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

ISSUE 2 | SUMMER 2013

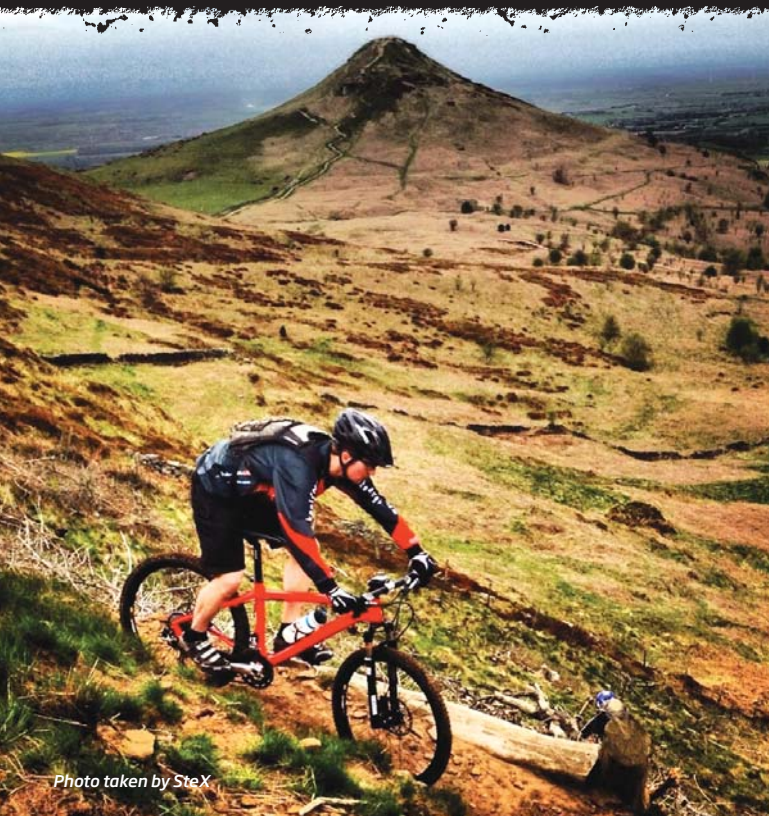


Photo taken by SteX

SUMMER IS HERE!

Dear members,



Well it's been a busy start to the summer here at MTBG! Where to start...

Probably the biggest news is that we were successful in our funding bid to Sport England - cue Champagne corks and lots of jumping up and down followed pretty swiftly by the sobering realisation that we now actually need to deliver what we planned!

The grant of £8K is intended to help us deliver our plans for 'MTBG Juniors' - the new youth section of the club - with most of the money going towards training three new MTB Coaches and seven new MTB Ride Leaders. The intention is that these volunteers will also benefit the wider club by enabling us to deliver more adult rides and coaching sessions.

I'm pleased to say that in terms of delivery we've got off to a good start: 5 leaders and 2 coaches have already completed the first stage of their training (we may be looking for guinea pigs - or maybe more appropriately 'crash test dummies' - to help them complete the practical elements of their courses so watch this space if you're interested).

We've also delivered the first part in a series of coaching sessions to 15 young riders from Laurence Jackson School who are one of our partners in the project. The junior section is now officially open to new members - [click here](#) for more information.

On a personal note I'd like to thank all the people who've given up their time and put the hard work in to make this happen, in particular the MTBG team, Andy from Laurence Jackson School, Adie from Redcar and Cleveland Council, and all our new Coach / Leader Volunteers. Also not forgetting Sport England and the Tony Blair Sports Foundation for providing the cash!

On other fronts the club recently helped bring the first proper XC race to the area for almost 20 years. The race on June 21st in Errington Woods was organised in partnership with British Cycling as part of the NE XC series with MTBG in charge of creating the course - big thanks to Ian Thompson and his son Daniel for all their efforts - it was a cracker! The event was a big success with a series record turnout of 98 riders, including a large contingent of MTBG'ers. We also had some success in terms of results - see the race report on the next page for further details.

Thanks also to our team of marshals who made a big contribution to the success of the event. We're already planning a follow up event next year so watch this space...

On the trail building front we've had a few hold ups due to the inclement weather in the spring but thankfully things seem to be improving on that front and we hope to have good things to announce soon - including free Singletraction Membership for our dig volunteers (by reimbursement). Big thanks again to Barclays,

Orange Bikes and Singletraction for their continued support of our dig projects.

