

SPOKEN

THE OFFICIAL NEWSLETTER OF THE **MTB GUISBOROUGH CLUB**

ISSUE 1 | SPRING 2013

A word from our Chairman

Dear members,

I hope this newsletter finds you all well and raring to hit the trails when spring finally arrives - it's felt like a long old winter! Still there's nothing like a bit of Guisborough mud to hone those bike-handling skills - as young Mr Hart's world champ winning run proves - and it's been good to see lots of you out and about putting those winter miles in no matter the conditions.

It's been a busy winter here in MTBG HQ laying the groundwork for what will hopefully be a great 2013. Our key plans this year:

- Expand our programme of dig days with the aim of maintaining and improving the network of trails in Guisborough forest.
- Run more guided rides and coaching sessions for club members.
- Establish a 'Youth Section' providing regular rides and coaching for riders under 18.

Up to now the number of coaching and guiding sessions we've been able to offer has been limited by a lack of trained leaders and coaches; for the same reason we've so far been unable to offer youth membership.

Over the winter we teamed up with the local council to prepare a funding bid for Sport England with the aim of getting our hands on some lottery cash to enable us train up more volunteers for these roles. Assuming we're successful - fingers crossed - the spring will see ten volunteers undertaking Leading and Coaching courses with British Cycling and the formal establishment of a Youth Section in partnership with two local schools.

As Chairman I'd like to express a massive thanks to everybody who's been involved in planning and preparing the funding bid and also the trail-building team who've been beavering away behind the scenes organising the necessary sponsors, plans and permissions for this year's digs.

Another big thanks has to go out to everyone who supported our XMAS Santa Ride which raised a huge £1500 all in for the good people at Mountain Rescue - a great effort which I know is much appreciated.

To round it off I'd just like to reiterate that MTB Guisborough is very much a grassroots club organised and run by volunteers for the benefit of our members and the sport in the local area - we aim to be as open and inclusive as possible so if you've got any ideas you want to contribute or you're interested in getting involved then we'd love to hear from you!

Happy riding!

Nick



Trailbuilding update



For 2013, MTBG are proud to announce a significant partnership with a major MTB manufacturer to help promote dig days at Guisborough: through patient negotiation and no small amount of behind-the-scenes work, **Orange Mountain Bikes** have arranged for a number of prizes to be made available to those who attend the MTBG dig days at Guisborough.

These prizes include:

- A voucher for a 2013 Orange Crush frameset
- Orange hoodies
- A range of other small but delectable items including T-shirts, water bottles and the ever-versatile Orange headtube

All those members who attend a dig day in 2013 will receive a raffle ticket which will automatically be entered into that day's draw for one of the smaller prizes. This ticket will also automatically be entered into the grand prize draw for the 2013 Crush frame; the draw for this prize will be held at the MTBG Club AGM to be held in the latter quarter of 2013. It is anticipated that Adam and Pete from Orange Mountain Bikes will attend the AGM and draw the winning ticket for the Crush frame.

We're also pleased to announce that members attending four dig days will be entitled to a free parking permit for Pinchinthorpe Visitor Centre. A great incentive for those who regularly park at the centre.

The 2013 dig days continue on Saturdays with our next one being held on 16th March. After that we'll be holding them on 20th April, 18th May, 15th June, 20th July, 14th September, 19th October, 16th November and 14th December.

Don't be shy; come and say hello and get involved. It's only through the involvement of volunteers such as you that mountain biking has an official future at Guisborough. While the big bucks are spent elsewhere in North Yorkshire, we need to have all the relevant authorities hear the collective voice of North-Eastern mountain bikers and make them understand that there is a clear, vociferous demand for an improved and well-maintained red route here in our local area. We, as a group of local riders, are committed to helping secure this level of investment in any way we can.

We look forward to welcoming trailbuilders old and young, expert or novice at our 2013 digs.

All the best,

Rich & And (MTBG Trailbuilding Coordinators)

Coffee anyone?



The MTBG Team are proud to announce yet another benefit to joining the MTBG club. Pictured here is team member Andy, proprietor of the Branch Walkway Café located at Pinchinthorpe Visitor Centre. Andy has kindly agreed to offer **20% off all food and drink** to MTBG club members on production of a valid membership card. The team would like to thank Andy for his generosity and support and wish him all the success in his new business.

