

# SPOKEN



THE OFFICIAL NEWSLETTER OF MTB GUISBOROUGH

ISSUE 5 | SUMMER 2014

Photo by Dan Lowery



## Dear members...

It's been another busy summer for the club, continuing on from last year we've been running weekly rides and coaching for our junior members. The junior section is now open to riders aged 10+ and will be accepting new members in the spring.

The 'First Tuesday' series of guided rides for adults has also proved a success. There's still places available on the last two rides of the season (August 5th and Sept 2nd) so why not get booked in and join us for some quality singletrack exploration!

On the volunteer front we'll be training another five MTB Leaders over the winter to help the club deliver more rides and coaching next year. We're always looking for volunteers so if it's something that interests you please get in touch. We're also on the lookout for a new club secretary - see the advert on page two for more details.

In other news we'll be launching an all new range of club kit in the next few weeks. This will include Enduro style jerseys as well as the more traditional race jerseys, shorts and gilets. This kit will be exclusively available to club members and priced at a discount thanks to contributions from our sponsors - keep a lookout in your inbox for further information once details are confirmed.

Finally just to reiterate we're a club run by and for its members. As such we encourage your input so please get in touch with any feedback or ideas for the future!

Happy riding!

Nick

## ERRINGTON RACE REPORT

### *What a difference a year makes!*

Sunshine, dusty singletrack, happy riders, and a beautiful sunset - they were my memories from last year's race - unfortunately the 2014 edition couldn't have been more different...

This year riders arrived to face driving rain, thick fog and no small amount of mud - but at least it was warm... ish J. Despite the minging conditions we still saw a turnout of 80 hardy souls - including lots of MTBG members - and some cracking racing.

Surprisingly the singletrack-heavy course held up pretty well, with all sections remaining rideable - dependent on your bike handling skills of course! This was especially true for the last descent where the super-slippery clay proved too much for many and created some comedy crashes for the spectators - certainly wasn't a course for the roadies!

Despite the conditions it was smiles all round at the finish with loads of positive feedback from the riders - seems the adverse conditions spurred everyone on - in it for a penny, in it for a pound I guess. Big thanks to all who took part!



On the organisational front a massive thanks to the 15 volunteer marshals, car parkers and course markers and registration helpers who gave up their time and got thoroughly soaked in the process. Also thanks to Dan Small from British Cycling, The Friends of Errington Woods, Redcar and Cleveland Council, Rich Wilson from Shimano Tech Support, event sponsors Peddlers Cycles, Bike Scene and Bikelights UK and last but not least head-honcho Ian T who put in a huge effort pulling it all together.

Here's hoping for better weather next year!



# TRAILBUILDING UPDATE by Dan Pattinson



It's been fairly quiet on the ground with the official trailbuilding side of things over the last few months. That doesn't mean we've been sat with our feet up however. Things have been ticking along in the background quite nicely, as well as some small jobs being completed on Les'2 and 3.

The Forestry Commission have been felling along the Black Track and work has now been completed. This means we can now make a start on our new section of Red trail from the end of the Black Track across to the Secret Path Climb. The section is a nice rooty natural section and the plan is to keep as much of that as possible, whilst making improvements to the flow and upgrading drainage. The main part of the project will be installing a crossing over the stream towards the start of the section. We will also need to put in a durable entry and exit for the area. Then there are a couple of areas along the trail where we are planning on putting in some features to spice things up.

We will be at the Guisborough Forest Festival on the 14th September and are hoping to have representatives from the Forestry Commission, SingletrAction, and Orange Bikes. They will be on hand to answer any questions and hopefully clear up some of the many trailbuilding myths floating around. This is an ideal opportunity to come along and ask questions about trailbuilding at Guisborough before taking the plunge and coming along to a dig day. The September dig day will also be rescheduled due to the festival so keep your eyes on the website for details.

There has also been some exciting developments behind the scenes with regards Les'1. We are expecting there to be some action on the ground very shortly, but I will announce these in more detail once they get underway so as not to jinx it.

Away from the forest we have also been working on a skills loop up at Laurence Jackson School. This is being developed from an existing loop, and is to be used for coaching juniors and beginners. Over the coming year or so, this project is also going to ramp up, with a full on pump track on the cards. This project is open to anyone wanting to come along and do a bit of trailbuilding, just keep your eye on the website for information.

## RACING UPDATE by Nick Piper

It's been a good season for team MTBG and in particular for our resident long distance specialist **Jason 'Diesel Legs' Hynd**. In 2014 Jase has carried off the solo honours at both the Glentress7 and Bontrager TwentyFour12. His next stop is the World 24 hour Championships at Fort William in October so watch this space for updates.

Other notable successes were the MTBG mixed team who won their category at Glentress 7 and Mike Coward who's continuing to move steadily towards Enduro podiums. In the NE XC Series Ian Thompson is currently placed 2nd Vet in the overall, with Lee O'Leary 3rd and Luke Jackson 3rd in the Juniors - there's only 2 races left so all still to place for!



If any members are interested in getting involved in the race team please email us at [coaching@mtbguisborough.com](mailto:coaching@mtbguisborough.com). We have a very relaxed ethos which is very much focussed on enjoyment as opposed to results - all shapes, sizes and ability levels welcome!



