



# SPOKEN



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

ISSUE 3 | WINTER 2013

Dear members,

*Well what a summer it's been - we really couldn't have asked for a better one could we?*

It says something that we ran a Junior ride every Thursday from May till September and didn't get rained on once (yes really!) If global warming means more dusty trails in Guisborough then I'm sorely tempted to ditch the eco credentials...

Apart from enjoying said lack of mud, the club has been busy on a number of fronts but the big push has been getting the Junior section up and running - see the article of page 2 for full details. A big thank you to all the volunteers who've given up their time, we've got off to a flying start and it wouldn't have happened without your hard work, enthusiasm and commitment.

The AGM is fast approaching so I'm not going to rabbit on about the various other things the club's been up to as it will all be covered there. The AGM is also where we decide on plans for the coming year so we encourage you to attend so you can have your say. If you have any questions, ideas or feedback, or just want to listen in then please come along - it's honestly not as boring as it sounds! Also it's at a pub J... See page 2 for further details.

Happy riding!

Nick



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

## XMAS CHARITY RIDE



It's nearing that time of year once again. Dare I mention the "Christmas" word? Well it's a fact, no getting away from it, face up to it and ENJOY!

With all it's festivities MTB Guisborough is again running the ever popular Christmas Charity Fancy Dress Ride, on 15th December 2013 at 11.00am from Pinchinthorpe Visitor Centre.

Apart from the terrific social day this creates, the club's ambition is to raise funds for the chosen charity dear to our hearts, Cleveland Mountain Rescue. Last year the club raised over £1300 which is going to be a tough target to beat.

To help every one with their fund raising and getting sponsors, as in past years, a sponsor form can be downloaded from the MTB Guisborough website. New this year we have an online donation page with "JustGiving" where your sponsors can read what the event is all about and donate with the click of a button. Check it out here [www.justgiving.com/mtbg](http://www.justgiving.com/mtbg) Further more, any one can text any amount from £1 to £10 by texting the code **MTBG50** with their amount to 70070. The online and texting donations are free and the charity gains a little more because of "Gift Aid".

So get your costume, pray for a fine day, spread the word and join the fun. See you all there.

# MTBG JUNIORS



MTBG Juniors about to set off to ride Hamsterley

It is amazing to think that the junior section is barely six months old! It seems the juniors have been around for years, although the buzz and excitement oozing from the kids perhaps suggests otherwise, not that it seems that their enthusiasm will ever calm down.

From initial meetings in the dark depths of last Winter, to a successful funding bid and the subsequent training of new coaches and ride leaders, the junior section is now a thriving hive of activity.

Since May we've run guided rides every Thursday evening, interspersed with a few skills coaching sessions and believe it or not, it's not rained on us once during the whole summer! A sure sign the MTB gods are behind us.

Leading groups as big as fifteen energetic junior riders can be a daunting thought; but every one of the adult volunteers has manned-up to the job admirably and everyone has come back for more. It also says something about the character and skills of the junior riders - although there's been the odd complaint on the ups they frequently leave us 'Leaders' for dead on the downs!

With the night's drawing we've switched to a programme of weekend rides for the autumn and winter. The first of these meets took place during the last weekend in October.

Thirteen juniors and six leaders joined forces with Laurence Jackson School to bus everyone to Hamsterley for some sweet singletrack excitement. After a noisy bus ride with too many 'are we nearly there yet' comments, the juniors finally got to session the best of the purpose built trails with a little 'off-piste' section thrown in at the end courtesy of some local knowledge (thanks Alex!).

The grins on the juniors' faces gave away how much fun they were having and the only disappointment was having to go home! The tremendous time and effort the volunteers in MTBG have had put in to raise money and make the MTBG Junior section a reality has definitely been worth it.

The club as a whole will benefit as these young people improve their skills and become the next generation of coaches, leaders and committee members.

A special thank you from Mr Tennyson who runs the Laurence Jackson School MTB Club.

