



# PENDLE FOREST CYCLING CLUB NEWSLETTER - WINTER 2009

Dear Member

Its the time of year again when the subscriptions are due. Membership of the Pendle Forest is just £15.00 as last year. Please could you let me have your subs before the ends of January and all your up to date contact details (Address, postcode e-mail and telephone). For those so inclined I have set up a Paypal account for the club, so if you want to pay electronically pay [pfcc@talktalk.net](mailto:pfcc@talktalk.net). Membership form Attached on page 4 .

If you would like a CTT handbook please let me know as soon as possible. This year they cost £7.00 but if we get an order for 10 or more we can have them at £6.50. You can order your own via the CTT website if you would prefer. <http://www.cyclingtimetrials.org.uk/>

Also as usual British Cycling memberships are available. Most riders these days sort there own via the British Cycling website, but if you join as a Pendle Forest member your card/ racing licence will be sent to me to pass on to you. <http://new.britishcycling.org.uk/>.

We do recommend that riding members have some third party insurance for there own and other members protection . You will get third party insurance by being silver members of British Cycling, or a member of the CTC.

Yours in Sport  
Paul Whittaker

## **ANNUAL DINNER DANCE AND PRIZE PRESENTATION**

on

**Saturday, 30th January 2010**

at

**'The Alma Inn', Laneshawbridge,  
Colne**

Put on your best togs and have your playlist ready to come and join us applaud our prizewinners.

**Tickets are now on sale priced at £20.00 each  
Plus £2.00 per person for bus (if required)  
from our Secretary, Paul Whittaker  
(See menu on page 4)**



### **CYCLE SPORT PENDLE** **at Pendle Vale College Sports Campus**

Cycle Sport Pendle is a brand new initiative in Pendle introducing young people to cycle sport and safe leisure cycling. Based on the new Pendle Vale College sports campus in Nelson.

For more information visit their website:

[www.cyclesportpendle.org.uk](http://www.cyclesportpendle.org.uk)

or contact Martin Brass: 07891 927918

**SATURDAY RUNS LIST 2009/10**

Date	Destination	Time	Approx. Miles
28 Nov	Blarney Castle	9.30	55
5 Dec	Settle via Attermire	9.30	55
12 Dec	Cracoe	9.30	50
19 Dec	Christmas Run - Gooseye	10.00	30
26 Dec	Boxing Day - Downhill	11.00	
2 Jan	New Year 100 Fleetwood	8.30	100
9 Jan	Feizor	9.30	50
16 Jan	Hebden Bridge via Blackstone Edge	9.30	60
23 Jan	Burnsall	9.30	50

All runs start from Walton Lane, Nelson unless otherwise stated.

**ANNUAL GENERAL MEETING**

**Tuesday, 26<sup>TH</sup> January 2010**

at  
'The Rising Sun', Blacko - 7.30 pm

All Welcome



Please try and join us to:

- Air your views, have your say
- Make a difference, its your club
- Pay your subs
- Anything for the Agenda please let Paul Whittaker know as soon as possible

**Have you visited  
the Pendle Forest Cycling Club  
Website Recently?**

Log onto  
the new  
**Forum**  
and have a  
chat

To view visit:  
[www.pendleforestcyclingclub.co.uk](http://www.pendleforestcyclingclub.co.uk)

**FORTHCOMING EVENTS****CHRISTMAS RUN**

Saturday, 19<sup>th</sup> December  
Start 10.00 am Walton Lane.

**DOWNHILL RACE**

Boxing Day  
Start 11.00 am, and afterwards at  
'The Admiral Lord Rodney', Colne.

**ANNUAL GENERAL MEETING**

Tuesday, 26<sup>th</sup> January – 'Rising Sun', Blacko  
– 7.30 pm – All Welcome

**ANNUAL DINNER DANCE AND PRIZE  
PRESENTATION**

Saturday, January 30<sup>th</sup> at the Alma, Colne

**BOXING DAY 2009**

The Pendle Forest Cycling Club Present

**THE  
DOWNHILL RACE**

Start 11.00 am Black Lane Ends

and afterwards at  
'The Admiral Lord Rodney'  
Colne

for

Pie and Peas

**THANK YOU**

to  
**FRANK SPEAK**

**AND**

**KEVIN BARKER**

**On behalf of the Evening League riders  
and the Committee  
for turning out each week to the evening  
events  
without them the events would not happen**

