

we are
cycling
UK

CTC Coventry - www.coventryctc.org.uk

CTC Coventry & CTC Rugby - Weekly Bulletin

1st December 2021

Recently

The weather rather wreaked havoc with the programme at the weekend - Martin had to cancel his stamina building ride and the Sunday rides were combined into a walk near Kingsbury Park - Mike Thomas used his local knowledge to take us through an RSB reserve where we saw nuthatches and herons, as well as many other different water birds. There was a low turnout on the Tuesday ride, but we enjoyed riding through the lanes south of Solihull to Wootton Wawen.

Martin Lee sent me this report about his stamina building programme: *"I have had lots of interest in these rides, and this Saturday 27th November there were six riders willing to give the stamina build a go, but due to the dismal weather on Saturday the ride had to be cancelled. However, I believe the riders enquiring have been reluctant to try the rides due to the hilly factor or possible pace of the rides and I have to say that I understand their hesitancy, I'm a strong rider and sometimes forget that a lot of riders are not as strong.*

To overcome the hesitancy, I am introducing on alternate Saturdays a low intensity stamina hilly ride with lower mileages and less hills to help build riders confidence and stamina. Also, to help improve riders climbing and riding capabilities, at the start of these rides and over coffee for those who want some practical knowledge on climbing hills some discussion on basic techniques (i.e., peddling, gear changes on hills and when to stand on the pedals going uphill). For those who are stronger riders on the following Saturday's high intensity rides 35 mile + with lots of hills. All the rides will be open to everyone who wants to improve their stamina and keep a strong foundation over the winter. All the rides should finish early afternoon.

For those of you who are new to cycle touring or haven't done a lot of riding, these rides should improve your riding ability and give you the foundation that you need for the rides in the spring/summer. Those of you that are already skilled and strong riders, the winter months are when you need to keep and build on the good foundation you have built up over the past year and keeping your stamina at a good level so that by the spring you are all set to enjoy long rides and can cope with long touring days and not be put off by any hills that you encounter."

What next?

The **next Clubroom on 4th January** will start at 2000hrs at the Friends Meeting House in Hill Street, Coventry when Dave Hearn will look back over our Centenary celebrations. [A program for the new year may be viewed by clicking here.](#)

The **Christmas Dinner** will be held on Sunday 12th December at 1630hrs at Time for Tea near the Castle in Kenilworth. [There is more information and a menu on the website](#), or you can book by emailing Dave Hearn: davehearn56@gmail.com. There will be rides from WMP arriving in time for the dinner, or you can make your own way there.



Springtime near Halford.

Rides this week

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.

An online copy of our Rides Planning chart can 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.

Saturday 4th December Martin Lee is leading a 20-mile "Stamina Building Low Intensity Hilly Ride" to Hoar Park for coffee and back to WMP to help members prepare for the touring season in the spring. Meet at the War Memorial Park, Park and Ride facility at 09.30hrs - [there is more information on the website](#). Please email Martin: martinjacklee@yahoo.co.uk to join the ride and get full details.

Sunday 5th December - 9.15hrs at WMP, Park & Ride

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

- Dave Hearn will lead a **25-30 mile ride** to Long Itchington and back to WMP. Please email Dave: davehearn56@gmail.com to join the ride and to get full details.
- Andy Gilbert will lead a **45-mile ride** via Furnace End to Whitacre Hall Tea Rooms, where they serve big cakes. Very little A-road. Please email Andy: andrewgilbert100772@gmail.com to join the ride and to get full details.
- Vicky Palethorpe will lead a **10-mile introductory ride** from the J.Starley Monument in Warwick Row, CV1 1EY to Brownhill Green and Keresley. The ride is on the Lets Ride site as a "confidence building ride". If you, or someone you know, would like to get into group cycling; this is the ride for you. Please email Vicky: Secretary@CoventryCTC.org.uk to join the ride and to get full details.

Tuesday 7th December

10.15hrs Peter Seamen will lead a 20-mile ride from Granny Smith's, Baginton to The Farm Shop Café, Hatton Country World. Please email Peter: pj@seamen.plus.com to join the ride and to get full details.

Tours Next Year

Nigel and Terry are offering a 3 day tour, from Friday 1st to Sunday 3rd April 2022, cycling out from and back to Coventry, with a night at each of the **Lichfield and Loughborough** Premier Inns.

Each day will be around 40-45 miles, including some good off-road cycle tracks. Please e-mail: Nigel + Terry 22tandn@gmail.com for more details.

