



“The Hub”

June 2017

Editorial:

Don't rely on Facebook

Remember, every time you want to communicate a message to club members and you choose to post something on Facebook you are cutting out 20%, i.e. over 100 club members from the process!

To illustrate this point here's a quote from the feedback I have received since starting The Hub, not to blow my own trumpet but simply to encourage all members to act in an inclusive way.

“I also wanted to tell you how much communications have leapt forward since the publication of The Hub. Its a tremendous improvement in the club, especially for those of us not linked into Facebook. It delivers on ensuring that all members of the club are now informed in a timely manner about what opportunities exist within the club and what we are all up to across an extensive membership.”

So you might now be thinking, “ok, I take the point but how can I avoid the pitfall?” Well, we are able to email the whole membership via both the club website and the British Cycling membership system. We want to keep the club website for club communication so if any individual wants to inform the whole membership then just send me your copy detail and I'll send it out via the BC system, just give me a few days notice and it'll be done. Alternatively, include it in 'The Hub' if you are able to wait for the next edition.

Social Lift Off - Treasure & BBQ anyone?

The recent Social Survey in April has quickly been acted upon and despite one unfortunate, but in some ways, amusing remark that 'ITS A CYCLING CLUB. If you want other start your own club,' the Social Committee have not been deterred and a number of events have been organised with some already under way. Please see the full details throughout this edition and do your best to get involved, there is wide range available.

Competition Success

The long and proud history of MDCC successes continues unabated at many levels. All the key achievements are highlighted in the regular email updates from the club website. We have selected a few of the more recent ones to spotlight in this edition.

Thank You's

Once again I am very indebted to everyone who has contributed to this edition. I would particularly like to thank Kevin Frost for his two very detailed and insightful articles.

Enjoy the read and once again don't hesitate to get in touch if you have ideas for future editions. Next issue will be out for the start of August with a copy deadline of 20th July.

Paul Martin - news@mdcc.org.uk

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"Bespoked" The UK Handmade Bike Show, Bristol April 2017

This is an annual gathering of premium customised bike builders from all over the globe. UK, Italy, France, North America and Australia to name a few.

There were about 100 exhibitors showing a wide diversity in style, design and materials, which reflected the individuality of the craftsmen.



Bikes ranged from top end racers, once in a lifetime endurance / sportive bikes, classic steel retro designs, butt jointed bikes, intricately lugged bikes, even wooden frame bikes. It is a different take on the bike world from the mass manufacture of big brand carbon bikes we are already know and appreciate.

The truly unique aspect was being able to chat with the people who actually design and physically make bikes to meet individual body requirements, ride qualities and aesthetic appearance. Every bike is unique or at the very least can be custom tuned during the build process by tube selection, shaping, addition or removal of material.

"Iowa Arrow Hed Ti Fatbike"

It was a great opportunity to learn more about how bikes are built and with builders happy to share their expertise. There was no hard sell or expectation, simply a load of people wanting to share the joys of everything bike.

UK Iconic brand frame builders were present such as Rourke, Condor, and Invicta. From further afield Bertoletti (t/a Legend) from Italy and English Cycles from Oregon USA. There was a good mix of heritage brands and more recent frame builders who have built their skills in the last couple of decades. Bikes ranged from ultra modern from the likes of Bastion Cycles (Australia) who show cased a bike with titanium internally honeycombed 3D printed joints, made from Ti powder, connecting carbon fibre tubes (£12 K if you're feeling flush) - to iconic frame designs from the 1950's.



Step forward all club members who can remember the "Flying Gate" or the "Paris Galibier". Anyone own up to that one ?

'Paris Galibier Condor Cycles'



Seeking impeccably built custom hoops ? Seeking a one off paint job that's a work of art ? Want a wooden frame bike ? Want to learn how to build your own bike frame with one to one tuition? This is the place to find that expertise.

Café support was by London based 'Look Mum No Hands' and it was a great day out.

Personal highlight for me was the chance to ride a beautiful Ti fat bike. It was built and designed by Dr. Steve McGuire of the University of Iowa, who generously suggested I ride his personal bike. It was a skeleton Ti frame, almost had motorbike size wheels made of carbon and its total weight was in the 13Kg range. I was amazed at how it rode – simply fantastic and in terms of handling and responsiveness, just like my 8kg Ti road bike but more plush – truly incredible. I couldn't stop grinning.

N+1 anybody ? Um I think I'm up to N+ 3 or 4.

Kevin Frost

Bike Maintenance Courses Kick Off

In response to the recent Social Committee Survey we have organised a series of 3 x 1 hour courses in conjunction with Simon at Colin Lewis Cycles. Here follows some feedback from the first course. The next group will start on 9th June and after that we will see whether there is more demand. If you did not originally express an interest but would like to be considered for future courses then please email the Editor - news@mdcc.org.uk

'For the last three Fridays we have taken part in basic bike maintenance covering handlebar heights and levels, wheel removal and punctures, brakes, changing brake blocks and chain maintenance, front and rear gear mechanisms and their adjustment and alignment. It was a really interesting course with lots of useful information, demonstrations and hands on experience on a variety of different bikes. Those taking part thought the course was very informative, gave them more confidence to ride by themselves, felt that there were some really good top tips for basic maintenance especially when out on a ride, learned some great gems! Simon was great, thank you!'

Rose Parkhouse

Charity Riding - Can you help our members efforts?

A lot of us do various cycling challenges to raise money for charities close to our hearts. We all know how hard it is to raise money so in this section we invite you to support the following members and their efforts.

Assert (Angelman Syndrome) - Dave Long

I am cycling the London 100 miles on 30th July with my two sons, Dan, Tom and our friend Tom Welland. We are raising money for ASSERT, which is a charity that provides support for families and carers of children or adults with Angelman Syndrome.

Angelman syndrome is a rare genetic disorder which causes severe physical and intellectual disability. Tom Welland's brother Sam was diagnosed with Anglemans Syndrome and currently lives in a home in Exmouth. If you manage to support me that would be great especially as I am well over 30 year older than these lads, but I will try to give them a run for their money.

