



Newsletter

Gravesend CC

Club Presidents : Dorothy & Ian Stone
Secretary : Mike Coulter
www.gravesendcc.org.uk



Hello All

The first GCC event of the year kicked off on Sunday 17th March. The 10 mile Time Trial.

The conditions were very interesting with a very tough headwind on the way out, followed by a lovely tailwind on the way back. There was a club ride-out to the event that was very well attended and a number of riders completed the event. It was nice to see Bob Wilson in attendance and

on the way back to competing again?

Rider	Time
N Harrigan	23.50
R Blair	26.13
M Jessup	27.43
C Mayhew	27.53
R Kay	28.41
R Turk	29.41
S Harrington	29.51
E Crocker	29.55
G Terry	32.09

Reminder – if you are competing for Club awards then you **have to be in Club kit** – unless you are a 1st year member or you have lodged your order with Champion or with the Club. There is a kit order open at the moment please follow the link <https://eucustom.champsys.com/teamstore/?Ba175h9mBhVGTPap>

Alternatively, we do have some Kit available.

GCC Kit Stock List

	Size	Qty	Price
Shorts	L	3	£55
Gillet	M	1	£40
Gillet	L	1	£40
Jacket	M	1	£66
Overshoes	-	3	£15
Buff	-	2	£11
Arm warmers	L	1	£20
Arm warmers	M	1	£20
Socks	L	3	£8
Socks	M	2	£8
Jumper	M	1	£24
Jumper	L	1	£24
Polo	M	1	£14
Polo	L	2	£14

If you want to order any of these items then please contact Steve Harrington directly, you can email him at steve_harrington@live.co.uk

Jumble News –

Following my first cycle jumble I would like to thank Roger Stevens for an enjoyable morning. I had never been to one of these and approached it just like a boot fair. The only difference is that people there actually want to buy the stuff you've got instead of trying to get you to sell for minimum amount. Also, it seems that anything with Campagnolo written on it sells very quickly and if vintage enough for a premium price. There were a few old bike shops in attendance mostly outside – whilst inside the plethora of carbon frames and some specialist items were waiting to entice would be buyers. I saw this as a chance to clear my garage of some stuff that had been sitting there unused and getting covered in sawdust.

I believe that it helped that the day was very warm and the constant flow of tea and bacon butties certainly helped to make the day go more pleasantly.



March 2019

Hours of Leisure, Miles of pleasure

March	17	GCC 10 (road bikes only)	Sun	11:00	Q10/24
	24	GCC 10 (road bikes only)	Sun	11:00	Q10/24
April	2	GCC 10	Tues	18:30	Q10/24
	9	GCC 10	Tues	18:30	Q10/24
	14	KCA 25	Sun	07:00	Q25/8
	16	GCC 10	Tues	18:45	Q10/24
	23	GCC 10	Tues	18:45	Q10/24
	30	GCC 10	Tues	19:00	Q10/24
May	5	Wigmore 25 / GCC Eldridge	Sun	06:15	Q25/8
	7	GCC 10	Tues	19:00	Q10/24
	14	GCC 10	Tues	19:15	Q10/24
	19	De Laune 25	Sun	07:00	Q25/20
	21	GCC 10	Tues	19:15	Q10/24
	28	GCC 10	Tues	19:15	Q10/24
June	2	KCA 50	Sun	06:00	Q50/11
	4	GCC 10	Tues	19:15	Q10/24
	11	GCC 10	Tues	19:15	Q10/24
	16	VTTA 25	Sun	06:30	Q25/8
	18	GCC 10	Tues	19:15	Q10/24
	25	GCC 10	Tues	19:15	Q10/24
July	2	GCC 10	Tues	19:15	Q10/24
	9	GCC 10	Tues	19:15	Q10/24
	14	VTTA 50	Sun	06:30	Q50/11
	16	GCC 10	Tues	19:15	Q10/24
	23	GCC 10	Tues	19:15	Q10/24
	30	GCC 10	Tues	19:15	Q10/24
August	6	GCC 10	Tues	19:00	Q10/24
	11	Medway Velo 50	Sun	06:30	Q50/11
	13	GCC 10	Tues	19:00	Q10/24
	20	GCC 10	Tues	18:45	Q10/24
	25	Catford CC 25	Sun	07:00	Q25/12
	27	GCC 10	Tues	18:45	Q10/24
September	1	Hill Climb (Exedown)	Sun	11:00	QHC/1
	15	VTTA 25	Sun	07:30	Q25/12

Events in **bold** are qualifying events for the Club Championship

Track

Bearsby Challenge Shield – Fastest timed lap of Cyclopark.

I look forward to doing more time trials this season and hopefully believe that with the help of aero bars and shifting about 3 stone I should be a little quicker too.

