



MAD Musette



News and musings from Maldon & District Cycling Club

Welcome

Welcome to the summer edition of the club newsletter. The votes were cast and counted so 'MAD Musette' it is! Please continue to send your feedback, stories and pictures to help make this an informative and enjoyable read. Focus this edition? Long sunny days in the saddle!

Staying in touch

The committee are trialling the Spond sports app to see how it might help us improve communication between members, advertise events and help create a stronger on-line community. More details to follow soon.

Club social night

The Tuesday TT season is drawing to a close. Given the issues we have had securing use of the club hut in Promenade Park, we are planning to hold a **club social after the TT that evening (22nd August)**. It would be fantastic to see as many members as possible, riding or not. We have reserved an area in the Star Inn at Steeple from 7:30 and the first round is on the club!



Think of a cycle club and for many the first thing most people think of would be club rides. The traditional club activity. For MADCC that means meeting at the old Police station at the top of Maldon high street on a Sunday morning, then setting off to explore one of the fantastic routes we are blessed to have in our corner of Essex. It is a chance to get some exercise, chat with club mates, maybe enjoy a cafe stop or just be out in the fresh air enjoying the ride. The warmer days of the summer should be the peak time for this activity (let's not talk about July weather!) And you can choose to go with a social group or if you want to stretch yourselves join the training group. In the autumn we plan to have a middle group to provide more choice. Club rides are not the only way though. This year members have undertaken overseas trips to the alps, the Retro Ronde and along the north sea coast, multi-day tours and challenging sportive's. Read more about those adventures in later pages.



Whatever your motivation and goal there is something for everyone so find a group, join in and let's show our colours

North Sea coast ride

June saw Neil Chapman and ex member Mark Beattie embark on a four day adventure to cover 270 miles riding from Rochester to Dover, then crossing the channel (not by bike!) to trace the coast route through Dunkirk to Bruges and then on to finish at the Hook of Holland. Travelling light with minimal kit, requiring evening laundry on arrival at hotels, they enjoyed changeable but mostly dry weather but best of all once over the channel the use of the excellent cycle paths for virtually the whole way. A great exploration and challenge, when asked what was the inspiration for the ride he simply replied; 'we just wanted to'. Fair enough and why not!



Did they see a mouse on the stairs? Travelling light and enjoying the scenery in Holland.

News bites

A round up of what's been going on....

The **Club open TTs** took place at start of summer with around 20 riders taking to the start line at each of the 10, 25 and 50 mile events. Special mention to **Karen Aylen** who took first female at every event.

Our very own dynamic duo tandem team of **Chris and Joanne York** have been regulars on the Tuesday 10s. Back in early June they competed in the Goodrich CC Open 10. On a flat fast course near Bungay they went head to head with three other



tandem couples for what turned out to be a great afternoon racing.

Nathan Turner and **Mike Googe** took part in this years **Ride London Essex sportive**. A century day out from Westminster Embankment to Tower Bridge via a loop to Great Dunmow saw thousands enjoying the sunshine and closed roads. High point? A great day out despite the weird sensation of riding on a closed A12 in the East end!

The **Women's World Tour** was out enjoying our local roads as part of the Ride London weekend. Several club members were out roadside to cheer them on as they raced out and back to Maldon with a couple of ascents of North Hill to let them know that Essex isn't as flat as they say!



Club members have been taking part in **grass track**, (Theo taking 1st or 2nd in all events and Doddy winning West Suffolk wheelers 500m event) **MTB** (a series of 6 races) and **Circuit racing** at Dunton and Northern Gateway (various members taking part) throughout the summer.

Retro Ronde

A highlight of the cycling year for many, the Retro Ronde is a weekend of vintage bikes and vintage kit that takes place in Oudenaarde Belgium at the beginning of June. Colin Edmond and a group of a dozen other MADCC members and club friends headed across the channel after a very early start. Once across, onto the Leopold hotel (trusty lodgings for several years) which is at the centre of town allowing prep and putting the local cuisine (and beer!) In easy reach. Groups took on a variety of rides over the weekend which included a route on Saturday including the Paterberg and Koppenberg, (who rode and who walked?!) a retro 1km time trial (congrats to Doddy on 2nd place) and a family ride, before heading to a restaurant booked by Matt Berry to enjoy the sunshine, really good food and more beer! Sunday was another hot day and this was the mass ride out. During this ride Colin had an off that eventually required a couple of stitches to his gashed knee, but having seen everyone else over their finish lines it was on for more dinner with the gang to round things out. Retro Ronde is a great weekend of friendly cycling all wrapped up in plenty of entertainment, music and dancing! Despite Colin's injury he reports all had a fantastic time and plans are already being made for next year... maybe even ride out from home!



