

Issue 416

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CRANKS

Volume 35

The Magazine of
Deeside Thistle Cycling Club

Sponsored by:

Freelance World
YOU COUNT. WE COUNT.



and

Acumen
acumen group

Current Membership 389 (383)

SCU Membership 156 (165)

British Cycling's Largest Club

Editorial:

It happens once a year, our AGM. It's an important meeting that every member should make an effort to attend. It's where reports on the year's activities are given and Club Champions are announced. It's where you decide on change of rule and very importantly; it's where you decide who is going to run this organisation for the next year. The AGM takes place this year on Wednesday 03 December from 8.00pm in our clubrooms at Garlogie Hall. Will you be there?

I've seen a sample of our new club clothing and am impressed. The manufacturers have promised us supplies for the AGM and I hope there'll be enough stock to meet the first demands. Estimates were made from early requests and over 200 garments have been ordered. New estimates will be made after the AGM and additional stock brought in as quickly as possible

At the close of the racing season we normally embark on a few months of intensive remedial exercises at Garlogie Hall. This year I decided to take a rest and free up my Wednesday evenings for a while. Circuit sessions didn't start immediately. Instead I sent out a query to find out important these physical activity evenings are to members. Opinion was divided. Many of the returns indicated lack of interest, which is understandable for members aren't compelled to follow the party line on every occasion. However, a significant number did say that they wanted, needed and would attend a weekly circuit training session. So they are back on, each Wednesday evening from 7.00pm from now until the end of March.

PHILOSOPHER'S CORNER (*Dick Bird*)

There are no shortcuts to any place worth going

Do you have a view on life? Why not submit your favourite few words of wisdom for public consumption in this exclusive corner of your magazine. Send now to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ or email Knockies@aol.com

SEAN'S STORY

Pre season training had gone really well and I had high hopes for this season, unfortunately it never really happened which is a little disappointing.

There were a lot of high points in the season; we had a team in the national 10, 25, 50 and 100 time trial championships. I was part of the 3 shorter distances and Colin Sim would have been part of all 4 if he hadn't crashed during the 100. By my reckoning our best finish was 4th team in the 50 with Colin, Kenny Anderson and I.

One lesson learnt was to have a back up plan in case races are cancelled. When the 10-mile time trials in March were cancelled due to snow, because I did not have anything planned, I did a halfhearted session on the turbo. If I had a hard session planned I could have trained at race intensity and stayed on track.

The Team Time Trial in August was my highlight of the season. Ross Clark, Duncan Warwick, Ian Brown and I were the team. Duncan has been consistent all season and he set the pace with the rest of the team following his lead. During the second lap Ian was probably the strongest and I struggled to stay on his wheel a few times, it must only be a matter of time before Ian and Ross go under the hour for a 25!

We worked well for the 38 miles and it was a great team effort! We finished 16th out of the 35 teams with a time of 1:31:03. It was also greatly appreciated that Peter Clark gave up his day as driver for our following support car, it's the first time I have had that and it definitely makes you feel safer when you are in an echelon.

It's a pity for a club our size we only had one team entered for an event less than 40 minutes from Aberdeen. An Edinburgh club had six teams entered, could we beat that next season?
Sean Monaghan

Coming Soon

Pro-ject

2009

Rt - 6

Road-race riders only

Doug Haig

DEESIDE RACING

Deeside Racing are holding a number of racing workshops over the winter. These will be held on Saturday mornings at Garlogie Hall and will take the form of a coaching talk followed by a group ride or Turbo session. Based on numbers and abilities we may split the rides into a number of groups. We will also have an opportunity to discuss squad objectives, goals and events for next season and beyond and coaches will be on hand to answer any training questions. These sessions are open to all members who are interested in improving their cycling performance.

The timetable for the workshops is as follows.

- 28th November, 9am
 - Training Principles
 - Turbo training
 - Group turbo session
- 17th January, 9am
 - Racing, Fitness and Skill Requirements
 - MTB, Track, Road race, Individual TT, Team TT
 - Group ride
- 21st February, 9am
 - Nutrition
 - Race preparation
 - Group ride

If you would like to attend one or more of the workshops please contact Ken Bryson, ken.bryson@talk21.com, Tel 01224 877533. **Ken Bryson**

ACTIVE SCHOOLS

I have just taken up a post of full time Active Schools Co-ordinator for the following academies - Harlaw, Hazlehead, Kincorth, Torry and Cults. I have recently had a meeting with a teacher at Hazlehead who currently runs a Mountain Biking club at school, and is looking to expand the club and potentially look at running an inter-school mountain biking competition. **Mark Pain**
Active Schools Co-ordinator (Secondary), Tel: 01224 497173

DISCOUNT AT ALPINE BIKES

On a recent visit to Alpine Bikes I was disappointed to be refused club discount. Other members have had the same disappointment. So I wrote Alpine Bikes and within minutes got the following very welcome reply:

"Due to the current financial climate, rising rates and manufacturing costs ever increasing Alpine bikes made the decision to stop offering club discounts. It was not an easy decision to make as we have, as you mentioned built up a strong relationship with many clubs over the years. I would say that there has been a certain amount of complacency on my part and I had not appreciated quite how many of our customer base this would affect - especially from Deeside Thistle. I have spoken to the General Manager of the Alpine group who has agreed that with immediate effect club discount of 10% is valid for Deeside Thistle members who display a current/valid membership card. Regards, John Fraser, Store Manager

KINTORE KLASSIC

Rob Armstrong - Everything seemed to go OK – no accidents, and no major upsets, surprises or problems. Turned out to be a tough day – the wind caused a few problems, especially for the slower of the 200k groups. Thirty-six riders started from Kintore. A few others joined in part way round and peeled off again. By 8pm on Saturday it looked as if there may have been 45 riders, but we had a few no shows

Stan Kay - just a quick note to say thanks for a well-organised and enjoyable day. This was my first proper run out with the club, looking forward to next season

Dick Bird - Rob Armstrong's organisation of the Kintore Klassic was absolutely faultless - I can't think of an event that has run more smoothly!!

Peter Dennis - the Kintore Klassic is a cracking event with a whole collection of killer klimbs. The day before had been miserable weather, but karma kicked in and sunshine ruled the day, though a kruel wind seemed to blow into our faces the whole way. After lunch my legs were kaput, the krunch had come and only Rob Brookes was keeping kool (someone sign him up to Deeside quick, before a European team gets him). Fortunately, the knackeredness ebbed and the fuel kicked in. But this was the kalm before the storm of the Suie. The final cataclysmic punishment for the day with legs all krumbly. Krazy stuff – but great fun as a finish to the season. Thanks to Rob and his wife for the organisation and food

Katrina Brown - hills, headwind and hunger - the first two we battled the best we could. The last was never a problem as the spread of food was amazing and much appreciated. A great route!

