




Issue 527 February 2018

CRANKS

Volume 44

The Magazine of
Deeside Thistle Cycling Club
 Sponsored by:

Current Membership 638 (659)
 SCU Membership 346 (306)
 Scottish Cycling's Largest Club

Editorial:

It's been drawn to my attention again that cyclists have been spotted hogging the road. A motorist reported that he encountered cyclists taking up full road width on Sunday 11 February at around 12.30pm at Dinnet. To counter this the same motorist reported that a group he later spotted at Inchmarlo were in an orderly two by two.

We've got to be seen to behave responsibly. There are so many of us out and about any day of the week and especially Saturday and Sunday it's important to show respect to other road users. That means being reasonable when riding in groups. If that also means keeping your tongue between your teeth so be it.

Though trying to integrate with motorised road users may be an age old problem, today's congestion further exacerbates the situation. Mutual respect may be difficult to find but it would do no harm for cyclists to lead the way. And remember you're a delegate for your club.

Kenny Walker was seriously injured in a racing accident more than ten years ago. He's not been able to cycle on the road since.

However, he has entered the Etape Loch Ness at the end of April and with traffic free roads is looking forward to the challenge. It's a distance of 66 miles, a distance he has not covered in over 30 years.

This is a brave undertaking which he's doing for [MacMillan Cancer Support](#). Originally Kenny told me to keep quiet but I persuaded him that it was well worth publicising. You can help him reach his target.

PHILOSOPHER'S CORNER

Cothrom na Fèinne

Do you have a view on life? Why not submit your favourite few words of wisdom for public consumption in this exclusive corner of your magazine. Send now to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ or email Knockies@aol.com

Proposed Calendar for 2017

Links will be added to this list when events are added to the National Calendar. Members who have put their name down to organise an event and have not yet registered should do soon.

Date	Event	Type	Club
25 Feb	Go-ride race (Knockburn)	Youth	GT
03 Mar	Go-Ride race (Haddo House)	Youth	YCC
17 Mar	Mineral Well MTB	Youth	GT
18 Mar	NE RACE	Youth	YCC
25 Mar	Equality Hilly TT	TT	YCC
01 Apr	Bob Soutar 10	TT	AWCC
08 Apr	KOM Sportive	Sportif	
08 Apr	Spring Bunny 25	TT	DTCC
15 Apr	Suie Road race	RR	DTCC
19 Apr	Grampian Evening RR1	RR	YCC
28 Apr	Lochter Road Race	RR	V44
28 Apr	Lochter RR (Women)	RR	v\$\$
05 May	Ythan Audax	Audax	YCC
06 May	Womens RR	RR	V44
10 May	Grampian Evening RR2	RR	AWCC
13 May	Grampian Grand Prix	Youth	DTCC
17 May	Aberdeen City Centre races		
20 May	GCRT 25	TT	DTCC
24 May	Fetternear Road Race ERR 3	RR	GCRT
27 May	Highland Hardline DH	DH	
07 Jun	Grampian Evening RR4	RR	DTCC
10 Jun	Vets road race champs	RR	DTCC
17 Jun	Great Inverurie Bike Ride	Sportif	
17 Jun	Neish Low 25	TT	AWCC
20 Jun	Massie Shield	TT	YCC
24 Jun	Mid-Summer RR	RR	DTCC
24 Jun	Jolibar Trophy Cairn	RR	GCRT
30 Jun	UNDO -REDO -DINNAEDO	Sportif	
01 Jul	Ian Brodie 10	TT	DTCC
08 Jul	Fitnut Trophy 50 + Nat 50	TT	GCRT
12 Jul	Grampian Evening RR5	RR	AWCC
14 Jul	Brewdog Sportive	Sportif	
15 Jul	Methlick Cycle Challenge	Sportif	
29 Jul	Coffee Pot 50	TT	DTCC
09 Aug	Grampian Evening RR6	RR	TEN
12 Aug	Classified 10	TT	AWCC
18 Aug	SC Youth TT	TT	
19 Aug	Ellon Youth Crit	Youth	YCC
26 Aug	Furneaux 100 + Nat 100	TT	DTCC
09 Sep	Hill Climb Champs	TT	AWCC
09 Sep	Team Time Trial	TT	AWCC
15 Sep	Falling Leaves Stage race	RR	BSB
23 Sep	3 Braes TT	TT	DTCC
30 Sep	Regional Champs TT	TT	TEN

Suie Road Race 15/04/18 - Help Required!!