# MTBG NEEDS YOU!

Martin our current Club Secretary is standing down this year so we're looking for somebody new to get involved. Martin has kindly offered to maintain responsibility for the administration of all things membership related (thanks Martin!) so the main duties are:

- Helping organise club events such as the annual Christmas Charity Ride and the Halloween event
- Liaising with sponsors and charity partners
- Helping administer club kit orders
- Attendance at committee meetings (roughly monthly) and taking minutes
- Managing volunteers data

This is a key role and requires somebody enthusiastic, reliable and trustworthy who's able to commit a couple of hours a week to the club. If you're interested please email [treasurer@mtbguisborough.com](mailto:treasurer@mtbguisborough.com) for more info.

# GUISBOROUGH FOREST FESTIVAL



On **Sunday 14th September**, the Friends of Guisborough Forest are holding their annual Forest Festival. MTB Guisborough are delighted to have been invited to take part and will be manning a stand in or around the main marquee.

We will be joining the likes of Sustrans and other art, crafts and associate groups, demonstrating and promoting their causes. Our Trailbuilding Coordinators Dan and Rory will also be in attendance accompanied by our local forest ranger and representatives from SingletrAction and Orange Bikes to answer any questions and dispel any myths about the future of trail building in Guisborough.

Please find the time to drop by the MTB Guisborough stand for a chat and see what we are up to, promoting the club and its activities and hopefully attracting some new members. Beware though, as you may get roped in to man the stand so the others can go for a coffee break.

## FRIGHT NIGHT!

For the second year running MTBG have been invited to help out at the Halloween Fright Night at Guisborough Branch Walkway on **Friday 31st October**. This event means a great deal to the club due to the revenue injection it creates. Last year the committee were presented with a cheque for £2428.00 - a huge amount for one evenings work! Thanks again to the 30+ members who turned up on the night to help out.

Once again, we are appealing for volunteers who can spare a few hours on the Friday evening to terrify the ticket paying public or help with parking. Every volunteer will be paid £20 to cover their expenses and they'll be provided with free food and drink.

If you'd like to get involved or find out more please email [justajedi40@yahoo.co.uk](mailto:justajedi40@yahoo.co.uk).

## HANDY TIPS: BUYING SUNGLASSES

by British Cycling

*Sunglasses aren't just for posing in during the summer months, eyewear should be an essential part of your cycling wardrobe throughout the year. The primary reason for wearing glasses on the bike is to protect your eyes. Insects, grit and mud can all cause irritation and damage to your eyes and when riding fire roads and bridleways, cow or sheep muck sprayed up can lead to nasty infections. On sunny days, dark lenses protect your eyes against harmful UV rays, in overcast conditions light enhancing lenses can improve contrast and prevent streaming eyes on fast descents. When trying on sunglasses, take your helmet with you. The arms of the glasses should go outside of your ears- straps and the helmet and glasses should not obstruct or hinder each other in any way.*

### Fit

Fit is everything, glasses have to be comfortable and not bounce around at all when riding on bumpy surfaces. All of our faces are different so look for an adjustable nose bridge and arms that you can bend to fit your head and ears. Silicon grippers where the arms contact your head and ears can also make a big difference.

### Try before you buy

Although online deals can be tempting, trying on a selection of glasses is the only way to get a good fit so try on a few of your friends' pairs and pay a trip to your local bike shop. Once you've found a comfy pair, put them through the jumping up and down test. There should be no slipping or bouncing. Next, check how the lenses fit to your eye sockets. You're looking for a snug fit that doesn't leave significant gaps for the wind to blast in through.

### Don't forget your helmet

When trying on sunglasses, take your helmet with you. The arms of the glasses should go outside of your ears- straps and the helmet and glasses should not obstruct or hinder each other in any way.

### Fogging

Although you want the lenses to closely follow the contours of your face, you do want to ensure that there is some airflow around the lenses or, especially when you come to a halt, the lenses may suffer from fogging. Look for lenses with venting slits and/or anti-fog coating.

### Lenses

Interchangeable lenses massively increase the versatility of a pair of cycling sunglasses. Three different lenses should cover most eventualities. You'll need some dark smoked or mirrored lenses that have a high UV protection

rating for those rare bright and sunny days. Next up are some clear lenses for night riding or extremely overcast conditions. Finally, and the lenses you'll probably get most use out of, are some red or yellow light enhancing lenses for those typically British in between days. As well as brightening up even the foulest day, they increase object definition, which is particularly useful when on the trails.

### How much to spend

If you go for one of the brands sported by the pros, you could easily be looking at £200 plus by the time you've factored in additional lenses. However, before spending this much, think of the life your glasses are going to live. Taken on and off roughly while on the bike, jammed into the vents of your helmet, shoved in a jersey pocket or carelessly flung on the seat of your car at the end of a tough ride. It might be wiser to view cycling sunglasses as being "disposable" and opt for a less fashionable brand from who you can get a decent pair of glasses with three lenses for under £50.00.

### Prescription

If you require prescription lenses, you've a number of options. The easiest, if you get on with them, is to use contact lenses. Even if you don't wear contact lenses the whole time, you could get a supply of disposable lenses just for cycling. Prescription main lenses can be very expensive, limit you to brands and models and reduce your choice of lenses. Also, remember what we said about the hard life that your cycling glasses are likely to lead. Some manufacturers produce glasses that a secondary pair of prescription lenses sit behind. This does give you lens changing flexibility but again makes and models are limited and it can be tricky to find ones that fit correctly.



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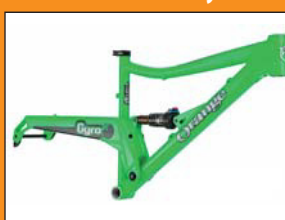


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