

## Bcc to all members of SWCC

Good afternoon,

Thank you to all those of you who have already re-joined Sleaford Wheelers for another year and to those who have joined the club for the first time.

If you haven't already renewed your membership, there is still plenty of time, as annual membership doesn't run out until 31<sup>st</sup> January 2024.

You can either join online by going to the "joining" page of our website:

<https://www.sleafordwheelers.co.uk/Joining.html> where you will find links to the membership form, membership prices and details of how to pay.

\*\*Please remember that if you are paying by bank transfer, you will need to put "**Membyourname**" as reference.

Or alternatively, you could pop along to our "**Signing on Night**" at the Horseshoes in Silk Willoughby, on **Wednesday 31<sup>st</sup> January 2024 from 7.30pm**.

Membership forms will be available to fill in and payment can be made by cash, cheque, bank transfer or by card reader. A great opportunity to meet up with other club members. **Please note we do need all members to fill in a new form so that our records are kept up to date.**

**SWCC Kit Update** – Most of the new kit from Pactimo has now been collected but if you haven't been able to collect your kit yet, Nige will be taking it along to the Signing on Evening for you to collect. If this is not convenient, please contact Nige Dean on **07889 233035** to arrange a time when you can collect from him. If you missed out on the kit order, we are hoping to open a new order very soon.

**SWCC Soft Kit** – An order for Club Soft Kit (t-shirts, hoodies etc) will also be going in very soon, so if you would like to order any of the following items, please contact Nige as above or speak to him at the signing on evening.

### **Soft Kit Prices:**

Adult Hoodies - £18 and Children's Hoodies - £15

Adult T-shirts - £6 and Children's T-shirts - £5

Adult Technical T-shirts - £7.20 and Children's Technical t-shirts - £6

Adult Sweatshirts- £15.60 and Children's Sweatshirts - £13

Adult Polo Shirts- £14.40 and Children's Polo Shirts - £12

**SWCC Bike Maintenance Workshop** on Saturday 24<sup>th</sup> February from 9.15am – 12.00 midday, in the village Hall at Silk Willoughby. This is a **free event open to all members of SWCC** organised by Gav Culshaw. Areas to be covered during the session include mending punctures (not tubeless); preparing for a ride; checking brakes; basic tools; chain repair and dealing with a snapped gear cable.

\*This will be a practical session with some tools, wheels etc available but it would be helpful if those attending could bring along a wheel and some basic tools **if possible**. Some protective gloves may also be a good idea! Tea, coffee and biscuits will be provided - donations to our charity optional.

### **SWCC Sunday Club Rides - Ride Leaders Needed!**

On behalf of the committee, I would like to say a very big **THANK YOU** to Richard Crook for being an excellent Ride Leader over the past year. Unfortunately for the club, Richard will not be available to lead our Social Plus Rides for the coming year. His rides are always very well organised, varied and great fun. He will be much missed and hopefully he will return sometime in the future.

It is hoped that as the weather improves, we will be able to offer a full range of Sunday Club Rides to cater for the different abilities of our club members. While it isn't always possible to cater for everyone's needs when it comes to club rides the more Ride Leaders we have the more likely there is to be a "ride for all".

Any adult member of the club can volunteer to become a ride leader and as a **SWCC Ride Leader** you would be registered with Cycling UK giving you 3<sup>rd</sup> party insurance while leading official club rides.

If you are interested in becoming a **SWCC Ride Leader** please get in touch with Dan Simpson, any member of the committee or me.

**SWCC Reliability Rides** – Dan Simpson will be running Reliability / Audax rides **fortnightly** through to the end of March on Sunday mornings. Riders can ride in groups or individually. All rides will start from the marketplace at 9.15am. There will be no set route but riders will have to ride through given checkpoints and arrive at the Horseshoes by a given cut-off time. The emphasis is on fitness, self-reliance, and navigational skills. Dates below.

### **Terry's Yoga Sessions**

Club member, Terry Grant is running Yoga sessions on Monday evenings from 6.00pm to 7.00pm at Cranwell Village Hall. These sessions are ideal for cyclists, aimed at improving flexibility, core strength, balance and breathing. All Wheelers are invited to come along, the sessions are friendly and fun and only cost £3.00 per person to cover the cost of hiring the hall. Please ask for further details.

**Grange Spa Sportive** – Sunday 2<sup>nd</sup> June - Entries are now open to this local sportive hosted by Trident Sports Events. Three picturesque cycle routes to choose from catering for all abilities - 20mile, 55 mile and 87 mile routes along quiet Lincolnshire lanes. For more information go to: [www.tridentsportsevents.co.uk/grangespasportive](http://www.tridentsportsevents.co.uk/grangespasportive)

### **SWCC Events in January and February**

**SWCC Reliability Rides** on Sundays 28<sup>th</sup> January; 11<sup>th</sup> February and 25<sup>th</sup> February. Start 9.15 am from the Marketplace.

**SWCC Signing on Night** on Wednesday 31<sup>st</sup> January 2024 from 7.30pm at the Horseshoes in Silk Willoughby.

**SWCC Go-ride sessions** will be starting up again for our younger members on Tuesday 30<sup>th</sup> January.

**SWCC Ladies Rides** on Saturday 3<sup>rd</sup> February starting at 9.00pm from the Horseshoes and calling at the Hut in Swaton. Three groups to choose from, so something for everyone.

**SWCC Committee Meeting** on Monday 5<sup>th</sup> February 2024 at 7.30pm. If you have any comments, questions or suggestions, please contact me or any member of the committee so that these can be raised at the committee meeting.

**SWCC Bike Maintenance Workshop** on Saturday 24<sup>th</sup> February from 9.15am – 12.00 midday, in the village Hall at Silk Willoughby. Details above.

**SWCC Tour de Zwift 2024** - throughout February.

A competitive but FUN race series, designed to keep you pedalling through the dreary days of January and February. If you would like further details, please keep an eye on the club Facebook group or contact Kerri on 07789 814255.

**SWCC Sunday Club rides** (9.15am from the marketplace) and the **Tuesday/Wednesday Night Rides** (6.15pm from the Horseshoes), will continue through February, weather permitting.

### **SWCC Events in March...**

**SWCC Ladies Rides** – Saturday 2<sup>nd</sup> March starting at 9.00am from the Horseshoes and calling at the Hut in Swaton. Three groups to choose from, so something for everyone.

**SWCC Reliability Rides** on Sundays 10<sup>th</sup> March and 24<sup>th</sup> March. Start 9.15 am from the Marketplace.

That's all for now,  
Happy cycling and hopefully see you soon,  
Kind regards  
Julie Close  
Secretary, SWCC