As always we're indebted to our members for their support of the development of the sport in the local area via their membership fees, as we've said before we're a club run for the benefit of our members so please get in touch if there's something you'd like to see us doing or you're interested in getting involved.

Happy riding!

Nick

NOT JOINED THE CLUB YET? WHY NOT? **CLICK HERE** TO FIND OUT WHY YOU SHOULD

RACE REPORT: MTB NE XC SERIES ROUND 6

by Chunky



*If you go down to the woods today,
you're sure of a big surprise...*

Friday 21 June where conditions varied from dry to damp to muddy: we're talking Errington Woods, the MTB NE XC Series Round 6 and the first race in Cleveland for almost 20 years. The event took some organising and required patient negotiation between the various authorities, culminating in what would only be described as the best-attended event so far out of the whole NE XC series.

The main course consisted of steep climbs, fire roads, techy single track and tasty trail sections, not forgetting the vast amounts of roots, mud and trees to negotiate - this certainly wasn't one for the roadies! A smaller course was also created for the under 12's with fewer hills but still plenty of challenges to negotiate. We hear so much about the adult XC scene when in actual fact there is a very talented pool of young riders in the area. This was highlighted by the new members of the MTBG Junior section picking up 8 of the top 10 places!

The under 14's tackled the full on 'big' course - a very big well done to all for completing this as just getting around was a challenge in itself (just ask some of the adults!) Again, great results from the MTBG Juniors.

The adult race included 3 ½ laps of the 5km course; of all the people I spoke to before and after the races, everyone enjoyed it and took up the challenge. Some riders were at an advantage over others preferring the trail/single track sections. Personally, I struggled on the hills on my trusty single speed yet made up time on the singletrack sections. A few laps' practice in the weeks beforehand certainly helped.



The roots and mud caused chaos at times with bottlenecks in places, but generally a good flowing pace was achieved. A few riders came off with bumps and bruises: worst of all was Elliot of Hamsterley Trailblazers who broke his collar bone

on the upper section after hitting a tree - the good news being he was discharged from hospital with pain killers and is recovering at home. Get well soon buddy!

The MTBG race team were there in force, looking very impressive in the red, black and white livery of the club colours and bringing home 2nd place results in both the Senior and Vet categories. Not forgetting the other MTBG riders in attendance, some with the new DH tops, others the older first edition tops. All in all MTBG represented the club very well indeed and it was great to see so many club members supporting the race - both as riders and also all those who helped out marshalling.

There are two more left in the series, the courses varying from wooded sections to grassy fields, so if this has whet your appetite then there's still time to have a go yourself :-). Failing that, there's always next year...

A very big thanks is due to all those who have worked hard to put Errington Woods and MTB Guisborough on the MTB North East XC map.

DON'T LET IT HAPPEN TO YOU!

by Martin Coleby



None of us need telling about the joy of riding a mountain bike. The satisfaction from nailing a climb that previously had us pushing, the gratification from blasting a rock garden we would normally ride round, the un-wipeable grin from a new fast single track or the sense of achievement after completing that epic ride you never thought you would.

We are ATHLETES, without knowing or realizing it, owing a massive responsibility to ourselves to respect our bodies. Not to the extent of Olympians like Hercules, Perseus or any other love child of Zeus, but practise best management to avoid possible pitfalls as happened to me just recently.

More experienced riders perhaps exercise this as second nature but as a novice, and MTB Guisborough is growing in beginners on almost a daily basis, I'm afraid I have been ignorant.

Recently, I completed a week covering over 100 miles on a mountain bike and wondered why I was feeling like something that "comes off a stick fast". Reading an article on the importance of recovery drinks in July edition of MBR (something I do not practice due to ignorance) it all became clear. But no more. I'm determined to mend my ways and offer this waffle to those newbies, destined to fall into the same trap.

It's great to see your STRAVA ride, detailing your calorie burn of 1000 plus, but to not feed and replenish the body during and after strenuous exercise is just asking for trouble.

Plenty of gels, fluids and energy bars not only increases the share price of SIS but balances body losses of salts, electrolytes and all the other stuff used up on a fun ride on the trails.

I used to think what was "written on the tin" was likely to be propaganda to increase consumption for more sales ... but no longer. I am realising now that the hours of study and research from dietitians and sports scientists is in our favour.

MBR recommend this recovery drink to make at home;

1 medium banana, 1 cup of blueberries, 1 cup of plain yoghurt, 1/2 pint of low fat milk, 1 tbsp of honey
Thrown in a blender till thick and creamy. All the post-ride nutrition you need without the artificial ingredients.

