



NEWSLETTER August 2020

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Exhumation from lockdown edition

This month's news ...is that at last there is some news - Club activities are again beginning to happen and, because they have been re-emerging one at a time, that's how you've been hearing about them, at least if you ever look at the web site, although important announcements have gone out by email to the whole membership.

Those who never visit the web site and read emails only intermittently, then lose them, here is your chance to catch up.

CLUB RUNS

Groups are restricted to 6 riders in total, in line with COVID-safe guidance, so that if you're sharing a virus, it can't infect the whole club in a single Sunday.

If you are looking to join a group, we will endeavour to assist. Send an email to cccgrouprides@gmail.com with your average speed and distance and we will put you in contact with a relevant group.

FIVE MINUTE VELO



If you haven't caught Terry Dickerson's YouTube Channel yet, now's your chance to get a fascinating glimpse inside the shed of Cambridge CC's Audax guru (spoiler alert, it's quite tidy). There's a link on the Club web site

On the channel, he aims to combine useful cycling information with a bit of humour. Of course it's up to you to decide if the content is useful or funny. The channel is also a subtle promotion of CCC. Terry appreciates that the channel is a bit amateurish but hopes to improve the quality as time goes by and as new videos are created. Click on the logo above to go to the channel home page. Please subscribe to the channel and click on the like button as appropriate. These small actions will help the channel enormously. Feedback, comments and suggestions through the YouTube messages will also be appreciated.

2020-2021 SUBSCRIPTION

During lockdown, virtual committee meetings have continued, via *Teams* or *Zoom*. Among the many useful decisions your hardworking committee has taken while the rest of you were celebrating house arrest by going for immensely long solo rides on traffic-free roads, was to recognise that none of us was getting much for our 2020 subscription.

In consequence, the Committee proposes that those who are members on 31 August should have their membership extended to 28 February 2022 (without any further payment).

However, this needs to be agreed at the Annual General Meeting, which is normally held early November. Assuming this motion is carried, Ken Miller will email you to confirm the membership extension and start the process of issuing membership cards for next year.

In the meantime we suggest you do not renew your subscription.

Membership Secretary Ken Miller has emailed all members to this effect, but, in case you missed it, here it is again.

Anyone opposing this recommendation at the AGM is unlikely to win many friends, though, as the AGM is likely to take place online, they should at least be safe from physical retribution.

TIME TRIALS

The Committee also gave its blessing to an ingenious suggestion from Jan Ertner to restart Thursday evening club time trials on the Bottisham course without imperilling our COVID-safety or putting our timekeepers or pushers-off at risk, by the cunning expedient of dispensing with both, keeping the same number for all events and starting in an order that bears no relation to that number, confident that the timekeeper won't get confused because Strava is doing the job for us.

The only aspects of this that can't be done virtually are putting the signs out and taking them down again, and marshalling the turn, for which, plaudits and thanks are chiefly due to Colin Lizieri and Ian Bell, respectively.

It seems to have been a great success, has attracted some new second claim members, eager to get in some racing and has even enticed club Chairman, Gavin Middleton into an uncharacteristic competitive sortie (below). *[photo Davey Jones]*



COMPETITIVE SUCCESSSES

Various members have been bagging Strava KOM's, Bjorn Krylander being as voracious as ever and also taking a number of the new "Local Legend" classifications.

Also featuring regularly in the KOM charts has been Bob Watson, though he modestly claims that the segments he's bagged aren't ridden by anyone else, since they're in his garden.

Again, according to Strava, many members seem to have been clocking up insane mileages, no doubt a habit formed during the halcyon early days of lockdown when the roads were emptier than at any time since the 1950's (and yes, I can speak, just, from experience).

It leads one to suspect that many of us are significantly fitter than we would usually be at this time of the year and our time triallists, who by definition, compete in a socially-distanced sort of way and get disqualified if they don't, are the only ones who've so far been able to put that to the test.

So far, they have shown a thoroughly Corinthian talent for winning classifications for which there aren't any prizes.

General Secretary Colin Lizieri was fastest Veteran on standard in the Bedfordshire Roads CC "25" on August 2nd on the F1 at Tempsford, ably supported, in a superb example of packing, by Martin Reynolds in

third place and Chris Dyason in fourth, each winning in their respective age categories and, of course, cleaning up the vets' team award on standard – except there wasn't one, and there weren't any vets' awards either.