*"To be able to have such a professional pathway from school club to local MTB Club is perfect for these young riders, and their skills have evolved quickly with such a safe and encouraging environment. I have been impressed at how professional and welcoming MTB Guisborough has been. Thanks guys!"*

## A FEW WORDS FROM OUR NEW JUNIORS REPRESENTATIVE: LUKE MIDDLEMISS...

*"If you're looking for a mountain bike club to ride with, MTB Guisborough is the place because every Thursday night the group meets at Pinchintorpe Walkway to ride a variety of excellent trails in Guisborough Woods. We are split into groups to cater for riders of all abilities and experience.*

*I have loved all the sessions because I have learnt skills on how to ride obstacles like drop offs, berms and technical climbs. The coaches have a 100% love for mountain biking and are committed to help everyone improve their biking skills.*

*At the end of each month at Laurence Jackson School the coaches work with us individually and as a group to practise skills we need to improve for our next ride. Overall the sessions are excellent fun and I have a good time and a laugh with friends.*

Luke Middlemiss

# HALLOWEEN HORROR



Justin Bulmer

Over 30 MTBG members and better halves met in Guisborough Woods last Thursday but not to ride bikes. Dressed as

vampires, witches, ghoules, skeletons, clowns and even a pig. Their brief was to spend 3.5 hours hiding at strategic points along the forest walkway and terrify in whatever way they could think of the ticket paying public as part of their involvement in the annual Halloween Walk organised by the "Friends of Guisborough Forest". This all added to other activities and displays performed by Atmosphere UK and the impressive make-up and prop talents of Justin Bulmer.

The high viz guys exercised their traffic control skills with lots of arm waving in directing the hundreds of cars that piled into the temporary car park when at times they wondered where they would find space for the next car. It's said they looked an amazing site beaver away under the high power tower lighting.

It proved more difficult than originally thought, to muster this amount of volunteers, but the promise of over £1000 to club funds was nectar to sweeten their persuasion. What a fantastic job they all did with almost every one saying how much they enjoyed it, to the extent they can't wait to do it all again next year. (If we get asked of course!)

## IT'S AGM TIME AGAIN!

This year the date has been set for **Sunday the 24th November, 1.00pm** at the **Ship Inn, Guisborough** (for all those who attended last year we've been assured they'll turn the heating on this time...)

The purpose of the AGM is to let members know what we've been doing over the last year and agree on plans for the future.

As usual everyone is invited to have their say and get involved. The club is, and always has been, run according to the wishes of the members so we hope to see as many of you there as possible to hear your views, ideas and opinions and allow your cast your vote on future plans.

If you're planning to come along please email [secretary@mtbguisborough.com](mailto:secretary@mtbguisborough.com) so we have a rough idea of numbers. If you can't make the meeting but would like something discussing then let us know.



# ZOMBIES AND WEREWOLVES AT RELENTLESS 24 by Jason Hynd



**19th October 2013, Leanachan Forest, Fort William, Scotland: Relentless 24 (24hour solo)**

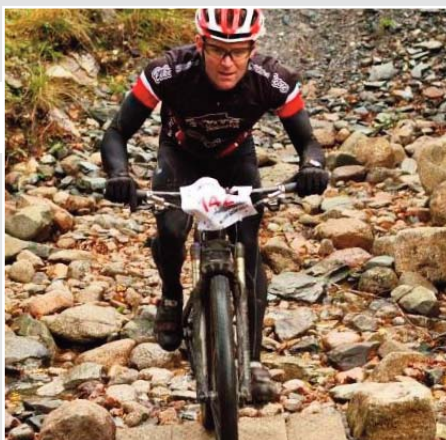
In October 2014 the World Endurance Mountainbike Organisation (WEMBO) will bring the world 24h solo MTB championships to Fort William. It's the first time the world 24 solo will be in the UK and No Fuss will be the event organisers. To be honest, since the announcement 18 months ago it's been my plan to be there. The 10 Under the Ben event in June was a tough course and a good test event. I expected more of the same at this year's Relentless, but darker, colder and wetter. At least the midgies would be gone. So this was another test event and after Newcastleton last year, only my 2nd 24h solo. Small errors in shorter events can magnify when its 24 hours. I was also curious to see how I would cope with 13h continuous night riding as I become more fatigued. In the weeks running up to the event I had a few good rides getting used to a new Specialized Epic 29er. I was more at ease throwing the 29er around and looked forward to testing myself in Fort William. However, with two weeks to go my workload increased massively, this limited my ability to recover.

The week before a head cold confirmed that I had to be careful. Planning and packing required more time due to the duration and potential weather conditions. It took a week to ready, I borrowed a gazebo, spare lights and batteries from friends. Due to a planned demo 29er being delayed Bikescene made some last minute checks to my spare 26er, the 29er had mudguards added and all spare lights were charged. I bought a lot of food, not just for me, feeding pit support is essential for optimum team performance. Fortunately, Rich Wilson offered his support as the pit master. His tech ability and unflappable attention to detail was exactly what I needed.

