CTC Coventry & CTC Rugby - Weekly Bulletin

27th October 2021

Recently

It was nice for everyone to meet together on Sunday in the War Memorial Park before the rides went their separate ways.

Marina Friend took a group to Coleshill - Libby and Marina sent me reports, which I have combined: *Marina led a rather damp ride to Coleshill on Sunday. An interesting route and good company. Luckily Costa on the High Street had plenty of space so we could warm up and dry off a bit. We enjoyed the autumnal colours and smells, and had a rare lucky encounter with a dark brown deer. With his considerable sized antlers he stood on the road and had a good long look at us before disappearing into the bushes.*

We returned through Coundon and took the opportunity to use the new cycleway. The section from Scots Lane to Moseley Avenue is complete and surfaced with white lines and cycleway signs. Bikes have priority at side roads and the busier roads are controlled by traffic light cycle crossings. It's worth going that way and taking a look. The road markings are painted and a special mini traffic light is functioning where the Cycle way moves from one side of the road to the other. The work is underway on the next section towards the railway tunnel.

The long ride on Sunday, led by Sak Wathanasin took a scenic (hilly) route to Ebrington. In contrast to other rides we fortunately missed the rain and stopped at a very pleasant farm shop for lunch - Vegetable Matters, Ebrington.

On Tuesday we had a bumper attendance of 16-riders. Nigel Hickman took us on a very pleasant route from Brandon Marsh making use of some of Rugby's excellent cycle paths. We lunched at Manor Farm, Catthorpe which was quite busy and we proved that we were equal to the task of downloading and ordering our food using their app!

What next?

The **next Clubroom on 2nd October** will start at 2000hrs at the Friends Meeting House in Hill Street, Coventry. It would be nice to see as many people gathering for an informal meeting as possible. Bob Tinley will present the second installment of "Pedalling back in time" when he looks back at highlights of several tours spanning the last 20-years.

Our **Christmas Dinner** will be held on Sunday 12th December at 1630hrs at Time for Tea near the Castle in Kenilworth. There will be some rides coordinating with the dinner - more details later. Please email Dave Hearn: davehearn56@gmail.com

Libby's photos: Coundon Cycleway on Sunday and The start of the viaduct path in Rugby on Tuesday.

Rides this week

Remember that the clocks go back this Sunday so you can have an extra hour in bed. Whatever ride you're on, please ensure that you have a set of working lights on your bike. Whilst we aim to finish our rides before lighting-up time, it is often sensible to show lights earlier in the day.

All rides are now starting at the War Memorial Park, Park & Ride facility at the same time - 0915hrs before going their separate ways.

An online copy of our Rides Planning chart can now be viewed in the 'Whats On' section of the website to help you with your own planning. The quick link is: https://coventryctc.org.uk/rides-programme. It should be understood that this is a work in progress document and will be subject to continuous editing.

Sunday 31st October

09.15hrs at WMP, Park & Ride

Vicky Palethorpe will lead a **30-mile ride** from WMP to Hilltop Farm, Hunningham. Please email Vicky: Secretary@CoventryCTC.org.uk to join the ride and to get full details.

Andy Gilbert will lead a **45-mile ride** from WMP to Shustoke and refreshments at the Duck Pond Café. Andy says *"This is a really great route with minimum A-road exposure and really good cakes at the Duck Pond Café."* Please email Andy: andrewgilbert100772@gmail.com to join the ride and to get full details.

Bob Tinley will lead a **57-mile ride** to Hoar Park for coffee and Stoney Cove for lunch. Please email Bob: Chairman@CoventryCTC.org.uk if you want to join the ride and to get full details.

Tuesday 2nd November

10.15hrs Mike Thomas will lead a 35-mile ride from The Tuckery Café, Warwick to The Cowshed, Wootton Wawen and back to Kenilworth. Please email Mike: mike999thomas@gmail.com to join the ride and to get full details.