Go to: <http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=Angelman100>

Cystic Fibrosis Trust & Help for Heroes - Simon Fryer

I am challenging myself to ride 5000 miles during 2017 and thereby raise £5000 for these two well deserving charities. A friend got me involved with trying to raise some money for Cystic Fibrosis through cycling. So I decided to raise some money by cycling 5000 miles in a year (just under 100 miles every week) and split it between his charity and 1 of my favourite charities, Help for Heroes. Currently I've managed 1674 miles. I will be very grateful for any support you can give.

Go to: <https://www.mydonate.bt.com/fundraisers/5000miles>

Young Riders Report

Wheal Jane Circuit Race - Saturday 2nd April - Reuben Renton reports

I raced on the Wheal Jane circuit which is west of Truro, Cornwall as part of the Wheal Jane series hosted by One And All cycling alongside club members Morgan Gibson, Izzy Ashford and Noah Dodd. We are getting along to some good regional and national races this year and starting to train together as Youth A and B riders.



The race started off with a mass sprint where you had to get to the front to make it safely around one of the sketchy hair pin bends. The hairpins were very tricky as I found out the month before when racing the course as part of the Youth South West Series.

Half way through my race the course was drying up from the rain but was still slippery and it caught out some riders sending them flying off their bikes. This unfortunately forced Morgan and I to hit the deck in a pile up.

As I got up off the floor and back on the saddle to try and chase down the leading group I was with Noah who then had a mechanical (puncture) and this put him out the race. That left the boy and girl group I was in to thin out to just 2 people and they then split leaving every one to themselves as the laps counted down and the race became a free for all.

In the end I managed to close the gap to the two leaders who were Charlie from Taw Velo and Hannah from North Devon Wheelers - but the gap was a bit too big for me to bridge and Charlie ended up crossing the line first about 10 seconds before me, but I was happy with second given the weather and the incidents in the race. Izzy then did the club proud in the Youth A girls race which was on next so a mixed bag of a day for MDCC riders, but we were pleased to go along and get more race experience.



I would say 'give it a go' if you haven't raced before. Be prepared for anything on race day good or bad, as this race shows!

Racing The Tour Series - Juliet Elliott reports



One incredible opportunity came along just recently – the chance to ride [the Tour Series](#) as a guest of the team Liv CC – Epic Coaching. In case you aren't familiar with the Tour Series, it's a big, national, city centre criterium series that runs for roughly two weeks and it's attended by some of the top men's teams such as One Pro Cycling.

The women's race in the Tour Series is called the Matrix Fitness Grand Prix and like the men's race it is televised (on ITV4) and ridden by a select number of Elite teams such as Storey Cycling, Drops and Team WNT Pro Cycling who count Olympic champion Katie Archibald among their ranks. It was a real treat to be asked to ride at three of the races, in Stoke-on-Trent, in Croydon and in Bath.

My first race with the team was last week in Stoke-on-Trent where despite my best attempts at organisation, I managed to leave my race license at home. I didn't notice until we'd driven nearly an hour from home and when I realised, I screamed so hard and panicked that I'd miss the race and let down the team. I find it so annoying how forgetful and ditzzy I often am and I try really, really hard to manage things so that I don't make mistakes, writing lists, laying out all my kit in advance and going over things again and again, but it's futile. I've always been like this – I used to forget my PE kit nearly every single week at school and lost my cardigan and blazer so often that the

lady managing school's lost property just used to give me another one whenever I needed, knowing that soon enough, the one I'd lost would get handed in.

Anyway, I did make it to the race in the nick of time and I was so relieved to be there that I wasn't even nervous, just grateful I'd get to race. I was quite surprised by the circuit's hills, for some reason imagining Stoke-on-Trent to be flat, but the descent and tight corners made for an extremely fun, technical course – exactly the kind of thing I like.

FOCUS ON THE EXPERIENCE

The first lap was what's known as a 'prime' (pronounced *preem*) which means that the first rider over the line wins extra points, so it was lightening fast. My not so lofty aim was simply to keep going and not get stuck out on my own without a wheel to follow or a group to work with. I wasn't able to stick with the lead group and fell in with a chasing group made up of a few different riders, taking a couple of turns pulling. Then it fell largely to a rider from Aprire HSS, once it became apparent no one wanted to come through.

Despite my screaming lungs and legs, I loved every minute of it. Even when I'm in pain, I like to make sure I sure I focus on the experience of being a part of a race, after all, what's the point in doing difficult training sessions for months on end if you don't relish every second in the main event – it's what you've been working towards all that time. Riding through the city centre in a race with so many women I admire, with crowds cheering, bands playing and live commentary was unforgettable.

When it came to the final sprint, Katie Archibald took the win for her team and in our bunch sprint, the aforementioned Aprire ride came out on top. It was an incredible experience and I can't wait to race the Tour Series again with Liv CC tomorrow in Croydon.

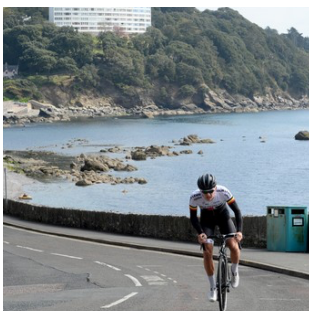
South West Women's Circuit Race, Velopark - 21st May - Juliet Elliott reports

I raced four times in the week preceding the SW Champs so I wasn't exactly feeling fresh but didn't want to miss a women's race at the Velopark as I'm quite often unable to attend due to work and travel. I raced the Tour Series the night before in Bath in horrific conditions - torrential rain, slippery grates, multiple road surfaces...It was a real challenge. There were people sliding off all over the place and I was one of them unfortunately. I wasn't injured but lost the group I was working with and wore myself out just finishing the race. Staying in bed on Sunday morning was tempting but never an option!

There were several women who I've raced before as well (as some new faces) and I knew I'd have to try really hard if I wanted to beat any of them, however I started working with a coach a couple of months ago and he gave me the confidence to believe I had a chance. I knew I'd have to ride smart if I wanted to do alright as my legs were not feeling good! Throughout the race, a couple of people repeatedly tried to get away with no success and I managed to figure out what people were likely to do so I didn't waste energy chasing people down unnecessarily. Most of the field stayed together so it was down to a bunch sprint.