Steve Spink - a well organised run. Unfortunately not a lot of people have the clout to ensure the weather is spot on and it was a blowy kind of day, but dry. I entered the 100km, and in a way it was the correct decision, as I am sure the 200km groups will agree.

A strong wind annoyed, but with the size of the second 100km group, turns on the front were shared out fairly. We soon arrived at the feed stop in Finzean, where we'd obviously caught out Rob A, but he soon sorted us out with a welcome cup of coffee and a fantastic spread of rolls. Conversation turned to the 200km group and we were all in agreement that the wind would have been playing havoc with them over the Cairn, as we thought we may have seen them at the stop. It was not to be, and we set off again, leaving a few of the group to finish with the first group of the 100km.

The run up the Learney was a tough one and all was well until the turn towards Monymusk, where Pete Kneeshaw decided that he would push up the pace, and it was eyeballs out for the last 10 miles to Kintore, each 'athlete' taking his turn in the flying chain gang.

Handshakes all round at the Kintore Hall, and again we had beaten Rob and his crew to the end, but he soon arrived, and the food provided to us was outstanding, and definitely hit the spot.

Well-done Rob and your crew for providing a good run and excellent provisions. I hope this'll be an annual event, and maybe next year I'll step up to the 200km.

Sponsors Statements



"Established in 1999, Freelance World provides specialised book-keeping, accountancy, and tax services to freelance contractors working in the UK and overseas. We currently support contractors in over 30 countries from our head office in Aberdeen. We also have offices in Edinburgh and Manchester.

We aim to be a Provider of Choice in our chosen markets; we also aim to be an Employer of Choice. As an organisation we work closely with a number of local and national charities through our Corporate Social Responsibility initiative with our sister company Acumen. We see the relationship with Deeside Thistle as strengthening our ties with the local community.

We believe that cycling is a positive activity that can be enjoyed by everyone, young and old. It is also aligned with many of our core values. We take the health and well-being of our staff seriously, indeed we offer a comprehensive free health & well-being service to all of our employees.

Freelance World is delighted to sponsor Deeside Thistle Cycling Club, and we look forward to a long and fruitful relationship."



"As a company we have been attracted to a sport and activity that not only has tremendous health benefits, but which also has a strong social element that sees entire families become involved in cycling. This sponsorship deal with Deeside Thistle ties in with our Group Corporate Social Responsibility values of supporting the people and communities in which we live and work. CSR is very important to us. It reflects the way we conduct business and underpins our core business values. A strong position on CSR also allows us to position ourselves as an employer of choice in the financial sector, to both our current and prospective employees. We have to ensure we can keep attracting and retaining the very best employees and our friendly, professional, ethical stance in everything we do, continues to be a major factor in joining The Acumen Group.

The Company of tomorrow will be expected to thrive in two ways. It must be financially successful, but it also must be seen to have a positive and meaningful relationship with all its stakeholders and the community in which it operates. Finally, by relating our CSR activities to the communities where we do business, we aim to make them better places to live and work in. Our aim is to foster good relationships with those communities and manage responsibly the impact our operations have on the environment.

We are delighted therefore to be embarking on what we hope will be a long and mutually beneficial relationship with Deeside Thistle Cycling Club."

RECYCLE

We are 're:cycle' - a student design group from the Glasgow School of Art and University of Glasgow looking into the issues of bicycle security and safety.

We are conducting a study into the usage of bikes by the over 40's age group and would greatly appreciate it if you could fill out our online questionnaire (should it be applicable to you) and forward it on to anyone within your organisation who may fit into our target age group. Thank you very much!

Please click on the link below to open the questionnaire: <http://tinyurl.com/re-cycle-survey>

Lisa Woo, Eldri Mossige, Sam Stevenson
Contact email: 0502026w@student.gla.ac.uk

BRAVEHEART FUNDING

Application forms for Braveheart Funding can now be completed online. Visit the [homepage](#) of the Braveheart Website and click on the application form link, complete details and then submit.

We welcome applications from the following groups of racing cyclists and organisations:

- 1 16 - 23 year olds aiming to progress to Commonwealth, World and Olympic Championships in all disciplines of cycle racing. Ideally candidates should be competing within the top ten at UK national championship events
- 2 Over 23's who currently perform at Elite level competition and can demonstrate their ability to medal at Commonwealth Games 2010 or World Championships 2009/2010
- 3 Clubs or Organisations who can show a structured program of U16 youth 'racing cyclist' development

Work with online application form as it is or alternatively email the fund with your proposals. It will be beneficial to show a long-term plan, success stories and to advise of other funding received or applied for. Success with other funding does not exclude you from Braveheart Funding, it might increase your chance of us helping you with a bigger project. We have a very open mind to this area.

Priority of all Braveheart Funding will be with the most talented riders between the ages of 16 - 23. Riders who can demonstrate that they are currently or very nearly medal winners at UK Championship level or higher will be the priority of the Braveheart Fund. Depending on the number of successful applicants within this category will therefore determine the level of funding available to other categories.

LETTER

Sir, I was a member of the original Deeside Road club back in the 1950's. We amalgamated with the Thistle Ladies club back then. Happy to see that the club continues to grow successfully. I should have seen that your address is in Inverurie as my wife and I were in the area for a few weeks in July/August. Pity

Regards, Derek Rennie

VISIT TO MANCHESTER TRACK

I was in Manchester today for my first experience of riding the track. I'd never ridden a fixed wheel bike either, and when I got there and saw how steep the banking was at either end of the track I was bricking it!

However, after 20 minutes I'd got the knack of the fixed wheel and the banking was becoming less scary. Actually, when you relax into it and accelerate through it then it's nothing to worry about!

The last 20 minutes I was flying round, lapping a number of riders and keeping up with the fast experienced guys. It was just an awesome experience and I'm a total convert to track riding. It's just a shame that we don't have a decent track in Scotland. I'll just have to find reasons to get back down to Manchester.

After showering I had lunch in the cafe. Pasta and Bolognese sauce - the lady kept piling it on. She must've thought I needed feeding up. Just when I thought my day couldn't get any better, it did.

I'm standing at reception handing back my helmet and shoes and paying for my session on the track, when out of the corner of my eye I see a Team GB tracksuit walking in the main entrance. It's Chris Hoy, four times Olympic Gold Medallist, and multiple World Champion. Chris comes right to where I'm standing and I've to move so that he can sign in. Deciding to take my chance I ask for his autograph and explain that I've come down from Aberdeen for my first time on the track. What a nice guy!

