

Put that turbo trainer away - it's April!

In the VCN April newsletter: website wonder, VCN open meeting and marshalls needed but first:

Vicky flies the VCN flag

Regular club riders will know Vicky Williamson, the young sprinter in the GB kit who's been joining us for the past couple of years when she can in order to work on her endurance riding.

Vicky is going to be wearing our VCN colours at this year's National Track Championships. It's an honour for the club to be represented in public this way – can't wait to see a VCN kit on a national podium!



Picture: EDP

VCN's Website of Wonder

So it's been a while but at last our club website is revamped, reborn, refurbished and relevant. It's threatening to make a regular (ish) newsletter redundant. Go see: <http://vcnorwich.co.uk/>

And do you have great photos of yourself and others in club kit doing cycling type things? If so, can we have them for the website?
Email: <mailto:chairman@vcnorwich.co.uk>

It's TT Time - and your club wants you (to help)

Our club's first big event of the season is only a couple of weeks away. It's our Open 25 TT on **Sunday April 22nd**, an 8 am start on the A11 with the usual HQ at Morley Village Hall. If you are riding then remember you have only until April 10th to get your entry to Scott Davidson. See the CTT website for the new form.

If you aren't riding then please come and help us run the event, either at HQ or by marshalling. As on previous occasions novice marshals won't be left to cope alone, it's an early start (7.00am) for a briefing and a cuppa and a big shiny jacket. Race starts at 8 am and you can get away by midday and maybe even have a ride then yourself, there being no club run that day. It's important we get a good turnout because this is the way our sport works. If no-one's willing to take this on then there are no events for people to ride in. So put April 22nd in the diary now and send an email offering your help to chairman@vcnorwich.co.uk

It's TT Time - and your club wants to run more

The club committee's been talking about a big absence in our calendar of any Club TTs. You can ride regularly this year on TTs organised by Breckland CC, Norwich ABC, North Norfolk Wheelers etc etc. But not VC Norwich.

It was a very busy calendar, a bit less so this year with the Bungay-based 10s disappearing thanks to a technical problem with their registration.

So we are hoping to get some dates set for next year and set up a TT team to organise them. And we are also talking to another club about taking on at least one of their club events this year just to prove to ourselves we can do it. Watch this space.

VC Norwich in print again

The EDP Norfolk magazine is to have a new feature about people and their passions. Thanks to Sally Withey we are pencilled in to be featured in the magazine for May. The text is written but they need to take some pictures and the EDP photographer is going to be at the start of the club ride this **Sunday, April 8th**. So we need a good turn-out in club kit.

Now I've seen the forecast ... it doesn't look like great cycling weather but please come and support us at the Forum for the pictures at least. What we do then is up to us ...

Club open meeting - April 30th

As promised when we changed the format and frequency of the committee meetings, we're holding our first open meeting at the end of this month, **Monday April 30th** at 8.00pm at The White Horse in Trowse.

Come along with any ideas, complaints, and suggestions. We will have information on events, the website and Clive will be there with "The Big Box Of Kit" so check out on the website what you might want to buy and bring along some cash or a chequebook.

The club is its members, not its committee, so please make the effort to come along and get involved. ...More details nearer the time.

Coming up:

VCN Open 25 mile TT April 22nd: <http://cyclingtimetrials.org.uk>

Tuesday Evening Training Ride & Chain Gang @ 6.30pm starts **17th April 2012**

Wednesday Evening Club Ride @ 6.30pm starts **18th April 2012**

Thursday Evening Training Ride @ 6.30pm starts **19th April 2012**

More events on the VCN Website calendar page: www.vcnorwich.co.uk

We're spinning in the rain!

We had heard so much about the VCN Tour of Norfolk that we were really looking forward to it but that 3rd of March morning the weather forecasters had got it right for a change and the weather was not looking great. Then the age-old question of what to wear began, how many layers? waterproofs on or off? Waterproofs on, we headed to Fiveways, where bodies in VCN kit slowly arrived, the van was loaded and we set off.



I always find it amazing that even though the weather was less than ideal, it doesn't seem so bad when you are with a group. Winding through narrow Norfolk roads we came to a ford, the river type not the car type, everyone had similar thoughts, shall we, but sensibility we all took the dry route, maybe next time, when we weren't on our posh bikes! A gentle climb took us to Castle Acre and the Ostrich for lunch and some welcome heat! Well fed and watered, we ventured out into a now sunny world. The group split here with the speed snakes heading off into the distance and everyone else taking a more leisurely ride to Hunstanton. After taking a more scenic route (this is what happens when you follow Mr Swift's GPS) we finally arrived at Hunstanton Youth Hostel, where bike maintenance, showers and R&R were in order.

The Kings Head at Bircham was an excellent venue for our fantastic evening meal definitely to be recommended. After good food, wine and company, we headed back to the Hostel for a well-earned

sleep, at least for those not sharing a room with me or the club chairman. Both Steve and I slept like logs and don't know what everyone was complaining about. We did not hear a thing!

As alarms went off we arose to a bright morning, all hoping that the weather forecast had been wrong. After a glorious breakfast we left just as the first spots of rain fell and cycled along the north Norfolk coast. Nice ride, stopping at Cley for a hot drink and cakes before heading inland towards Holt still in one group. The climb away from the coast coincided with the heavy rain starting. At Holt, the group decided to split again and for reasons unbeknown to me, I thought it would be good idea to go with the fast group with my wife apparently taking bets on how long it would be before the slower group would find me lying on the side of the road.

The rest of the trip was a blur, literally, with the cold wind, the rain, the water and mud being thrown up from back wheels. Horsford finally came into view with some people (you know who you are!!) taking the short route home leaving the rest of us to finish the ride looking like the proverbial 'drowned cyclists'.

Overall a fantastic weekend and a great way to get to know fellow club members whilst enjoying some of the best cycling Norfolk has to offer. For me the most memorable part, was just about holding my own in the fast group, although I have not dared to venture out with them again since.

Thanks to Will for organising a great weekend, role on next year. *Report by Mark Smart*

The Chips Are Down

Chairman Steve Swift writes: A couple of VCN types jumped in the car and ventured over the channel to see what all the fuss was about at the Tour of Flanders this weekend. A new route: a rejuvenated Tom Boonen: and fine weather all combined to make an excellent day standing in a Belgian field watching the world's finest struggling up the cobbles. So you don't see all the stuff you see on the telly, but we got to shout at Emma Pooley and Lizzie Armistead as they went past in the women's race and then we witnessed the start of the final decisive move at the Kwaremont as the men went past us for the 3rd time and Boonen, Pozzato and Ballan started to assert their authority. We consumed too many chips, burgers, Flemish stew and beer... and have vowed that whilst the trip was great fun we really should have done the Flanders sportive the day before to justify the massive dose of calories consumed in just 36 hours.



Pete's Teens and Twenties

Club member Peter Cornwell, a British Cycling coach, is to begin providing coaching for 18-25 year old cycling novices who want to develop their cycling skills and confidence, to be able to ride in a group or join a club. If you know anyone who may be interested in this - it is only £10 for 6 coaching sessions and they start on 12th June - go to www.broadland.gov.uk/sportivate for more details.