

VOL. 1 | JULY 2021

IN THE SADDLE



Quarterly newsletter from Ipswich Bicycle Club



THIS EDITION

- Welcome from the Chairperson
- Announcements from survey
- Key dates for your diaries
- Kudos

We are trialling a quarterly newsletter called 'In the saddle'.

In each edition, we'll bring you news from across the club.

From secretary reports to upcoming events we want to keep you up to date!

We'd love to hear from you. Got an idea for an event, or something you'd like the club to do? Any ideas you want to put forward to the club, drop us a note on our Facebook page

Welcome from the Chairperson

I'm delighted to write to you all to launch our first newsletter. The past 18 months or so have been a real challenge for us all and I hope that as a club, we can begin to get back to some level of normality. We all recognise how important cycling is for our mental and physical wellbeing and I'm really looking forward to cycling with many of you very soon.

Tracy McKenzie



Exciting times ahead !

As you know, we carried out a survey recently to find out what we do well as a club and what we could develop further. Thank you for your responses.

Broadly you told us that:

- Club membership is value for money, but we could do more
- You'd like to see more organised club events
- We should encourage more people into cycling across varying disciplines

The committee have been thinking hard about what more we could do to address the points drawn out in the survey; little things and big things.

So, starting this year, we have committed to set aside a significant amount of our yearly membership income to fund club events and provide other membership benefits. We are happy to announce the following exciting plans, with plenty more in the pipeline!

- **IBC Membership for twisted Oaks** - We want to encourage our members to try new things & we already have a significant number of gravel and MTB riders in the club. To encourage even more participation, IBC have purchased a 12 month Club Membership for Twisted Oaks, open to IBC members aged 16+ for anytime use completely free. Look out for more details on how to use this!
- **Group riding training** - Safety & inclusivity is important to us all. So we have arranged group riding training funded by the club, which will take place across July & August at the new Northern Gateway cycle track. Ashley & Leanne Nixon will be arranging this and they'll be in touch soon with how to book onto the sessions.
- **Summer BBQ** - We've missed each other, and this last year has been tough. So this year our summer BBQ will be free to all members. You only need to pay for drinks! The date is 29th August at Ipswich Sports Club – looking forward to seeing you all there!
- **IBC @ Lee Valley Velodrome** - Club events bring us together. So we'll once again be arranging a trip to the Lee Valley Velodrome in London. This time the club will be funding the hire of the track, all you'll need to pay for is your seat on the coach! Date is TBC but we'll be in touch!
- **Club Volunteering** is really important to the success of this club – and we want to encourage more people to take part, and thank those that do. So we are introducing a volunteering reward. For those that significantly support any of our events, we'll give you a £10 voucher to a local bike shop of your choice as a thank you

We'll also be releasing a rolling 'Dates for your diaries' calendar so you know what's happening when.



Dates for your diaries

Keep an eye on our club Facebook page for more details

DATE	EVENT
July 1 st	Social night @ Ipswich Sports Club Sports massage talk with Becky Featherstone
July 11 th	Sean Lowrie memorial ride
July 18 th	Long Social ride 'Tour of Essex' Shotley – Walton - Manningtree
July 14 th	Group riding training @ Northern Gateway cycle track, Colchester
August 5 th	Social night @ Ipswich Sports Club Climbing Everest
August 11 th	Group riding training @ Northern Gateway cycle track, Colchester
August 29 th	IBC Summer BBQ @ Ipswich Sports Club
September 5 th	Helen Rollason Memorial Ride + IBC & Elmy bike show
September TBC	IBC Long ride to Norwich (this will be a Friday)
October 2 nd	IBC Hill Climb Challenge Location TBC
October 7 th	Social night @ Ipswich Sports Club Saddle Drunk
October 9 th	Women's tour final stage SSR to end in Felixstowe
November 28 th	IBC Cyclo-Cross League race & event @ Trinity park
December 3 rd / 4 th / 5 th	Worlds Cyclo-cross Masters Championships @ Trinity park
TBC	IBC @ London Velodrome TBC (Likely Autumn / Winter)

KUDOS!



Time Trials are well under way now and our very own Laura Davies has been ramping up her TT activity by entering Open 10 TTs and local IADC TTs, setting PBs at each event. Awesome work Laura!

In mountain biking, the MSG at Haughly Park had participants from IBC including Tim Butler and Clive Tricker with a guest appearance from Steve Grimwood to celebrate his 50th birthday. Happy birthday Steve!

Back to normal-ish!

It's great to have things getting back to normal. Seeing 50+ IBC'ers at a cafe stops recently has been amazing & long may it continue!

Don't forget, our green rides have begun again, and will continue on the last Saturday of each month. Bring a friend!



Pothole reporting!

Spotted some rough road or dangerous potholes? Please report to Suffolk Highways

Visit www.highwaysreporting.suffolk.gov.uk and select the appropriate option

