

Salt Ayre Cog Set Cycling Club

NEWSLETTER - MARCH 2016

Now it doesn't seem two minutes since our successful End of Season Celebration Event/Awards Evening at **Ellel Village Hall**. So good, it is booked for **18th Nov 2016**.

Either you have been with us through the winter, our closed season, and just taken part in:

- Our annual Grown-ups' meal_Bombay Balti, and afterwards at The Merchants'.
- Admin stuff, including Annual General Meeting, at The Borough on Dalton Square
- Winter family rides, thanks to those who led and those who joined us.
- Turbo Trainers and Roller Session, Thanks to the several coaches and parents who delivered our Wednesday structured and lively spin sessions, to keep our riders focused and maintain fitness for the new season.
- Winter training for C and Ds at Salt Ayre. Thanks to those who delivered and those who attended in some dire weather. Commitment!
- Velodrome sessions on Mondays in Manchester.
- Winter Club Cluster Training (CCT's) on Tuesdays at Salt Ayre.
- Mountain Bike North West Cluster
- Cyclocross-NWCCA including Heaton Park and Beacon Park.
- Riders Assessments for entry to the Cog Set Race Squad
- Racing season has started. 23 Cog Setters on the start line at the Dolan in Southport.



Or you have had a refreshing break, and are now raring to go?

New Season starts: 19th March 9:40 for 10 am

So before then? **Bike Check!**

Wear and tear over the winter? Or just lain dormant? And you might have grown?

On the 19th - Allow a few minutes to complete membership/consent forms, to ensure we have up to date medical/contact information etc.

Or before hand, you can do this on line. British Cycling (BC) 'Cog Set - Buy Subscription' page.

https://www.britishcycling.org.uk/club/subscriptions?club_id=914

If you are already a BC member, you will need to submit your membership number. If you are not already a BC member, you will need to complete your child's details. There will also be a prompt for you to join BC - please note **you do not have to join BC to be a member of Cog Set**.

Also, if the rider is over 12 could you please complete the 'Public Highway Consent Form' and bring it along to the first session you attend. **(Attached)**

Bikes to borrow for a session

Newly serviced ready for the season by **James, Freewheel Mobile Cycle Technician**. Should your own bike need TLC. <http://www.freewheelmobilecycletechnician.co.uk>

Saturday sessions - Rookies, Riders I and 2 and Racers. At your first session join your group from last year. If you haven't ridden much over the season you will take a couple of weeks to get back on track. If you have been riding over the winter, we will soon see how your skills have developed.

Over 12 rides out - If this interests you, hand in your consent form asap and we will organise one soon. Coaches accompany the rides out because they know the riders, but, as extra eyes and ears on the road, we have **Adult Volunteer riders** if that appeals to you, contact Mary.

Off road Knobbly tyre group - extra group which runs when we have enough coaches /helpers to set up. There will be one soon.

Go Ride events - These are Introduction to Racing for Newbies. First one is **9th April** instead of usual Cog Set session. Between now and then, your coach will do some activities on skills to prepare you. Experienced Racers cannot compete, but they will have a role. More info below.

Monday Academy - from 21st March - 6:30pm to 8pm.

Strenuous and focused training for Junior, A. and B categories. It is **by invitation only**, but if you think it is for you, talk to Paul, or your own coach.

Trips - In previous years we have organised these for **BMX and Mountain bike and Velodrome tasters**. We want to do it again, but we would like some one to step up and take the lead. **Parent of one of our younger members?** Probably organised by email when they are fast asleep. **I promise you will get help from the old hands.**

Have your say - For you (Parents) and also you (Riders) there is a **feed back survey**. It is on line (attached) and on paper at the signing in desk. Please take a few moments to tell us what we do well and what we could do better. It is your club.

Call for more support - All of you Mums, Dads, Grandparents and other carers, desperate for a way to help out with your children's club, contact Ali Green, our volunteer co-ordinator - algreen@btinternet.com

Dates for your diary

Saturday 19th March - Cog Set restarts for the season!

Registration will be from 9.40am and the sessions will start at 10am prompt!

Please make sure your bike is in good working order and remember to wrap up warm. It would be useful if you could put your name/initials in your jackets, tops, gloves, bags etc., so you don't lose them.