I sprinted pretty early and was amazed to get away from everyone really quickly and as I approached the finish line, what went through my mind was '*oh my goodness, you're winning, wow!!!!!!*' Unfortunately, what I didn't realise was just how close the women in second place was (she was very far to the right and I hadn't seen her) and at the very last second her wheel nudged in front of mine on the line. Honestly, I wish I'd been more aware of what was happening around me; I didn't even see it coming and if I had, well maybe I could have give an extra kick or 'thrown' by bike on the line. Having said that, second place means I'm vice-champion and I'm really pleased!

MDCC's TOTNES VIRE – 2 DAY STAGE RACE REPORT



Overnight leader Stephen Bradbury dug deep to clinch overall victory by just nine seconds at the end of a third and final stage which tested the whole field to limit in the 44th Totnes Vire Two-Day Cycle Race at Okehampton.

Riding for Hampshire's Morvelo Basso Racing Team, Reading-based Bradbury had seized control by winning the Second Stage Circuit race with a huge burst of speed, and with it 30 important bonus seconds, at Paignton's Velopark on Saturday afternoon. Promising Mid Devon CC Junior Joe Saunders took 5th in the bunch kick. The morning Time Trial at Torquay's "Millionaires Row" saw some big time gaps with nearly 2 mins spreading the field and 30 secs over the Top 20.

Bradbury then made sure that he was in the key break of Stage Three, which carried him and four rivals clear halfway through the super tough hill-packed 70-mile test over a circuit between Okehampton, Whiddon Down and North Tawton. Bradbury could not deny Douglas Coleman of Buckinghamshire's Spirit Tifosi RT the stage victory, ahead of Sam Williams (ONE Pro Cycling) and Lee Frost (VC-Equipe-Flix). But Bradbury, who had also picked up two intermediate 'prime' time bonuses at the top of Appledore Hill near Okehampton, did enough to seal the overall win.

The final stage featured a gutsy effort by Matt Langworthy of the host Mid-Devon CC who was nearly three minutes down on the leaders at one point. University student Langworthy, 21, from Combeinteignhead near Newton Abbot mounted a spirited chase over the last of four laps, helping to pull former Mid-Devon teammate Tom Baylis, from Chard, and his ONE Pro colleague George Harper back to within half-a-minute of the leaders. But it was too little and too late to threaten stage or overall honours.

Photo credit Andy Styles. Report Dave Thomas

Overall

- 1 Stephen Bradbury Morvelo Basso RT
- 2 Samuel Williams One Pro Cycling
- 3 Douglas Coleman Spirit Tifosi Racing Team
- 4 Lee Frost VC Equipe – Flix
- 5 Michael Mottram Morvelo Basso RT
- 6 George Harper One Pro Cycling
- 7 Thomas Baylis One Pro Cycling
- 8 Matt Langworthy Mid Devon CC
- 9 Lawrence Carpenter Catford CC Equipe/Banks
- 10 Anthony Moye Spirit Tifosi Racing Team

Tour of the Milbury's, 20th May, Fareham, Hants - Harrison Wood reports

I fancied the look of this race on the British cycling website due to the short TT and then road race in the afternoon. The plan was then firmly put into action when my Mum revealed her best friend lived around 30 minutes from the HQ and they would be happy to put us up for the night. We travelled up to Chichester area on Friday with a quick pit stop at Casa de Ian Cullen to pick up an 808 zipp wheel and a 404 wheel for the TT. We arrived after around 3.5 hours of driving to pouring rain and sunshine. I decided to give the pre race recce a miss and we drove the course instead of both the RR AND TT. I then set about my pre race routine in the car park of the local village hall. Oh how very Team Sky like. That night we were treated to a Mary Berry lasagna. Although Mary didn't turn up which was much to my disappointment! This was however very tasty and like rocket fuel!

The day arrived and it was sunshine! We got to the HQ and numbers were collected where I didn't use any pins as I had recently acquired a new No pinz skinsuit I was allowed to wear. All marginal gains I'm told. The TT course was mainly uphill with a slight downhill. I powered on and hit it very hard. I was hitting good data and crossed the line in 10.13 which placed me 6th on the general classification and within touching distance.



I refuelled off Dad's homemade pasta and pinned up my jersey for the RR. My legs felt good but a little bit sore but I knew everyone else would feel the same. The road race course was pretty grippy with fast descents. Open exposed roads and hard climbs, GRIM We rolled out and the attacks came as expected. The leader was chasing everything down so I just sat in and hid for the first half of the race. Then a break of 7 established off the front with a good one minute gap! I spoke to Graham Collins from Team Tor and he also felt good so with 1 lap to go and nothing to loose we attacked on the finishing climb. Three others came with us and we drilled it as hard as we could as we were all riding for GC positions, still thinking the break would stick. However with 4 miles left to go we saw them around 15 seconds up the road! We'd made it across the one minute gap in around 15 minutes which was a huge bridge! It was now a good group of between 12 and 15

apparently although I didn't really notice as I was focused on the win. Coming round the final bend I kicked as hard as I could and no one came round me! I'd done it. I'd won the RR with my hands in the air and my new MDCC jersey proudly on show. This was a shock result for many especially my Mum who didn't realise it was me until I'd actually crossed the line due to the gap to the break. It turns out they had started looking at each other. Much to my delight. An anxious wait to be confirmed as GC overall winner was over and I'd been given a rather large yellow jersey or jumper as Conrad calls it.

On the way home I treated Mum to her first drive through KFC and before you ask, Yes Tom Dumoulin has the same post giro stage. Although she did get a bit confused which was humorous. So my first real objective of the year was achieved so I was very happy! I'd like to thank Conrad my coach for all his help and guidance. My Mum for taking me to the races. Dad for the nutritional pasta he provided and the whole of MDCC for your continued support.

