



Road, Track, Time Trial, Mountain, Triathlon, Juniors

# ERC Juniors

## August 2011 Newsletter

[www.edinburghrc.co.uk](http://www.edinburghrc.co.uk)

**Welcome.** This latest newsletter is aimed at the Go-Ride activities of the club. We recognise the substantial progress made in the club with the advent of the Martin Currie sponsored youth

race team. However, the roots of the club are firmly set in the Inch park Go-Ride sessions from which we hope to see our future heroines and heroes emerge.

**Phil Darby** 077655 243 035

### Coaching support

**Garry Bell** has been our lead coach for a couple of years and he needs relief. In the words of John F Kennedy, *"It is not what the club can do for you (r child) but what you can do for your club."*

#### Volunteers are needed to:

##### 1 Become qualified BC coaches

this would allow you to teach sessions on your own. This entails 3 days of training and the submission of a portfolio of work for which, if successful you will receive an NVQ.

##### 2 Volunteer perhaps on a rota

**basis** to assist qualified coaches delivering sessions. At the moment, this has happened on an ad hoc basis. A lead or trainee coach would be there delivering the sessions but the role would be for safety, organise riders, offer encouragement and relay messages from the coach. We would expect to obtain disclosure for anyone undertaking the role.

**Please contact Phil or Ken or one of the coaches if you can help us out.**



### Parents night

There will be a parent's night provisionally at **6.30 on Monday 12th Sept at Inch Park Community Sports Club (IPCSC)** to discuss the Go-Ride club and help develop our plans following a coaches' meeting. **Your thoughts and feedback will be appreciated.**

### Edinburgh Festival of Cycling

**1-4pm Friday**

**26 August**

**at Saughton Park**

off Balgreen Road (EH11 5BQ).

About a dozen organisations will be helping to run this fun afternoon of activities which is aimed at a wide range of participant, not just children. ERC juniors will be there helping with a low key cyclo-cross event. We would encourage members to participate in the event and also try their hand at some of the other activities on offer.

### Peebles CC Dirt Crits

**Thurs 11, 17, 24 August, Glentress**

These are excellent first steps to racing in which any sort of off road bike can be used. The course is traffic free on smooth tracks with NO steep or rocky sections; see <http://www.peeblescycling.org/>.

**Check it out!** <http://www.youtube.com/watch?v=JLZsDkwEZp8>

## Birthday party

On Sat 26th

**November 2011** we will hold the 4th birthday party of the junior section in Inch Park. This will take the form of team races and other fun events followed by a "bun fight" and prize presentations in the nearby sports centre. Kick off at 2pm. The event took place 2 years ago and was simply smashing! Many of the senior club attending including professional rider Alex Coutts who several years ago developed his racing career with ERC.



## Dave Greeney, à bientôt

Although he still has a few months with us, we will be losing one of our valued coaching members at the end of the summer. Dave will be attending the birthday party where we can say our last goodbyes. Dave has brought a certain military precision and aspect to his coaching which added variety to members' experiences. (How many uses are there for mine clearance tape anyway?). **Dave, we will miss you.**

## Go-Ride switches to Sat

The last Monday session will be held on **5th Sept** and the first Sat session will take place on **17 Sept**. There will be no session on **Monday 12th Sept**. The start time will be 2pm.



## Key dates

Watch for changes

**Thurs 11, 17, 24 Aug**

**Glentress dirt crits**

**Friday 26 Aug**

**Festival of Cycling**

**Sun 11 Sept**

**Glasgow-Edinburgh (and start of the Tour of Britain in Peebles)**

**Mon 12 Sept**

No Monday at **Inch Park**

**Sat 17 Sept**

**Inch Park** moves to Saturdays 2pm

**Sat 26 November**

**Birthday party**, Inch Park

**Sat 3 Dec**

**Last session for 2011** (weather permitting)

**Sat 14 Jan 2012**

First **Inch Park** session for 2012

## Glasgow - Edinburgh Challenge (51miles)

The annual cross Scotland fun ride will be taking place on **Sunday 11th September 2011**. 8,000 people took part last year. We recommend that members ride this event. It is just the thing see another side of cycling. On the same day, there is a 9 mile Edinburgh Family Ride from Kirkliston to Murrayfield and a 107 mile sportive which also ends in Edinburgh. There is also the traditional 9 mile Sky-ride centred on Glasgow if you are based there.

Details at <http://www.pedalforScotland.org/>

Registration is required.

## Bike maintenance

Please ensure that bikes are maintained adequately, especially.

- **brakes** - they should come on half way through the lever's travel)
- **gears** - all should be working,
- **handlebar** end plugs in place

Affordable kids' bikes are available on Fridays from the Bike Station.

## Club race bike loans

The club owns 4 Isla bikes which can be borrowed for six months by members who want to try racing. They are suitable for cyclocross and road racing. **See Phil or one of the coaches for further details.**

