



## **Edinburgh RC Juniors Newsletter** Jan 2010

On Sat 30 Jan the ERC Juniors will return to the Sat 2-3.30pm sessions at the Inch Park after the snowy Christmas recess. Perhaps we will have more snow in the dark month of Feb? Since the winter solstice has passed so the nights will at least be getting lighter and we can look forward to spring.

We shall be holding our first open race on 14 March (originally announced as 21 Feb). Members and supporters can help make this a success by entering our event or helping with the organisation. Details are given below.

The second weekend in January saw the Scottish Cycling volunteers' conference in Stirling. Committee members and coaches will meet with other clubs to help progress the sport and our club. This was not just for junior clubs but covers many aspects of cycle sport.

We hope to grow the size and success of the club over the current year.

**If you have any feedback on the club's activities please contact me or one of the coaches or helpers.**

Phil

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### **What to bring**

We aim to make our sessions accessible to all. The latest, lightest, fanciest gear is not required in order to take part and have fun.

A maintained bike suitable for off road use, a mountain bike is ideal.

Crash helmet (compulsory)

Clothing that is warm or cool enough depending on the weather, thin layers are best.

A small amount to drink, even water will do

A waterproof

£1 weekly subscription but the first week is free

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### **ERC and Go-Ride**

At the end of 2009 Edinburgh RC had over 500 members with separate sections for road cycling, mountain biking and triathlon. It is the largest club in Scotland and amongst the largest in the UK. The club supports a wide variety of activities and promotes many races and non-competitive events throughout the year. You can check these on the web at [www.edinburghrc.co.uk](http://www.edinburghrc.co.uk).

Cycling suffers from a lack of younger members and ERC has been no exception in this regard. The sport's UK governing bodies British Cycling ([www.britishcycling.org.uk](http://www.britishcycling.org.uk)) has created the Go-Ride ([www.go-ride.org.uk](http://www.go-ride.org.uk)) programmes to encourage a focus on youth cycling. ERC members are enthusiastic to promote cycling and have set up a junior section under this scheme. Rigorously trained coaches lead a variety of fun games and activities for all abilities. This leads to skills tests and even talent team tests to identify future champions. The emphasis now is on having fun in a safe, off-road environment. We are progressing to gain Club Mark status in early 2009.

A promotional video is available on youtube at <http://www.youtube.com/watch?v=6whV1rc8ldM>.

We would encourage your kids to take up the offer of free membership of the ERC.

ERC is supported by



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## **2<sup>nd</sup> Birthday party**

We held a birthday party to celebrate the formation of ERC juniors in 2007. 22 kids took part in the racing around Inch Park with parents and helpers joining in. It was a muddy day with some rain which did not dampen our spirits. There were both team and individual races with club championships being decided.

	U8	U10	U12	U14	U16
Girls	Anna	Laura	Lulu	Gillian	Louise
Boys		Sean	Ross	Francis	Ross H

Following the rides we retreated to Inch house for food, drinks and prize giving. Our success in reaching this ripe age was marked by the attendance of 3 of ERC's most successful riders of recent times who presented Junior club champions with their medals.

Ali Chisholm	European Masters champion in the 500m TT and sprint
Alex Coutts	now a professional rider on the road with the Heraklion-Nessebar team
Jessica Wilson-Young	The current Scottish time trial champion at 10 and 50 miles, and best all rounder

Sean N was unable to make the club championship races as he was racing at Drumlanrig in the afternoon but managed to make it back for his share of cake and free goodies.

You can watch a video of the afternoon's events at [http://www.youtube.com/watch?v=Q0tAwoKQ\\_EI](http://www.youtube.com/watch?v=Q0tAwoKQ_EI).



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## **ERC cross race Sunday 21<sup>st</sup> Feb 2010**

ERC juniors will hold their first open event at the Inch Park using Inch house as the race venue. The race will be registered with Scottish Cycling. We hope that this will be the first of many promotions allowing budding racers in Edinburgh the chance to compete close to home. We hope to attract competitors from our 'local' rivals Peebles CC and other junior Scottish clubs.

The circuit will be approximately 2 km long and is designed by Paul Newman and Aaron Murray. Scottish Cycling and the other sections of ERC will be assisting us to run the event.

There will be categories for boys and girls at U10, U12, U14 and U16. Younger riders will complete 3 laps while the older ones will compete for approximately 25 minutes plus one lap. We hope to get an announcer to keep spectators informed and photo finish equipment to sort out any tight decisions.

The entry fee is £4 for U16 & U14s and free for U10 & U12s. Riders should enter on the day. Note that entries are NOT being taken in advance.

Food and drinks will be provided after the final race followed by the prize-giving in Inch House.