Social Committee update

Many thanks to all members who responded to the Social Survey in April. Summary of responses is as follows:

83 replies from 495 members (16.8%)

Q1 – Attend end of month social = 15 (18.1%)

Q2 – Would attend 1. If speaker added = 26 (31.3%)

Q3 – Would attend a quiz night = 43 (51.8%)

Q4 – Number of places wanted on a quiz night = 80

Q5 – One day coast-to-coast = 75 (90.4%)

Q6 – Weekly pilates session = 29 (34.9%)

Q7 – Bike maintenance = 65 (78.3%)

Q8 – Bike treasure hunt = 60 (72.3%)

By the time this goes to print, a New Members evening will have been held on Tuesday 23rd May at Stover Golf Club. New Members were invited along to hear short inputs about the various sections of the club, enjoy some food and drink together, and have time for a general chat to find out more about the many opportunities the club offers to its members.

We have arranged some bike maintenance courses with Simon Aske, at Colin Lewis Cycles, on Friday evenings in May and June. There are 6 places on each course. The 3-session courses cost £15 per person and cover:

1. Saddle & handlebar heights & levels, wheel removal & puncture repair.
2. Brakes, changing brake blocks & chain maintenance.
3. Front & rear gear mechanisms & their adjustment, alignment.

The first 2 blocks for this course are as per the following dates:

- A. Fridays 5th, 12th & 19th May
- B. Fridays 9th, 16th & 23rd June

The courses have proved very popular and places were quickly snapped up. We hope to arrange more courses in the Autumn. Brief report on first course, see Page 3.

A cycling Treasure Hunt/BBQ is being planned for Saturday 19th August. This will be a family oriented event, with Treasure Hunt around the Stover Trail/Bovey Tracey, and lunch-time BBQ at Teigngrace, full details on Page 13.

We are also arranging a Quiz Night (with food!) on Friday 29th September at Stover Golf Club – a date for your diaries, more details to follow.

On Sunday 29th October all club rides have opportunity to plan a route ending up at the Grosvenor Hotel, Torquay – where there will be 60 places for 'free' (to riders) tea/coffee and cake – we are taking this opportunity to make use of a previous deposit of club funds held by the hotel. Could ride co-ordinators please plan this in to the ride schedules for October – a reminder will be sent nearer the time.

Sue McGrath - social@mdcc.org.uk

Slower Chain Gang

The slower "Chain Gang", has been running for quite a few weeks now and it is safe to say we have improved vastly in that time. The company has been fun, with a bit of banter on the way. We are cycling at an average speed of between 18 and 20 mph, we always ride to the slower paced cyclist.

If you fancy joining us, we meet at Abbots at 18:00h for a prompt departure of 18:15h on Tuesday evenings. Our route takes us up the Teign Valley and back. We usually arrive back at Abbots before 20:00h.

Shani Adams

MDCC 10 mile Time Trials

The first two MDCC 10 TT's have now taken place and were a great success, many thanks to all the marshals and timekeepers who volunteered.

The first event was at Dartington with a dash to the South Brent roundabout and back. This is a slightly hilly event. A couple of the faster chaps overtook me; then Pete Adams and I had a bit of a race to the finish line.

The next event saw us using the Teign-Valley because of road works on our usual Clay Pits course. There were many signs to put out and bring back in but it was a lovely ride with a big turnout. I managed to keep ahead of Pete for this one.

Our next event is on Thursday 8th June, sign on 18:30h, start at 19:01h at Dartington. We have had a few women turning up but it would be great to see more.

We may have a fat-bike out for the next event and if you fancy bringing out a different steed you are most welcome.

Ride rotas are on the MDCC members Facebook page and on our website. You do not pre-book, just turn up for the signing on time and pay your £3.00. It is a fun way to really push yourself on your bike and set a time to beat the next time round. Everyone welcome to give it a go.

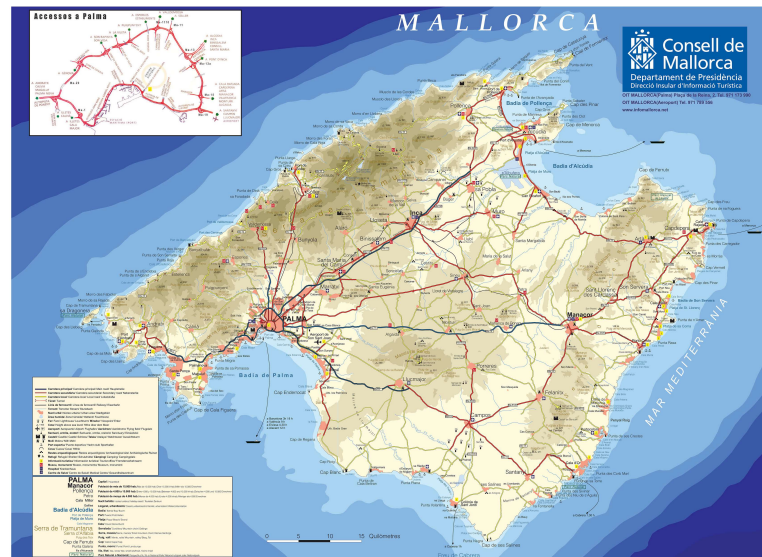
Shani Adams

Cycling in Majorca - April 2017

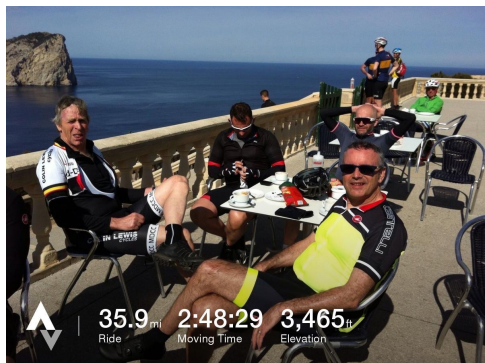
Two Petes go Cycling in Majorca.

Cycling in Majorca is a joy, quiet roads, the choice of riding flat routes out and hills back or vice versa, warm weather and lots of other cyclists to ride with. The best times of year to go are March to April and September to October. June to August can get very hot and they're lots of tourists in rental cars driving badly! If you are looking at buying a new bike you can rent one for your visit to road test it as there is a huge variety of makes and models available.

We flew Easy Jet from Bristol which meant a ridiculous early start for our 0700h flight to Palma. We had booked transfer with a2b transfers, which was Palma coaches, to Porta Polensa in the north of the island staying in the Fergus Hotel.