Deeside are hosting the Suie Road Race on 15 April this year in Alford. This is a tough Cat 3/4 race with two ascents of the Suie, with the second being a hilltop finish. It is also one of the first races of the season so a chance to see fresh racers battle it out!!

In order to run this race successfully I will require a number of helpers on the day (First Aid, Drivers and Marshals, etc.). If you fancy watching some racing and doing your bit for the club at the same time email me on suier@icloud.com or call/text me on 07545 376946.

Your help will be gratefully appreciated and rewarded with tea, coffee and cake

Stuart Gray

Are you fed up hearing about non-payment of Club Fees?

If you're one of the few outstanding, paying now will stop the badgering

http://deeside.org/?page_id=29

Saturday Pedal

From Saturday, 03 March 2018, the Saturday Pedal from Banchory ride format will change to two distinct speed groups - 15/17mph (moderate group ride) and 17/20mph (fast group). The fast group will leave Banchory carpark at 08:55 and the moderate group 09:05.

This has become necessary due to the dynamics / variances in speed in the single group we used to have. The faster group will not be regrouping / stopping (other than for mechanicals / incidents) it will also start 10 minutes earlier than the moderate group.

Please make sure you know which group you would like to be in on the day, please The two options will allow cyclists the opportunity of dropping back to the moderate paced group if they find the fast group a rapid or have tired legs, etc.

The moderate paced group will still be a DTCC group club ride / non-drop and regroup.

We'll have some interesting routes this year which will include the Suie, Gairnshiel, the infamous 'Hacksaw Ridge' ride and many other pedals that will keep you well entertained.

Mark Heady

NETCO

It's time to have your say!

What would you like to see out-with Mountain biking at the proposed Durriss adventure park?

Public feedback is going to play a huge part in shaping what the end facility looks like, so now is your chance to help shape the future of the project.

The Durriss adventure park will need to provide much more than mountain biking in order to be financially sustainable.

With that in mind, we have now included snowsports and are investigating adding more outdoor sport and adventure activities.

So tell us; what would make you, your family, friends and colleagues want to visit? What would get you excited and keep you coming back for more?

Please click below to complete a short survey. Once you're done, like and share so that we can get as many responses as possible.

The NETCO team

[Proposed mountain bike, snowsports and adventure experience at Durriss Forest](#)

SPORTS FACILITIES

Aberdeenshire Culture, Sport and Physical Activity Service stakeholders are being asked to share their thoughts on new strategies for culture, sport and physical activity services that will shape services in Aberdeenshire over the next ten years.

The survey aims to gather views on the themes and priorities stakeholders feel should be included in the new strategies, and what stakeholders feel culture, sport and physical activity services should look like in 2028.

We would like to engage with schools as Culture, Sport and Physical Activity stakeholders.

An online survey will take place between 12 - 26 February as part of 'The Big Listen' approach.

The cultural services strategy will include libraries, museums, arts development and Macduff Marine Aquarium.

The strategy for sport and physical activity will include Active Schools, sports development, community sports hubs, leisure centres, swimming pools and outdoor sports facilities.

The service is also responsible for holiday programmes; support to clubs, for events and third sector organisations; grants; and support staff.

Head of Lifelong Learning and Leisure, John Harding, said: "We really want to hear as many views as possible across this wide range of services so we can make sure stakeholder, staff and public views are considered as we develop these strategies.

"While there are indeed challenges ahead, we are committed to providing high quality services that meet the needs of all of our customers."

The stakeholder survey will close on Monday, February 26, and can be found at: <https://www.surveymonkey.co.uk/r/CSstrategystakeholders>.

Malcolm Grant

Jim Robb



Jim had never won an Award throughout his 40 odd years in the Club.

Now here he is returning from the Scottish Veterans Time Trial Presentation with the John Cramb Trophy.

National Champion indeed

London to Paris

I have been approached by a young serving soldier who wants to cycle from London to Paris to raise funds for the ABF, The Soldiers Charity. One of the main reasons he wishes to raise funds for this charity is because they have helped his family especially his parents. To let you understand his brother was also a soldier and he died less than two years ago, while training to serve with the SAS.

I suggested we organise a team and so far he has seven soldiers who are willing to take part. Their Commanding Officer has agreed to give them time off. The cycle will be organised through Global Adventure Challenge and the cycle will end up in Paris in time to see the last day of the Tour De France.

I write to ask if any club members would be interested in joining these young soldiers on the cycle, I am sure it would be great fun. Please reply to knockies@deeside.org *Catherine Robertson-Ross MBE*

MyLaps Timing

SCNEG has been able to raise the money required to purchase the MyLaps Timing system. What is needed now are competent operators.