The lady at reception tells me I'm in luck as Team GB are training at the velodrome this afternoon, and Chris is running late. My plans to head into Manchester and do a bit of shopping go right out the window as she suggests that I stay and watch. She very kindly books me a taxi to take me to the airport at 4pm. I've now got two hours to enjoy watching my heroes. It really can't get any better than this.

Two minutes later it does. I'm walking up to the stands when I see this girl running towards me. It's Vicky Pendleton, Olympic sprint champion. Seems that she's late too. A quick "hello" and Vicky's off to get changed and warmed up. She's gorgeous. I'm in heaven.

I take up a seat (the only spectator in the velodrome) right on the start/finish line and settle in to enjoy the afternoon. The guys warm up. Then get right into some serious training, mostly involving motor pace behind a motorbike, which swings off and lets the rider simulate the end of a race. For sprinters like Chris & Vicky it's an eyeballs out sprint for the line. For the pursuiter like Jo Roswell and Bradley Wiggins it's a couple of k's timed by the coaches. It's quality stuff.

At about 3pm I head back down to reception to get myself a coffee. I get out of the lift and have to climb around three guys having a meeting beside the coffee machine. It's only Dave Brailsford, GB Cycling Performance Director and Rod Ellingworth, coach to our road stars like Cav. Wow!

I was waiting for someone to pinch me and I'd wake up in the Arndale Centre or something, but no, this was all real. As Katrina said on the text later in the afternoon it was one of life's happy shiny days!

Alasdair McGill

ANNUAL GENERAL MEETING

The club's Annual General Meeting will take place on Wednesday 03 December 2008 commencing at 8.00pm in the clubrooms at Garlogie Hall. All Full and Family members are eligible to attend. Propositions for new or change of rule should already be in the hands of the Secretary.

CHRISTMAS FUNCTION

Christmas '10', Lunch and Presentation - the annual Christmas bash takes place on Sunday 14 December in Echt Hall. All members, friends and families are welcome. Tickets will soon be available. These are priced at £12 with concessions available. Book your tickets now to avoid disappointment. We sold out last year. It is a great day starting with the 10TT (6 miles if you're lucky) where folk should wear fancy dress. This is followed by the lunch, which will start from about 1.00pm. At the end of the meal the presentation of trophies and awards for 2008 takes place. There'll also be a raffle (please make some sort of donation for this). Book your tickets by emailing Sandy Lindsay on knockies@aol.com or phoning 01467 681330. You may pay via PayPal on the [club website](#).

FEES ARE DUE

Annual Club Subscriptions are due. You should be considering payment of your annual fee to the Club – your own, your spouse/partner and family if appropriate

Over 18 - £23.00, 16–18 - £12.00, Under 16 - £7.00, Family (each) - £2.00, Associate - £7.00

Family is defined as spouse or those under the age of 12 of an existing member.

- Generally you can pay cash or cheque at Garlogie on a Wednesday after 6.30pm
- You can send a cheque to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ. Cheques should be made payable to DTCC
- You can use Internet banking to:

Bank: Lloyds TSB

Account Name: Deeside Thistle Cycling Club

Bank Sort Code: 30 10 01

Account Number: 00802182

Your name will normally be listed on the bank statement but this is not always the case so it is important to drop an email to knockies@aol.com saying what you've done

- By PayPal - on the club [website](#) Many members have used this facility and though it does cost the club a bit in commission it is instant and transcends currency boundaries

STEVEN MILES ACCIDENT

Steven Miles was hit from behind by a car recently, while on his mountain bike. He suffered two broken elbows and bruising. He is at home now. The car did not stop and the incident has been reported to the Police.

PROPOSED 2009 CALENDAR

21 March	Sat	D.Londragon RR	60mls	ADCA
29 March	Sun	Presentation TT	15mls	ADCA
05 April	Sun	B.Souter Trophy TT	10mls	ADCA
18 April	Sat	Spring Bunny TT	25mls	GCRT
26 April	Sun	Ythan Hilly TT	20mls	YCC
07 May	Thurs	Non Std TT (1)	19.2km	GCRT
12 May	Sun	APR	50mls	DTCC
21 May	Thurs	Non Std TT (2)	23.1km	GCRT
24 May	Sun	Drumlithie 25	25mls	DTCC
31 May	Sun	Olympic TT	15mls	YCC
06 June	Sat	Neish/B.Low TT	25mls	AWCC
11 June	Thurs	Non Std TT(3)	33.1km	GCRT
14 June	Sun	Fitnut Trophy TT	50mls	GCRT
17 June	Wed	Massie Shield TT	25mls	ADCA
21 June	Sun	National C'ship	25mls	ADCA
25 June	Thurs	Non Std TT (4)	23.2km	GCRT
28 June	Sun	Coffee Pot TT	50mls	ADCA
05 July	Sun	Super 6 Series	85mls	DTCC
19 July	Sun	Furneaux Trophy	100mls	ADCA
26 July	Sun	Ythan 10 TT	10mls	YCC
06 Aug	Thurs	Non Std TT (5)	22.4 km	GCRT
13 Aug	Thurs	Non Std TT (6)	19.2km	GCRT
0 Aug	Sun	Glegg Trophy TT	25mls	ADCA
06 Sept	Sun	Rising Westerly	100mls	GCRT
13 Sept	Sun	Ythan APR	45mls	YCC
19 Sept	Sat	AC Yule TT	10mls	AWCC
20 Sept	Sun	Hill Climb	1mls	

MAJORCA 2009

For a number of years members of the Deeside Thistle, Dundee Wheelers and friends have been joining forces in Majorca for a Holiday/Training Camp. This isn't a private party and any members of DTCC are welcome. It happens on 20-27 April 2009.

By this time we have sussed out the best rides from Puerto Pollensa in the North East of the island with beautiful scenery, spectacular climbs and great cafes. The week can be as easy or as difficult as the individual wishes and we try to ensure that nobody gets left behind, unless of course they want to wander off.

People already booked for 2009 are John Bergeland, Peem Brewster, Bill Byth, Pete Kneeshaw, Stewart Mitchell, Dave McCallum, Dave Morris, Kim Morris, Ben Preece, Dick Stewart and Andy Tivendale. We are all vets but act much younger than our years and are not in the least ageist.

Puerto Azul – Valentin Suite Hotel in Puerto Pollensa is the venue on a half board basis and this has proved very successful in the past. The hotel has good storage facilities for the bikes and a small self-service laundry.

