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CTC Coventry - www.coventryctc.org.uk

CTC Coventry & CTC Rugby - Weekly Bulletin

8th December 2021

Recently

Along with six other riders, Vicky joined Martin Lee's Low Intensity Hilly Ride on Sunday. She sent me the following positive report: *"Martin gave us lots of tips and support and I feel I have something quite specific to help me with getting and staying fit over the Winter . Lots of people who have ridden with me this season know how I have struggled with hills, even when I am supposed to be leading the ride!*

I really would recommend everyone to have a try on Martin's rides. We were on familiar routes in the north of Coventry and Warwickshire, but with a focus and lots of encouragement from Martin."

Sunday was bitterly cold, but still above freezing - I was pleased to swap from Andy's ride to Whitacre Hall to Vicky's introductory ride. My normal strategy is to get as far away from the City as possible, but it was interesting to do a circuit within the City boundary and use some new cycle paths. Meanwhile Dave Hearn's short ride languished over giant bacon sandwiches at Long Itchington before tackling a headwind all the way home.

Sorry to focus on the weather, but the photos below will tell their own story about the Tuesday Ride. Keith Jeacock had organised a photo shoot with the Air Ambulance Helicopter at Baginton Airport, helped by Lynn Wood from the AA. We wanted some publicity photos to go with our fund raising effort during the last year - collecting £2650. The intention was to ride to Hatton for lunch, but after the photo shoot and a brief chat with the pilot and doctor we scuttled off home.

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.](#) There will be rides from WMP arriving in time for the dinner, or you can make your own way there.



The Air Ambulance Helicopter at Baginton Airport.

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.

We are still asking all riders to email rides leaders to secure a place on the rides of your choice. You will receive a copy of the route and details of any special arrangements. It also means that you can be informed if there are any last minute changes, for example cancellation due to the weather.

Saturday 11th December Martin Lee is leading a 34-mile "High Intensity Stamina Building 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 12th December - WMP, Park & Ride

Sunday rides from the War Memorial Park, Park & Ride facility to arrive at The Clarendon Arms for a drink before the Christmas Dinner at 16.30hrs at Time 4 Tea.

- **10.00hrs** Bob Tinley will lead a **45-mile ride** to Hatton Locks for a light lunch and continue to Kenilworth for the Christmas Dinner. Please email Bob: Chairman@CoventryCTC.org.uk to join the ride and to get full details.
- **10.30hrs** Mike Thomas will lead a **28-mile ride** to Hatton Locks for a light lunch and continue to Kenilworth for the Christmas Dinner. Please email Mike: mike999thomas@gmail.com to join the ride and to get full details.

Tuesday 14th December

10.15hrs Alan Jelley will lead a 32-mile ride from Lil Green's, Kenilworth to The Garden Shed, Wellesbourne. Please email Alan: alan_jelley@outlook.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/go->

[touring](https://coventryctc.org.uk/staffordshire-leicestershire-triangle-tour-itinerary) 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 <https://coventryctc.org.uk/mallorca-2022-tour-information>. 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.

Paul Whateley is leading a tour to **The Isle of Wight in June**. Please see <https://coventryctc.org.uk/go-touring> for more details.

Vicky Palethorpe is leading a **Womens Tour to Cannock 23th-25th July**. Please see <https://coventryctc.org.uk/go-touring> for more details.

Alan Jelley is leading an **Off-road Tour to The New Forest 7th-10th October**. Please see <https://coventryctc.org.uk/go-touring> for more details.

News

Coventry Council is consulting on their proposed Air Quality Scheme.

<https://letstalk.coventry.gov.uk/improvingaq>. It's all about highway changes at junction 7 of the ring road, Barras Lane and Spon End.

George Riches has made a response on behalf of Cycling UK and also also posted on the our website. <http://coventryctc.org.uk/air-quality-scheme> The deadline for responses is 15th December 2021.

The Lias Line Greenway construction began in October 2021 and is expected to be completed in September 2022.

So far during construction, Sustrans and the principle contractor (CLM) have endeavoured to keep the Greenway open to the public as it is well loved and used by the community. However it has become clear that due to the quantity of people passing through, the Lias

Line Greenway will be closed to the public until construction is completed in September 2022.

The public right of ways that cross the disused railway will remain open but members of public are advised to follow signage at these areas to keep them and the contractor safe. Heras fencing and signage will be installed at access points to let people know and to prevent access onto the railway line in the coming days.

The National Cycle Network 41 between Welsh Road and A423 (along Long Itchington Road, Stonebridge Lane, section of greenway at Bascote Road and Grand Union Canal) will be closed during this construction period due to HS2 road closures and temporary closure of the Lias Line Greenway. The National Cycle Network 41 will temporarily follow the Canal Towpath.