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We would like to ask for more volunteer assistants for duties such as race marshalling and traffic patrol to ensure a safe and successful day.

Tim Bartlett is race coordinator who can be contacted on [tim.bartlett@glenrental.co.uk](mailto:tim.bartlett@glenrental.co.uk).

Further information will be posted on the event section of the ERC website.

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### **Tuesday evening roller training**

The club is hoping to hold midweek roller sessions during Feb, March and April to get ready for track season. –Email or phone Phil to note your interest and we will get back to you if there is sufficient interest.

- Liberton High School.
- Time-Day 6.45-8.00-Tuesday
- Cost £1
- Bring a helmet, drink, towel, cool cycling clothes (you quickly work up a real sweat) and warm clothes for after the ride.

We will be able to provide some rollers and possibly some track bikes but would be good if riders could bring a track or road bike if you have one.

The session will be run by the ever enthusiastic SC coach Aaron Murray who has a wealth of experience on these things. He will teach you how to ride rollers and how to progress. Riders who are looking to race in 2010 or want to get fitter should sign up.

Rollers support the bike while you spin your legs furiously and get absolutely nowhere! At first it is scary being so far above the ground and stationary but soon you will be able to ride with no hands on the bars or even one legged. Rollers are a real workout despite there being no road surface, air resistance or hills to overcome. You can develop a smooth, economical pedalling style on them. These are not the same as turbo trainers.

You will see track riders warming up and down on rollers in the track centre.

70's Belgian cycling legend Eddy Merckx can be seen riding rollers on his road bike in the following video. <http://www.youtube.com/watch?v=F7K4O7YTLQQ>

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### **Parents group**

ERC Juniors relies on volunteers. Coaches and organisers are always required and a good group of parent/carer helpers is always needed. To allow the coaches to concentrate on delivering the sessions parents help with the club administration, including taking fees, keeping attendance records and welcoming new members. The current volunteers are co-ordinated by Morag Lamont and if you would be prepared to assist with the club organisation please get in touch at [moraglamont@googlemail.com](mailto:moraglamont@googlemail.com).

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### **Mountain Biking Leaders Needed**

As part of our efforts to increase the number of volunteers qualified to lead and help with ERC Juniors outings we plan to get more people accredited as Trail Cycle Leaders. Trail Cycle Leader is the Level 1 accreditation within the Scottish Mountain Bike Leader Award scheme.

The starting point to qualify as a TCL is to register for the scheme with Scottish Cycling. You will then receive an Official Training Manual with a wealth of very useful material covering everything from planning and navigation to safety and risk assessment. There is a 2 day training course for the TCL qualification, followed by a 1 day assessment.

We are fortunate to have the services of ERC MTB Maestro Cliff White to do the training and assessment. Additionally you will need to gain a recognised First Aid qualification. If you are interested in joining a small group who plan to work towards TCL accreditation please contact Alastair Borthwick (447 1459) for further information.

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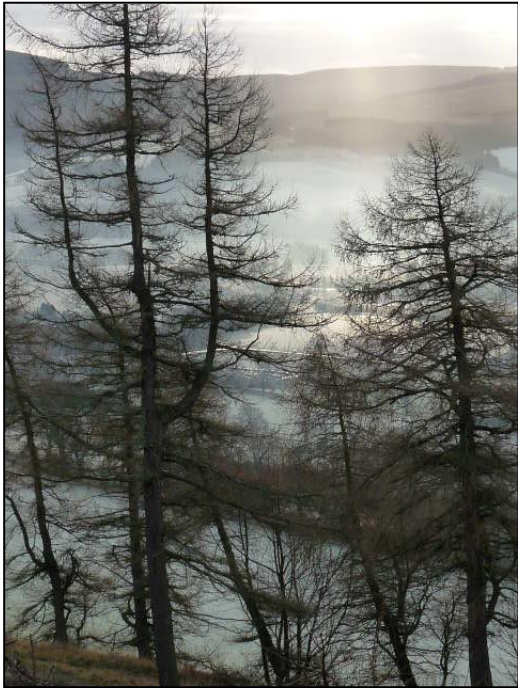
## Glentress Day Ride Dec 2009

Just six members took time out from a busy Christmas shopping schedule to visit the trails of Glentress Forest Park where we were hosted by our friends Peebles CC and SC coach David Winton. We were divided into two groups and mixed together with the Peebles sessions. We left foggy Edinburgh behind to ride in crisp sunny weather down there. Although the day was cold and crisp we warmed up during the climb to the buzzard's nest car park.

We practiced our skills on the trails and enjoyed the views from the top of the climbs.

The descents were exciting as ever with plenty of jumps, curves and even a bridge to negotiate. These needed all the skills we have been learning in the Inch park sessions to get to the bottom safely.