Andy Tivendale has been volunteered as our booking co-ordinator for Hotel and transfer bus only. Book your own FlyGlobespan flights from Aberdeen. If you are interested and want more information talk to Andy Tivendale (013398 86588) andy.tivendale@virgin.net, Stewart Mitchell molly.mitchell@tiscali.co.uk, David Morris david@davemorris.f9.co.uk, Derek Stewart stewart.d183@googlemail.com or Bill Byth (01330 822669) bill.byth@gmail.com

PATHWAYS INTO SPORT INQUIRY

The Health and Sport Committee has launched the second phase of its inquiry into pathways into sport. The Committee is concerned that the number of Scots participating in sport is declining, and targets for young people's participation are not being met. The Committee is keen to investigate the barriers Scots face in the early stages of their pathway into sport. The Committee inquiry will explore these issues specifically regarding, children and sport, community facilities and coaching.

The Committee's inquiry will be structured around a number of key questions. The Committee would be grateful if responses could focus on these questions. For your information, the key questions are as follows:

Children and sport

What level of sport and physical activity should be provided by primary and, separately, secondary schools?

Is a lack of the right type of facilities in schools compromising sports education?

Who has the responsibility for ensuring that there is adequate sports education in the school system?

Are there enough of the right facilities in schools to deliver appropriate levels of sports education?

How can the links between schools and sports clubs be improved?

What differences have Active Schools Co-ordinators made to the links between schools and clubs?

What are the barriers to universal access for children to sport, for example travel costs and the cost of equipment and kit?

Community facilities

How effective has the National and Regional Sports Facilities Strategy been in delivering facilities for community use?

Do local authorities have their own community sports facilities strategies? Where such strategies exist, what role do community planning partnerships and community health partnerships play in developing those strategies?

What are the barriers to making better use of school and other facilities, such as by the wider community, and how can such barriers be overcome?

How can examples of best practice in the provision of facilities be learned from and rolled out on a wider basis?

What lessons can be learnt from the way in which community sports facilities are used in other countries?

Coaching

Are there enough coaches and volunteers to support sport in Scotland?

What systems exist to make sure that best use is made of the coaches who are currently available?

What are the barriers to more people coaching, and volunteering to support, sport in Scotland?

How to submit your evidence

Please use the specific questions as the basis for your submission. You may wish to respond to any or all of the specific questions. Evidence should be reasonably brief and typewritten (no more than 6 sides of A4 in total).

The closing date for written submission is Friday 21 November 2008. Owing to the timescale required to

process and analyse evidence, late submissions will only be accepted with the prior agreement of the Convener.

Responses should be sent, where possible, electronically in Word format to the following address:

healthandsportcommittee@scottish.parliament.uk

You may also make hard copy written submissions to:

Health and Sport Committee, T3.60, Scottish Parliament, Edinburgh, EH99 1SP

TIBET BY BIKE: ALTITUDE WITH ATTITUDE

Tibet by Bike is an illustrated talk given by Gordon Casely, a journalist and lifetime cyclist who lives in Aberdeen, has cycled in six of the world's seven continents, but he describes his crossing of Tibet as his hardest expedition ever. During the three-week ride with a CTC group in October 2006, Gordon covered nearly 1000 miles, including six passes over 16,000 ft, plus reaching the Rongbuk glacier at the foot of Mount Everest at 18,000 ft. With the aid of comprehensive slides, Gordon will describe both the hardships and delights of the ride, and also give an insight into the lives of Tibetans under Chinese rule. Date: Wednesday 26 November, Time: 7.30 pm, Venue: Room KCG7, King's College, High Street, Old Aberdeen, Admission: Free, or donation to Tibet charity. Contact: Tel 01224 314127 for further details.

Eric Malcolm

CLUB FORUM

This is a reminder to members that there is a club forum, which can be found at <http://dtcc.forumup.co.uk/> The forum has been set up to allow members to share news, discuss topics, and will be the focus point for Deeside Racing announcements. It's a free service; so don't be afraid to use it!

CLUB WEBSITE

Des Young has developed a good website for our club. You are invited to make comment and submit material for publication. Please visit regularly as the content keeps changing. Des can be contacted via the website at www.deeside.org or at webmaster@deeside.org

2009 CALENDAR

The 2009 Calendar is not complete. We need someone to do the Coffee Pot 50TT. So far not that many events and we could do with more. DTCC members are running 6 events - GCRT are doing 9 (6 x non standard Thursday Evening TTs) – YCC have 5 events – AWCC 2 events. Take out the 6 evening events and we only have 17 events at weekends. Those at the Date Fixing thought we should try for Nat 25TT again. With the promise of help like last year I'm OK with that. We could do with another 10 at least and possibly a 25 - or more. No point in complaining about the lack of events in 09 if members are not prepared to put them on. Over to clubs and their members.

Isobel Smith

isobel@beldie.freeserve.co.uk

RELENTLESS 24

This event is worth bringing to the attention of members - <http://www.nofussevents.co.uk/event/Relentless-24/1022/> All "No Fuss" events are well organised, friendly and great value. The course at Fort William should be 100% rideable

Phil Kelman

PHIL WINNING

Some people cope after a very stressful event, like being made redundant, others don't. Behaviours make a difference. I will give you an example; people that seek support from a close friend, partner or family member cope better than those that don't.

10 tips to stress less are:

- 1 Organise your day
- 2 Eat healthy
- 3 Go for a walk
- 4 Have an early night
- 5 See the funny side of life
- 6 Catch up with friends
- 7 Learn something new
- 8 Ask for help
- 9 Take time out
- 10 Reach out and help others

Phil McNally <http://www.veryhappyphil.com>

MOUNTAIN BIKE TRAINING RIDES

A group of DTCC members meet for mountain bike runs on Tuesday and Thursday evenings. We'd like to invite other club members who may be interested in getting into mountain biking, either for fun only or with a view to eventually competing in the SXC mountain bike race series or some of the many mountain bike enduros.

The group meet at 18:45hrs and the runs usually last between 1 and 2hrs and can be tailored to suit all skill levels. We always ride to the pace of the slowest rider so no one gets left to die of exposure in the forest.

Interested? Then please contact either Simon Richards or Pete Kneeshaw and we will put you on the e.mail list. Simon is on simon.richards@lundinbritain.com tel: 01224-287005 and Pete is on banchory.cycles@btconnect.com tel: 01330-820011

GRAMPIAN TIGERS YOUTH CYCLING CLUB

Grampian Tigers Youth Cycling Club has been reconvened. Members interested in getting involved with this youth group are invited to contact Gareth Smith on 0787 9282666. He is also on info@grampian-tigers.co.uk and there is a web site at www.grampian-tigers.co.uk.

OLD CLUB CLOTHING

The old colours may still be worn for training and in Evening League events, certainly for the 2009 season. There is a small stock of garments held by Mike Brown, 01224 743304. These are being sold off at 50% reduction in price. Please give Mike a call if you would like to take the opportunity of this sale. He has a number of winter wear garments, which will be ideal for use during the close season.