We had arranged rented bikes from Rent March bike hire this cost 15 Euro a day for a Trek Emonda S5 105 spec, which we collected the next day, Friday. It was forecast to be wet that day so we did a quick ride to Alcudia to test the bikes were OK and retreated to a bar for lunch and a beer.



Saturday was dry and sunny but a bit cool so a ride out to St Pere for coffee and cake and a trip inland back to Porta Polensa for a late lunch and beer! Sunday we rode with friends out to Formentor light house, hilly, like riding on Dartmoor, amazing views great cafe and back to Alcudia for a bite, we then had a chase around the flatter marsh area,



joining on to a big group.



On the Monday we keno the flat with a ride to Sineu, Tuesday a ride up towards Palma and up to Bunyola into the mountains and back for 80 miles and a much deserved late lunch. On our last day we rode out to Petra for free oranges with our coffee and cake.

Thursday was another early start for our flight home. Flights bike hire with half board, transfer and parking cost us about £450.00 each. Feel free to get in touch if you'd like to know more.

Peter Mason

Spain : Barcelona to Gibraltar September 2016 - Kevin Frost

After a season as a club member, and having gained much in terms of help, experience and new friends, I was seeking even more cycling.

With a couple of sportive seasons behind me I thought long distance sounds fun. So having completed LEJOG including Scottish rain – which is much like Devon rain (cold / wet / horizontal - pick 2 but always guaranteed all 3), I thought that was great - now lets do it in a warmer climate.

So that's how the Barcelona to Gibraltar trip came about.

What to expect ?

It's 920 miles over 14 days cycling. The terrain varies between flat coastal deltas, national parks, quiet undulating coastal roads, rising ground and climbing as you traverse inland to avoid less attractive Spanish coastal development. That is amply rewarded for several days and contrasted by some spectacular climbing and descents, especially around Ronda and its elevated surrounding villages, before a final day of descending into Gibraltar.

Average daily mileage is in the region of 50 m per day, with average daily ascent not exceeding 3000 ft .The longest day is 75 miles and highest daily total ascent 6030 ft.

How did I do it ?

I'm a big fan of simply riding. Carrying a tent and 35 Kg is not my personal idea of fun, especially when Spain offers such good hotel accommodation out of season at massively discounted prices. I went with a small group through a long- standing bike holiday company. So, all the on road support, baggage forwarding and accommodation was sorted by them.

What was it like ?

In a word BRILLIANT !



Weather was very pleasant with lots of sunshine (take your P20). Typical daily temperatures are usually 25C - 27C but when I rode Spain had a mini heat-wave so temperatures were often a few degrees higher. I usually started before 8.00am and so defeated the best efforts of the sun to cook me. It often led to an early finish by about 2pm. This allowed for a leisurely lunch, sometimes a dip in a hotel pool and plenty of recovery.

There was a real mix of scenery ranging from medieval cities influenced by the moors, small regional towns in rural areas, pretty fishing villages and the best of coastal resorts that had kept their authenticity, a complete contrast to Torremolinos which is the first thought many have of coastal Spain. Remember the beach and castle in the film El Cid ? Well its part of the route. Valencia and Murcia were great cities but with an historic large town feel – think Bath / Wells rather than Bristol.

This can all be achieved at a leisurely self navigated pace following daily route cards. Members of our tour, all experienced cyclists, ranged between café hopping for a longer day in the saddle to more challenging riding to

finish earlier. I opted for the “ride it as a challenge” version and spent my days riding with the bike company tour leader Mike, a gent from the Isle Of Mann. After five days of working very hard to hold my own, I discovered he was not only a highly experienced and active triathlete but also a former international squash player. I stuck with him for the 14 days and my fitness rocketed (I really appreciated the long recovery afternoons though).

It's always easy to feed yourself in Spain. Every village has friendly bars and cafes busy with locals. Use of English is widespread but attempts at Spanish are always well received and rewarded with genuine appreciation. Tapas of all kinds are always on view, simply pick what you like for a couple of euros. Such as Iberico ham, local olives, small fish, frittata (potato and egg). I can recall refuelling mid ride on octopus tapas (it was great protein, really fresh and yes I kept it down without problems !).



Larger evening meals were either extensive hotel buffets or local eateries with plenty of choice of fresh fish, meats, carbs and salads. Local wines were also plentiful and good quality. A glass was a nice treat at the end of some days and a good way to traverse the different regions. I had an odd looking drink made from ‘Tiger Nuts’ in Xativa but they assured me it was vegetable not animal in content. Local cakes were also a speciality.

Local riders are often seen near the coast all in club kit out on the regular ride, its Vuelta territory near Peniscola. You always get a friendly acknowledgement. Spanish drivers are invariably patient and courteous, giving lots of space and low speeds, particularly noticeable if you encounter an HGV. It initially made me wonder what the penalty is for transgression, but on reflection it says more about my level of culture shock. (Bravo amigos).

The most challenging bit ?

Once inland adapting to longer lower gradient Spanish climbs that extend over many miles. A contrast to even our longest UK hills which are invariably shorter and steeper, so a modification in pacing and sustained climbing was a learning curve.

Also, the daily challenge of deciding which tapas to pick, and which of many cafes / bars to select for lunch.



Would I recommend it ?

Yes absolutely – everything to enjoy and nothing to dislike. Good riding, nice country, lovely people.

I would be very happy to return and ride the same route or if I wanted a shorter tour concentrate riding around the higher ground using Rhonda or nearby as a base.

Consequences and Advice

If you can manage 50 miles daily for 3 days in a row, you can comfortably manage this route and enjoy it.



Current cost is £1829 based on twin room sharing. On my trip all accommodation was ensuite in 3* hotels or above. Single occupancy can be had for an additional £ 300 and invariably meant sole use of a twin/ double room.

Door to door bike transport is available to remove the hassle of getting your bike on a plane and is available for £55.00 (each way). The bikes travel out and back in the support wagon in the direct care of the tour leaders. UK transport is by specialist courier. Bikes are fully insured at all times. I really appreciated this aspect. All I had to do was box up my bike and hand it over on my front doorstep and it was assembled and waiting for me at the start of the tour. It also came back to me in perfect condition a few days after completion of the trip direct to my front door.