Top left: Adrian looking ready for the Koppenberg challenge. (Ed - were is the 'after' photo?!)

Above: The MADCC and friends contingent, smiles all round and why not - look at that blue sky, colourful retro kit and those bikes!

Left: Doddy on the second step after the retro TT

Grand old Duke of York..

Over 15 days at the end of June **Mike Smith** rode his trusty 3 wheeler to attend the York Rally after chatting with Peter Lumley (founder member in 1953 of Crouch CC). Over a week working his way up the country including a couple of two night stops to enjoy unladen days (yes - trike packing!) and a spectacular ride over the Humber bridge he arrived in York. Ride out with with a group of York Roulers preceded a meet up with Peter who had been giving a talk on his lifetime of cycling and travelling. On Monday - time to head home and with a route taking in Lincolnshire, Cambridgeshire and Suffolk he arrived back Saturday. Only to head out that night to join Dunwich Dynamo for a spin to the Suffolk coast to get his mileage to push over 900 for the fortnight!



Home for the night - MADCC jersey getting an airing! Wheels? unladen!



'I can see for miles..' Crossing the Humber! Wheels? Very much laden!

Coaching corner

Making the most of your social rides with club coach **Mark McGee**.

Enjoy riding your bike, most in HR Zone 2, but don't get stuck doing 'long slow duration' rides the whole time. You will become a strong diesel but not have the turn of speed or ability to go up hills so well. Include some threshold efforts (say 5-10 minutes) and Vo2Max (2-4 mins) and sprints every so often. Do these at the end of your rides so as not to undo the good work of steady riding but getting a bit of high intensity helps build strength. You can then enjoy those long summer rides all the better!

This is just a taste with the limited space available in the newsletter so if you want to discuss anything about this , your specific training (maybe for an event) then please get in touch with Mark at coaching@madcc.org.uk This is a free service to all club members.

Audax

No reports of any club participation this year but these events are for the adventurous. Audax is a cycle ride that has to be completed within a set time limit (including stops etc.) where riders are completely self sufficient from navigating to mechanicals. Using a brevet card that proves you have been to the required check points of the defined route Audax can open you to great challenges and adventures exploring new places with friends. Check out audax.uk for more info and maybe give it a try.

Club member in Focus: Karen Ayles

Why do we ride bikes and why do we ride bikes with MADCC? We had a quick fire Q&A with Karen to get her thoughts on these important matters!

Why did you join MADCC? 'I went along to a Tuesday evening 10TT in 2020 to give time trialling a go. I loved it, so I joined up!'

What do you enjoy most about being part of the club? 'Getting to know new people who all have a common interest. Friendships, being part of a group and racing in the club kit. My family were members back in the 70's and 80's when I was growing up. I have very fond memories of those times and it's nice to be part of the club all these years later.'

Anything you have achieved in your club kit that you are particularly proud of? 'ECCA short distance TT points champion 2021 and 2022. A couple of club records.'

What is your favourite type of ride and course? 'My favourite ride would be a long Sunday social in warm sunshine, light winds and a cafe stop half way. Just a perfect way to spend a day. But equally enjoyable is an hours hard ride after work, a Dengie Loop, to get the blood pumping. I don't have a favourite TT course. It's good to race on familiar roads where you know every inch of tarmac but equally, the challenge of racing somewhere new spices things up.'



Big smiles after conquering the mighty Stelvio Pass

Any big cycling plans for the coming year? 'Training hard over the winter and work on strength training. I need more power to get faster. Heading to Provence for a week of cycling in September 2024, ending the week with a climb up Mont Ventoux!'

You took to the Italian Alps this year - what was that like? 'Incredible. I never thought I'd be able to ride up a mountain for two hours solid, but I did, and I loved it. I wasn't so keen on the descents but I managed.'

What would you say to someone who was thinking of joining the club are the best things of being a member? 'You can end up doing and achieving things that you didn't know you were capable of. That can be anything from riding to new places, meeting new people, getting training tips, entering races, holidays. The list can go on.'



Getting the power down!

Thanks to Karen for sharing her thoughts.

Contact Information

madcc.org.uk

WhatsApp | Twitter | Facebook

membership@madcc.org.uk

Member info

How much and what you get

£20 / year (£10 for second claim and under 18s)

Discounts, events, coaching, friendship and good times!

Check the website for details

Letting the Burnham Ferry take the strain!



Circuit racing: 'He's behind you!'



Club gallery Club life in pictures...



'I am speed...' Lining up to blast off on the club 10



Open 25 TT. 'And the winner is....?'



Mr Clark signing on for the Tuesday 10 with. Doddy on the 'admin'.