NEW CLUB CLOTHING

Supplies of new club clothing are scheduled to arrive in time for our AGM. The manufacturers have promised a rapid turn around now that they have an initial order. Those of you who have not yet ordered may be waiting to see the garments before doing so. As soon as a new list is created more stock will be ordered. *AJL*

CALENDAR NEWS

Go to Scottish Cycling's website at www.scuonline.org and hit the Calendar icon on the menu bar. This will list all of the events in Scotland for you.

If you are a BC member why not log on to the BC at <http://www.britishcycling.org.uk> and use the My Membership icon on the left hand menu and build your personal calendar of events using the My Calendar function. It's really simple to use. While on the BC site you can renew your membership

TOUR OF SPAIN

I'm interested in doing a one week tour of the Picos de Europa in Northern Spain in late April - May 2010. It may seem a long way away but time flies -so as I say I thought a group of like-minded cyclists staying in a hotel in the Picos - and doing day rides and maybe some car assisted as well. If any body wants to chat about it I can be contacted on cirezil@tiscali.co.uk *Eric Malcolm*

RECENT NEW MEMBERS

1076	Robert Brown	Cammachmore	37
1991	Robert Brookes	Aberdeen	31
1992	Sally Huband	Banchory	35
1993	Joanna McGill	Inverurie	39

VETERANS' TIME TRIAL ASSOCIATION

All cyclists over 40 years of age are eligible to join the SVTTA. Full annual membership is only £15.50. The SVTTA actively promotes racing among the over 40s when age related standards permit this entire group to compete on an equal footing. If you are not already a member, please get in contact with Sandy Lindsay (01467 681330 or knockies@aol.com).

CLUB TRAILER BIKE

A child's trailer bike suitable for children from about 4 - 7 years old is available on loan to club members. The bike is complete with a safety flag. Andrew Harrington is in charge. Contact him on 01224 682001 or email andrew.harrington@hmce.gsi.gov.uk

SCU/BC MEMBERSHIP

Are you about to renew your membership? British Cycling will send you notification before it is due. However, you may download a form here: [Senior](#) or [U18](#) or from, Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ (tel: 01467 681330) or email knockies@aol.com. There is also a concession of £12.00 for those joining for the first time or after a lapse of two years. You can download that form [here](#) - or contact your secretary for more detail.

Britain's National Cyclists' Association



Working for all Cyclists
Newcomers are welcome particularly on the Morning/Slower Full Day runs.
Faster Full Day runs are for the more experienced



Runs Lists: To obtain the next runs list, email John at j_m_scott@yahoo.com You may also phone Sheila on 01224 639012 or check www.ctcgrampian.org.uk

Contact numbers: Please do not phone after 9pm - In case of bad weather, you may wish to phone that day's designated run leader to check if the run is going ahead

Office Bearers

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Claire	01224 611550
Treasurer	Doug	
Membership Records	John T	01467 620146

Right to Ride Representatives

Aberdeen City	Dave L	01224 314127
South Aberdeenshire	Mark	01330 823418
Central Aberdeenshire	Albert	01467 651255
North Aberdeenshire	Bill	01888 562550

Runs Co-ordinators

Try Cycling Rides	Gerard	01224 734799
Morning Runs	Sandy	01224 682781
Slower Full Day Runs	Dave W	01224 730313
Medium Full Day Runs	Gordon M	01224 318507
Faster Full Day Runs	Sheila	01224 639012

Additional Runs Leaders

Dave B	(01224 876136)
Dave L	(01224 314127)
Cindy	(01224 484891)
Joe	(07971 036 933)
Hamish	(013398 82333)
Jonathan	(01224 744658)
Wilf	(01224 658274)

Discounts are available at the following shops on production of a current CTC membership card:

- Alpine Bikes: 10% on all accessories
- Nevisport 10% on selected goods

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the CTC to join our runs, but after 4 or 5 runs you would be expected to join the CTC. Ask the run leader for a membership form or join through the CTC website: www.ctc.org.uk/

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink and LIGHTS where relevant. It is recommended that all cyclists carry a First Aid kit.

Runs Leaders are requested to contact the coffee/lunch stops with rider numbers and expected arrival time, as early as possible.

Try Cycling: Runs aimed at beginners, at a slow pace with frequent stops, about 10-15 miles long. They may include a coffee stop. The start point (Duthie Park, Riverside Drive) has parking for those bringing their bikes to the start by car.

Morning Runs: These runs are at a relatively slow pace and are usually about 25-30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for experienced cyclists. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slowish - distance normally 30-45 miles

Medium Full Day Runs: Moderate - distance normally 45-60 miles

Faster Full Day Runs: Fast pace - distance normally 60-75 miles

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS! For further information, contact Sheila

Bike & Hike: These runs are generally from Aberdeen to a beauty spot for a short walk and picnic, before returning

Social Evenings: Partners & friends welcome. Please arrive at 19:45 for a start at 20:00 and take a bottle and/or some food. Please also give a contribution of £2.00 per head

Tea & Biscuits: Visits to member's homes. Please give a contribution of £1.00 per head

November

- Sat 22 Medium Full Day C 09:30 Kingswells Roundabout, Moar House Furnishers, Kintore (01467 632421) for coffee. Visit Place of Origin, Kemnay then Ross's Coffee Shop, Inverurie (01467 620764) for lunch. [Led by Gordon M]
- Sat 22 Morning Run D 09:30 Duthie Park, Riverside Drive, visit War Memorial, Culter, coffee at Peterculter Parish Church [Led by Jonathan]
- Sun 23 Faster Full Day B 09:30 Parkhill Bridge, Dyce, coffee at Garden Centre, Inverurie, (01467 621402) lunch at Vale Hotel, Fyvie (01651 891376) [Led by Dave W]
- Wed 26 Social Aberdeen University, KCG7, Kings Quad. Charity Talk/slide show 'TIBET BY BIKE- altitude with attitude' given by Gordon Casely. CTC tour 2006. More details to follow.
- Sat 29 Slower Full Day C 10:00 Cockers Garden Centre (01224 313261), Lang Stracht for coffee, run starts at 10:30, lunch at New Inn, Ellon (01358 720425) [Led by Gerard]
- Sun 30 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]
- Sun 30 Faster Full Day A/B 09:30 Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 826426), lunch at Royal Hotel, Stonehaven (01569 762979) [Led by Hamish]