Trackside pit table became a beacon of light. On arrival it soon started pouring down, the original forecast was 24h of rain. Last minute met office checks provided relief that a few hours of heavy rain were forecast around 10pm. The ground was wet but at least it was not continuous rain. After looking at the entries I decided to compete in the open category rather than age group. This would allow for a larger range and closer competition, pretty much what I expect next year. Also, I would be racing TT Legend Guy Martin, who was very fast in pairs the previous year. John and Tom from Exposure lights were supporting the event and very kindly agreed to provide full support of helmet and bike lights. This meant I had a 6 pack/Joystick

combo, then after 3h my own Exposure MaxxD/Diablo whilst Rich swapped for a new 6 pack/Joystick combo.

At 12pm after some fettling it was time to go. It's best not to look too far ahead as my friend Kev says "anything can happen at any time". I started well and got into a rhythm without any problems. In a figure of 8 course there were 3 granny ring 24/36 steep climbs and another 6 tough grinds taking me to the top of the world cup course. All previous races this year had lots of climbing, but with the heavy wet ground this was the toughest, never mind the longest. The descents were excellent with lots of berms and rocky drops. At the 6h mark I was leading the open category by over 15min with Jason Miles not too far ahead.



At this point things were going well. Then disaster, my 6 week old 29er 240s freehub packed in on a steep climb around 15min from the pit. A combination of freewheeling and running got me back but not without using vital energy. I passed Matthew Jones going the other way and estimated he had a 5 min lead. Once on the 26er it was more effort, I was chasing to regain what had been built over the initial 6h. Within 2h and into the dark I was leading again but feeling tired. Rich had tried valiantly but not sourced a 142 spare wheel or freehub ratchet despite asking everyone. Then around 9pm it started pouring down. I got cold and wet quickly and was passed by Matt, we had a quick chat, and arrived at our pits at the same time, he looked comfortable. I decided to eat have a hot drink and change into winter kit. After all, there was around 14h to go. This also gave Rich the time to switch my 26er freehub to the 29er under torchlight in the pouring rain. The mountain café was open 24h at the start finish area, with lots of comforting food and coffees. Some were tempted and never came back out, it was a bit grim. We decided that running the one bike and cleaning it every 3h due to the mud would be best.

Fast pits turned to slow ones as I needed hot tea or porridge which Rich always had ready. As were the lights, he even had time to share a tippie with race organisers and the Exposure lads. More time at the pits allowed some shorts conversations with neighbouring endurance racers Craig Bowles and Rich Rothwell riding pairs. They would eventually complete 26 laps, easily winning the pairs category. At one point I was asked if I was ok, I had suffered for so long that I didn't know how to answer, so just stared and kept eating. At 3am I was offered a hot chicken and bacon sandwich, it was devoured in seconds seasoned with dirt and gravel. It tasted good, but the next 2h of heartburn certainly didn't.

As daylight approached I was informed that Guy Martin had edged closer and was 30 minutes behind. This played thoughts with my mind. I was in the Scottish highlands being chased through the dark into the daylight by a werewolf! I was living in Dog Soldiers, I imagined I was being chased down each descent and that Guy was just behind me. It was almost Halloween after all, and it worked, I finished with 2 consistent faster laps to increase the gap. Eventually completing 21 laps, around 215 miles, Matt paced well throughout and was a deserved winner of the open category with 22 laps. Ahead of Matt, Jason Miles completed his overall win with a 3 week strava entry of 900km! At the end we looked and walked like zombies, apart from Guy Martin, in my mind he was still a werewolf.

No Fuss always put on great courses and events. Also, the Exposure light support makes a massive difference. I've learned a lot about preparation and what to expect from next year's worlds. Most of all I realised that with good friends and team support you can achieve more than you imagine. And with a good imagination you might just achieve that wee bit more.





# INTRODUCING THE NEW BEEMA AS-2000

## KEY FEATURES

- ULTRA-BRIGHT LED PRODUCING UP TO 2000 LUMENS
- BEAM HAS A RANGE OF UP TO 300M
- HIGH QUALITY EFFICIENT LENS
- HIGH CAPACITY LI-ION RECHARGEABLE BATTERY WITH BURNING TIME OF UP TO 10 HOURS
- QUICK AND EASY MOUNTING AND REMOVAL
- SIMPLE LOW BATTERY WARNING ALERT
- STYLISH BLACK BODY MADE FROM AIRCRAFT GRADE ALUMINIUM ALLOY
- FULLY WATERPROOF



"The power Beema puts out is very impressive for the price, particularly in terms of lux rating and distance."

**MBUK MAGAZINE** OCTOBER 2013

The Beema AS-2000 is distributed exclusively in the UK by Bikelights UK.