There is an email address for Race Results now so when you have results then please send them to GCCresults@gmail.com I can collate to the Cycling Club database. I will try to publish updates to this over the year so you can gauge your performance. Please send **all** results to this including Sportive results.

Is Strava Summit worth it?

During the winter we've been on Zwift or the Turbo Trainer sessions in the garage/shed and now the fruits of our labour will be shown on the club runs in the coming months and on the time trial events out on Grain.

I expect that we have all got our own reasons to get out, what was nice to see was that pretty much everybody competing on Sunday was on their summer bikes. Even on the club ride out from what I could see there were very few winter bikes out there. To answer the original question properly I need to look at my own rides.

I'm looking forward to riding the Devil with Steve Bushell and Jason Radmore in June. I was a bit apprehensive of the distance of 300km at first. However, when you consider that the distance in miles is 187 it doesn't actually seem to bad. Yes, you can remind me of that after we've completed the event – I'm sure my answer then may be different. Recently Paul asked about Strava Premium and what the benefits were. I took a 2 month free trial of Strava Summit and used the data it offers to analyse my strengths and

weaknesses to give myself a better idea of my ability.

I can see that in last years Ride London (100 miles) the Strava time linked to the Garmin was over an hour faster than the Ride London time linked to the chip. In the feed stations we were stopped but we only lost a total of 12 minutes in 3 feed stations. Where we lost the main time was in waiting for accidents and other holdups – this accounted for over 50 minutes.

The indication from Strava would be a completion time of approx. 10-11 hours for 187 miles (for the Devil). The original target time I was looking at was an average of 25kph so a total ride time of 12 hours.

If I look further back at my data I can see that the last 40k of the Ride London was faster than the first 40k indeed my average speed was higher too – Summit tells me that my cadence was reduced and the wattage was higher, you find that in the latter part of a ride you are stronger because you know you are closer to home. Look at the club runs that finish with a final flourish down Wrotham Road where the 6 miles is dispensed with very quickly. Despite all the efforts of a

3-4 hour ride before when you know you're going home you ride faster. Summit tells me what my Cadence is over the average ride – but also the wattage I am putting through my wheel and the power that I'm transmitting to the road. The data also gives me the splits that I need to optimize my training and allows me to plan training routes that give me the best indication of improving my times. These split times allow me to concentrate training on specific rides. Using the data I can see that I'm now setting more PR's on the last 40% of a ride which more times than not includes a hill climb of Exedown or Vigo. At the same time Strava rewards you with your own achievements for your ride. Summit breaks down these achievements so that you can see where you can improve. Allowing you to explore the benefits of the advanced data setting that it has on offer.

Using the data allows you to explore different training ideas similar to that of runners like Fartlek runs, but on a bike – so finding a route that uses a short steep climb on a route that gives you a recovery and then a flat followed by your climb. These ideas are not new, the brief chat I

had with a few of the cycling coaches at Cyclopark showed me ideas that I could use to improve my own ability. Its how you use the data that you've got to your best ability.

Will I be carrying on with my Summit trial when it ends in 14 days – I'm not sure yet, possibly. Have I achieved what I set out to do when I started the activity? Yes I have. Last year my first time out on the Grain route Time Trial was 33.26 this year it was 29.55. Based on that I'd say that using Strava Summit has helped me, but also the desire not to be last has spurred me on. Would I use it, well I'm not going to be on Dave Brailsford's list for team Ineos and I don't think I do enough to warrant the cost – but I think that if was setting times like M Jessup or N Harrigan were last year then I might change my mind.

Thanks to Mike at Cyclopark, J Norris (VO2) training and Cyclopark who helped me with this article.



Hours of Leisure, Smiles of pleasure

SO – this month as we approach the clocks moving forward March 30th + 1 hour – we will be seeing more events and more rides. The Sportive season starts in earnest in April as the longer days mean that the longer rides can start. This year our club members will complete some fairly epic rides over the next 6 months, I would not be surprised if we didn't all ride over 1000 miles in the next 6 months.

Include into this the trips we are doing to Belgium and the Alps and there is some pretty good elevation to consider too. I myself am really

looking forward to not being last up some of these climbs, but more than that I'm looking forward to some pretty quick descents.

I will try to keep everyone up to date with upcoming events but if you are entered in any then please send me the details of the event and your finish time and a quick line about it: send this to my email at breadcrumbs@live.co.uk.

Back in 2016 some of us rode in a Sportive in France and wondered about repeating this as a Sunday or Saturday ride. The ferry crossing as a pedestrian with cycle is quite cheap and we could I reckon organize one of these in the summer. More to follow, in the meantime I need to practice my time trial ability and get higher up the leaderboard. Ride Safely out there.

Ed