December

- Sat 6 Faster Full Day A/B 09:30 Hazlehead, Groats Rd, coffee at Flora's (01330 860848), lunch at Spice of Life, Inverurie, (01467 629029) [Led by Joe]
- Sat 6 Morning Run D 09:30 Brig o' Balgownie, Coffee at Tarts and Crafts, Balmedie (01358 742002) [Led by Jonathan]
- Sun 7 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Gerard]
- Sun 7 Medium Full Day C 09:30 Airyhall Library, Flora's (01330 860848) for coffee and Inchmarlo Golf Club, Banchory (01330 826426) for lunch. [Led by John S]
- Sat 13 Xmas Lunch C 09:30 Duthie Park Café, Morning Ride. CTC Grampian Christmas lunch. Meet 09.30 at cafe in Duthie Park for coffee, ride leaves at 10.00, Inn at the Park at 12.00, for carvery lunch at 12.30. [Led by John B]
- Sun 14 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]
- Sun 14 Slower Full Day C 09:30 Peterculter (west end), coffee at Burnett Arms, Banchory (01330 824944), lunch at Royal Hotel, Stonehaven (01569 762979) [Led by Alan]
- Sat 20 Medium Full Day C 09:30 Asda, Dyce (01224 724134) for coffee, run starts 10.00am for Redgarth Hotel, Oldmeldrum (01651 872353) for lunch. [Led by Wilf]
- Sun 21 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]
- Sun 21 Morning Run D 09:30 Airyhall Library, coffee at Flora's.(01330 860848) [Led by Gordon M]
- Sun 21 Faster Full Day A/B 09:30 Airyhall Library, coffee at Crathes Castle (01330 844634/525), Banchory, lunch at Learney Arms Hotel, Torphins (01339 882202) [Led by John B]
- Sat 27 Slower Full Day C 10:00 Peterculter Old Bank Bar, Coffee at Old Bank Bar (01224 730003), run leaves at 10:30, Lunch at Northern Lights, Fintray (01224 791261) [Led by John T]
- Sun 28 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
- Sun 28 Faster Full Day A/B 09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200), lunch at Royal Hotel, Stonehaven (01569 762979) [Led by Dave B]

25 YEARS AGO

YTHAN CYCLES

Setting out on a new venture is Dave Anderson. With his first love cycling, he and his wife Pat have opened a cycle shop, YTHAN CYCLES in Ellon. With no other shop exclusively selling bikes it looks like Dave has taken a worthwhile gamble. Since opening on Saturday 22nd October his turnover has prompted him to wind up his joinery business and concentrate solely on building the cycle business.

CLUB CLOTHING

A consignment of club clothing in the new colours is expected within weeks. Members are welcome at The Pines in Garlogie for fitting and collection. Give Mike a phone on 01224 743304 (evenings only) to arrange a suitable time.

Road Jersey Short Sleeve	£32
Bib Shorts Coolmax	£36
Training Top	£36
Thermal Bib Longs	£36
Gilet	£32
Thermal Jackets Windtex	£45
Skin Suit Short Sleeve	£42
Skin Suit Long Sleeve	£45

CYCLE GRAMPIAN WEBSITE

The website for those wanting information about cycling in the Grampian area of the North East Scotland is <http://www.cyclegrampian.co.uk/>. It is for you whether you are a local, interested in racing, touring, family days out, commuting, downhill, or whether you're a visitor to the area and want to explore the land of whisky, castles, standing stones, and seascapes. Either way it is hoped this site will help you get more from your time in the saddle.

Check out these Web links:

http://www.britishcycling.org.uk/web/site/BC/mtb/mtb_1atest_news.asp
<http://www.sxc.org.uk/main.asp>
<http://www.xcracer.com/index.php?pid=1>
http://strathpuffer.co.uk/strathpuffer/event_strathpuffer.htm
<http://www.outdooraccess-scotland.com>

HOLIDAYS

If you're fed up of waiting for that Indian summer at home that never seems to arrive then read this! Call me now to book one of these great late summer bargains!

KEFALONIA From £224pp for 14 nights
FUERTEVENTURA From £246pp for a week
ST LUCIA From £529pp for a week
FLORIDA From £449pp for a week
MEDITERRANEAN CRUISE From £799pp for 14 nights
MAURITIUS From £1079pp for a week

Fiona Betteridge Travel Counsellor phone 0845 058 7411 or email fiona.betteridge@travelcounsellors.com
www.travelcounsellors.co.uk/fiona.betteridge

BORN2RUN

Check out the details of your event at www.born2run.co.uk. This will take you to the born2run website's homepage. Click on the "Latest Event Results" button at the top right to get into the results section and check it out. For future use of born2run click on the "Sportsdiary" button at the top (centre) to get into the events section and check out your event(s). The list of events comes up initially with "All" in the window at the top of the list. Change this to Cycling-all in the dropdown menu there, then click on "Get Events".

You can refine this to tri, or duathlon, or adventure, etc later, after you have had a browse. You can also change the "Start" date on the top left to suit your needs, or search for the name (or part of the name of an event) by typing it into the "Find Word" box and hitting the "Get Events" or simply hitting Return on your keyboard.

GLACIER BOOKS

Interested in books about the mountains? Go to www.glacierbooks.com/Book_Just_Arrived.asp. You can search for books by Author, Title or Keyword

TRAINING RUNS

Organised runs take place throughout the northeast. Leaders are invited to publish details in this column. To confirm any particular run prospective members should make prior arrangement with the organiser.

BANCHORY RUNS 2008

If you wish to join with riders from Banchory please contact either of the addresses below for further information. E-mail nhowarth@go2uti.com or Steve.Muir@Shell.com

INVERURIE RUNS

A 2-hour run leaves from Changing Gear in the centre of Inverurie at 10.00 on Sunday mornings. All local riders are welcome. More information available from Sean on sean20@tiscali.co.uk

BANCHORY RUNS

Midweek - There is a midweek email group based on Banchory. It has been running for a few years. They are very civilised runs of between 30 and 50 miles with a stop for coffee and scones. Pace is moderate and no one gets dropped. Runs are ad hoc, depending on who is free and what the weather is like. Arrangements are made by email and start from Banchory Town Hall usually between 9:30 and 10:00. The route is decided on the day though people can be met at other points, like Potarch, by arrangement. Anyone interested should email Bill Byth at bill.byth@gmail.com and he'll add you to the MIDWEEK email group

Midweek on Sunday - This group has a Sunday run leaving from Banchory Town Hall at 10:00am. The Sunday run is the same basis as Midweek and is aimed at people who don't want or can't take the faster pace of the 9:00am Banchory run. Expect a moderately paced run, which stays together with a semblance of organisation on

which, REALLY, no one gets dropped - and a coffee stop. Distance is usually 40-50 miles, but depends on personnel, terrain and weather. We have been known just to go to Flora's and back on a really dreich day. Since the run is weather dependent you need to be on the emailing list to know whether anyone else is going to turn up. E-mail Bill Byth at bill.byth@gmail.com to join the list, or, if you don't have access to email, phone 01330 822669.