The frozen conditions meant that we were not splattered by mud making bike and washing easier.



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Those who stayed at home missed a real Christmas cracker!

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# Harlaw



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## **Coach Profile** - Brynley Davies



**Occupation:** Banker

**Location** Edinburgh / Dalkeith

**Why coach?** To put something back into the ERC Club which has looked after me for 7 years and because I like bringing people on and giving them the best opportunity to become successful in something they love to do.

**Ambitions for the ERC juniors?** To become the strongest junior section in Scotland and eventually Great Britain with kids winning national level races in MTB, Road, TT, CycloCross and Track, gaining selection for Scottish and GB squads before going on to represent the ERC Club at senior level.

**What is the best thing about being involved in the ERC juniors?** When the kids learn a new technique and gain confidence and seeing them grow in strength, ability and competing successfully. Morag's cakes are pretty good too.

That's me on the left.....no not propping up the tree with a bike, that's Phil "the chill" Darby.

**Favourite cyclist:** Robert Millar is a LEGEND. Next up is Jens Voigt and the inspirational Jason McIntyre. The kids should look to Alex Coutts as a great example of what can be achieved by an ERC rider.

**How many bikes do your family own?** 7, it's my lucky number! I have 5, my wife has a bike in the shed and my 4 year old daughter has a wee Islabike. That's nothing.....Ken Whitson has 14 bikes in his garage, but then I guess he is about 98 years old!!

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## **Volunteer Conference**

The weekend of 16<sup>th</sup> & 17<sup>th</sup> Jan saw the first SC volunteers' conference in Stirling.

This brought together club volunteers from across Scotland including 7 ERC members and even a delegate from Islay.

The club helpers were trained to run cycling events and clubs better by sessions for time keepers commissaires and coaches. Additionally there were sessions aimed specifically at Go-Ride clubs like ours.

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## **Event calendar**

<b>Saturday</b>	30-Jan	Inch Park Training 2-3.30
<b>Saturday</b>	06-Feb	Inch Park Training 2-3.30
<b>Saturday</b>	13-Feb	Inch Park Training 2-3.30 Musselburgh 3up TT
<b>Saturday</b>	20-Feb	Inch Park Training 2-3.30
<b>Sunday</b>	21 Feb	Knockhill MTT
<b>Saturday</b>	27-Feb	Inch Park Training 2-3.30
<b>Saturday</b>	06-Mar	Inch Park Training 2-3.30
<b>Saturday</b>	13-Mar	Inch Park Training 2-3.30
<b>Sunday</b>	14 Mar	<b>ERC race at the Inch Park (formerly on 21 Feb)</b>
<b>Saturday</b>	20-Mar	Inch Park Training 2-3.30
<b>Sunday</b>	21 Mar	SXC Round 1
<b>Saturday</b>	27-Mar	Clocks go forward 28 March
<b>Saturday</b>	03-Apr	Easter Sat <i>No Inch Park Session</i>

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## Club Clothing

We have a small supply of short sleeved jerseys in a variety of sizes. These are in a 'road' style with rear pockets. These are in the same design as the ERC but without sponsors' logos.

These are subsidised by the club and cost £15 each.

ERC have also sourced hoodies in black and red from Image Printers of Leith these can be ordered in junior sizes. They cost £15 for junior members.

Please contact Phil if you want one of these.



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## Race results

The 2009 season finished with the Scottish Cyclocross Series of races – plus the Scottish Championships. ERC Juniors riders took part in all the events with the final series standings:

	Series	Championships
<b>Youth</b>	Louise Borthwick 5 <sup>th</sup> (1st Girl)	Louise Borthwick 17 <sup>th</sup> (3 <sup>rd</sup> Girl)
	Sean Noon 7 <sup>th</sup> (1st Under 14)	Francis Webb 18 <sup>th</sup>
	Francis Webb 23 <sup>rd</sup>	Sean Noon 24 <sup>th</sup>
<b>Under 12</b>	Emma Borthwick 1 <sup>st</sup> Girl	Emma Borthwick 4 <sup>th</sup> (1 <sup>st</sup> Girl)
		Adam Brown 9 <sup>th</sup>
		Lulu Bartlett 10 <sup>th</sup> (4 <sup>th</sup> Girl)

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## Safety

Release forms must be completed by parents or guardians. (This is on the web if you have friends who want to join in.)

- We always wear helmets properly (no helmet, no ride).
- We check our bikes over before the rides.
- We always have a leader at the front and back of the bunch.
- We ride on known trails.
- We always have a first aider with a first aid kit.
- We cross the main road on foot with a leader standing on each side of the road.

This was the winning entry from the drawing competition last year. This was agreed unanimously by the committee. Congratulations to Stephanie who won on a hoodie for her work.