**PENDLE FOREST CYCLING CLUB**  
**PROPOSED CLUB EVENTS 2010**

Date	Course	Time
8th April	Thornton 6.25	7.00
15th April	Skipton 10	7.00
22nd April	Skipton 10	7.00
29th April	Skipton 10	7.00
6th May	Skipton 10	7.00
13th May	Skipton 10	7.00
20th May	Skipton 10	7.00
27th May	Skipton 10	7.00
3rd June	Skipton 10	7.00
10th June	Skipton 10	7.00
17th June	Skipton 10	7.00
24th June	Skipton 10	7.00
1st July	Gisburn Grimper 13	7.00
8th July	Skipton 10	7.00
15th July	Skipton 10	7.00
22nd July	Skipton 10	7.00
29th July	Skipton 10	7.00
5th Aug	Skipton 10	7.00
12th Aug	Skipton 10	7.00
19th Aug	Skipton 10	7.00
26th Aug	Thornton 6.25	7.00

**Entry fee – tbc**

**All riders must be a member of a CTT  
affiliated cycling club.**

**All riders under 18 years MUST provide a  
completed parental consent form before starting.**

**CYBER CYCLING**

by Derrick Whittaker

This is the first in an occasional series about bike related stuff which is available on the web. These were sourced at random on a rainy afternoon when my afternoon viewing diet of Celebrity Cash In the Attic, Loose Women and Judge Judy became too rich.

I rather fancy combining the dog and panniers with the connector to the bike for easy touring and hostelling runs. Even better, with the belt kit you could let the dog do all the work while you sit back and read a book.

Set up dog walking service and hey presto you could earn extra money whilst going out for lazy rides on the bike.

<http://en.wikipedia.org/wiki/Bicycle>

<http://www.back-sacs.co.uk/backpacking3.html>

<http://www.youtube.com/watch?v=Grad9m2K5g0&feature=related>

**Details of Circuit of Ingleborough 2010**

Saturday, 13<sup>th</sup> March 2010

Start 10am

HQ - Ingleton Community Centre, Ingleton

• Entries please on a CTT entry form to myself, with a cheque/PO for £7 made out to Pendle Forest Cycling Club by Tuesday 2<sup>nd</sup> March at the latest:

• D Davies  
• 16 Waverley Close  
• Brierfield  
• Nelson  
• Lancs  
• BB9 5HD

• If anyone has not ridden an event before or not ridden the Circuit of Ingleborough before and fancies a go, give me a ring and I will give you all the info you need. Phone number 01282 699918.

**Pendle Forest Cycling Club Annual Dinner Menu**

**Tomato and Basil Soup**

*Served with a wedge of bread & butter*

**Chicken Liver Paté**

*A smooth blend served with our homemade chutney & toast*

**Prawn Cocktail**

*Fresh plump Atlantic prawns, traditionally served with iceberg lettuce, Marie Rose sauce & buttered, rustic granary bread*

~x~

**Roast Sirloin of Beef**

*Served with roast potatoes, seasonal vegetables, large Yorkshire puddings and rich gravy*

**Chicken Forestière**

*Supreme breast, roasted shallots, mushrooms and bacon, served with roast potatoes & seasonal vegetables*

**Pan-fried Salmon Fillet**

*With Hollandaise sauce, asparagus wrapped in Parma ham, and tarragon potatoes*

**Lentil & Tomato Vegetable Parcel**

*Lentils, tomatoes, red peppers & a mixture of vegetables wrapped in filo pastry*

~x~

**Alma Mess**

*A jumble of soft berries, meringue, toffee sauce & whipped cream*

**Sticky Toffee Pudding**

*Date pudding with a rich toffee sauce served with custard*

**Double Chocolate Mousse**

*White & dark chocolate mousse swirled onto a crunchy biscuit base topped with lightly whipped cream & raspberries*

