

# WESTBURY WHEELERS

## WHAT WOMEN WANT NEWSLETTER

July 2019

### ODD DOWN – TRAINING SESSIONS FOR WOMEN

The first of these dates was a beautiful afternoon with light winds and lots of happy faces. Another one of these sessions took a battering from the weather resulting in reorganising several of the proposed dates and ultimately having to turn up on one of the windiest days of the year. Most of the ladies, from several different clubs, got into the spirit of the day and enjoyed the challenge of riding in fairly extreme conditions. The plan for the coming year is to hopefully arrange a 1 day event which could be several hours on a full track. Hopefully this will appeal to fresh faces as well as some of the ones that came this year.



### VELODROME EXPERIENCE

We have a mixed group of 20 signed up for this and it looks like it's going to be a fun day out! It transpires that the pedals on the hire bikes are for Keo cleats and cannot be changed. There is an option to wear trainers with toe straps or buy your own cleats. Chain Reaction are selling them for £4.99. Please check they are compatible with your existing cycling shoes. Maybe we could share the transport between a few of us rather than take 20 Cars. Check out FB for further details shortly.

### WATERCRESS CHAMPIONSHIP TT

With the huge success of the WW Watercress TT over the years and with the continued success Steve and Anne have so far managed this year with record numbers of entrants, it's now time to think about the final event of the season which will be held on Monday 9<sup>th</sup> September. Come along, try for your final TT PB, maybe win yourself a trophy. If you haven't been to any of the Monday evening TT's no worries as this is an individual event and you could win! I would bet my bottom dollar there will be cakes for all at the end as usual too! It is also planned, weather depending, to have an end of season celebration with crepes and other refreshments. A post on the Facebook site about this will come out shortly.

Nothing compares to the simple pleasure of a bike ride -  
J.F. Kennedy (and one or two others)

(2)

**LADIES LUNCHTIME RIDE**  
**Saturday - 21<sup>st</sup> SEPTEMBER – 11am**  
**Market Place**

There will be two separate rides, one for the beginners and one for regular lady riders who would like to go a little faster and further. We will all set off at the same time with both groups meeting at a prearranged time at The Field Kitchen Holt for lunch. Hopefully we will have a good turn out for both groups and an 'Event' will be posted on WW FB page soon.

*Alone we can do so little:  
Together we can do so much  
Helen Keller*

**PHOTO FROM THE LAST WWW MEETING – come and join us next time!.**



The next WWW meeting will be held on the week beginning 4<sup>th</sup> November and a poll to choose the most popular day will be posted nearer the time. The purpose of these meetings is to gather together and listen to each others ideas and meet up with like minded people and have a chat. They are held once every three months and last approx two hours.

**25 MILE (HILLY TT) 3's UP - 29<sup>TH</sup> SEPTEMBER**

This will appeal to our fast, strong and ambitious ladies .... Starting from Maisemore in Gloucestershire this event, which already has some interest, will involve teams of three. It will more than likely also mean a night away as it's quite a distance from Westbury.

As always please watch out for this on WW FB page and get your names down if you're interested!

As well as the above the intention is to look out for 3's and 4's up TT's (as local as possible) for 2020. They will be a mixture of 10, 25 and possibly 50 mile options. We already have some interest and hope to have as many female teams as possible. Of course with either of the above if there are any men interested please get involved too!

**MAINTENANCE WORKSHOP**

The last one of these was a hit for those that came. The expertise of the supportive Westbury Wheelers demonstrating how to repair a puncture and chain, amongst other things, gave us the confidence to have a go ourselves. Admittedly we mostly still rely on the strength and aptitude of our willing men to do the job most of the time for which we are very grateful.



It is hoped that we will be able to arrange another one of these for later in the year if we can get the likes of Phil Miles (who led the last demonstration) and others to help once again.

**Date to be arranged.**

### CLUB CYCLING FOR BEGINNERS

Well done to all those who turned up and persevered on this 10 week course (stretched to 15 weeks). Thanks to all Wheelers who helped make this a success.

There will be another 10 week series of Saturday afternoon rides starting on September 14<sup>th</sup> for those interested in continuing and for any new ladies who would like to join. Rides will be tailored to suit beginners and those fueled with the knowledge they have already mastered.

Anyone knowing of any ladies who would like to join this coming autumn please let me know.



### UPCOMING AUDAXES

Ken's Autumn Colours Audax – Sun 13<sup>th</sup> October 2019  
<http://www.aukweb.net/events/detail/18-443/>  
(also see FB 'Event')

Welsh Castles Populaire – Sun 1<sup>st</sup> December 2019  
[www.aukweb.net/events/detail/19-514/](http://www.aukweb.net/events/detail/19-514/)

### DISTANCE CHALLENGE -

This is an ongoing event open to men and women. The challenge is to get as far as possible in either 6, 12 or 36 hours (from the Market Place as the crow flies). There will be prizes this year at the award ceremony for furthest travelled man and woman. Who will be the first female to set the distance to beat? There is already a fantastic distance set for the 12 hrs challenge (Ian Barlett) however, we need a female to set a distance too!!

Choose a day when you would have the wind behind you, set off on your bike, recording the ride on some media (e.g. Strava). When you have finished you could always get the train home or ride back (if you are really brave). Your distance travelled will be calculated using google maps and posted on WW FB page. That will then set the challenge for any others wishing to smash your distance or will put it nicely in the bag for you to win the award at the WW Christmas dinner on 7<sup>th</sup> Dec.

**It will shortly be announced that the new WW kit will be available to order from Halo .....  
watch this space!!**

### INTERESTING and INSPIRATIONAL FEMALE CYCLISTS OF THE MONTH – do have a look.

My personal all time favourite interview with Cecille Ludwig (it's inspirational, hilarious and unique)

<https://www.bbc.co.uk/sport/av/cycling/47868621>

and

Lizzie Deignan

<https://www.womenstour.co.uk/lizzie-deignan-wins-2019-ovo-energy-womens-tour/>.