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Dear Members,

Well it's AGM time again, and with it an opportunity to reflect on last's year's ups and downs and most importantly to plan for the year ahead.

2016 saw the committee a little stretched by non-club activities - with new businesses, house moves and career changes demanding attention - why can't life be a simple as riding a bike?! The main thing to suffer was the MTBG newsletter so apologies for that- we will try and up our game on the communication front in 2017.

On a more positive note we delivered more activities than ever before:

- 22 Junior rides
- 5 Adult coaching sessions
- 2 Adult coaching days
- 4 Race/ fitness sessions
- 6 Ladies rides
- Kids Summer School - see next page
- 3 new leaders trained

For 2017 we're planning a similar calendar of activities, with the addition of the adult away days we've been threatening for the last couple of years.

As you'll notice the activities are skewed towards junior riders, this is in part because we think this is where the club can have the most impact: providing opportunities for the next generation to get out on the trails and develop their riding.

It's also a matter of resources - as always our biggest challenge is volunteers, we'd love to be doing more activities for the adult members but to do that we need more people to get involved as leaders, coaches and organisers. If feel you've got something to contribute the please get in touch, in return for a little of your time you get lots back! **See the 'MTBG needs you!' article for more details.**

For 2017 we also have the opportunity to get involved with the development of MTB facilities at Laurence Jackson School where

there are plans to significantly expand and enhance the existing skills loop on new land that has become available following the completion of the building works. The school is looking to partner with MTBG to develop these facilities which would be available for the club to coach adults as well as junior riders.

To hear more about these plans and to have your say please come along to the AGM on the 23rd March (7.30-9pm, LJS School). We hope see as many of you as possible, it's a great to put faces to names and say hello in person! As an added incentive everyone who attends will also go home with a free gift!

If you can't attend then please feel free to share any comments / feedback / ideas via email or by calling me directly on 07739 093529.

Best,

Nick

KIDS SUMMER SCHOOL

Last year for the first time MTBG ran a series of sessions for the youngest generation of riders. We ran 4 full days of activities with sessions for riders aged 3-10 years old. We're pleased to say it was a great success, with a total of 50 kids participating- and judging by their smiles having a great time!

There sessions were 95% booked, with some age groups being significantly over subscribed. We plan to offer a similar set of activities this year.



JUNIORS

“

The club is a great way to meet new friends and riding buddies. Also, riding with other people is the best way to push your limits, learn new skills and improve your riding in general. All the rides are really enjoyable and there is never any pressure to ride anything you feel uncomfortable with, whether that's a steep techy bit on a trail or a super long climb that people are racing up.

Throughout the couple of years I have been riding with the club, all the leaders and coaches have been very supportive and I can look back on my riding from when I joined and see the huge difference to now.

”

Mel Fife
Junior rider



LADIES

2016 saw the introduction of Ladies Only Core Skills coaching and ride nights. I experienced these both as a Ride Leader and a participant. I have been riding for 3+ decades and qualified as a British Cycling Level 2 leader in 2015, but still come away from coaching sessions with new skills to practice and tips and tweaks to consider – the smallest of adjustments can make such a difference to riding ability and confidence. We aim to build on these for 2017 and have Sophie Piper in training to join the female leading team too (doubling our numbers!)

All riders complete a rider profile before attending a club ride or coaching session giving details about their ability and experience and what they would like to achieve from each session. 'Building confidence' pretty much comes up every time. Enjoyment, encouragement and good bike handling skills are key to achieving this and all leaders will encourage riders to maximise their potential. No one will be forced to ride anything beyond their ability. There is

no shame in walking past a technical obstruction! Rides are always led by a couple of qualified leaders allowing routes to be tailored to suit the speed, ability and fitness of the riders with more experienced riders venturing off to enjoy a cheeky bit of technical singletrack or demanding downhill before re-joining the group.

Monthly rides are on the 2nd Thursday in the month, starting at Pinchinthorpe Visitor Centre at 6pm and we are out for a couple of hours. This year's rides start on Thursday 11 May with some longer weekend rides and skills sessions being scheduled for later in the year. Keep an eye on the website for further information. As places are limited booking is essential.

Happy riding!

Lois Fife
MTB Leader & Club Treasurer

“
If only
chocolate bars
had improved
like bikes have
over the last
two decades...
”



THE FUTURE IS NOW

Spring is on us nearly and are we all looking forward to the long summer of endless MTB rides?

I've been staring at a Facebook site dedicated to bikes from the 90s recently and have come to the conclusion we are blessed. Blessed to live now rather than back then, most of the old mountain bikes look a bit poor (I am no expert just someone with an interest in mountain bikes).

We all love a bit of nostalgia, things were better in our youth that goes without saying. I think that isn't really true when it comes to mountain bikes though, no vintage bike is a scratch on its modern day version?

If only chocolate bars had improved like bikes have over the last two decades.