Tours Next Year

We are hoping that the **Mallorca Holiday**, planned for this year will be able to proceed next year. Preliminary information can be found at: http://coventryctc.org.uk/mallorca-2022-prospectus

Alan Jelley is leading a **Peak District Trails Weekend** based on Hartington Youth Hostel on the weekend of 28-29 May 2022. This tour is now fully booked.

Questionaire

We have been delighted with the way the Club has come through this covid year... well it's done better than that - it has expanded, thrived and attendance on rides has increased. However, a relatively small proportion of the membership participates in Club

activities. We would really like to know why and what we could be doing to attract more people.

I know everyone seems to be on the questionnaire kick and tells you it will only take a few minutes, which turn out to be hours and rating minutiae from 1-5 to make it easy for the questioners, not you. So here is a short free form questionaire without ratings - please, please have a look at it and better still fill it in for us. Thank you.

https://coventryctc.org.uk/2021-survey-of-members

News

HS2

The latest news can be viewed here: https://www.hs2.org.uk/in-your-area/local-community-webpages/hs2-in-warwickshire/. Also, you can subscribe for updates at https://engagement.hs2.org.uk/join-mailing-list/

A452 Kenilworth Road 15-minute road closure: There will be a necessary road closure close to Park Lane required to facilitate Western Power Distribution works. On the 1 November at 3:15pm it will be neccessary to have a short road closure on both the northbound and southbound carriageways of the A452 for a maximum of 15 minutes. This closure will be supported by the Police and is located between the Aston Martin roundabout and the Beefeater roundabout. This closure is required to enable Western Power Distribution to safely pull cables over the A452.

www.hs2.org.uk/work-items/a452-kenilworth-road-roundabout-construction-3/

Construction has started on the Lias Line Cycleway

More information can be seen here: https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/lias-line

Here is the answer to last week's puzzle plus another teaser from Dave Hearn:

The Coventry Transport Museum first opened its doors in 1980.

We spent a few days here in the spring with our walking boots. Question 1: Where are we? and Question 2: What is the name the distant hill?

GPS hints - episode 2

2. **Navigating with a gpx route.**

   2. There are many **phone apps** you can use
      1. There are a couple of snags to navigating with a phone on a bike: one is battery life, which may not be sufficient to last the length of a bike ride. This can be overcome by carrying a battery backup unit. Another is the ability to carry a phone and battery backup securely on your handlebars. There are a few brackets on the market, but they aren't always very effective.
      2. Popular apps are Komoot, OSMAnd and Memory Map. The advantage of using Memory Map is that it has versions for both phones and PC's, a license allows you to use Memory Map on five different devices and it uses Ordnance Survey Maps instead of the Open Street Maps used by other apps.
      3. Creation of your own routes will be the subject of a later article, but it is much easier to create routes on a PC than on a phone, or gps unit.
      4. Generally, the installation of a phone app will set up a file association so that double clicking a .gpx email attachment will cause it to be opened with your chosen app.
      5. If you ask which is the best everyone will give you a different answer and I suggest you should do your own research by talking to people or looking on the web. Even the "free" ones have a paid for "Pro" mode but it's probably better to use the app for a while before upgrading to "Pro" so you know whether the extra features will be useful to you.

   2. Use a **dedicated gps unit**
      1. I use a Garmin unit (there are other makes, but they are less commonly used). Unsurprisingly they are designed for the rigours of the job - they have a reliable handlebar mount; they are waterproof; and the latest ones have extremely good battery life allowing you to ride over 150-miles before

needing a re-charge. If this isn't sufficient you could use a battery backup unit. In the past it was often necessary to turn down the brightness of the screen to have any chance of the battery lasting all day.