For those interested in learning more there will be hands on MyLaps session at the Grampian Tigers Dirt Crit on 24 February.

Then on 25 February at the RACE session at Knockburn there is the opportunity for refresher training and hands on usage of the kit. Mark Young will be available to facilitate and support this session.

If you'd like to know more please contact Colin Allanach on colinallanach@aol.com

Strathpuffer 24

I was at the recent Strathpuffer 24 hour mountain bike race with my camcorder and stills camera. My films can be seen on YouTube, my channel is 'Argyll1952'. There're two uploaded at the moment with at least one to be added.

My pictures can be seen on www.mcnaair.smugmug.com The same pics can also be found in www.pinkbike.com My name there is 'Argyll'.

This is a link to a club member getting airborne <https://mcnaair.smugmug.com/Sports/Strathpuffer-2018-part-4/i-KHRMZsV>. Feel free to share the links with interested parties. *Jim McNair, Aberdeen*

Grampian Grand Prix

The National Race Calendar is gradually filling up.

Of interest is the Grampian Grand Prix on BC <https://www.britishcycling.org.uk/events/details/169996/Grampian-Grand-Prix>, now open for entries.

It's a day of Youth Racing on Sunday 13 May at Grampian Transport Museum

Kenny Walker

I appear to have committed to cycle the ETAPE Loch Ness at the end of April 2018. This will be a bit of a challenge for me in many ways – so please make it worthwhile for the Macmillan Charity as well.

Please take the time to look at my JustGiving page address: <http://www.justgiving.com/Kenny-Walker5>

Please add some more pressure on me by taking the time to help boost my fundraising efforts. Every little helps.

And why am I doing this – very good question - well a leisurely cycle run on a 360° closed-road route around iconic Loch Ness on a sunny spring morning on Sunday 29 April 2018, offering the chance to cycle 66 miles (106 km) on traffic free roads, sounded like a pleasant and romantic idea – at the time.

Although I did my first competitive event in 1969, it's been more than 30 years since I've covered this distance – and I've not been able to cycle on the road since my life changing accident in 2007. I've checked and there are no short cuts around the loch. Once started I'll be committed to reach the finish back in the Highland capital of Inverness after more than 900 m of ascent. Just for good measure at 34 miles (55km) into the route, there is a 4.8 mile (9km) climb gaining 380m in height and at times with a gradient reaching 12%. I'm not sure I'll be stopping for photos of the views though.

In the meantime I'll seek out a suitable (sponsored?) bike for the day.

Many thanks for looking - please pass this on to anyone you may think may be interested – and please remember to make it worthwhile for Macmillan as well. *Kenny*

Wild Atlantic Cycling

We thought your club might be interested in the Ireland End-to-End. It's a 7 or 12 Day tour from Mizen Head to Malin Head. It takes in some gorgeous cycling along the west coast of Ireland. The social and cultural element is also fantastic!

We're just about to launch a discount scheme for club groups. The prices below will be discounted according to size of group.

The dates are:

7-Day tour - Saturday 18th August to Saturday 25th August 2018 - £1,110

12-Day tour - Saturday 8th September to Thursday 20th September 2018 - £1,525

Paul Kennedy

paul@wildatlanticcycling.com
www.wildatlanticcycling.com

Club Handbook

Your Club's Handbook has been updated and is available to view [here](#). It contains all the Club's Rules and Regulations, contact details for various aspects of club life, current officials and their contact details, lists of current competition records and all previous Championships and Trophies Winners

Aviemore 100

I am writing to you from the team behind the Aviemore 100, a brand new and exciting cycling event happening in Aviemore on the 12 May 2018 organised by Mikes Bikes Aviemore and Chest Heart and Stroke Scotland.

Further information can be found here <http://www.aviemorebikes.co.uk/aviemore-100/> and here <https://www.facebook.com/aviemore100/>. We would be delighted if any of your members would like to take part in the event!

If anyone has any questions about the event then don't hesitate to get in touch with myself or the team at Chest Heart & Stroke Scotland. *Sally*

University's NC500

A group of Cyclists from the University are doing the NC500 for Cancer Research in May. <http://www.justgiving.com/TheWheelerNC500> [NC500 Cycle Challenge in aid of cancer research at University of Aberdeen](http://www.justgiving.com/TheWheelerNC500) run by [University of Aberdeen Development Trust](http://www.universityofaberdeen.ac.uk/development-trust/)

A group of 25 will undertake one of the most gruelling challenges in the UK by cycling the North Coast 500 trail to raise money for the University of Aberdeen's world-class centre for cancer research.