The trip is next scheduled 30 Sept - 15th Oct 2017
27 Sept - 12th Oct 2018

The company running it is called Bike Adventures <https://www.bikeadventures.co.uk> and you may find "Why Bike Adventures - About Us" a good start point.

Having been a customer twice, this company is run by experienced cyclists with expert knowledge, who know how to organise tours that cyclists will appreciate and most importantly enjoy.

I am now addicted to end to end type challenges so will be doing LEJOG again and Portugal E2E. If you want to know more about the trip or the bike company please approach me and ask.

Kevin Frost

Looe Ride Back - 2nd April 2017

The drop off and ride back excursions are always popular, and this was no exception. The 'tickets' went live at 9 o'clock on a Wednesday evening, and by 9.39 the last of the 53 had gone.

Nine of us did a recce of the full route a fortnight beforehand with Chris Yalland kindly offering his support that day with his van. Although we couldn't fault the route, the views, and the stops (Rockets & Rascals then Fox Tor Café), we had such a strong headwind that two of the nine ended up hitching a ride with Chris, and I only just got home before dark! So, in view of this an extra support vehicle was arranged for the actual ride.



So, Sunday 2nd April dawned - although we were up well before then and on our way to Abbrook for 6.30 to meet up with the coach, a couple of vans and many club members. It was a beautiful misty morning on our journey down to Looe, with us looking at the temperature and hoping it would rise above the 7 degrees showing, which it duly did.

By 9.00 photos had been taken, wheels had been swapped back to their rightful owners, and groups had all set off out of Looe. We had a bit of group chopping and changing while

everyone found their natural pace. The scenery was fantastic and we were so lucky with the weather, with not a headwind to be seen, just

blue sky and sun. It's always great to ride somewhere different, and the stretch between Looe

and Plymouth, along the coast, was stunning. Once we got to Torpoint it was good to have a brief respite on the ferry, and chat to other groups. Then we went around the Hoe, took the cycle path up past Saltram House, the Plym Valley trail to Yelverton before the climb up to well-earned refreshments at Fox Tor café and a chance to relax in the sun.

The ride then followed the Dartmoor Classic route until Moretonhampstead,

finishing with a blast down to Bovey Tracey, and home. And the stats – 65 miles and about 5,700 ft of climbing, with the first group in by 1.30 and the last by 5.00.

All in all, a fantastic day in great company, which everyone completed. Thank you especially to Phil for organising and Jamie for supporting, and the club for laying on the coach and sustenance at Fox Tor Café.

I wonder where we'll go next time...

Caroline Twigger



Committee Corner

The Committee would like to make all members aware that you are invited to sit in on their meetings at any time. If you would like to raise a particular issue for discussion you would need to contact the Secretary, Annette Dentith at info@mdcc.org.uk with the details preferably a couple of weeks before. All meetings start at 1930h at Teigngrace Community Hall, School Road, Teigngrace, TQ12 6QS.

Meeting dates: Monday 5th June and provisional Monday 17th July

2018 AGM - Provisional Information - Saturday 6th January at Stover Golf Club, 1830 for 1900h start.

The current committee comprises:

Andrew Perkins	Chairman	Max Vautier	Vice Chairman	Annette Dentith	Secretary
Mark Sanders	Treasurer	Shani Adams	Pete Adams	Colin Lewis	
Liz Crawford	Membership	Mike Gratton	Road Racing	Jamie Horton	Sportives
Paul Martin	Newsletter	Liam McGrath	Welfare Officer	Sue McGrath	Social
Conrad Moss	Time Trialling	Andrew Parker	Young Riders	Ken Robertson	
Nick Roach	Off Road	Vacancy	Women's Officer		

Club Committee Profile

Role: Club Chairman

Name: Andrew Perkins

Nickname: 'Perky'

Occupation: Solicitor

Bikes: Specialized Venge Vias; BMC Time Machine Rider Style: Rouleur:
Crits: Short TTs/Prologues

Palmares: 59 wins, including Stage 5 International Tour de Jugend, Germany, Springtime Pursuit Series and SW Regional Junior Champs (1989), 2 x rounds Rudy Project Vets National TT series, 2nd British Masters TT Champs (2012), SW Best All Rounder TT Champ (2013), SW BAR TT Champ (2014), 2nd National Masters Crit Champs (2016)

Favourite Ride: Port Andratx to Puerto Pollensa, Majorca or the Teign Valley Chain Gang

How did you get into cycling: My father was a professional cyclist in the 1960's who won stages of the Tour of Poland and the Milk Race and raced with Colin Lewis. As children me and my twin brother were always around cycling - watching what little cycling was on TV and sometimes watching local races from the back seat of the Commissaire's car. I eventually found my way into the sport aged 14 and received a lot of encouragement from club members. I raced seriously between 1987 and 1990 - before going to University - and returning to the sport in 2010.

Best cycling achievement: Not a race, but working with Torbay Council, British Cycling and other club members through proposal, funding, planning and build stages to deliver The Velopark in Paignton - a game changing facility for the region.

Most rewarding aspect of your role: Seeing each generation of the youth riders develop from the Aces, onto the A run and the Chain Gang and then into some of the region and country's best young racers - recent years have seen Brennan Townshend, Seb Baylis, Tom Baylis, Lauren Dolan, Charlie Meredith and Matt Langworthy go on the take GB rides, national titles and a National Records - and with Louie Priddle and Harrison Wood coming through, that tradition looks set to continue.

Heroes: Fabian Cancellara and Tom Boonen - both great Rouleurs - Colin Lewis was an inspiration when I was a young racer and Ken Robertson for his endless energy and his huge commitment to the club and the sport.

Biggest challenges: When I started riding with the club in 1986, we were essentially a racing club, we had around 90 members and two Sunday runs - we took part in TTs and Road Races. We now have over 500 members and cover all disciplines of cycle sport. As the club grows the biggest challenge is ensuring that it offers something for everyone, at all levels and for all disciplines - racers and non-racers alike.

