



SDCC Newsletter – July/Aug 2011

by Dave Clark (aka The Jockstrap).



SDCC – in association with
'Stop Scottish Bullying'

Editors Intro ...

Well, July or August weren't the best months weather wise for riding but it clearly hasn't put off the hardcore SDCC gang who had no problem filling me in with details of their cycling endeavors and results – thanks for all your contributions, the club seems to have been very active in getting our name out there!!!

For me, it was a bit of a mixed bag ... lots of great riding this year climaxing in a trip to France with Monsieur Le Toone. Maybe a bit too much as I then seemed to loose my mojo and had 4wks off the bike – good to have a break sometimes. Anyway, back in the groove now and looking forward to SDCCs planned trip to the Pyrenees next week.

With Autumn now upon us, its time to relax and enjoy some social riding ... bring on the Café Culture ☺

Note: This newsletter can be translated from Scottish to English for a small fee ...

Shoooooe-ster Going Strong ... but needs a haircut!



There seems to be no stopping our Johnny at the moment. From a mere 'gringo' at the start of this year to our leading Regional points scorer sitting on 77pts. Gavin More leads our National points campaign with a total of 25. Both riders showing great form at present.

However, it was Johnny that was to finish highest is the overall classification in the recent ELV 2-day Stage race. Narrowly missing grabbing a few extra points with an impressive 22nd overall placing with Gav close behind in 27th place.

But , all this racing is taking its toll on cash strapped Johnny at the moment, he is graciously accepting any donations to shed his student mullet ...

Well done in the graduation also mate – 2:1 Law The Daddy! ... clearly University Degrees are becoming easier to come by these days if Johnny can qualify in law, reports also suggest that apparently there are even ginger lawyers!!!

Team Jock-Dawg do La Marmotte ...

It was during a festive heavy drinking session that the discussion of La Marmotte came into the discussion, no sooner said and with a few text messages exchanged, we had our credit cards at the ready and places were confirmed for Matt and I in this years event.

For those of you that are not familiar, La Marmotte is a cyclo-sportif set in the heartland of the French Alps. It is thought to be the first ever cyclosporitive and is also considered to be the hardest too.

The route is 174 km (108 mi) long and features more than 5180 meters of climbing. The event goes over the Col du Glandon, Col du Telegraphe, Col du Galibier and finishes at the top of one the most famous Tour de France climbs, Alpe d'Huez.

We set off early from Ipswich on Friday morning and arrived that evening at our hotel which was situated on the finish line at the top of Alpe d'Huez. After unpacking the car, we had a bite to eat and readied our bikes and gear in preparation for our 5am start the following day. On reflection, a 13hr car journey combined with your first night spent in oxygen deprivation at 1600m isn't the best preparation ... Matts nerves were starting to show.

Breakfast in the hotel the next morning was just a sea of lycra clad guys all stuffing their face with as many carbs as humanly possible. After Matt had consumed 6 pain au chocolat's we set off down Alpe d'Huez in near freezing conditions to the start line.

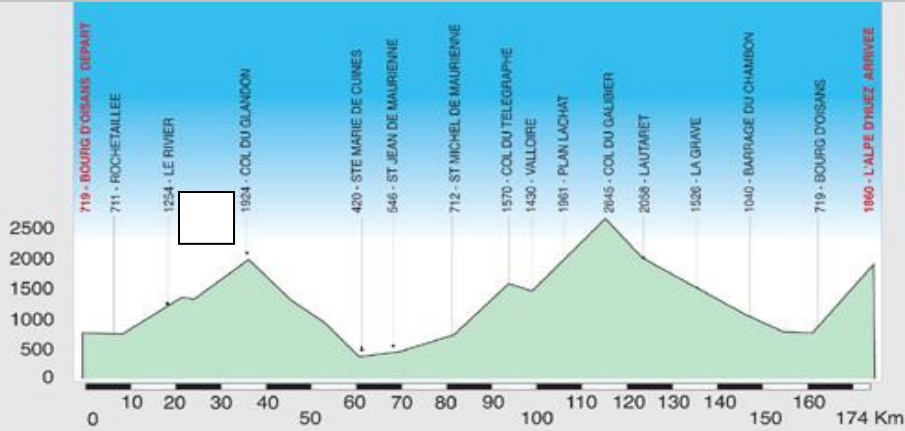
In your life, you have certain moments of inspiration ... with a mountain finish back at the top of d'Huez, my moment came when I decided to hide two cans of fatboy Coke at the foot of the climb fully expecting to be quite close to a coma when we arrived back there to tackle the final climb of the day – we weren't to be disappointed!

Team Jock-Dawg had forged a gentlemanly agreement that we would be riding La Marmotte at 'Rousey Pace'. We were here to enjoy the event and take in the scenery and our finish times were of secondary importance ... that plan went out the window within 1mile when I refused to let a team of 6 well cut Italian elfs drop the Jockstrap. We were soon on the drops at 27mph ☺ running into our first climb of the day, the Glandon with Tooney whining in my ear!