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/>

Temporary daytime road closure Monday 10th January until Friday 28th January 2022 between 09:30am and 3:30pm on **Diddington Lane, Hampton-in-Arden**

In order to prepare for the future construction of the railway, we will be removing vegetation along Diddington Lane in January 2022. In order to conduct this work safely, we need to

temporarily close the road. This closure will be in place on weekdays from Monday 10th January until Friday 28th January 2022 between 09:30am and 3:30pm. <https://www.hs2.org.uk/work-items/traffic-management-on-diddington-lane/>

Where are we?

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



This folly near Barwick Park, Yeovil is called 'Jack the treacle eater'.

Apparently, Jack was a local runner employed to deliver messages to London.

Legend has it that his main aid to training food wise was treacle.



Were back in Yorkshire with two questions this week, before something seasonal.

1. What is the name of this folly which stands in Wentworth Woodhouse Park near Rotherham?
2. Who is Yorkshire's greatest Olympian, at least in terms of medals?

GPS hints - episode 9 Setting up a Garmin 1030 GPS

There's a whole bunch of menus and, frankly, it's not obvious what each one does, but to improve our experience we really need to go through each menu! Initially we'll get riding with default settings and gradually change things to suit ourselves.

When you switch on the GPS, it will show you the last screen you were using. Navigate to a screen that has a circular icon at the top above a label, which may say "Road" and we'll be ready to go. (We will call this "The Road" screen). The arrows on either side allow you to select different "profiles" – ie. The type of cycling, walking, or running you are going to do. Let's assume we're going out on a Road Ride.

Underneath are buttons for Navigation, Training, History and My Stats. We'll talk about "Navigation" later. At the bottom is a "≡" for setting up some of the profile data and "IQ" for 'trailforks' information – this is an app incorporating a mountain bike trail map.

Quickstart

1. When a .gpx file has been loaded into our GPS, disconnect the usb cable, switch on the GPS and let's assume we are at "The Road" screen.
2. Tap "**Navigation**", "**Courses**", "**Saved Courses**" and select the required course.
3. The name of the selected course will be displayed at the top of screen and "Ride" at the bottom.
4. The GPS will probably say "*You are near the beginning of the course. Would you like to start?*". I suggest you select "✓", which will cause a large green triangle to be displayed for a short while on top of the map background. The course you are going to follow should be shown (see later) in magenta with white arrow heads at intervals showing you the direction of travel.
5. The large green triangle shows you that your route will be recorded as you ride, shown as a green snail trail.
6. Swiping the screen to left, or right repeatedly will cause other screens to be displayed, which we'll look at in a moment, eventually taking you back to the map screen.
7. If you had selected "✗", your route will not be recorded until you give the bottom-right button (stop/start button) on the GPS a short press – you'll know you are now recording your route as the green triangle will be briefly displayed and you will start to see a green snail trail appear on the route you've ridden.
8. When you have finished riding, give the stop / start button a short press, which will cause a red square to be briefly displayed and you will be prompted to save, or discard the record of the ride.
9. Now give the top-left button a quick press to switch off the GPS.

Whilst recording a ride

1. Giving the top-left button a quick press will cause the display to be alternately locked and unlocked (it will tell you momentarily if the screen is now locked or unlocked). When locked you can scroll into the various information screens, but you cannot change any settings. It's a good idea to lock the screen before you put the GPS in your pocket, when you go into a café, say – it stops unfortunate key combinations being pressed which might change all your settings – real bad news.
2. When you've stopped recording, a quick press of the top-left button will turn off the GPS, but you can't switch the GPS off until you've saved the route or discarded it.
3. At the top of the map screen, you'll see "—" and "+" – pressing either of them will cause the scale to be reduced or increased respectively.
4. If you tap "👉" it will change to "👏" and you can scroll (pan) the map around to see beyond the currently displayed area.
5. Any time you see "⏪" in the bottom left of the screen, you can press it to return to the navigation map.
6. Whilst you're closely following the selected course you will see a crude profile of the course along the bottom of the screen. When it's not there it means you're off-route, but it will return when you get back on your chosen course.

7. As I said earlier, there are several screens you can view when you swipe to left, or right. You might want to see a Dashboard of numerical statistics, or a Profile of the course, or a compass, etc. We'll look now at setting them up.