Secret to the Club's Success: That's an easy one - its members. The members make the club; their willingness to volunteer to promote events, to organise and lead rides, their commitment to helping the youngsters, their encouragement to new riders - that's what makes the club work. The race results and the rider success is great, but it's just the icing on the cake - it's the work and support that sits behind the riders that makes the success



possible. My favourite (and hardest!) weekend each year is the Dartmoor Classic, seeing all the members pull together for one showcase event is fantastic - there are probably only a handful of clubs in the country which could pull off such an event.

Member Spotlight

This is a new feature where we will throw the spotlight on one or two people from our extensive membership. We start with two of our very best Young Riders, Louie and Harrison. A very big thank you to them both for their cooperation and openness, we wish them every success with their future in cycling.

Name: Louie Priddle

Age: 16

Nickname: Lou

Bikes owned: Road bikes - Isla Bike - Specialised Allez, Giant Propel and I'm currently riding a Giant TCR Advanced Pro 1

How & at what age did you get into cycling?: I started out racing BMX bikes with Decoy BMX club at the age of 7 then after about 3 years of that I heard about MDCC and joined them and have been there ever since riding/racing road.

How often do you train?: I train everyday, usually putting in 12-13 hours a week sometimes even more.

Say something about your training & how it's developed as you've got older: I'm coached by ex MDCC Junior Tom Baylis who works on behalf of EPiC CC. He has developed me into a much stronger rider making me able to cope with many different race situations.

Main successes: My main Success isn't so much a win but gaining my 2nd Cat licence. I gained it this year after 5 races meaning I am now able to race in bigger races like the Junior National series.

Future hopes/targets: I'd like to try and get a good result next year in the Junior National series, that's my main Target for 2018 I'd say. And as for this year try and gain some valuable experience in road races, circuit races and some TTs/Hill Climbs.

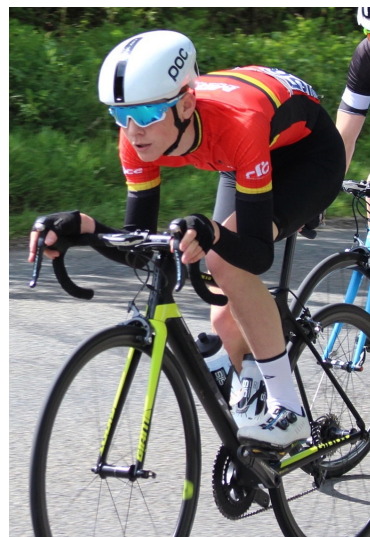
What gives you the greatest buzz about cycling?: Racing gives me the greatest buzz as you are all aiming for that same thing after the race. The top step!

Your Cycling hero(es)?: My cycling hero is Bradley Wiggins and his success in 2012 at the Tour de France and Olympic Games.

Other interests, sporting & other: Just being outdoors. Things like going to the beach and surfing.

Advice to youngsters thinking of getting involved: Don't hold back and get stuck in!

What do you think of MDCC: They are a very warm and welcoming club, always looking to help out any newcomers.



Name: Harrison Wood

Age: 16

Nickname: H

Bikes owned: BMW, Islabike, GT, Bianchi, Trek and Giant TCR (current bike)

How & at what age did you get into cycling: Around the age of 7. I started off going to the MDCC youth coaching sessions and regularly taking part in them at Abbots and Stover.

How often do you train: 6 days a week. 1 rest day. Typically 12-14 hours a week

Say something about your training & how it's developed as you've got older: As I have got older my training has began to look at my power and physical ability by taking part in chain gangs, club rides and structured coaching sessions. Where as up until a few years ago I didn't really do any turbo sessions, I just did the Aces sessions which focused more on skill.

Main successes: 1st in Tour of the Milbury's (20th May '17), 1st in Primavera 3/4 (Feb '17), 8th in National GHS 10 mile TT champs and 7th in Chitterne National B E/1/2 road race (Apr'17).

Future hopes/targets: To progress both physically and mentally and make it as a professional cyclist. Short term however I would like to do well in the Junior National Series.

What gives you the greatest buzz about cycling: The feeling of completing a very hard race, training session, club ride or chain gang knowing you have given it your all.



Your cycling heroes: Lance Armstrong (before his drugs ban), Nairo Quintana and Greg Van Avermaet who is currently my hero who I met at the Tour De France

Other interests, sporting & other: Skiing (both alpine and x country), bike cleaning, working in the bike shop.

Advice to youngsters thinking of getting involved: Get stuck in and hold nothing back, but never forget that the bike should always be enjoyable and not a hardship.

What do you think of MDCC?: They are a great club who have helped me lots in my progression as a rider. The amount of members is a key part in the club due to the advice that can be offered.

New Members Evening - 23rd May



Just under 50 people turned up at Stover Golf Club to hear variety of speakers give an insight into the life of the club.

A brief club history, Young Riders, Club Rides, Racing and the Dartmoor Classic were all highlighted and well received. The stand out input was from junior rider Harrison Wood who talked eloquently about his riding experiences from his first bike up to his recent major victory and the training involved.

The venue proved very popular with a quiet, private setting, plenty of free off-road parking with a terrific outlook and good food. More functions are due to be held there. The feedback provided some very good ideas on how to develop this event.

This event is likely to be repeated but not for some while, it could become an annual event.

Feedback comments include:

- Really enjoyed the evening. Everyone was so friendly, it was very informative too. It was nice having everything explained and I particularly liked the q and a with Harrison. He was great! The food was nice to particularly the chips.
- It was really useful to hear about the various aspects of the club and share beer and chat with other new members. The pizza was also much appreciated!
- It was useful to meet the club's organisers and get a better understanding of what they are involved in. Just reading about some of these activities in the newsletter or on the website is no substitute for hearing about them from those involved, or better still actually attending the events.
- Thank you to the team for organising a very enjoyable new members evening. A great overview of the club and answered some of the unknown. I have already bonded with some other riders.



Summer Bike Treasure Hunt & BBQ.

Date: Saturday 19th August - 1030h register

Venue: Teigngrace - using the cycle trails and very quiet roads. Plenty of off road parking.

Routes: 5, 10 & 15 miles for families & groups of 2/3 riders of any ability. Certificates for under 12s.