After Tooney had talked some sense into me, we decided to let the elfs go and we settled into the climb. We tried to sit together for the first few km's as we struggled to set a pace through hundreds of riders strewn across both sides of the road. It was clear early on, that this wasn't going to be possible and each rider has their own natural climbing pace. We lost each other about half way up the climb but regrouped at the top of the Glandon and made sure we took on plenty of food and fluids ... I think the Glandon was a real eye opener for both of us as to what lay ahead, La Marmotte has to be respected and ridden at a pace which you are comfortable with on that particular day, if you don't, its going to punish you big time later in the ride ...



Team Jock-Dawg – Jockstrap and TooneDawg await start of La Marmotte 2011



La Marmotte covers 174km taking in the Col du Glandon at 1924m, then onto the Col du Telegraphe at 1570m which leads on into the Col du Galibier at 2645 and with the final sting coming at 160km in the form of the infamous Alpe d'Huez.

Having got ourselves safely down the Glandon descent, we

embarked on the Telegraphe. Again we sat at our own pace and once again regrouped at the top of the Telegraphe, at this stage Matt was really struggling to find his climbing legs. Uncharacteristically, it looked like Monsieur le Toone was in for an 'off-day', not what you want at only halfway through La Marmotte. We agreed to descent the Telegraphe together and then take stock on the Galibier as to whether we should stick together or go our separate ways.

We entered the lower slopes of the Galibier together before we split for the final time. Feeling good, I up'd my pace and before long was reeling in a lot of riders, something told me I was riding a bit too quick but chose to ignore it.

The highlight of the Galibier climb for me was when I spotted the Italian elfs further up the climb, each one was reeled in and duly spat out in some kind of attempt to my assert Jockstrap authority – I reached the summit of the longest climb of the day having caught a good few hundred riders and not being passed once – I was well pleased with that.

I took on fluid at the summit and started the descent working hard with a big Belgian rouleur. I was cornering much faster than him, but he was really pushing on the pace in the open sections with some super strong thro-n-off.

As we got to the rolling section in the run into Alpe d'Huez, he fell away leaving me to work alone. I reached the bottom of d'Huez and much to the amusement and cheer of the spectators got off the bike and retrieved my can of Coke from the undergrowth. I took my time, got the Coke down me with a few gels then set off up the climb.

By this point it was 27°C and I was beginning to suffer having worked too hard on the Galibier climb and getting carried away with my thro-n-off session with the big Belgian twat. Five hairpins in to the climb the rubber band snapped, I was pedaling squares ... I dug in deep and pulled my carcass to the summit to finish in 7h57mins.

Having been close to breaking point early in the ride, Matt showed great determination and pulled himself through to finish in a very respectable 8h10mins. Graham Bacon and Phil Davis also completed - Graham setting a blistering pace of ~6h30mins ... staggering!



Matt puts on a brave face as he hides a world of pain at the summit of the Telegraphe.

Gas Hill Gasp! – by Paul Moss

Myself and Gordon went up to Norwich for the Gas Hill Gasp on a lovely Friday evening. The event was part of the Lord Mayor's celebrations and boasted a closed road and a huge crowd.



The idea of the event was basically a hill climb with 4 riders riding against each other on a knockout basis for a place in the final and a prize of 100 quid. The hill was a bit of surprise I have to say. It's steeper than anything I know of in Suffolk and not what I expected in Norwich. It's very short but it is a good 18-20% climb.

Riders were split into two groups, the license holders (the Stars) and the non license holders (the Hopefuls). I hadn't quite realised how important my first heat would be in that if I didn't finish in the top two I couldn't possibly reach the final. Unfortunately my first heat was against Dan Zagni and Will Bamber (eventual 1st and 3rd). The start was crucial as the climb is only 25secs and whilst I was concentrating on what the announcer was saying the whistle blew and I was already a bike length or two behind!

Gordon's first heat was much more successful finishing 2nd to Hugo Robinson (eventual 4th).

My 2nd ride was against only one other rider (Pete Ingram from IBC) and we actually thought that we would both go through to another round but it turned out that only the winner got another ride. I got by far my best start of the night and beat Pete to the top so I was through to the "Stars Best of the Rest" final.

Gordon's 2nd ride was finished with a 2nd again to go through to a 3rd round and a guaranteed 4th ride in at least the "Stars" minor final and a shot at the "Stars" final.

Gordon's 3rd round was not as successful with a 4th place finish putting him through to the minor final which turned out to be an eventful affair!

I could have won some money if I'd won the best of the rest final. Unfortunately, I can't start! Left myself too much to do but I did manage to overhaul one rider on the way up to finish 3rd and only a wheel away from 2nd.

Gordon's minor final turned into a disaster. We were all watching and when the whistle went, thought, blimey, Gordon's pushing a big gear there! Turned out he'd left it in the big ring! Gordon said he only had 30 seconds notice and checked he was in the correct sprocket at the start but didn't look at the chain rings, doh! 53-17 didn't make for a quick start! I tried it when we rode up for the presentation; it's not the quickest way of getting up a hill!