If you arrive by car, please walk with your bike through the car park, through the barrier to register for the morning, to avoid any accidents in the car park! If you come to Salt Ayre via the cycle track, then please go directly to the track/skills area to register for the morning's session. Parents - please make sure your children arrive and leave safely!

All Cog Set members will need to sign IN and OUT, at the container.

If you haven't already renewed your membership please remember to bring your completed Membership/Consent form to obtain your 2016 Membership Card!

Saturday 12th & 19th March, 16th April - Dolan Series Youth Races

The Dolan Series is an early 3 week youth racing event and kicked off on 12th March with 23 Cog Setters take part!

All three races are at Victoria Park, Southport. The event is open to British Cycling members in categories A, B, C, D, E, with two races for each competitor each week

Visit <http://southportcyclingclub.co.uk/dolan-race-series-2016/>



Starting Thursday 24th March - Lancaster Cycling Club - Time Trials (LCC TT's)

The ever popular TT's (time trials) return to Salt Ayre at 7pm on 24th March until the end of September.

They will run as last year, with 2 and 6 mile time trials, first on the evening but are limited to under 16's - with an entry fee of £2 per rider

Over 16s who want to ride the shorter distance time trials will be included in the Lancaster CC time trial (otherwise known as the 10). If they have entered in advance via Teamer etc they will be put at the of the field but otherwise they will enter where there are spaces on the start list. The timing mechanism will record the times; 2, 6 or 10 miles. All entrants in the LCC event regardless of distance will pay £4.50 per ride to cover the CTT levy, lighting charges and track usage charges. For full details of the changes please visit : <http://www.lancastercc.co.uk/index.php/item/131-time-trialling-at-salt-ayre>



Useful TT Notes and consent form are also attached to this newsletter.

Please note - you must renew your Cog Set membership prior to taking part in the TT's - this can be done on the night or online using the BC link emailed out recently.

If you take part in the TT's we need YOU to sign up for Marshalling duties too. Please go to <http://vols.pt/WAVqPg> to volunteer to help, or contact Tim Norton at tim.norts@virgin.net.

We also need help covering the Cog Set TT registration and refreshments on the Thursday 31st March - if you can help please tel/text 07864 969514.

Saturday 9th April 2016 - No Cog Set Session

No Cog Set Sessioninstead we are hosting a Go Ride event

NEW TO RACING? Go-Ride Racing Events are for you!

If you've never raced before - Go-Ride Racing is British Cycling's exciting entry level competition programme which offers local competition for novice cyclists under the age of 16, helping young people make a gradual transition into competitive cycling. A British Cycling racing licence is NOT required. Open to all riders who haven't previously or recently competed in races that require a British Cycling race licence. This is because, under BC rules, Go Ride events are for novice riders only. More info, please contact: holdensue@gmail.com



Starting 15th April - Cog Set Youth Race Series - Salt Ayre

For the old hands, there are some changes this year.

New to racing? Have tried our Go Ride session and want to do more racing on the track you know?

Either way better read :- Youth Series FAQ's

A big THANK YOU to our race series sponsors

The Edge Cycleworks and 'Ask Peter' property management



Gear Restrictions

If your child is racing they **MUST** have their gears restricted for their British Cycling (BC) Age Category. This is a BC requirement to make sure youngsters do not injure themselves/push too big a gear. They will be checked prior to every race. To find out more see the last page 'Race Information' of this Newsletter. If you need assistance setting them up/or would like to discuss **please see Adie & James at the Cog Set container during the first two/three weeks of the season**, prior to race events and **not on the day of racing**. Once gears have been restricted it is advisable to leave them restricted for the whole season.

Saturday 30th April 2016 - No Cog Set Session

Unfortunately, we don't have use of the track on 30th April but hope to arrange another activity - further information will be sent nearer the time.

British Cycling - Regional Championships/National Series

For riders who have previously competed in the North West Youth Series, there are the **Regional** and **National** circuit races. If you are interested in competing at any of these events **please discuss with your coach first**.

North West Youth League - 7th May - 24th Sept

Look on BC website

Saturday/Sunday/Monday - 28-30 May - North West Youth Tour

A 3 day event with 4 stages including a Time Trial, a closed road race and 2 crits at 3 venues all in the Lancaster and Morecambe area.