It can also be viewed on our 2022 Tour Programme Page: <https://coventryctc.org.uk/2022-tour-programme> and an Itinerary page can be viewed at: <https://coventryctc.org.uk/staffordshire-leicestershire-triangle-tour-itinerary>

Mike Thomas is leading a holiday to **Mallorca**. This is something of a new venture for us based on a Jet2 package to Port Pollenca in the north of the island. Rides, walks and sightseeing will be arranged, or you can relax by the pool at the newly refurbished Park Hotel. The start date is Thursday April 21st, but members can be flexible when they join. More information can be found at <http://coventryctc.org.uk/mallorca-2022-prospectus>. Bookings are now open for this tour and it should be noted that Jet2 have a good refund policy should this holiday be cancelled because of Covid restrictions.

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.

News

Zoë's Place Baby Hospice has recently launched a brand new cycling event to the calendar for spring 2022 – Tour de Zoë's. This event will cover 270 miles across 4 days, stopping at all three of their hospice sites. There is more information about the event itself here: https://www.zoes-place.org.uk/events/2467/tour_de_zos

A46 / A428 junction

The A46 / A428 junction (TGI Friday, Cocked Hat junction) will be totally closed to motor traffic between 20:00 Friday and 06:00 Monday on the weekends 3-6 and 10-13 December.

Pedestrian access will be maintained.

HS2

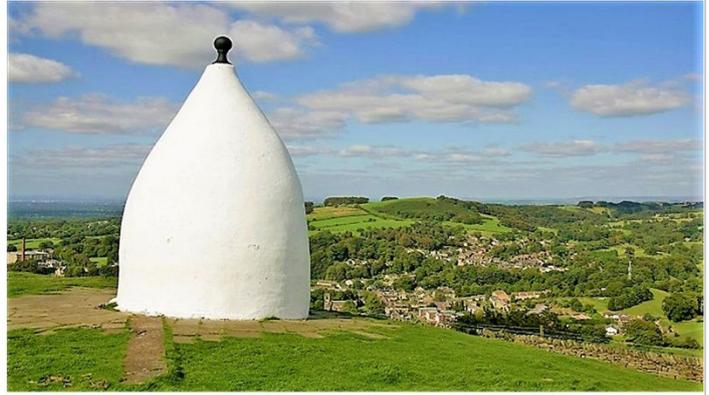
The latest news can be viewed here: <https://www.hs2.org.uk/in-your-area/local-community-webpages/hs2-in-warwickshire/>. Also, you can subscribe for updates at <https://engagement.hs2.org.uk/join-mailing-list/>

On Tuesday 4 January 2022, **Truggist Lane** will be fully closed from 8.00am until 6.00pm. <https://www.hs2.org.uk/work-items/notice-of-temporary-closure-of-truggist-lane/>

From Monday 17 - Friday 21 January 2022 **Lavender Hall Lane** will be closed: <https://www.hs2.org.uk/work-items/notice-of-temporary-closure-of-lavender-hall-lane/>

Where are we?

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



Last week we were near the Cheshire village of Bollington.

1. The steepest cobbled climb in England with an average gradient of 33%, and a maximum gradient of 44% is known as 'The 'Corkscrew'.

2. On Kerridge Hill, overlooking Bollington is this grade 2 listed folly known as 'White Nancy', built in 1817 to commemorate the Battle of Waterloo.



Barwick Park is near Yeovil and has four follies. Margaret and Dave came across this one along a narrow lane.

Please can you name the structure?

GPS hints - episode 8 Download a .gpx file from your GPS

1. Use Basecamp

1. Connect GPS to PC with usb cable.
2. In Basecamp select Device/Receive from device. The name of your GPS (device) will be shown – highlight it and click "OK".
3. This will cause all waypoints, courses, and tracks on your GPS to be displayed in the lower left-hand panel.
4. Highlight the required info, rename it to a meaningful name (which will be the internal course name) and export it to your PC by selecting File/Export/Export Selection.

2. Use BikeHike

1. Connect GPS to PC with usb cable.
2. Load BikeHike into a browser - <http://www.bikehike.co.uk/mapview.php>
3. Select "Load Route/Choose file".
4. Use the Upload from File option. ("from GPS unit" requires a plugin to be installed, which is no longer available)
5. Navigate to (F:)\Garmin\Activities and select the required .fit file.
6. Fill in the Course Title and save Route as a GPX track.
7. Download the route and save in a suitable folder of your own choice.

3. Use Plot-a-route

1. Connect GPS to PC with usb cable.
2. Load Plot-a-route into a browser - <https://www.plotaroute.com/routeplanner>
3. Select "Create/Upload a route".
4. In the Upload a route dialog, click on "Choose file" and navigate to (F:)\Garmin\Activities, select the required .fit file and click on "upload".
5. Now click on "DLOAD", enter a name for the course, select File type = GPS, File format = GPX, GPX type=Track and Waypoints=None.
6. Click on "Download" and save in a suitable folder of your own choice.