

ACC NEWSLETTER

Hi folks,

Here a few updates following the Club Committee Meeting last week plus a bit of info about the club. If you have any comments please speak to one of the ACC Committee members - Jon Standen, Anthony Howson, Jacqui Kinch, Marie Mcilroy or Tim Walker-Sharp.

ACC Current Bank Account Balance:-

£783

First Aid Course:-

£275 from club funds was spent on first aid training for 5 club members - Tim, Hayley, Nick R., Mike Almond and Robert Bunting. We are aiming to get as many people trained up as possible so that all 3 rides, A, B and C will have first aid cover. **Please let your committee members know if you would be interested in training next year?**

ACC Stages Bikes/Sufferfest:-

£20 spent from Club Funds on a 'come and try' evening for Stages Bikes. This now seems to be pretty well supported by members and their friends on both the Monday & Thursday evenings. Many thanks to Sarah Harrison for initiating this idea.

What else are club funds presently spent on?

Affiliation with British Cycling each year - approx £70. Affiliation with Nottingham & Derby Cyclocross League - approx £20, Cycle Time Trial affiliation - £30. Membership stationary (stamps, envelopes) - approx £45 per year. Website registration - £78 per year.

How many members are presently registered (ie paid up to date members) with ACC:-

64 (18 female, 46 male)

Hereward Hundred/Half Club Challenge Ride - £470 raised - This will be forwarded to Midlands Air Ambulance very soon - confirmation of this will be posted shortly.

Originally it was proposed that some money from club funds might be added to this as well but as members and other supporters had already contributed and the resulting £470 being a very respectable amount, the decision was taken not to do this.

Affiliation with Ashbourne Triathlon Club:-

We now have an affiliation with Ashbourne Triathlon Club - it is hoped that this will encourage communication and involvement with each others clubs. ATC is of a similar size to our own and we felt it could be mutually beneficial to both clubs to open up events & activities etc to members of each club. Members from ACC and ATC are not expected to take out membership with the opposite club but it may be that they will have to pay a 'non members' rate for some activities. It is also a requirement that any members riding with with either club on public roads ensure that they have in place their own 3rd party insurance, similar to that offered by British Cycling, Cycling UK or the British Triathlon Association. This is a special two way arrangement made between ACC and ATC.

Please note though that ordinarily new riders are only covered 3rd party under the club's insurance for their first few rides with ACC - thereafter if they wish to continue to ride with ACC it is expected that they take out the club's membership (£12 per year) which then covers them on club rides 3rd party insurance. It is also a very good idea in conjunction to this to have your own insurance similar to that provided by British Cycling or Cycling UK.

Cycle Coaching at Darley Moor:-

This was well received and enjoyed by all. Most people felt that they had learned something new/ useful and most would be interested in doing another session next year but would prefer to

progress on towards practicing new skills as well as getting another opportunity to practice further some of the skills covered. It would be preferred if possible to use the whole of the track next time as the turning point when cycling in pairs was quite narrow when just using a portion of the track. All this feedback will be relayed to the coach so that another session can be offered next year with progression.

Beginners Rides - 6 Monday evenings May/June 2018?

We have done these sessions in the past and they were very popular. As it is a few years since the last ones we will look into offering them again next year. We will only be able to do this though if there are enough volunteers from the club who would be willing to come and help - if we had enough volunteers it could be that people would only need to do one session each. Interest for this idea will be sought early next year. It could be that we will arrange for one of the Cycle Coaching Sessions next year to take place mid April so as to be aimed at cyclists interested in taking part in these beginners rides.

Meanwhile if you think you'd be willing to give up an hour and half of your time for a Monday evening please let one of your committee members know?

Monthly Social Drinks Get together:-

We have had two of these so far following on from the indoor Stages Bikes Sufferfest sessions - one was on the last Monday and the other was on the last Thursday of the month. We will continue for the time being with the last Thursday of every month, taking place around 8.50 pm for an hour at a pub in Ashbourne. All are invited - hopefully it ties in with people coming from the Indoor Sufferfest sessions, outdoor Chain Gang rides, or folk who just want to pop by for a drink anyhow.

Gran Fondo Cambridge Ride 2018:-

So far to date we haven't heard much feedback on people being keen to do this. However if you are interested then please let other club members know - that way you can arrange to car share getting there and maybe enter together.

ACC trip Majorca 2018, 21 - 28 April:-

This is a trip proposed by several ACC members who are planning to go. Please see previous posting on website for details. The idea is that it is open to all but everyone needs to make their own arrangements for transport and accommodation. Once there in Majorca riders can liaise with each other to cycle as much or as little as they wish to. At the moment there is a range of riders planning to go so hopefully whatever level you're at there should be someone else available to ride with.

Club Weekend Ride Away:-

It has been proposed to have a Club Weekend Ride away next year - most likely fixed based for two nights (Friday - Sunday) located at Pickering in Yorkshire. Pickering offers a vast range of B & B's so should offer something for everyone. People will need to make their own arrangements for booking. **Please express your interest in this idea to one of the committee members and we can then look at finalising a weekend date that will suit most.**

Club Reliability Ride 2018:-

It was proposed to put on a Club Reliability Ride, probably around March 2018 time. Most likely two routes, one a 30 mile and the other 60 miles. Please keep an eye out on the website for further details.

Club Challenge Ride 2018:-

Early date for your diary - this will take place Saturday 29th September 2018. There will be a 50 mile route and a 100 mile route - something to aim for at the end of the summer....

Update of ACC Rules/Cycling Etiquette - It was decided that this needed revising and updating. Please keep an eye out in the post next year when you receive your membership renewals for a bit of extra reading material on this :)

Christmas Ride/Club Lunch Get together:-

Yes folks - that fantastic turkey in a bap you've been waiting for all year! (Many other menu choices available too!!)

Date for your Diary - Saturday 16th December - There will 3 routes as usual posted to end up at The Cock Inn, Clifton for a Christmas Lunch together. Special prizes will be on offer for 'Best Decorated Rider' and 'Best Decorated Bike' - time to get creative....

Please let Marie know if you'll be requiring food at the pub so she can give them an idea on numbers to expect - **Thank You.**