I clearly remember buying four Wagon Wheels and a 2 finger Kit-Kat, proceeding to nail the Wagon Wheels to the Kit-Kat, one in each corner and then me and 2 mates riding down to Skinningrove from Loftus on our edible go-cart. That's how big and better things were with chocolate bars back then. There was even a story going round at the time that a witch had built a house out of confectionery up in the woods. At the time my Dawes bike was a pile of shit, no gears low enough for me to get back up the bank to Loftus.

But you can keep your nostalgia re. old mountain bikes. The reason there are so many of them around in nearly new condition is that the were not ridden cos the tyres went flat, the brake cables rusted up and they were tossed to the back of the garage. Too expensive to dump.

I clearly remember, even clearer than my chocolate bar memories, coming over the top of Eston Hills in some race or other, c.1992. Grip shift gears that didn't work, 4 finger braking, on a rigid bike, that didn't work and proceeding to splat on that short drop that the vultures used to hang out on. I don't think that was better than now; I would still fall off but my bike would be fully functioning even tho it was a bit muddy.

So time to celebrate, existing now, a mountain biker in 2017. Not staring into the past, yearning for a paradise lost. Shove your cantilever brakes, rigid bikes, endless piles of inner tubes.. shove them where you fancy, or just toss them back in the garage.

*This article doesn't take into account that to buy a new bike we have to do without furniture, family holidays, everything. (How much more Brexpensive will bikes go?)

**For sale Middleburn cranks hardly used. Crashed once, c.1992.

Andy Conn

2017 CALENDARS

PROVISIONAL JUNIOR CALENDAR 2017

Date	Day	Time	Ride Type	Cost
27-Apr	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
27-Apr	Thu	18:00 - 19.30	Jnrs - New Riders introduction session 1 (LJS)	£2
4-May	Thu	18:00 - 20:00	Jnrs Ride (PVC) - **Photo / video session**	£5 - includes photo(s)
4-May	Thu	18:00 - 19.30	Jnrs - New Riders introduction session 2 (LJS)	£2
11-May	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
11-May	Thu	18:00 - 19.30	Jnrs - New Riders introduction session 3 (PVC)	£2
18-May	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
25-May	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
1-Jun	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
8-Jun	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
15-Jun	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
22-Jun	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
29-Jun	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
6-Jul	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
13-Jul	Thu	18:00 - 20:00	Jnrs Ride (PVC)	£2
22-Jul	Sat/Sun	TBC	Jnrs - Advanced Skills Workshop (Glentress)	By selection only
29-Jul	Sat	09:30 - 12:30	Jnrs Ride (PVC)	£3
8-Aug	Tues	09:30-16:30	Kids Summer Sessions 1 (LJS)	£5 per session or £15 for 4
12-Aug	Sat	09:30 - 12:30	Jnrs Ride (PVC)	£3
15-Aug	Tues	09:30-16:30	Kids Summer Sessions 2 (LJS)	£5 per session or £15 for 4
22-Aug	Tues	09:30-16:30	Kids Summer Sessions 3 (LJS)	£5 per session or £15 for 4
26-Aug	Sat	09:30 - 12:30	Jnrs Ride (PVC)	£3
29-Aug	Tues	09:30-16:30	Kids Summer Sessions 4 (LJS)	£5 per session or £15 for 4
9-Sep	Sat	09:30 - 12:30	Jnrs Ride (PVC)	£3
23-Sep	Sat	09:30 - 12:30	Jnrs Ride (PVC)	£3
7-Oct	Sat	09:30 - 12:30	Jnrs Ride (PVC)	£3
21-Oct	Sat	09:30 - 12:30	Jnrs Ride (PVC)	£3
4-Nov	Sat	09:30 - 12:00	Jnrs Ride (PVC)	£3
18-Nov	Sat	09:30 - 12:30	Jnrs Ride (PVC)	£3
16-Dec	Sat	09:30 - 12:30	Jnrs - Xmas Ride	£3

Our Junior rides will continue again this year on a Thursday evening at 6pm. However we have made the decision to extend the rides until 8pm, just to give us a little more time. This will enable us to get a little further and add more variety to the routes.

During the summer holidays and into the end of the year we move to weekend rides, every other weekend. These will now be run on a Saturday morning, as we felt this would be a more suitable time for riders, leaders, and parents. The format will be the same though, trails and cake!

In addition to the usual, we have upcoming photographer, MTB superstar, and club member Jack Tennyson joining us on the 4th May to take some shots and video footage. Jack will be putting together a short video promoting the clubs junior section.

Over the years we have seen our junior riders grow, not just in height, but in riding skill and fitness. Some of these young guns are now showing our leaders how its done. That's why we have put together an elite junior squad, with the view of sending them off for some advanced coaching that we couldn't possibly offer. These guys are the future of the sport, and our club. Well done guys.