OF MICE AND MEN

by Jason Hynd



The best laid schemes of mice and men, go often awry, and leave us nothing but grief and pain

To set the scene, my time away from cycling involves a number of commitments. Family life is kept busy with my very bright 6 year old girl Olivia. When planning a bike ride and she asks to go fossil hunting, to see animals, or a museum (which has happened a lot recently), the bike gets set aside.

I lecture full time in Sport Therapy (similar to Sports Physio) and am a clinical director of Teesside Sports Injury Centre, working in clinic one day a week. Im also half way to completing a part time MSc in Strength and Conditioning. Cycling has to fit in somewhere, but more recently has simmered in the background. During the winter months I saved some time by running, core, short turbo sessions and commutes. Despite this, I was always feeling tired. I had some complete rest but struggled to recover. In early february MSc deadlines and workload made it difficult, but I needed to test my fitness. So I tied a family visit in with the Scottish cyclocross champs near Glasgow. It was sleet and gale force winds with lots of mud. It's the most clothing I have worn in a race including 4 tops. I certainly found out the answer to my question, suffering like a dog and achieving my worst ever position of 20th vet.

Following this in early March I raced the first round of the nutcracker XC at Dalby. The windchill on the day was -7° and being the first XC of the season, it was very competitive. I paced myself well, and felt ok, but in the end was 12th vet, also by far my worst nutcracker result. The plan was then to race the scheduled then rescheduled Whinlatter challenge. However, a virus took hold and was difficult to shake for at least 4 weeks. I got the message and rested some more.

Student marking and exams until the end of May kept me busy, I decided to start racing again at my favourite event of the year, the Glentress 7 (GT7) on 1st June. The course has lots of climbing (450m per lap) followed by techy descents. I had managed a couple of 3h rides in preparation but considered the event more as good training for races later in the year. Previous GT7 1st and 2nd place solo results gave me the confidence in pacing and preparation. There was a strong field including this year's British 24h champ Keith

Forsyth and last year's GT7 runner up Gordon Dickson who had

just missed the podium by 7secs in the European 12h champs. Given my contrasting lack of racing the decision was made to be sensible and ride my own pace, then pick it up after 4h.



Glentress forest, dry, sunny, 2nd place.

This strategy worked as I passed a few riders including Keith at 5h then held on to 2nd place (10 laps, 4500m of climbing). Fast pits from my wife Paula also made a big difference. After the aforementioned setbacks, the result felt like a win for me. I was enjoying racing again, the weather was hot and sunny, and the trails were dry with lots of good friends to spend time with. During the race I appreciated shouts of encouragement from team mates Nick Piper racing pairs and Benjamin Sutcliffe in the solo cat. It would be great to see a few more MTBG teams there next year.



The following weekend was a forfeit for me. My original plans were to join Nick at the British marathon champs in Selkirk. But I had an assignment deadline to meet. So while

Nick and lots of my mates were riding the Selkirk trails in baking sunshine I was finishing a 5000 word assignment on the relationship between hamstring extensibility and bicycle saddle height. At least I was writing about cycling. For the record, my research found no relationship with hamstrings, but a significant relationship between experience and preselected saddle height. Nick had a great result along with Neal Crampton winning the men's title and Catherine Williamson taking bronze in the womens.

After submitting my assignment the sun was out, it was time to have some fun training and racing. Nick had mentioned a Friday night XC in Errington woods, organised by MTBG. A pre ride 2 days earlier revealed some amazing singletrack, mixed with steep climbs. On the night, the team support, weather, trails and atmosphere were perfect. Ninety eight entries for a Friday night race were the highest in the series so far, and the first local XC race for 20 years. Each category had a strong field; despite this we all had good races, with a few team podiums too. I was surprised to get near Noel Clough and enjoyed battling with some talented young guns, finishing 2nd place in the vet's cat. It was awesome to be amongst MTBG members at Nick's post-race barbe-q, there's a real buzz around the club. With recent developments in trailbuilding, races and youth coaching, it's great to be part of it all. Next year with some course practice we should all make an even greater impact.



Errington woods, dry, sunny, 2nd place.

My next plans are 10 under the Ben solo in Fort William this weekend. This is followed by a trip to Plymouth for the Bontrager 12h solo at the end of July. Beyond this there are a number of possible events. Unfortunately not the Kielder 100, sadly it's been cancelled. Im hoping for more dry trails and sunshine, I expect some pain along the way, hopefully no grief though.

Bike Scene

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