Charity Registration No. SC002938. The donations will go straight into local Cancer research. *Dave Walton*

First Aid Course

Some interest is being shown in a First Aid Course. If you'd like your name added to the list please contact Sam on samclong@btinternet.com

Club Clothing

Jon Strachan is able to provide a sizing facility for those members who wish to order new club clothing. He also has a small stock of garments available for emergency needs. Jon can be contacted on clubkit@deeside.org

There is also a small stock of clothing with outdated logos at discounted prices.

Youth Free Membership

Deeside Thistle Cycling Club is delighted to offer free membership to new youth riders for their first year. If you would like to take advantage of this offer please see: <http://www.deeside.org/membership.html>

Social Media

Those members who wish to use Facebook to chat about club matters including training sessions go here: <https://www.facebook.com/groups/DTCCChat/>.

Roy Milne has set this up on our behalf. He asks that if there are other sessions which take place you should contact him with details. He's on milne.roy@icloud.com

Club Tandem

The club tandem is used to offer locals with poor vision the opportunity to get out in the fresh air. That remains a key objective. We could also put it to use for people with arm or leg injuries, inducting newbies into club runs or even use it for time trials. It's 23" front, 21½" rear, has lights & mudguards. John Sands garages it in Mid Stocket Road in Aberdeen's west end. If you know someone who might enjoy a run out, or fancy taking it for a spin yourself, contact John on 07736 143836, john.sands@zen.co.uk

SVTTA

Membership of the SVTTA: Solo £15.00 and £20.00 for couples. Standards: multiple attempts at all distances - £10. Details: <http://www.svttta.org.uk/downloads.html>

Welfare Officers

Club Welfare Officers are: Ian Wilson who can be contacted by telephone on 07919 280656 and Gillian Watt who's number is 01975 564520. The email address to use is welfare@deeside.org

Alpine Bikes

We are running double discount throughout the store. All you need to bring with you is your Outdoor Experience card. All club members are entitled to a free OE card, just pop in past the store and we can sort them out with one

Outdoor Experience Card

Get a FREE Outdoor Experience Card, which entitles you to 10% OFF Everything at Tiso, Blues the Ski Shop and Alpine Bikes. Normally £10 this is a good offer to Deeside members. Not sure what proof you need but maybe your club membership card will do. Pop in and request one at one of the shops.

Bike Box Hire

Aberdeen Bikebox hub, hires Velovaults to cyclists transporting their bikes to and from holidays and races for £6 a day. We also assist with purchases of Velovaults through the try before you buy, allowing hire cost to be reclaimed from the purchase value (up to £50) following rental. For further information please email the Aberdeen Hub on info@pedalpowercyclecentre.com or go to the web site at www.bikebox-online.co.uk.

Introductory BC Membership

A benefit of your club's affiliation to British Cycling is that club members can get up to £20 off membership when they join British Cycling for the first time. Simply use the promotion codes below.

You will get the introductory discount when you [join online](#).

The promotional codes required are:

Race: **NEWCMRA**

Ride: **NEWCMRD**

If you need any assistance, don't hesitate to contact our team: membership@britishcycling.org.uk

25 YEARS AGO

CARN BHAC

OS Sheet 43

They are nearly all holiday cottages. And it's a shame. Most of them sit on the north side of the road, towards the Dee. One is derelict while flowers droop in the window of another. No smoke comes from any of the chimneys.

This is Inverey, a few miles west of Braemar. Here is a Youth Hostel and at this time of the year red deer graze in the gardens. One house on the west bank of the Ey Burn is occupied, and on the east bank stands a lodge. At the end of the road up to the lodge (GR089893) is Auchterturra. The two recalcitrant occupants were about to go and offend again.

Rising with the dawn R & Co donned their lurid cycling gear and pedalled their bikes across the grass. The start of this trip took them past the lodge and a kilometre south (GR086884). Here the map shows a bridge and our two favourite off-roaders were going to cross it to gain access to Carn Liath. Had they a single brain to share they'd have remembered from previous visits that the map is wrong.

The water rushed high, swept deep and even the most foolhardy would not have plunged in. Not even this pair. The track to Carn Liath parallels a stream which crashed into the Ey Burn adding more water to the already impassable obstacle. This stream roared over vast rocks and boiled in bottomless pools. Instead of returning to Inverey and going up the opposite bank of the Ey Burn they crossed to the south side of the glen.

