



February 2017

Dear Go Rider,

February half term is almost here which means that we are fast approaching the Spring (warmer weather!) and our cyclo-cross event on 26<sup>th</sup> February. We encourage as many of you to sign up for this event and please spread the word among your school friends. Full details of the event, including timings, are available at the Hub. In the meantime, Go Ride Club continues as normal, every Friday at 6pm.

#### **So, what is Cyclo-cross?**

Mud, short, sharp off-road races, with hurdles, obstacles and intense action. That's cyclo-cross, a form of off-road racing that predates mountain biking by decades.

Cyclo-cross is also one of the most accessible forms of cycle sport with racing for everyone from young kids to grandmothers. Throughout the autumn and winter, it's probably taking place in a park near you. In fact, it will be taking place at the Hub on 26<sup>th</sup> February!

Cyclo-cross takes place in off-road venues such as public parks and other open spaces. Surfaces can include grass, mud, gravel and sand. Courses are short and winding, enabling multiple laps to be completed within a set distance. Courses often feature obstacles such as hurdles and sand pits, forcing riders to dismount and carry or run with their bikes. Some courses are more 'technical' than others, featuring tight single-track trails, tree roots and other obstacles. Our course will be suitable for our Go Riders hopefully providing a challenge but nothing too technical! We hope to share some photos from the event in our next newsletter.

Check out the British Cycling guide to cyclo-cross at [www.britishcycling.org.uk/getintocyclo-cross](http://www.britishcycling.org.uk/getintocyclo-cross)

#### **Service and Maintenance**

Keep your 2 wheeled machine in tip top condition. The team at the Hub are available for all your service and maintenance needs. With Spring approaching, now is a good time to book your bike in for a health check. Please speak to Kate or John for more information on servicing and maintenance.

#### **British Cycling Membership**

A reminder that you are entitled to 12 months free British Cycling membership. Please speak to Kate or Fiona for more details. This is well worth taking up and gives you access to lots of benefits!

As ever, ride safe!

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