**Tea or Coffee and Mints**

Item	Cost	Qty
PFCC Subs	£15.00	

<b>Name</b>	
<b>Address</b>	
<b>Post Code</b>	
<b>Tel</b>	
<b>email</b>	

Please indicate if you can accept correspondence by e-mail

**Cheques Payable to Pendle Forest CC**

## The Circuit of Ingleborough Or Zen and the art of SPOCO

Sporting courses – it's just you, the bike and the open road (in this case 26.25 miles of it), and the weather! And good luck, of course. Good luck is getting round without crashing, without a puncture, broken spoke or broken chain. The Zen part is not just about embracing the suffering and overcoming the pain but also about wrestling with fate and overcoming adversity. In my case, this means (having learned through bitter experience) never going without a spare tub attached behind the seat post with a toe strap, a spare spoke attached to a seat stay, a decent spoke key and a lightweight chain link extractor with Allen key in my back pocket. It's about self reliance and resourcefulness and not giving up. In actual fact, I've only had a saddle come loose and a puncture in the Circuit of Ingleborough. Despite some quite spectacular and painful crashes and numerous mechanicals in other SPOCO events, I have never been listed as DNF. Even if the result is a ridiculously bad time, I know why that is and that I did my best. It doesn't really matter what anyone else thinks, so I don't need to shout my excuses – that's Zen as well. As is accepting your own limitations and the declining strength that comes with advancing age. I first rode the Circuit of Ingleborough in 1990 when it was run by Craven CC and came 65<sup>th</sup> out of 83 finishers with a time of 1.23.34. Last year it was 1.42.18 but I was happy that I wasn't the last.

Breakfast is always last thing the night before, raw porridge oats with a spoonful of maxim, some dried fruit and cornflakes on top. That's after a bottle of beer – mental preparation is essential. On the morning of the race a strong mug of coffee with another spoonful of maxim in it. Any other way would result in breakfast being deposited in a technicolour yawn at the top of Cold Cotes, the climb that starts the Circuit on the Clapham Old Road.

Psychologically, this is the toughest challenge of the Circuit – it's always the same, half way up the steepest part a wave of despair washes over me, lungs fighting for oxygen and I'm thinking "Why? Why on earth am I doing this?" The Devil is perched on my shoulder and he's saying "You don't have to do this. You can stop the pain right now, all you have to do is fall onto the roadside and enjoy sweet relief. What's it all for, anyway?" Then I'm fighting with myself, fighting the temptation – this too is Zen – and eventually what carries me through is the realisation that I could not live with myself if I were to give up now. And so, in the course of this inner struggle the steepest rise is climbed and eventually the lungs find their own rhythm. At the top of Cold Cotes the worst is over and for conquering the inner devil there's the reward – swooping down the long and winding descent into Clapham on the eleven tooth with an occasional glance at the magnificent view to the right providing much needed spiritual uplift.

Now, on the outskirts of Clapham, practical thinking ahead is needed – the junction at the working farm is dangerous, as anyone who has marshalled there (and I have) will tell you, because of the farm tractors and oncoming traffic. Now, it's a matter of achieving a balance between getting through the junction at optimum speed and being sure that the road ahead is clear. Having selected (with luck) the right gear the road goes on over the hump back bridge, round to the right and then sharp left at the New Inn and on to the junction with the A65 above Austwick. It's a mix of judgement, bottle and split-second decision taking.

Buck Haw Brow is the next big hill – not mega steep but long and unrelenting, a matter of gritting your teeth (figuratively, of course) and looking forward to the long descent into Giggleswick with speeds of over 40mph easily attainable.

Into Settle over the bridge and sharp left at the mill. Most years it's into a headwind up to Stainforth and on to Horton-in-Ribblesdale and Ribblesdale. Left at Ribblesdale and if it's a headwind year it's turned into a brick wall, giving the sensation that your back wheel is glued to the road. Character building stuff! What keeps me going is the thought that this is the last leg, the third side of the triangle, with a steep descent past the Hill Inn and then a rolling straight on to White Scar Cave and then down to the finish. In a headwind year, though, you have to pedal hard to get down the hill and then the rolling straight is always a sight longer than how you remembered it.

Then, at last, the finish. Job well done, at least if you can honestly say that you've nothing left. And that's Zen as well – being able to dig deep and "get it all out" – that is the real result, the true satisfaction, placing and time being simply the motivators to this end.

**Danny Davies**

**Details of the 2010 Circuit of Ingleborough are on Page 3**