

VOL. 4 | June 2025

IN THE SADDLE



Quarterly newsletter from Ipswich Bicycle Club



THIS EDITION

Welcome from a Welfare Officer.

I have fulfilled this role for a number of years now. During that time, I have tried to extend the traditional welfare duties to one where I am there for members for all manner of reasons. In recent years I have been joined by Kevin Stark to both share the responsibility and offer members a male or female Welfare Officer. Hopefully over the years I have helped to make The Club a safe and inclusive one, something I feel passionately about. I also act as The Membership Secretary. Thankfully The Club have recently moved away from issuing membership cards so I won't be seen handing these out in the car park anymore!

Anne Betts



- Welcome from a Club Welfare Officer
- Saturday 21st June
- Thursday Socials
- Club Clothing
- Strava Events
- Marie Pickess May Ball
- Upcoming Events

From the brief welcome from a committee member/secretary to upcoming events, we want to keep you up to date but also, 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 or email at secretary@ipswichbicycleclub.co.uk.

Saturday 21st June

I know that's tomorrow so hopefully you will have seen this (or any of the other messages) before then. Just a reminder however about tomorrow's SSR which is finishing at Alton Water (for those of you who want to that is, those who wish to carry on back to Venue 16 will be catered for). There we hope to make the most of the weather and the fact that this is National Picnic Week to relax and enjoy some refreshments. Pack those panniers, buy something from the onsite café or even better, convince a family member to join us there and they bring along your picnic and even the rest of your family!

'Thursday' Socials

The committee are always trying to come up with new ideas with regards to social gatherings for members. Just to keep you on your toes these aren't always on a Thursday! For May we put on an informal taster to introduce the idea of Cycling Time Trialing. Thanks have to go out to Jon, Angus and Martin for the officiating with this and those marshalling on the course. A shame that those competing only managed to equal the numbers involved in running it but we keep trying. We have several other events planned (see the Dates for Your Diary section) but perhaps the biggest is an opportunity to join West Suffolk Wheelers at their Cyclo-Cross Course at West Stow in August. They have extended an invite to IBC to let those thinking of giving this popular discipline of cycling a go the chance to do so in a slightly less competitive way. They have coaches there to provide advice if necessary, but IBC do have some very experienced riders ourselves who we may be able to entice over for the day. You'll note from the 'Dates for your Diaries' section that this isn't a Thursday evening but will be on Sunday 31st August. As ever please keep an eye out for those BC emails for more details or ask a committee member.



Honestly,
it's only a bit of fun.
Unless your partner is riding
then it's
SERIOUS!



Strava Events!

Some members may not be aware that Hilary has, for some time, been ensuring SSR and other events are added to the Ipswich Bicycle Club page on Strava. If you haven't already added yourself to the IBC Group please do. Another useful way of hearing about Club Events, well done Hilary!



The Marie Pickess May Ball! A new venue and roaring success!



Members gathered at The Suffolk Foodhall at the end of May to enjoy some fine food, the odd drink and the opportunity to have a boogie.

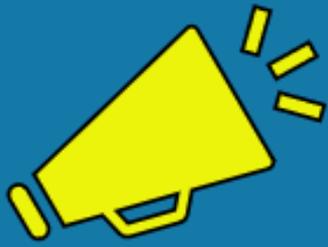
Asked to wear some pink to mark the end of the Giro, members did not disappoint!

IBC Items For Sale Section

Just a reminder that members can post an item for sale on the club standalone Facebook page entitled, 'IBC Selling & Buying'.

Contact Mark Salter for more details.

<https://www.facebook.com/groups/1586421468616356>



Are you 'A Purple Rider?' As you know we use the skiing colour system to identify our rides. As your riding develops you may find that your average straddles the Blue/Red range. If you are finding this please feel free to try the 'Transition' group. They still have a no drop policy but as a transitional group allow you to see if you can make the step up to the next group. Equally if there is the desire to have a Transition Group for Red – Black let us know. I know that doesn't work with my Purple Rider heading, but cut me some slack



Clothing

It wouldn't be a newsletter if there wasn't something to report with regards to Club Clothing! Anyway, we had the Social on the 5th June at Elmys to allow members to see/feel some of the range provided by Ale, and make a note of what size you may be for any future purchases. We also still have a few items of Endura kit available feel free to ask Kevin to see if we have what you need. We plan to get the shop open in the very near future for a limited time (probably two weeks) to allow members to get a summer jersey ordered in time for the summer. So please keep an eye out for any emails/posts about this! But the big news is that after a slight delay in ensuring the hoodie and t-shirt on the online catalogue represented the ones we have chosen, STRIPTEES have made the adjustment. Please order direct with STRIPTEES via the link on the IBC website under Club Clothing.



Dates for your diaries

Keep an eye on our club
Facebook page for more
details.

DATE	EVENTS
Saturday 21th June	SSR followed by Summer Solstice Family Picnic Lunch. A slight twist on the SSR concept. We'll be riding to Alton Walter after the café stop where we will gather and enjoy a social gathering. Get those panniers loaded with some sarnies or arrange to meet family members there and have them bring your supplies with them.
Sunday 29th June	Long Sunday Social Ride Heading off to the Bressingham Garden Centre, look out for any emails/social media posts providing more details.
Saturday 16th August	It's back, The IBC Pint To Pint Start getting your teams together. For those with half an eye on being the first team to complete the challenge, stopping for a pint is optional not compulsory!
Sunday 31st August	Cyclocross Experience Come and join us at West Stow Country Park as guests of West Suffolk Wheelers at a purpose built cyclocross track.
Please speak with a member of the committee if you have a question regarding any of the events listed. We are always looking for people to get involved.	