Set up the optional screens

1. Tap the middle of the navigation screen to get “<  >” displayed at the bottom of a new screen. Tap  to get to the “Road” screen. Press and hold the circle with “Time” in it at the top of the screen. You will now be looking at the configuration screen for “all things relating to the ‘Road’” activity profile.
2. We'll look at “**Data Screens**” in a moment, but first we'll look at other options:
3. **Default Ride Type**: Click on it and you can choose the type of activity you use most. When you switch on the GPS this is the activity profile it will use.
4. **Segments** are virtual race courses created by users that rank personal results against others in the Garmin Connect and Strava communities. If this is your bag, you can set this up later, for now we can switch it off.
5. **Climb Pro** can be enabled or disabled according to your own preference. When enabled and you come to a “big hill”, the navigation display changes to an elevation profile of the hill showing you how steep the hill is and how much further you have to climb. Unfortunately, the feature is on or off and there doesn't appear to be a way of defining a “big hill”; the amount of climbing, the steepness, or the distance to be climbed. Anyway, you can experiment with it and turn it off if you don't like it.
6. **Alerts**: you can ask to be warned out all manner of things which, frankly, I don't use – time, distance, calorie, heart rate, cadence, etc.
7. **Auto Features**: Auto Sleep should save battery life by powering the GPS down when you're not moving and Auto Pause stops recording when you're not moving, so average speed is only calculated when you're moving instead of being total distance divided by total time.
8. **Navigation**: under **Map** you can select Orientation “Track up”, this causes the map to rotate as you ride so you always ride “up” the map, which is the most convenient way to navigate. **Auto Zoom** causes the scale of the map to increase as you approach a turn, so it's easier to see where you need to go. **Map Information** allows you to select which maps are enabled. **History Line Colour** allows you to choose the colour of your snail trail. **Draw Contours** allows you to see the contours in your map background – quite useful in mountainous areas. Under **Routing** you can select **Avoidance Setup** where you can choose to avoid A-roads, or off-road, or avoid ferries, etc. Also **Lock on Road**: when enabled the arrowhead showing your current position is clamped onto the nearest road/track to your current position. It doesn't have much of an effect when you're using roads, but if you're off-road when the tracks aren't always shown accurately it can be mis-leading. **Route Recalculation** is used to determine how you want the GPS to respond when you go off route.

Data Screens – are the screens you can access by scrolling left and right from the main navigation screen.

1. **Map** – the main navigation screen is always displayed. Map should always be at the top of the list of selected screens because it is the screen displayed by default.
2. Other screens are optional: **Data Screen** – a dashboard which you can configure to show distances, heights, times, heart rate, etc.
3. **Compass** – showing north
4. **ClimbPro** – the screen that displays “big hill” information is a bit different from the other screens as it displays automatically when you get onto a “big hill”.
5. **Elevation** – a height profile of where you've been and, provided you have elevation data in your course, will show you the climbing still to come.
6. **eBike Metrics**

7. Several other screens, which you can select from “**Add New**”
8. Having selected which data screens you want to see, you can re-order the screens using the ☰ menu at bottom right of the “Data Screens” page.
9. **Tip:** the screen at the top of the list is the one that is shown by default when the GPS is switched on. Generally, you would pick “**Map**”. The other screens are selected in turn each time you swipe to the right until the last screen is reached and then it goes back to the top. Swiping to the left takes you to the bottom of the list and works progressively up the list. Re-order the list to give you most convenient selection swipe order when you are riding.

Changing Activity Profile – by clicking on the left or right of “< ○ >” you can select different pre-defined profiles. Unfortunately, you must go through each profile in turn to configure it. We’ll talk about defining our own profiles later.

System menu – at the bottom left of the “Road” screen click on the “☰” symbol to reveal the main configuration screen.

1. Under **Activity Profiles** you can create or delete Profiles and define their properties. This is the list of profiles you can scroll through using the “< ○ >” facility at the top of the “Road” screen.
2. Under **Sensors** you can add your heart monitor, power monitor, cadence monitor, etc.
3. Under **Safety & Tracking** you can define parameters associated with your phone emergency contacts, etc.
4. Under **Connected Features** you can tell your GPS how to connect with Phone, Wi-Fi and Device Transfers. Which is fine if you’re happy to blindly synchronise with Garmin Connect without knowing what’s happening.
5. Under **System/Display** there are a few settings which can improve battery life.
6. Under **System/Units** you can set up the units used for distance, elevation, time and position format (longitude/latitude, or Ordnance Survey Grid).
7. Under **System/Tones** you can switch audible warnings on or off.
8. Under **System/Language** you specify the language to be used.
9. Under **System/Device Reset** you can cause yourself a lot of aggravation by changing all the settings you've struggled to find. **Tip:** when the GPS is connected to your PC with a usb cable, in the GPS folder \Garmin\Settings\ the file Settings.fit contains all the settings you have set up, so you should save this file on your PC and if you should lose the settings off your GPS, you can recover your set up by loading it back onto your GPS (copy Settings.fit to Garmin\Settings).