PROVISIONAL ADULT CALENDAR 2017

Date	Day	Time	Ride Type	Cost
4-May	Thu	18:00 - 20:00	Adult -Coaching (PVC)	£2 members / £4 non-members
11-May	Thu	18:00 - 20:00	Adult - Ladies Ride (PVC)	£2 members / £4 non-members
1-Jun	Thu	18:00 - 20:00	Adult -Coaching (PVC)	£2 members / £4 non-members
8-Jun	Thu	18:00 - 20:00	Ladies Ride (PVC)	£2 members / £4 non-members
24-Jun	Sat	10:00 - 15:00	Adult Core Skills Session - Beginners (LJS / PVC)	£10 members/£30 non-members
6-Jul	Thu	18:00 - 20:00	Adult Coaching (PVC)	£2 members / £4 non-members
13-Jul	Thu	18:00 - 20:00	Ladies Ride (PVC)	£2 members / £4 non-members
16-Jul	Sun	10:00 - 16:00	Adult Away Day (Hamsterley/Lakes/TBC)	TBC
22-Jul	Sat	10:00 - 15:00	Adult Core Skills Session - Stage 2 (Dalby)	£10 members/£30 non-members
12-Aug	Sat	09:30 - 12:30	Ladies Ride (PVC)	£2 members / £4 non-members
13-Aug	Sun	10:00 - 16:00	Adult Away Day (Swaledale/TBC)	TBC
10-Sep	Sun	10:00 - 16:00	Adult Away Day (Hamsterley/Lakes/TBC)	TBC
14-Sep	Thur	18:00 - 20:00	Ladies Ride (PVC)	£2 members / £4 non-members
23-Sep	Sat	09:30 - 12:30	Ladies Ride (PVC)	£2 members / £4 non-members
21-Oct	Sat	09:30 - 12:30	Ladies Ride (PVC)	£2 members / £4 non-members
9-Dec	Sat	09:30 - 12:30	Ladies Ride (PVC)	£2 members / £4 non-members



We have stuck with what worked well in 2016, and had a good rider turnout. We have also added a few away rides, with plans to head over to Hamsterley and take in the surrounding area outside of the trail centre. Also a trip to Reeth to sample the rocky delights of Swaledale, and a trip to the Lake District to tackle the classic Borrowdale bash. The exact date for each venue is still to be confirmed, but we will update the website as soon as they are.

The away rides will be predominately aimed at intermediate riders with a reasonable level of fitness and bike handling skills, but want to head a little further afield than Guisborough. They will be long days in the saddle but with plenty of stops, and hopefully a cake shop thrown in for good measure, because we all love cake, right?

Lois has also added some ladies rides right through until December, and I hear there is a chance that they may also involve a cake stop.

On the coaching front, our Thursday sessions at Guisborough have always been very popular amongst beginners and intermediates. We now feel that there is a calling for a slightly more advanced session. We have therefore added a 'stage 2' coaching session that will be held at Dalby forest on the 22nd July. Dalby is able to offer a different set of coaching features, which will help us push your skills that little bit further.

The usual adult coaching rides will continue in 2017 on the first Thursday of each month. Booking is required, so keep a look out.

CLUB DISCOUNTS

We always want to be able to give back to our members. Often it is difficult as we are only a small team doing what we can in our spare time. One thing we can offer easily is great discounts available from our supporters and other businesses. The list below represents those discounts currently available, but we are hoping to add to it. We will update each newsletter.



Company	Discount	How To Receive
Bike Scene	10%	Show Membership Card
Peddlers	10%	Show Membership Card
Branch Walkway Cafe	20%	Show Membership Card
Asgard Bike Storage	5%	Use code 'MTBGUIS'
Hardnutz Helmets	20%	Use code 'HZ20'

MTBG NEEDS YOU!

Help MTBG grow and expand the activities we're able to offer!

We looking for...

- **MTB Leaders** - are you a competent (not necessarily expert!) rider who would like to share your enthusiasm with other people? Train as an MTB Leader with MTBG! Come and join a few rides to see what it's all about. Funded training opportunities are available.
- **MTB Coaches** - interested in developing the skills of new riders? Again you don't need to be the best rider in the world, enthusiasm and communication skills are just as important. MTBG is actively looking for new coaches and funded training opportunities are available.
- **Trailbuilding Volunteers** - the development of the LJS skills will provide plenty of opportunities to design and dig new features!
- **Organisational and administrative roles** - It's amazing how much work goes on behind the scenes to plan and deliver our activities! Do you have basic IT skills and a couple of hours a week spare time that you could contribute? If so please get in touch - we need you!
- **Communications** - help us communicate better to both our members and the public via our website, social media accounts and the club newsletter.



Any of the above pique your interest?

Please get in touch to find out more. Either email us at secretary@mtbguisborough, call for an informal chat on 07739 093529 or come and say hello at the AGM.



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