In the same spirit, Andy Grant suffered his way round in 30-degree heat on August 9th for first place on standard in the East District 10 championship somewhere north of Downham Market. There were no prizes for that, either, but at least the classification was on the result sheet.

This was a corrective to his previous weekend's un-Corinthian conduct. Whilst his team mates were riding at Tempsford, Andy had inadvertently and to his horror, entered a hilly time trial in the alps of Suffolk, the sort of terrain much beloved of Tom Begg, and originally scheduled to be held in March.

In his haste to put a swift end to the unpleasantness he found himself winner of his age category, for which there was a prize and he returned home having trousered a princely £10.

The apotheosis of all this ephemeral success, however, has to be Colin Lizieri's current occupancy of the top spot in the VTTA's new computerised updated-in-real-time season-long competition table.

As one of the only men in the country to have completed an open 10 and an open 25 mile time trial, at the time of writing, Colin sits proudly at the head of the rankings.

It hardly seems necessary to add that, of course, the VTTA has cancelled all of its season-long competitions for this year and is merely Beta-testing the new system.

Position	Gender Position	Name	Club	Group	Gender	10 miles	10 miles	25 miles
⊕ 1	1	Colin Martyn Lizieri	Cambridge CC	East Anglian	Male	00:21:39		00:56:50
⊕ 2	2	Philip Kennell	GS Metro	North	Male	00:21:32		00:53:45
⊕ 3	3	Simon Anthony James Elkington	St Neots CC	East Anglian	Male	00:20:44		00:56:02
⊕ 4	4	Patrick Charles Ellerbeck	St Neots CC	East Anglian	Male	00:23:51		01:00:55
⊕ 5	5	Roger Neil Clarke	Tyneside Vagabonds CC	North	Male	00:22:57		00:57:05
⊕ 6	6	Robert Gilmour	Hounslow & District Whs	London & Home Counties	Male	00:24:44	00:24:52	
⊕ 7	7	ian charles short	Team Salesengine.co.uk	East Anglian	Male	00:21:59		00:59:19
⊕ 8	8	John Manlow	Ely & District CC/B&T Motor Repairs	East Anglian	Male	00:23:37		00:57:09
⊕ 9	9	Ross John Vart	#1 have no club	Surrey/Sussex	Male	00:22:30	00:22:41	
⊕ 10	10	Richard Hutt	Harp RC	London & Home Counties	Male	00:24:12		01:02:22

CLUB OPEN “25” HELP NEEDED

The Club’s last surviving open event, our 25 mile time trial, takes place on Sunday 13th September on the course based on the A428 starting near to Madingley and organiser Chris Dyason will be looking for volunteers.

We won’t need as many as normal, since pushers-off aren’t allowed, nor are result boards, and nor, alas, are teas and cakes and the socially un-distanced banter that adheres thereto, so please, when the call comes, do respond.

CONSULTATION ON THE HIGHWAY CODE

The Government is currently consulting on changes to the Highway Code that have important implications for cyclists and other vulnerable road users. All members are strongly encouraged to respond either directly:

<https://www.gov.uk/government/consultations/review-of-the-highway-code-to-improve-road-safety-for-cyclists-pedestrians-and-horse-riders/summary-of-the-consultation-proposals-on-a-review-of-the-highway-code#rules-for-cyclists> or via the campaign by Cycling UK. <https://www.cyclinguk.org/safer-highway-code-cyclists>

AND FINALLY

In case you haven't picked this up on the web site ...

Looking after ourselves in these uncertain times

Eduardo has kindly written a blog about COVID and the related effects. He's a former semi-pro cyclist, a qualified cycling coach and has years of experience with counselling...

I believe that to be a cyclist in the UK you have to be cut from a different type of cloth - a pretty special one I would say.

We are used to hearing about epic stages in the Tour, Giro or Vuelta. Usually climbing big mountains with rain or sometimes snow. Whilst we don't have mountains around here, we do have a pretty decent amount of rain, wind and cold weather. It is not unusual to have at least one or two of those epic rides in an average week. If we are unlucky enough to cross paths with an angry driver it can make the ride go straight into the annals of history. Sometimes cycling can feel more like a penitence than an enjoyable sport.

This year cyclists have not only had to fight against the elements, but also COVID19. Government restrictions and lockdown have meant everything is cancelled: social rides, races, sportives and holidays. Most riders' objectives for

this season have been thoroughly wrecked.