Anyway, he still finished in 3rd despite never getting on top of the gear.

We both missed out on £15 prize money by one place, Gordon finishing in 7th and me in 11th

All in all, a great event with a superb atmosphere and now we know the format I'm sure it will be even better and more hard fought next year. Definitely worth a crack in a very different event.

MTB Heaven – Chamonix, France

In July, SDCC had two separate groups visit Chamonix in France to the best cross-country MTB trails that Europe has to offer.

Matt Flynn, Will Kitchener and Johnny Shuster found Chamonix for themselves through an organized guided holiday. Myself and Matt drove there after completing La Marmotte and spent 3 days chilling out in the MTB mecca.



Having been to the Chamonix valley countless times since 1997, I personally am a bit biased but the legendary descents of Le Tour and Col de Balme never fail to bring a smile to my face. The other SDCC team seemed to have a great time also and enjoyed both the technical riding and some dubious G&T's

It seems like the MTB contingent of SDCC seems to be going from strength to strength, I for one will be returning to Chamonix for a few days next year and would love to see a few more of you guys tag along ... you won't be disappointed.

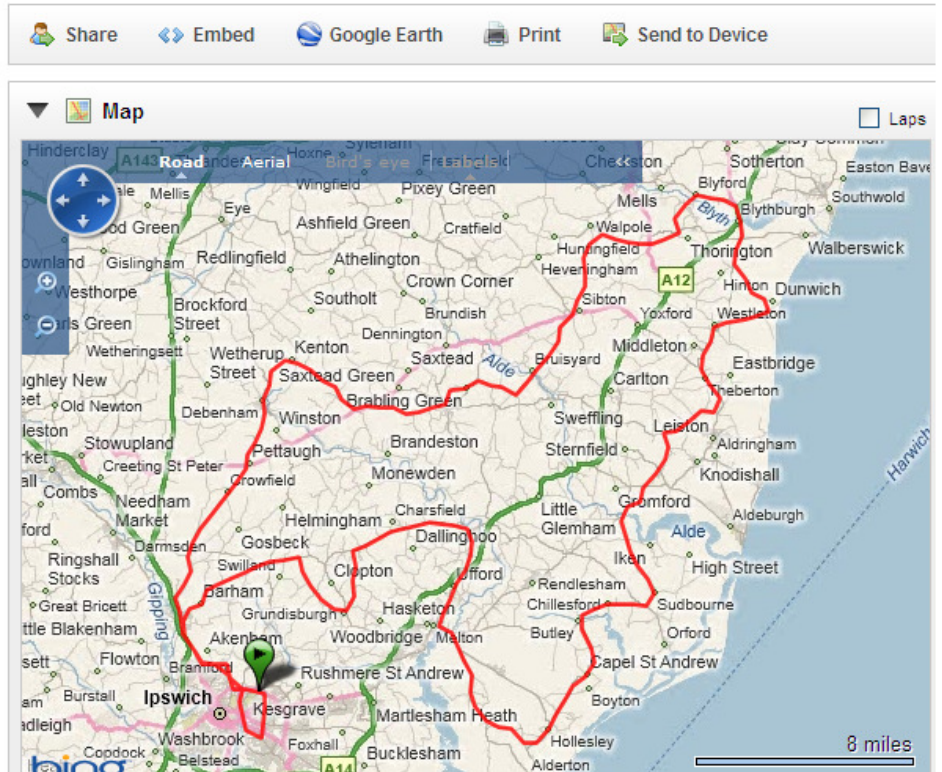


Last Minute Bullet-ins ...

Club 100.

Organized by John Adams ran smoothly on 21st August with several SDCC riders taking part in what now seems to be a popular end of season event. John clocked a total distance (inc. his ride out and home) of 110.51 in 06h54m ... good job. Garmin stats below:

▼ Summary	
▼ Overall	
Time:	06:04:09
Distance:	110.51 mi
Elevation Gain:	3,723 ft
Calories:	6,449 C
▼ Timing	Pace Speed
Time:	06:04:09
Moving Time:	06:02:41
Elapsed Time:	08:08:22
Avg Speed:	18.2 mph
Avg Moving Speed:	18.3 mph
Max Speed:	30.1 mph
▼ Elevation	
Elevation Gain:	3,723 ft
Elevation Loss:	3,808 ft
Min Elevation:	2 ft
Max Elevation:	261 ft



New Members

SDCC would like to welcome Victoria Sharp, Adam Keeble and Paul Wright to the club – hope to see you all in the near future.

Upcoming Events

- Club Awards Night – 7pm, 12th Nov at Fynn Valley Golf Club. Places limited to max of 96 so get your tickets asap. All inquiries to Mark Weston mjweston@talktalk.net or 07795240201.
- End of season drinking session – back by popular demand, I will be arranging a date soon for a social night out on the town in Ipswich. We did this last year and it turned into a great night – date and details TBD.