7 Stanes in 7 Days



To master one's destiny takes an abrupt change in direction when one is diagnosed with a life threatening illness or disease. Fellow rider, **Pete** (Baddblood) knows this only too well. A few years ago, Pete was told he needed a kidney transplant to save his life. Unless presented with the same circumstances, we can not possibly ever imagine that devastation or how this feels.

Pete's sheer strength of character and his skilled medics have been so successful enabling him to recover sufficiently to set a new challenge as "pay back" for his "gift of life"

Pete's challenge is to ride the 7 Stanes in 7 Days and is appealing to sponsors to make this a success.

Here are Pete's words, which you may have previously read on MTB Guisborough's social network site...

"Hello all, well we are now in the year of my great challenge! For those of you unfamiliar with the ride, I was lucky enough to get a kidney transplant in 2011 and I will be tackling the 7 Stanes over a week at the beginning of July this year. We will be holding group ride for anyone wishing to join us at the end of the week which I will publish details of closer to the event. BM road trip anyone?"

In the meantime, I am looking for sponsorship via <http://www.justgiving.com/teamkrcharideepkd> along with support for the challenge itself.

Does anybody know of any manufacturers that would be willing to help out with the loan of a full suss for training and to complete the ride on? I had to sell my Yeti 575 to make up for the shortfall caused by being on SSP for 3 months following the transplant and am now on a hard tail. Now the hard tail is fine for ripping the trails a couple of times a week but I am not sure what state me or my transplant would be in after 7 days!

We have recently been in the local media promoting the ride and have managed to get support from www.techtrial.com and www.weldtite.co.uk which is a great help but we need to attract more. Especially as I plan to get involved in the transplant games in 2014 with a view to going to the worlds in subsequent years.

If you can help or would like to support please get in touch with our Club Secretary, Martin at secretary@mtbguisborough.com.

Race Team Feature: Whinlatter Challenge 2013



Jason Hynd

With the race season fast approaching what better way to kick it off than the 2013 Whinlatter Challenge? An event that ticks the boxes for experienced race whippets and beginners alike and a keen favourite for MTBG members since its beginning in 2010. MTBG race team member **Jason Hynd** has kindly offered to share some valuable race day tips for all those heading over to the Lakes on March 24th....

"Although the event is termed a 'challenge', let's be honest, everyone wants to achieve a personal best time or position. Below I've included a list of some reminders for myself and anyone else hoping to make the most of it:

- At least one week before the event sort any issues with the bike such as bedding new pads, cables, drivetrain, saddle height.
- Any final hard sessions should be on the Tuesday before the weekend.
- One day before on the bike a few jumps up to race pace for 30 - 45min is ok. Pack bike, check tyre/shock pressures, don't forget the essential helmet, gloves and shoes.
- Suggested back pocket: inner tube, mini pump/gas canister, tyre levers, mini tool, 4-5 gels.
- Although the last 3 years have been hot, bring some warm weather clothes, it's the top of the Whinlatter Pass in March!
- Use the tyres you're used to, however low profile tread tyres are faster, it's a manmade trail after all.
- Don't overeat or stay up late the night before.
- After a normal breakfast, keep snacking and drinking when travelling.
- Arrive at least 90min before the event to allow for sign on, warm up and faffing.
- To reduce suffering on the first climb, warmup for around 30 minutes e.g. 10min steady/ 5min ramp up to race pace on the climb/steady back down for 5mins then 4 x 1min on/off efforts.
- Arrive at the grid 15min before the start.
- Don't chase anyone on the first climb, there's plenty of time to catch the roadies later.
- Try to control breathing, relax and recover on descents, saving more energy for the climbing effort. You may not have a choice on the first one due to traffic.
- Match your breathing to cadence on the climbs.
- Consume energy drink every 15-20min, gel every 30-45min.
- Ride below race pace 6/10 until the bottom of the long fireroad climb (just past half way), take a caffeine gel then gradually increase effort.
- If the finish includes the steep ramp climb, kick hard over the top, it's a descent all the way to the finish, don't forget the dibber.
- Enjoy it, remember you've been looking forward to this event since last year, it's a great location, course and event with all your mates. **Hope to see you there."**

Jase