Day 1 will be a time trial approximately 2.4km (TBC) along Morecambe promenade beginning at the Midland Hotel. The course on day 2 will involve around 60 metres of climbing along closed roads in Lancaster. For the final day they're back at the Salt Ayre track.

- Sat 28.05.15 - TT - Morecambe Promenade
- Sun 29.05.15 - Road Race - Lancaster
- Mon 30.05.15 - Salt Ayre

Our biggest fundraising event takes place on Monday when we cater for riders, their friends, families and spectators, therefore we need your help - baking cakes, or serving them on the day! Please email carmenjackson@tiscali.co.uk if you can help

Sunday 19th June - Le-Terrier Sportive

The Lancaster Cycling Club Sportive ride known as Le Terrier, with 3 routes around the Trough of Bowland. All 3 routes with distances from 45, 71 to 104 miles, will take in Jubilee Tower and the Trough of Bowland with a split at Dunsop Bridge.



If you are interested in taking part this year see <http://www.le-terrier.co.uk/> for further information.

Saturday 10th September - Cog Set Club Championships

The one you've all been waiting for.....our fabulous Club Championships and BBQ!!! Please keep this date in your diary! Full details will be available nearer the time.

Friday 18th Nov 2016 End of Season Celebration Event/Awards Evening at **Ellel Village Hall**

CLUB KIT We will have a few stock items, but need to order a minimum of 10 items

Please email Emma Hodgson to order your kit stehodge2@aol.com



	Youth Prices (each)	Adult Prices(each - incl. VAT)
Club Race Jersey	£36.55	£51.60
Club Bib Shorts	£41.65	£58.80
Club Long Sleeve Winter Jersey	£41.65	£58.80
Club Gilet	£38.25	£54.00
Club Skinsuit (long sleeve)	£59.50	£84.00

Membership

Existing members - Please renewing your Cog Set membership on-line at https://www.britishcycling.org.uk/club/subscriptions?&club_id=914

OR: Complete a membership form and forward/hand with your cheque for £12 to

Carmen Jackson - payable to 'Salt Ayre Cog Set'.

New members - memberships are due after your 3rd session.

Senior Membership (over 18) - The Cog Set is run by British Cycling coaches and parent/senior members (senior membership is free of charge.)

The Cog Set Membership Card currently gives you the following (youths/juniors only): discount at the following cycling shops (at their discretion)

- Biketreks - Ambleside
- The Edge Cycleworks - Lancaster
- Evans Cycles - Kendal
- Leisure Lakes - Lancaster
- Wheelbase Lakeland Ltd - Staveley

DON'T FORGET TO SHOW YOUR CARD!

e.g. Trips to Manchester Velodrome, Weekend Cycling Events, Cog Set Summer BBQ, Club Championships and Awards Evening etc., etc.,

Reduced rates on servicing and repairs to all Cog Set members

James Williamson - Freewheel Mobile Cycle Technician

Contact jwilliamson68@hotmail.co.uk – 07814 667 990

Welfare Officers

Our Welfare Officers are :

- David Cornwall, Lola Denwood, Jo Turner

If you/your child need to discuss any welfare issues please speak to David, Lola, Jo or they can also be contacted by email :

- ❖ David Cornwall - davidcornwall@hotmail.com
- ❖ Lola Denwood - denwoodlola@yahoo.co.uk
- ❖ Jo Turner - joandnigel@phonecoop.coop

Cog Set Bikes

We have a number of Club bikes to use during our sessions.

If you would like to use one on a Saturday morning please ask at the "Cog Set Container" or email jwilliamson68@hotmail.co.uk please put 'Cog Set Bike Register' in subject.



You are welcome to borrow for up to 6 weeks.

We have a register where you can reserve one for the following week (first come basis).

Those without bikes take priority.

Advertise your Cycling Items

If you have any cycling related items for sale or wanted please email cogset@hotmail.co.uk to be included in a weekly email.

