNEUR OR AUDAX?

Randonneur or Audax events originated in France, although the inspiration for them came from Italy as far back as 1896. In essence the two are very similar. It is a form of competitive long distance cycling...

The French term "randonneur" does not have a direct equivalent in English. Loosely it refers to an outing or a ramble, but for cyclists it has become a term to describe a cycling enthusiast who rides long distances under controlled conditions, striving to complete the distance inside a predetermined time.

The events are usually ridden over set distances without a support team. Apart from assistance available at checkpoints along the way, the cyclists have to remain self sufficient. There are two very long events, namely the Paris Brest at 1200k and the London Edinburgh, at roughly the same distance.

The rider carries a card called a brevet that has to be stamped and signed at each control. This card is signed by the rider at the finish and handed to the event organiser. After checking the results, the organiser then sends it to the Audax Club Parisien (ACP) which acts as a controlling body for events world wide. Despite the French influence and the ACP control, it is a very international system.

The difference between Audax events and Randonneur events is that in the Audax system, the riders complete as a group. They ride together at a speed high enough to finish in the set time without leaving anyone behind. This is the system ridden in France.

In the Randonneur, riders take the route at their own speed, with or without the company of others. The French call this Allure Libre (free pace). This is the system used in this country. To confuse matters, these rides are called Audax events when they should be called Randonneurs.

Arthur Broadhurst

"WAIT FOR ME"

Please would leaders of rides make sure that everybody in the group has turned in the correct direction at junctions. Also, any member who intends to leave the group ride must inform the leader or another rider before departing.

Bill and Bryan