KINTORE RUNS

These have not been going for a few months now, but will start up again in October and the plan is to advertise the route, start time etc on the Club Forum each week

PETERHEAD RUNS

They vary in length and time but generally are 40-50 miles long and last for 2-3 hours. Meet Balmore Cemetery car park north of Peterhead on the A952. Confirm details with Brian on 01779 477334

STONEHAVEN TRAINING SESSIONS

Mon 7pm run/circuits Green Hut Stonehaven cost £2.00(members) and £4.00(non-members)
Tues 7pm interval running then swimming at 8.30pm (sauna available) cost £2.90 for the lot or £1.70 run only
Wed Turbo Training Mackie Academy Dining Room cost £2.00 (members) and £4.00 (non-members). Doors open 1830 session starts 19:00 contact Ken Bryson. Pursuit training is finished until spring.
Thurs 7.30pm Splash n Dash interval running and swimming/sauna session's cost £2.90 or £1.70 run only
Fri 7pm run/circuits Green Hut Stonehaven cost £2.00(members) and £4.00(non-members)
Sat 9am Long Slow Distance Running Fetteresso Forest 9am free
Sun 9am Cycle - meet at Stonehaven Square free
More information on the above is available at www.fleet-feet.com/FFT/webmodules/pages/ShowArticles.aspx?pageid=1 or contact coaches@fleet-feet.com

ADD YOUR TRAINING SESSION HERE

Many organised runs take place from or near Aberdeen and you are welcome to advertise these here. All you need do is submit brief detail of dates, times and meeting places. You will then be given space. Get in contact with Sandy Lindsay on 01467 681330/07867 857221 or knockies@aol.com. Likewise, if a run or session has fallen by the wayside, please notify that as well. Some people who hold runs by invitation only are also welcome to highlight those in this column.

FOR SALE

When (1) appears at the end of an item that item will not appear next month (unless requested). Items that sell before the third month should be notified to the editor.

1 Ksyrium SL SSC, Shimano, clincher - 700c.
Having a clear out of the garage and up for auction is a brand new, never used rear Ksyrium SL SSC, Shimano, clincher - 700c in silver that's surplus to requirements. This was purchased as a back up for last year's Paris-Brest-Paris but

- (luckily) was never needed and has been sitting in the garage for over a year. Comes in a box complete with the quick release, tools and Mavic booklet. Have uploaded some more photos here: <http://philkelman.fotopic.net/c1576628.html> £200 secures. Contact Phil philipkelman@aol.com (1)
- 2 Specialized Rockhopper. Hardly used. A few small scratches on the front forks. £500 o.n.o. Phone Doug Connell on 01224 733007 or 07970 326381 (2)
- 3 a) Colnago Dream Road/Racing bike, 56cm Frame, All Campag Record and Chorus components, Mavic wheels, good condition, have some extras, ie tri bars, clip in pedals etc. Price £650 ovno (2)
- b) Colnago C40 Road Racing bike, 56cm Frame, set up for triathlon/time trial but all parts included to be made standard again, Profile tri bars, bar end shifters, Mavic Krysium wheels, forward facing seatpost, all Campag, Record/Chorus, very lightweight carbon fibre bike, would have been close to £4000 when new. Price £1200 ovno (2)
- c) Specialised Allez frame with bottom bracket and cranks, refurbished but good condition £45 (2) Contact Pete on 01651 873590 or 07770 700663, e-mail: peter.royce@halliburton.com
- 4 a) Durace 9 spd bar end shifters – unused £30 (2)
- b) Profile Quick Stop 2 Levers £30 (2)
- c) Profile 27.2mm fast forward seat post £10 (2)
- d) Ultegra triple chainset (not many miles) £45 (2)
- e) C2 JOKER bike, medium carbon monocoque. Ultegra 9 spd with Profile Carbon X bars, Profile levers, Gripshift bar end gear shifters and Transam saddle and Gipiemme wheels. Comfortable bike £525 ono. Pictures available (2)
- f) Planet X Stealth Aero Bars New and unused. Bargain £100 (2)
- g) Syntace C2 Clip Aero bars and handlebars. Tri bars used but handlebars unused. Good condition, very light. £50 ono (2)
- h) Fondriest road bike, 45cm C to C or 49cm C to top of seat tube. Tiagra 9 speed triple. Ladies saddle but other options available. Profile tri bars and computer. Rigida wheels and Michelin tyres. Carbon fork but original available. Pedals not included. £325 ono (2)
- i) Profile Carbon X tri bars 100mm stem length. Good condition. £140 ono (2)
- j) ITM Chrono Aero bars – Quill stem. Unused and in box. Narrow bars – 36cm approx. Pads included. £80 (2)
Contact Richard Burton on 07786 081582
- 5 Principia RSX Pro. Compact geometry. Anodised black. Size M/L. (Frame rrp £1350 in 2003). Mix of 9 speed Dura Ace/Ultegra. ITM bars/stem. Isaac post. Wheels, nice blue Mavic rims, Ultegra hubs, straight spokes on the front. Well maintained. Suit anyone from 5'-9" to 6'-3". All for the bargain price of £650. Contact Steve at Steve.Muir@Shell.com (3)
- 6 Corima Quadspoke rear wheel, Campy freehub, 8,9,10 and 11 speed compatible, brand new, never been out of box. Comes with skewer, Corima brake blocks, and a Corima wheelbag. £750 RRP, looking for £500. Can email pics. Contact mark on 07754 807181 or 019755 62646 or nuvolari1953@hotmail.com (3)
- 7 A 50cm C to C Ribble 7005 Allu with Carbon forks built with Campag Centaur Complete bike. Mavic wheels. Never used. 1 year old. Perfect trainer or racing bike, offers. Contact Brian Horsburgh on brian.horsburgh@btconnect.com or 07732560636 (3)
- 8 Minora work stand £45. Contact Doug on doughaig@talktalk.net or 07825 241189 (3)
- 9 a) Battaglin 56cm Aluminium Frame with Aheadset, Carbon Forks, Campag Daytona 10 Spd Chain Set with 172.5 mm cranks and Campag Daytona front mech. £95 (3)
- b) Campag Chorus 27.2 mm seatpost £25 (3)
- c) ITM Forged Lite Carbon Stem 110mm £25 (3)
- d) Campag 10 Speed Daytona Rear Mech £20 (3)
- e) Campag Chorus 8 Speed Rear Mech £25 (3)
- f) Campag Athena 9 Speed Ergo levers and cable (Converted to 8 Speed) £50 (3)
- g) Pair of Mavic CXP30 Rims (Tubs) on 32 hole Veloce Hubs with 8 Speed Campag Cassette 12 - 23. Built by Dave Hinde £45 (3)
Contact johngrantcummins@hotmail.co.uk or 01224 735629