British Cycling Discounted Introductory Membership

British Cycling offer a discount for club members joining BC for the first time

- ❖ Adults get a free Race Bronze membership or a discount on another category
- ❖ Under 16s get a free Race Silver membership

Facebook

We have a 'Salt Ayre Cog Set' Group facebook page as a way of communicating with our teenage and adult members . This is a secure 'group' page. If you would like to join the group to view/add photos/comments etc you will need to be accepted by the Cog Set group administrator.



twitter

For those that 'tweet' we also have a twitter feed but it is fairly sporadic. You can find us @SaltAyreCogSet

Committee/Contacts		
Chair	Mary Neil	maryshneil@googlemail.com
Club Secretary	Dave Horton	thinkingaboutcycling@gmail.com
Treasurer	Emma Hodgson	stehodge2@aol.com
Coach (Lead) / Racing Squad	Paul Andrews	paul@cogset.plus.com
Welfare Officers	David Cornwall Lola Denwood Jo Turner	davidcornwall@hotmail.com denwoodlola@yahoo.co.uk joandnigel@phonecoop.coop
Volunteer Co-ordinator	Alison Green	a1green@btinternet.com
Club Kit	Emma Hodgson	stehodge2@aol.com
Go Ride Racing Event Contact	Sue Holden	holdensue@gmail.com
Membership Secretary	Carmen Jackson	carmenjackson@tiscali.co.uk
Equipment co-ordinator/refreshments	Tom Jackson	carmenjackson@tiscali.co.uk
Facilities/Funding Co-ordinator	Adie Hamilton	a.b.ibbetson@hotmail.co.uk
Racing Squad Contacts		
Coach (Lead) / Racing Squad	Paul Andrews	paul@cogset.plus.com
Academy Secretary	Jo Turner	joturnerlindale@gmail.com
Coaches		
Jonathan Abra	Daren Chandisingh	Mary Neil
Paul Andrews (Lead Coach)	Ken Earnshaw	Stephen Oakes
Sandra Ashton	Steve Maher	Mike Wong
Eleanor Barlow	Malcolm Campbell	Antony Wood
	John Morphet	
Trainee Coaches		
Paul Edwards	Mark Denwood	Rob Gilldaly
	Nathan Howarth	

Race Information

If you are planning to take part in any racing this season you will need :

1) **British Cycling Membership/Racing Licence**

(Youths are free for your first year - also see BC discounts above)

visit - <http://www.britishcycling.org.uk/membership>

Quote 'Salt Ayre Cog Set' when applying for a licence

(even if you're not racing we recommend joining BC for all their great benefits, including insurance!)

2) **Your Gears Restricted**

(see chart below, also the correct distances are marked near the Cog Set containers)

This is a stipulation to prevent developing youngsters from pushing too big a gear.

Please ensure they have been restricted before arriving to race.

They will be checked prior to each event.

If you need assistance please ask for assistance at the Cog Set Container and someone will be able to help you.

Age Categories for Racing during 2016

Riders fall into one of the following British Cycling Age Categories :

(Category A as specified by BC - 1 January in year of 15th Birthday until 31 December in year of 16th birthday).

TO KEEP IT SIMPLE :

- A (under 16) Born 2000 & 2001
- B (under 14) Born 2002 & 2003
- C (under 12) Born 2004 & 2005
- D (under 10) Born 2006 & 2007
- E (under 8) Born 2008 or later

To find races in your area go to :
<https://www.britishcycling.org.uk/events/home>
Use the filters to narrow down the type of race, dates etc.,
Or Speak to anyone at the club for help!

GEAR RESTRICTIONS

According to the current British cycling/UCI rules the maximum Gears for Youth category riders are as follows :

YOUTH	ROAD RACING	TRACK RACING	ROLLER RACING	<i>The gear restrictions stated are defined as the amount the bike moves forward for every crank revolution known as gear roll out and are not the same as the imperial gear (inches) that trackies normally talk about. The easiest way to determine roll out is to draw a line on the floor, put your crank vertically with the pedal over the line, push the bike backwards (in a straight line) until the crank has completed one revolution, draw another line under where the pedal is and measure the distance between the two lines this gives the gear roll out.</i>
A (U16)	6.91	6.91	7.83	
B (U14)	6.45	6.45	7.40	
C (U12)	6.05	6.05	6.94	
D (U10)	5.40 for all events.			
E (U8)	5.10 for all events.			

To avoid disappointment make sure you are running the correct gear for your event.