T: +44 (0) 1642 711 045 E: [info@bikelightsuk.com](mailto:info@bikelightsuk.com)  
[www.bikelightsuk.com](http://www.bikelightsuk.com)

Twitter: [@bikelightsuk](https://twitter.com/bikelightsuk) Facebook: [www.facebook.com/bikelightsuk](https://www.facebook.com/bikelightsuk)



# Bike Scene

MARIN  
BIKES CALIFORNIA

SPECIALIZED

WHYTE  
PERFORMANCE BY DESIGN

Orange

SANTA CRUZ

GT

ibis

LOOK



THE ULTIMATE MOUNTAIN BIKE STORE

## HUGE SPECIALIZED FRAME SALE

see [www.bikescene.co.uk](http://www.bikescene.co.uk) for details

2013 SPECIALIZED S-WORKS  
DEMO 8 TROY LEE  
LTD EDITION CARBON FRAME



Was £3700.00 Save £1000  
Now **£2700.00**

2012 SPECIALIZED  
STUMPJUMPER FSR COMP  
CARBON 29 FRAME



SPECIAL OFFER  
**£1300.00**

2013 SPECIALIZED  
CAMBER FSR COMP  
CARBON 29 FRAME



SPECIAL OFFER  
**£1200.00**

2011 SPECIALIZED  
EPIC M5 29  
FRAME



SPECIAL OFFER  
**£900.00**

2012 SPECIALIZED  
STUMPJUMPER FSR  
COMP 29 FRAME



SPECIAL OFFER  
**£700.00**

2013 SPECIALIZED  
CAMBER FSR 29  
FRAME



SPECIAL OFFER  
**£600.00**

2012 SPECIALIZED  
CAMBER EXPERT  
26 FRAME



SPECIAL OFFER  
**£700.00**

2012 SPECIALIZED  
CAMBER COMP  
26 FRAME



SPECIAL OFFER  
**£600.00**

2013  
WHYTE  
529



Was £799.99 Save £160  
Now **£639.99**

2013  
WHYTE  
801



Was £699.99 Save £100  
Now **£599.99**

2013 ORANGE  
CLOCKWORK  
FRAME



Was £349.99 Save £150  
Now **£199.99**

2013 ORANGE  
CRUSH  
FRAME



Was £349.99 Save £200  
Now **£149.99**

2013  
ORANGE  
CARB-O



Was £1899.99 Save £700  
Now **£1199.99**

2013 MARIN  
BOBCAT  
TRAIL



Was £624.99 Save £150  
Now **£474.99**

2013 ORANGE FIVE FRAME  
including custom colour + Fox Float Factory series CTD  
Kashima shock



Was £1799.99 Now Only **£1099.99** Save £700  
Frame and fork packages available from  
**£1299.99**  
see [bikescene.co.uk](http://bikescene.co.uk) for details

2013 FOX 32 FLOAT 140  
CTD-A KASHIMA FORK



Was £739.00 Save £340  
Now **£399.00**

2013 FOX 32 FLOAT  
140 CTD FORK



SPECIAL OFFER **£329.00**

2013 FOX 36  
FLOAT R 160  
TAPER FORK



Was £749.99 Save £250  
Now **£499.99**

Find us on:  
facebook

Follow us on  
Twitter  
@bikesceneshop

cyclescheme.co.uk

tax-free  
bikes  
for work

THE OLD AMBULANCE STATION, PARK LANE,  
GUISBOROUGH, TS14 6NT

**TELEPHONE 01287 610735**

Opening Times: Mon 9.30am - 5.30pm · Tue 9.30am - 5.30pm · Wed Closed  
Thurs (Late Night) 9.30am - 7.00pm · Fri 9.30am - 5.30pm · Sat 9.00am - 5.15pm



Order & Payment: Phone 01287 610735 · Fax 01287 637306 · Email: sales@bikescene.co.uk · Maestro · Visa · Mastercard · Most credit cards accepted. Prices are correct at time of going to press. Any alterations in prices will be confirmed when you contact us. Sale prices are limited to stock availability. If you buy an item from us and you are not satisfied, return it to us unused in the original packaging within 8 working days for a replacement or refund. (Carriage costs incurred for delivery or return of unwanted items are to be paid for and at the risk of the customer). Goods are despatched from Bike Scene by carrier or recorded delivery for next day delivery. Stock items are normally despatched the day of your order. Later despatch dates will be advised when placing your order. We will not charge your credit card until the date of despatch unless authorised by you. Carriage Bikes, frames & forks £14.55 (UK mainland only). Saturday delivery £15.00 extra. Carriage costs for other items or for delivery outside mainland UK will be advised prior to confirming your order.