To train, eat properly and rest well—especially through the winter months requires huge sacrifice and discipline. After putting in all this effort to perform well to then have to put all our objectives on hold “until further notice” is very frustrating. Us cyclists work well with goals, they keep us focused and motivated. But what happens when the goals are not there and uncertainty takes over our lives?

Having our objectives cancelled and not being able to plan ahead can make us feel anxious. If you are a racer or you like to push hard in sportive rides you may be craving the rush of adrenaline that competition/challenge brings to you. Without this target then training hard can feel pointless, you may struggle to keep motivation and focus. If you ease your training you may feel guilty about that and guilt is an anxiety builder.

Others cyclists face the loss of control and not being able to follow their training schedules by overcompensating with hours and hours on the rollers/turbo to make up from having to reduce the hours on the road. These cyclists may never feel that they have done enough and will spend any free minute doing something to make sure they are not falling behind. I am feeling stressed just thinking and writing about that, I don't even want to imagine how that must feel...

When we feel anxious it is not the best moment to make important decisions. If we feel anxious for a prolonged period of time usually our threat system is activated and depending on our level of anxiety we can go in to a defensive/survival mode such as flight, fight or freeze. Our decision-making capacity is more likely to be polarized with black or white options prevailing over more balanced ones.

These are a few examples of how we can feel anxious when we are going through uncertain times, and the impact that anxiety can have on us. Obviously, there are much more circumstances when we can start feeling anxious.

As you might suspect, we are all different, we all have different personalities and also different circumstances in our lives. I have listed below a few things that have helped me to overcome anxiety in the past. You may have or find some others that work better for you:

- It is normal to be anxious. In these uncertain times it is totally natural to wonder what the future will bring and where you will fit into this new reality.
 - Go back to your baseline. Remember why you started cycling and all the positive things that cycling is giving you.
 - Enjoy cycling. Not every ride is a competition. Be competitive when you need to, but don't forget that it's supposed to be fun
- Try to identify what is making you feel anxious. Isolating the issue will help you to tackle it more effectively.
 - Make a long-term plan. Thinking ahead and having clear goals will help you with motivation and drive. It may help to visualize where you want to be in one or two years and put a realistic plan in place to achieve it.
 - Make your goals realistic. Overly ambitious or goals that are not challenging can make us feel that we are not good enough or that we are stuck in a rut and not improving. Goals need to be regularly reviewed and tuned to reflect your day to day commitments.
 - Try not to make important decisions when you are feeling anxious. First, step back and look the situation objectively then identify the source of anxiety, make the appropriate changes and keep a mental note to try to avoid similar episodes in the future.
 - Seek help. If you find that you have tried different coping strategies, but they are not working, you should consider visiting a trained counsellor. They can provide you with additional insight and teach you different strategies. This is not an admission of failure, but instead a constructive step towards resolving a normal problem.

The key takeaway here is that handling anxiety in a positive way is critical to keeping us motivated and making this

year a meaningful one in terms of our cycling progression.

We are always keen to read magazines searching for the latest innovations in technology to upgrade our bikes or training systems, pay personal coaches to tailor our training plans, book massage sessions to help our muscles recover, eat a balanced diet to keep our weight under control and have a gym membership to keep us going during the winter months or rainy days.

All this is great, but we must remember that we have a brain and we need to look after that too. If we do not have the right mind-set, cycling can feel like a huge effort when it seems so effortless for others. As a result, we may find that the sport we love becomes less enjoyable to the point that we can't feel that love anymore.... although we know it is still alive deep inside.

It is important to look after ourselves to get the best of us and enjoy the sport we love and that means keep an eye on things related to our body but also on things related to our mind. I have been working in mental health for over 20 years now and also, I have been cycling in different categories and levels for another 20 years or more. So, I think at that point I can put the best of my experience in both mental health and cycling together and help you to understand better how linked are one with the other. I can offer 1 to 6 sessions (depending the issue you want to work on) and that would give us enough time to understand the problem and then

put together your own tailored plan of action that will help you to overcome the issue or at least minimize the impact that is having on you . If you are a CCC member I will offer the first session for free and from there onwards a 20% discount for the total of sessions you will need. If you are not a CCC member the sessions fees would be £55 per 1h session. Please, feel free to [send me an email](#) and I can give you more information about how I work.