

VOL. 3 | March 2025

# IN THE SADDLE



Quarterly newsletter from Ipswich Bicycle Club



## THIS EDITION

### Welcome from the Club Secretary.

Hopefully a familiar face to many if not all, I've been around for... well some time now! As part of my role I essentially coordinate between members, various cycling organisations and the occasional complaint from members of the public. I guess the latter highlights the need for us to wear Club Kit on SSRs since it demonstrates our confidence in our actions by being so readily identifiable. Thankfully these emails are few and far between. Currently I'm getting back to fitness after some surgery and look forward to riding with as many of you as possible throughout the year.

**Mark Salter**



- Welcome from the Club Secretary
- Club Clothing, again!
- The Long SSR is back.
- Time Trial Taster.
- No cleats required, get your Dancing shoes ready!
- 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](mailto:secretary@ipswichbicycleclub.co.uk).

# Update on Club Clothing!

Since the last edition, when we announced that Endura were stepping away from the Custom Range, we have spoken to several different providers (Ale, Le Col, Stolen Goat and Kalas, in addition to considering those we approached in 2024) and had samples of their wares sent to us for consideration. We have elected to opt for Ale. Whilst not a UK based company they do have a UK Sales Manager who has been very helpful. They operate a similar online portal system but unlike Endura this is managed by Ale themselves and as such Club Members can choose from the entire PRIME and PRR range and not just a select few items. The difference between the two ranges is that the PRIME is the more relaxed whilst PRR is definitely for those more interested in those aero gains!

The rep from Ale is hoping to attend the Club Social on Thursday 5<sup>th</sup> June (to be confirmed) so please try and make it so you can find out about the ordering process, check for your size for future reference from their sizing samples and ask any questions.

Anyone who is in the market for some clothing please have a look at the list below. These are the last few items of Endura clothing and held as stock. Please contact Kevin Stark if you would like to buy any of these items.

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXXL</b>	<b>Price</b>
<b>FS 260 SS Jersey</b>			1	2		1	£66:50
<b>FS 260 Wms SS Jersey</b>	1	2	1	1	1		£66:50
<b>FS 260 LS Jersey</b>			1	1	1		£84
<b>FS 260 Wms LS Jersey</b>		1	1	1			£84
<b>Pro SL Bib Shorts (medium pad)</b>			1	1			£119
<b>Wms Pro SL Bib Shorts (medium pad)</b>		1	1		1		£119
<b>Pro SL Race Gilet</b>				2	2		£64
<b>Wms Pro SL Race Gilet</b>		1	1	1			£64
<b>Thermal Arm Warmers</b>			3	7			£18:50
<b>Race Socks P4085</b>		5		23			£11:25

**Men's / Women's / Unisex**

We have also refreshed the leisurewear options with STRIPEES at Diss. I think people will approve of the quality of the new hoodie and t-shirt. The link to our Club Shop with STRIPEES is back on the Ipswich Bicycle Club website under, you guessed it... the Clothing tab.

## The Long SSR!

As the weather improves the intention is to return to the pre-COVID days where we will look to provide a longer than usual SSR. Please make sure you keep an eye out for the British Cycling emails and or the Club's Facebook page advising you of the details.



Thankfully this year, the weather was kinder, and we had a good turn out tackling all three distances.

## The Reliability Ride!

Last year, only a brave few took on the flooded roads of Suffolk for the Club's Reliability Ride. Kudos to the few!



The first hardy souls leaving to complete the 75 miles, kudos to them!

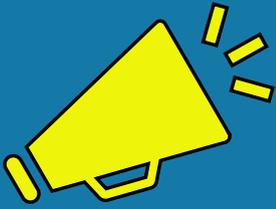
## IBC Items For Sale Section

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>





Calling all budding Time Trialists! Ever wanted to have a go but unsure of whether it's for you? Then Thursday 1<sup>st</sup> May is the day! Save the date, pop along and wonder no more. More information available from Jon Carlyon. Feel free to ask or simply turn up at The Cross Keys Pub, Henley for 18:00 on the day.

As mentioned in December's edition of 'In The Saddle', at the AGM it was agreed to use some of The Clubs funds to pay for the venue and entertainment for our annual social gathering.

The **Marie Pickess May Ball** is named after one of our members who always enjoyed the opportunity to have a knees up and bequeathed The Club some money when she died. It was decided that this was a truly fitting way to use that money so please do try and join us.

This year we are trying a new venue. The Suffolk Foodhall Restaurant, The Strand, Wherstead has kindly agreed to accommodate us and, since the date coincides with the final weekend of the Giro, we thought it would be fitting to have The Giro as a theme. The venue is putting on an Italian themed three course dinner and please wear something pink. Come and show your support to your Club, there'll be music and dancing (there's always dancing when a certain Vice President is in attendance) until 11:30pm, come and show people what you look like out of Lycra!!!!!!

Last year many members shared taxis afterwards to reduce costs and then cycled over the following day to retrieve our cars, a great way to bump up those Strava miles and clear a sore head! If you want to be included in any 'taxi share' do make someone on the committee aware.



## Dates for your diaries

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

DATE	EVENTS
<b>Saturday 12<sup>th</sup> April</b>	<b>SSR followed by Spring Social Lunch</b> Normal SSR finishing at Westerfield Railway then a chance to hang out with friends at that location, grab a bite to eat or just rehydrate with a drink or two!
<b>Saturday 26<sup>th</sup> April</b>	<b>SSR featuring The Downhill Challenge</b>
<b>Thursday 1<sup>st</sup> May</b>	<b>TT Taster Social</b>
<b>Saturday 31<sup>st</sup> May</b>	<b>Marie Pickess May Ball</b> Suffolk Foodhall Restaurant. Coinciding with the final weekend of the Giro let's have a pink theme!
<b>Thursday 5<sup>th</sup> June</b>	<b>IBC Social Evening</b> Ale Club Clothing Introduction and 'Sizing' session.
<b>Wednesday 11<sup>th</sup> June</b>	<b>Bike Skills instructed session.</b>
<b>Saturday 21<sup>st</sup> June</b>	<b>SSR followed by Summer Solstice Family Picnic Lunch.</b> A slight twist on the SSR concept. We'll be riding to Alton Walter 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.
<b>Sunday 29<sup>th</sup> June</b>	<b>Long Sunday Social Ride</b> Details yet to be confirmed but save the date.
<p>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 and if you'd like to have a go at organizing the Long Sunday Social Ride please speak to Hilary.</p>	

There has been a slight change in the way we are operating our Socials. Since the 'First Thursday' of every month was only attracting a few members, The Committee decided it didn't make sense paying for room hire for so few. As such we are looking to provide ad hoc Social Events, such as the Ale introduction and encouraging members to socialize after the occasional SSR as detailed above. We will keep our thinking caps on and try to provide as many of these as possible depending on the interest. If you have any thoughts, once again please feed these back to any committee member.