



# NEWBURY VELO

Weekly  
Update

Jan 31st 2024

Cover Picture: Here comes the sun - Janet and her new Liv



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Newbury Velo Cycling Club



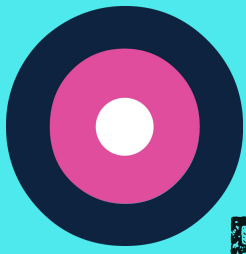
# Membership '24 The Final Pester!



If you're still thinking about rejoining the club for this year, hopefully we might persuade you! With more events this year than ever, more variety and more opportunities to get stuck in, we hope it's never been more true to say that this is a club for you! We will be refreshing our distribution list and Newbury Velo (Members Only) Facebook page this week to remove those members who haven't rejoined so this really will be the last time you're pestered! If you're not renewing now, then you're welcome back at any time, of course.

(SO MUCH) TO DO LIST 2024

- SUNDAY RIDES
- TOURING - 2-DAY & 3 DAY / EXTRA SHOT RIDES
- MALLORCA TRIP
- CYCLOCROSS COACHING & RACING
- VELODROME RIDES
- CHILDREN'S COACHING / ADULT COACHING
- ISLE OF WIGHT, KING ALFRED'S WAY,
- TIME TRIALS, THE HILL CLIMB, CHAIN GANG
- RAINY EARTHINGS! TANDEM! UNIC



# AWARDS NIGHT

SAT 3RD FEB

BOWLER'S ARMS, NEWBURY 7PM.

# FOMO ALERT!

If you're reading this and haven't yet booked your ticket for the awards night of the season then you'll have to prevail on the kindness of event organiser Lisa Boorman to see if she can squeeze you in! For those with tickets - food from 7pm and we're upstairs! For any info or last minute VIP tix, contact Lisa: [lisa\\_boorman@hotmail.com](mailto:lisa_boorman@hotmail.com)

KALAS

MEN WOMEN KIDS

# NEWBURY VELO

custom shop

KALAS

# KIT SHOP OPEN NOW!

The kit shop is open, but only until Friday 2nd February. That's THIS Friday! So if you want to ensure delivery of your fine NV threads to look on-point for the Summer - get down to the shop. Free virtual coffee and meta-biscuit when you spend over £500!

<https://myshop.kalawear.eu/newburyvelo>  
Password is nv321



# SPRING EVENING CYCLOCROSS COACHING

If you want to look even half as happy as Duncan Coe does in the picture below from the last round of the Wessex Cyclocross League at Crow Cross last weekend, then we might have the solution for you! Ahead of our Summer Cyclocross Evening Race Series, Newbury Velo is running some coaching for adults at novice and intermediate level. If you are thinking about entering one of these events at Goldwell Park, then do sign up to our coaching evenings. Held over a couple of hours, they'll cover race preparation, how to sign on, how to fuel yourself and all the logistical (and often most off-putting) stuff and there'll be plenty of technique tuition too - how to corner on grass, how to tackle the mass-starts, climbing, celebrating a big win, popping a champagne cork in style ... Run by our experienced coaches, this is centred on enjoyment and learning something new. You'll need either a mountain bike, a gravel bike, or a cyclocross bike, a helmet and enthusiasm!

Dates for these free sessions (All Thursday evenings) are: 25th April, 2nd May, 9th May 16th May.  
For more information, contact Mel at [coaching@newburyvelo.cc](mailto:coaching@newburyvelo.cc)



*Image courtesy of @immortal.imagery:*  
Duncan Coe in a rare mid-air moment during the last round of Wessex Cyclocross League. Reflecting on having completed his first winter season in CX, Duncan said: "Having been unsure about what to expect and whether it might just be too much for an old boy like me I have to say that I enjoyed every minute, even the deep gloopy mud at Southampton. It is a great set up with really friendly organisers, commissionaires, course marshals, registration team and of course fellow riders."

Duncan, you're a great advert for cyclocross and thanks for flying the NV flag this winter, along with others from the club.

# R I D E S



With thanks to our ride leaders, a great turnout on Sunday across three pace groups. The sun was out, the floods had (largely) gone and there were even snowdrops. The Pineapple was packed out. Another great day to be riding. Thanks for coming everyone. More this Sunday: weather looking OK!



## SALISBURY IN THE SPRING TWO-DAY TOUR - BOOK NOW!



### 20TH & 21ST APRIL '24

A 2-Day tour with 50 mile mocha pace or 65 mile latte route options. Setting off from the clocktower on Saturday morning, we will head South West via Stockbridge and some of the beautiful Hampshire then Wiltshire lanes arriving, after lunch and coffee stops galore, at Salisbury Cathedral before heading off to our hotel and dinner. Head home on a slightly different route on Sunday to arrive back mid-late afternoon. Minimal luggage required, a rucksack would do it or a bike-packing bag. Ask nicely and Kevin Hurley might carry your stuff for you? We're staying at the bike-friendly Premier Inn Salisbury South Milford (other hotels are available) Sign up on Spond and book your room. For more info / details - contact James [comms@newburyvelo.cc](mailto:comms@newburyvelo.cc) #tour #bikeinyourroom



VOLUNTEERING WITH VELO

# Ride Leader Training

## *26th February '24*

Our rides rely on a roster of capable, good looking, sensible, experienced and willing ride leaders. Frankly, we'd take 4 out of 5 of those qualities. We know there are a variety of things that can put people off volunteering to lead a ride. Over the coming year, we're going to try to debunk any myths around ride leading (do I have to write a long Facebook report about the flora and fauna seen on the ride? **NO!**)

We will try to offer support and training to help you feel confident in leading a good ride (route-planning skills, first-aid training etc) and we'll help you to understand some of the best practice in ride leading with our regular ride leader training sessions.

The first of the year will be on the evening of Monday 26th February at The Bowler's Arms (if they'll let us in after the awards night this week) and we'll even buy you a drink at the bar! We'd be so grateful to you if you can offer even just a few ride leads this year - it makes all the difference to what we can offer, whatever kind of rider you are, whatever riding you enjoy. For more details, contact Chris on [participation@newburyvelo.cc](mailto:participation@newburyvelo.cc) and sign up on Spond. See you there!