WANTED

- 1 Wanted to finish building a Turbo Training bike - Bottom Bracket + 175mm cranks + Rear wheel with free wheel + Rear mech compatible 9 speed Shimano (or may consider buying used bike with same). Contact Laurent laurent@schirrer.net (1)
- 2 Does anyone have an old/damaged set of training rollers. I'm after removing the single front roller, and just keeping the double pair to enable training on a recumbent trike tandem during the winter weather. If you have a set you want rid of, please contact Chris on chris.hall@hallinsts.co.uk or 01330 820761 (1)
- 3 Wanted is a small racing bike. Something to fit a 12 year old (29") inside leg. A small frame on it's own would also do as I have a training bike with decent Campag gear on it that I could swap over. Contact Pete Peter.Royce@Halliburton.com (1)
- 4 I'm looking for a second hand mountain bike for a teammate. He is 5ft 10in tall so will probably need about an 18in frame. He is looking to spend between £200 and £250. Please contact Callum Smith on cycle_crs99@hotmail.com (2)
- 5 Wanted a Turbo-trainer for use in the garage through the winter. I guess we would consider anything really, just to get the wheels turning. Please contact Lewis's dad, Jon, on JonMurchie@compassprint.co.uk (2)

DISCOUNT SERVICE

The following businesses offer substantial discount. Show your Membership card when purchasing goods. **Banchory Cycles** trades from Station Road, Banchory. The proprietor is club member Pete Kneeshaw and he

offers Bicycle Sales, Service and Repairs. Banchory Cycles may be contacted on: 01330 820011 or email banchory.cycles@btconnect.com. This shop is in the same premises that Bikelife occupied and though, initially at least, they will be unable to stock the very high end bikes and accessories they will obviously be able to get stuff in to order. Discount is offered to DTTC members

Wendy Dalgarno, treatment of muscle and joint injuries – phone 01467 620561

F.Caie, 1 Laburnum Villa, Cammachmore, Stonehaven (01569) 731155. Frame repairs and enamelling approximately £30.00 for a standard job. 9.00am to 6.00pm

Grampian Health Foods, 10% discount to members on Herbal Supplements & remedies, Bodycare, Homecare, Foods and Drinks

Nevis Sport, 186 George St (Aberdeen 363592). 10% off mountain and ski equipment

Tri-Changing Gear, Inverurie, is offering 10% discount to members on many items. They can be contacted on sales@changing-gear.com, tel: 01467 670111 or visit the website at www.changing-gear.com

2009 Calendar

Give our sport the support it deserves – offer to organise an event in 2009. More folk are needed to help run events - Contact Isobel Smith on 01224 324749 or email isobel@beldie.freeserve.co.uk

Club Sponsors:

Freelance World
YOU COUNT. WE COUNT.



Acumen
acumen group

Circuit Training

The annual out-of-racing season fitness training takes place in Garlogie Hall on Wednesday Evenings from 7.00pm.

This is a free to members' session. It will provide you with a good basis of general fitness. Chance to shed a few pounds

It is non-competitive and you may put as much into it as you like

Doors open from 6.30pm and you can be away by about 8.00pm

There's also a free cup of tea and biscuit
Queries to Sandy Lindsay 01467 681330 or knockies@aol.com

ANNUAL SUBSCRIPTION

At this time of year members should be considering payment of their annual fee to the Club

Over 18	£23.00
16 – 18	£12.00
Under 16	£7.00
Family (each)	£2.00
Associate	£7.00

Family is defined as spouse or those under the age of 12 of an existing member.

- Generally you can pay cash or cheque at Garlogie on a Wednesday after 6.30pm
- You can send a cheque to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ. Cheques should be made payable to DTCC
- You can use Internet banking to:
Bank: Lloyds TSB
Account Name: Deeside Thistle Cycling Club
Bank Sort Code: 30 10 01
Account Number: 00802182
Your name will normally be listed on the bank statement but this is not always the case so it is important to drop an email to knockies@aol.com saying what you've done
- By **PayPal** - on the [club website](http://www.clubwebsite.org) Many members have used this facility and though it does cost a bit in commission it is instant and transcends currency boundaries.

Club web site:

<http://www.Deeside.org>

Support the Advertisers

ANNUAL GENERAL MEETING

Wednesday 03 December 2008

8.00pm

Garlogie Hall

MITCHELL SCHOOL of DRAMA

**Workshops, Musical Theatre,
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Rhona Mitchell, BA (Hons), Dip S&D, TQSE,
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Ian Grant

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Ken Bryson

Email ken.bryson@talk21.com

Tel 01224 877533

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Web: www.travelcounsellors.com/fiona.betteridge

FOR YOUR PEACE OF MIND PLEASE NOTE THAT ALL CALLS ARE RECORDED.
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The Creel Inn catterline

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much muchmore"*
director

robert lindsay

catterline, stonehaven, ab39 2ul

tel: 01569 750254

e-mail: info@thecreelinn.co.uk

<http://www.thecreelinn.co.uk/>



POSTSCRIPT

This small area has been reserved to persuade each
member who has read this far, to invite anyone
showing an interest in cycling to apply for
membership of Britain's biggest cycling club
Membership Application

Name:

Address:

Phone Number:.....

Email:

Date of Birth:

Please complete and return to Sandy Lindsay, Rowan
Cottage, Inveramsay, Inverurie, AB51 5DQ
Telephone (01467) 681330 or email:

Knockies@aol.com

The Deeside Thistle Cycling Club publishes this magazine. The Editor is Sandy Lindsay MBE, Rowan Cottage,
Inveramsay, Inverurie, AB51 5DQ. Tel: Pitcaple (01467) 681330 – Email: knockies@aol.com



CHRISTMAS 10 & LUNCH SUNDAY 14 DECEMBER 2008 ECHT HALL

11:00 am Time Trial Start – Fancy Dress Welcome
13:00 pm Christmas Lunch & Prize Giving

To help offset costs a raffle will be held and prizes for this are very welcome. There is a collection box each week at Garlogie Hall on a Wednesday night – at Circuit Training. Feel free to donate!

We also need a number of helpers to assist on the day with serving the meal. If you'd like to help please get in contact with Jenni Nicholson on smajnicholson@mackie.aberdeenshire.sch.uk

Places must be reserved – get in contact now. To avoid chasing money on the day or later you can help by enclosing a cheque when you book – or pay via PayPal on the [website](#)

Cheques should be made out to DTCC

Detach and send.....

Name:

Please indicate numbers and preferences below:-

How many adults?.....How many vegetarian adults?..... @ £12.00 each

How many children?.....How many vegetarian children?..... @ £7.00 each

Total Enclosed £ Make cheques payable to **DTCC**.

Post to: Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB21 7BA
knockies@aol.com 01467 681330 / 07867 857221