It's all about completing the course & finding the answers, not the speed!

BBQ: around 1300h, hot dog & burger, salads, soft drinks for children, teas & coffee &/or bring your own drinks.

Entry: £3 for club members & under 12's, £5 for non-members.

Note: Entries must be in advance to Pat Ash (cheque or cash) or to other members of the Social Committee (Sue McGrath, Paul Martin, Linda Simpson or Phil Stocker) by Sunday 13th August at the very latest. Places will be limited so first come first served.



Sportive, Audax & other events Calendar for 2017

The following list is not all inclusive and concentrates on a travel distance within 100 miles to access the event.

Entries/information available via www.britishcycling.org.uk/events, www.aukweb.net/events, justevents.org, www.ukcyclingevents.co.uk

Sunday 4th June - The Smuggler 2017 - 25, 40, 50 & 80 miles, Barnstaple, £20-30

Sunday 25th June - Nello Charity Bike Ride - Topsham - 100 & 55 miles, 0800h & 0830h, <http://www.forcecancercharity.co.uk/event/the-nello-2017/>

Bournemouth Sportive - 30, 65 or 100 miles. £23-30

Audax - Mines and Minerals (Off road) - 66km, Carharrack, Cornwall, 1000h, £5

Saturday 1st July - New Forrest Summer Sportive - 31, 71 or 99 miles. £26-35

Sunday 2nd July - Dartmoor Classic - 35, 67 & 107 miles - Newton Abbot Racecourse, 0700h

Sunday 9th July - Velothon Wales - 110 & 140km - Cardiff

Saturday 15th July - Cotswolds Sportive, Gloucestershire - 36, 67 or 102 miles. £23-30

Sunday 16th July - Audax - Devon Delight - 107km, Newton Abbot, 0900h, £8.50 & Audax - Torplex 200km, Newton Abbot, 0800h, £8.50

Sunday 16th July - Two Moors 100 - 100 miles & 100 km - Bideford, 0800h & 0830, £29

Sunday 23rd July - Meon Sportive, Hampshire - 45, 75 or 100 miles. £23-30

Sunday 30th July - Ride London - 100miles

Saturday 2nd September - Moor 2 Sea - Exeter Racecourse - 37, 63 & 112 miles, 0700h, £27-37

Sunday 3rd September - Audax - Utterly Butterleigh - 100km, Budleigh Salterton, 0900h, £6 & Audax - East Devon Escape - 55km, Budleigh Salterton, 1000h, £6

Sunday 17th September - Cornwall Coast and Clay, St Columb Major, TR9 6DB, 0730h - 23, 44, 68 & 100 miles, £15 - £27.50. <http://www.cornwallcoastandclay.co.uk>

Saturday 7th October - Lands End 100, Marazion, 0800h - 0845h, 45 miles, 100 km, 100 miles, £22.50 - £30, <https://www.eventrac.co.uk/listed-races/land-s-end-100-sportive>

Sunday 1st October - Autumn Storm & Breeze Charity Bike Rides, Clyst Vale School, Station Road, Broadclyst, Exeter, EX5 3AJ, 30 & 55 miles - £15 & £20, <http://www.active.com/exeter-devon/cycling/autumn-series-2017>

Sunday 29th October - Audax - Dartmoor Devil - 100km, Bovey Tracey, 0800h & 0900h, £10

Club 10 TT 2017 Rota

Date / Sign On Time/Start Time	Venue	Timekeepers		Trainee Timekeepers		Marshals	
8.6.17 18:30/19:01	Dartington	1	Ken Robertson	1	Ian Myers	1	Oliver Twigger
		2	Jon Crawford	2	Paul Martin	2	Weymouth SB R
						3	Viv Crees
22.6.17 18:30/19:01	Clay Pits	1	Phil Burrows	1	Anne Simpson	1	Mike Radant
		2	Jon Crawford	2	Jamie Horton	2	Michele Radant
						3	Julyan Bayles
20.7.17 18:30/19:01	Dartington	1		1	Angela Hanks	1	Andy Styles
		2	Ken Robertson	2	Jamie Horton	2	Francis McBride
						3	John Scanlan
3.8.17 18:30/19:01	Clay Pits	1	Phil Burrows	1		1	Sue Hardy
		2	Ken Robertson	2	Anne Simpson	2	Rose Parker
						3	
17.8.17 18:30/19:01	Dartington	1	Ken Robertson	1	Jamie Horton	1	Linda Dabbs
		2		2		2	Ian Dabbs
						3	Celia Atherton
31.8.17 18:00/18:31	Clay Pits	1	Phil Burrows	1	Anne Simpson	1	Celia Atherton
		2		2		2	
						3	
26.12.17 09:30/10:01	Clay Pits	1	Ken Robertson	1		1	
		2		2		2	
						3	

Club Ride Schedule - June 2017

All meet 0900h, Saturdays in car park behind Teignbridge Council Offices, Forde House off Brunel Road, Newton Abbot. Sundays at Abbrook Park, Strap Lane, Kingsteignton
Ride options: SS = Saturday Spin, S = Social, E, D, D1, C, B & A

Date	Group	Destination	Leader	Miles	MPH
03.06	SS	Breakwater Cafe, Brixham	Rose Parkhouse	30	11/13
04.06	S	Moretonhampstead via Haytor	Louise & Ian Thomas	30	10/12
04.06	E	Staverton Bridge Nursery	Julia Bee	40	12/14
10.06	SS	Torres Abbey, Torquay	James Black	30	11/13
11.06	S	Buckfast Steam Railway	Mike Radant	30	10/12
11.06	E	Dockside Cafe, Exmouth	Rose Parkhouse	40	12/14
17.06	SS	Pig & Pallet, Topsham	Neil Medland	30	11/13
18.06	S	Orange Elephant, Lower Brenton	Penny Clapham	30	10/12
18.06	E	Dartmoor Classic Route	Kevin Loader	40	12/14
24.06	SS	Central Stores, Moretonhampstead	Bernhard Tingley	30	11/13
25.06	S	Widcombe	Mark Phare	30	10/12
25.06	E	Exeter Quay	Dave Long	40	12/14