2. The thorny issue is how to load a gpx file onto your gps, which isn't as simple or intuitive as I would hope or expect. How you do it depends to some extent on what you want from your gps. My needs are very simple – I want to upload a gpx route to follow and to download the record of my rides; also, I want to be able to upgrade the firmware on the gps from time to time. I do not want it to be a training tool or to compare the stats of a ride with my previous rides, or with other people's rides, which is done by Garmin Connect for phones, Garmin Express for PCs and Strava for both platforms. All these apps seem to swallow all your data, give you statistics and not allow you to recover your records in a .gpx file. You can get a .gpx file out of Strava so long as you pay for the Pro features.

3. I would be very glad if someone could tell me how to get .gpx files in and out of Garmin Express/Connect. I thought a wi-fi connection between my gps and PC would be brilliant, but so far I've been thwarted.

4. Moving .gpx files in and out of your gps can be achieved using Garmin Basecamp, which is a free to download and use and requires Open Street Maps to give you a map background – I will talk more about that next time, but for now here is the simplest way to load .gpx files onto your gps.

5. **Tip:** Connect gps and PC together with a usb lead. It maybe that Garmin Express automatically fires up – you can stop that from happening from the front page of Garmin Express by unchecking "Always keep Garmin Express running in the background" and unchecking "Automatically launch Garmin Express when a Garmin device is connected".

    1. Open Windows Explorer (you can do this by using the "quick key" Windows key-E, pressed together).
    2. You may have had a prompt to select what to do when a usb device is connected and I have my PC set up to automatically open an Explorer window.
    3. In the left-hand pane you'll see a list of your hard drives and another entry like "Garmin Edge 1030 (F:)". Double click the Garmin entry and you will see some folder and file names appear in the right-hand pane. Double-click the folder called "Garmin" to reveal some more folders.
    4. "Activities" contains all the rides you have done – they are .fit files and I will talk later about converting them to .gpx files.
    5. "Courses" contains all the routes you have loaded – also .fit files.
    6. .gpx files can contain "Routes" and "Tracks" – never mind about the difference for now, but you can navigate with either, so Garmin call them both "Courses".
    7. "NewFiles" is where we need to be. Open a second Explorer window (you will need to use the quick key Windows-E to do that). Navigate to where you keep your .gpx files and highlight the one (or ones) you want to put on your gps. Copy it to the clipboard by right-click/Copy, or Ctrl-C. Go back to the gps Explorer window and in the open NewFiles folder paste the .gpx file by right-click/Paste, or Ctrl-V.
    8. Disconnect the gps from the PC and restart the gps. You will now find that your .gpx route appears in the Saved Courses window on the gps. If you reconnect the gps to the PC, you'll find that the NewFiles folder is empty.
    9. GPSs have limited memory, so it's a good idea to manage files on it. You can safely delete any files in the Courses folder provided you have a copy on your PC. Similarly, you can safely delete any files in the Activities folder so long as you have a copy on your PC.

10. Garmin gps units not in the Edge family don't use the NewFiles mechanism, but you copy .gpx routes directly into the Garmin/GPX folder and recover them from Garmin/GPX, or Garmin/GPX/Archive.

6. Now we've got the .gpx course on our Garmin we can navigate by selecting Navigation/Courses/Saved Courses and tapping on the required course and Ride at the bottom of the screen. You may be prompted: "You are near the beginning of the course. Would you like to start?". Click the tick and a big green triangle will be displayed in the centre of the screen and the route ahead in purple.

7. When you have ridden a short distance, you should see a green snail trail showing where you have been, which confirms you are recording your route. If you're not recording you can dab the right-hand bottom button on the gps, which will cause the green triangle to be displayed and recording will begin.

8. At the end of the ride, dab the right-hand button to stop recording causing a big red square to be displayed and then you will be prompted to save the course and you can review your statistics.

Any views expressed in these articles are my own, but I welcome any correspondence to challenge them, which I may publish. What would be even better would be to receive articles about, say, managing ,gpx files on an Apple computer, or using Komoot, or OSMAnd, or any other app that you use (and think is the best thing since sliced bread).