



September

# Newsletter 2007

## Coast to Coast 2007



Climbing the Old Coach Road

straight forward and the descent towards the end of the day through the pine trees was fantastic. After a good nights sleep we all headed out to Penrith. At the end of the disused railway line the group split into two, one group taking the harder off road route of the Old Coach Road. The others stayed on minor roads. The two groups meeting up before Penrith, riding the remainder of the day together, finishing at a rather nice hotel.

On 30th July 2007 a group of riders from Ribble Valley Juniors set off from Workington to ride the famous Coast to Coast route finishing on the East Coast.

Once bikes were rebuilt we all headed off to Keswick and our first night in a Youth Hostel. The route to Keswick was pretty

This is just a short snippet of a fantastic trip. A huge Thank you to all those with a hand in organising the event.

The route was to take in a mix of quiet country roads and off road bye ways and lanes.

The first two days covered Workington to Keswick and Keswick to Penrith. The first day started a little late due to the late arrival of the coach at school but this failed to dampen spirits. It was wonderful to see that the weather did not let us down at all during the whole trip.



### Dates for your Diary:-

- 15th September LCC family ride from Walton Le Dale Primary School to Cuerden Valley Park
- 18th September final Preston Arena session. Do not forget the cakes!!
- 22 & 29 Sept, 6 & 13 Oct. Go-Ride sessions at Walton Le Dale Primary school. 10:30–11:45.
- 22nd September Go-Ride session at Preston Flag Market 1–5pm
- 24th September Committee meeting at Bamber Bridge Catholic Club (7pm start)

### BCF Gear Restrictions

To avoid disappointment make sure you are running the correct gear for your event. It is still acceptable practice to screw down mechanisms to limit gear size.

YOUTH	ROAD RACING	TRACK RACING	ROLLER RACING
A	6.91	6.91	7.93
B	6.45	6.45	7.40
C	6.05	6.05	6.94
D	5.40 for all events.		
E	5.10 for all events.		

All distances are given in meters.



Congratulations to Lewis, Jack, Zoe, Matt, Jordan, Robert, and Sam for their super riding throughout the CDNW Youth League. It has been a good series for Ribble Valley with podium

places in each age group we had representative riders in. A big thank you to all at CDNW for organizing a super series. Hope to see you all next year.

## Our New Welfare Officer



### Ride Diary:-

- 22nd September Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 29th September Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 6th October Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 13th October Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm . There will also be a launch of the new kit and celebration of gaining Clubmark.

### Go-Ride Sessions

- 22nd September Go-Ride at Walton-Le-Dale CP School 10:30am-approx 11.45am.
- 22nd September Go-Ride at the Flag Market 13:00 - approx 15:00.
- 29th September Go-Ride at Walton-Le-Dale CP School 10:30am-approx 11.45am.
- 6th October Go-Ride at Walton-Le-Dale CP School 10:30am-approx 11.45am.
- 13th October Go-Ride at Walton-Le-Dale CP School 10:30am-approx 11.45am.

Probably to most people I am just Andrew's mum, however I have been a cyclist in my own right for quite a number of years.

The daughter of a former Coventry CTC member I was always fascinated by my mum's stories of her cycle-touring days, then I managed to get myself a cycling boyfriend, after A' levels I borrowed his spare bike and was out for a full day's ride as soon as I could. 60+m in the saddle, more aches than I knew I could have, never the less I was back the next week for more. Hostel weekends away and touring, holidays to various parts the British Isles soon followed. In those days we went off road on our touring bikes, but it was before Mountain bikes had been heard of in this country..... Yes there was such a time, before many of you were born and now I'm making myself sound ancient.

The boyfriend did not remain but cycling did. Actually the loss of boyfriend meant the opening up of several new doors into a variety of different cycling experiences; firstly racing and the lads finally managed to cajole me into racing, more specifically time trialling, but I also became more involved with the Rough Stuff Fellowship (dedicated to off road cycling) the CTC and their trips such as Birthday Rides and further cycling holidays abroad. I have cycled in countries as diverse as Iceland, N. E. America, and across Europe from France, Spain, Germany, Greece, Poland, Denmark. During this time I became interested in riding Paris-Brest-Paris audax ride and began riding audax events, or long distance touring events in order to prepare for this, and have now

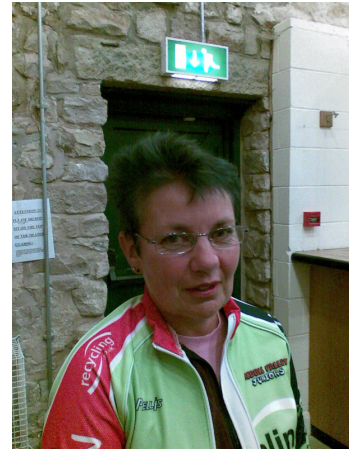
completed quite a few of these long distance type rides.

Somewhere in amongst all this I managed to find time to train for and qualify as; 1 a nurse and 2. a midwife.

Throughout the years I have been privileged to meet a great deal of people across the country that share my enjoyment of cycling.

A chance meeting with John Rigby in Scorton made me aware of the Ribble Valley Juniors at the point where Andrew had just learnt to ride his own bike but needed some further assistance to develop his cycling skills. The rest as they say is history. I feel privileged to part of the Juniors and to hopefully pass on some of my experiences and see others come into the sport, whatever aspect they chose, but to always know that cycling is there for them to enjoy and does not necessarily have to be competitive.

When I first joined the Club I was totally unaware that we had a welfare officer until I was asked if I would take over the job, and I am sure that goes for many of you out there. It is in fact a legal requirement that we have one if we are to meet certain standards and club status. As your Welfare Officer, I have to be someone who is not a coach nor is married to, or in a relationship with a coach. This means our under 18's should feel safe in that they can come to me to report any incidences where they may feel they have been picked on or bullied by a coach, and feel confident that I will not be on the side of a coach. You should also feel safe in coming to me if you feel you have been touched in a way that you feel is incorrect by



one of the adults.

For the Adults, my role is a little different, but would like to take this opportunity to remind them to safeguard their own positions. Do not be alone with an under 18, i.e. in your own car, in the toilets at school etc. and be careful about touching an under 18 in case it is misinterpreted. I know we often feel we have a world that has gone PC mad but I made the mistake of giving a child a comforting hug when they fell off, without thinking through the possible consequences.....

**If you are over 18 you are accountable for and may be required to answer for your actions with a minor.**

As you maybe aware we all take the safety of our under 18s seriously and when we are dividing up the Saturday rides we are always checking that there is an appropriate balance of both male and female adults with the groups, in order to protect each other, and as such we are obviously all aware of our responsibilities. This means we can get on with enjoying our cycling and our time out with the club.