Short of time they had set themselves an impossible task. A round trip of nearly 20 miles with a fair proportion well over 2500 feet needs some assistance. You don't find it scrambling among heather. Fortunately they suddenly found a bridge which took them onto the landrover track. It ascended westwards, steepening across the contours until it neared the watershed at GR034860.

In the comfort of a peat hole R & Co ate their first piece of the day. Sweat had flowed on that ascent. The temperature belied the season and the angry waters carried the life blood of the ski-schools seaward. The food-stop was into the cloud. R took compass bearings and checked the map while Co adjusted his altimeter. They were after a Munro, the first of the year. Carn Bhac (the named summit) lay 4 miles to the south and though a footpath showed the way they were concerned that things might change.

Very wet peat contrasted with long stretches of hard-packed shingle as they see-sawed over the minor summits to the first major top at 878m. In the cloud it is often difficult to know exactly where you are but the altimeter proved a boon keeping them aware of which climb they were on. This was Geal Charn (another one?) at GR032833. Turning east they compassed off to a saddle just as the cloud cleared briefly to show the snow clad north-facing slopes of their target. South-east was a

steep climb of a couple of hundred yards to a ridge where they turned south and were soon at the cairn on Carn Bhac (GR041828) at 920m. They'd gone through the 3000foot barrier and were disappointed that nothing could be seen.

The information gained from the map is again wrong for Carn Bhac as marked is a minor top. North-east at 940m is the real top. Remounting they crossed the saddle and climbed into sunlight. All around, poking out of the cloud were top after top. An Socach, Ben Lutherain Mhor, Carn Aosda, Cairnwell to the south and in the north a broad swathe from Ben Avon in the east to Beinn Bhrotain in the west.

The wind blew stronger now but its temperature suggested midsummer rather than mid-winter. Another piece, another bearing, this time on Altanour Lodge (GR082824) and a climb down over rocks to the heather and the occasional snow field took them off the hill to the heath of upper Glen Ey.

A number of bikes and lurching hillwalkers littered the ruins of the old lodge. Ignoring and being ignored the exultant pair sped off down the valley with the breeze behind. A mile on they met a party of walkers carrying Nordic skis. There'd be little fun for them. The snow had nearly all gone. Snows had been early and ski-schools rubbed their hands but warm weather had followed soon, prematurely ending another winter season.

Midsummer Beer Happening Sportive

**Ladies and gentlemen, boys and
girls get ready to saddle up**

**Entry for the legendary
Midsummer Beer Happening
Sportive is open**

**Get over to
[http://midsummerbeerhappening
.co.uk/cycle-sportive/](http://midsummerbeerhappening.co.uk/cycle-sportive/)
and grab your place**

**It's on Saturday 30 June during
the Stonehaven Beer Festival
and if last year is anything to go
by it'll be the best value sportive
around**

Robert Lindsay

Britain's National Cyclists' Association



Working for all Cyclists
Newcomers are welcome particularly on the Morning/Slower Full Day runs. Faster Full Day runs are for the more experienced



Contact numbers: Please do not phone after 9pm - In case of bad weather, you may wish to phone that day's designated run leader to check if the run is going ahead

Office Bearers

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Heather	01224 680749
Treasurer	Doug	07760 720428
Membership Records	John T	01224 639012

Right to Ride Representatives

South Aberdeenshire	Mark	01330 823418
Central Aberdeenshire	Hamish	07547 953000
Aberdeen	John T	01224 639012

Runs Co-ordinators

Try Cycling Rides	Gerard	01224 734799
Morning Runs	Cindy	01224 310719
Slower Full Day Runs	Heather	01224 680749
Medium FDay Runs	Dave W	01569 730313
Faster Full Day Runs	Dave B	01224 876136

Additional Runs Leaders

Alan	01224 861209
Derek	01224 630669
Gordon	01224 318507
Irene	01224 869434
Joe M	01224 583195
Liz L	01224 314127
Sandy	01224 682781

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the CTC to join our runs, but after 4 or 5 runs you would be expected to join the CTC. Ask the run leader for a membership form or join through the CTC website: www.ctc.org.uk/

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink and LIGHTS where relevant. It is contact coffee/lunch stops with eta.

Try Cycling: Runs aimed at beginners, at a slow pace with frequent stops, about 10 - 15 miles long. They may include a coffee stop. The start point (Duthie Park, Riverside Drive) has parking for those bringing their bikes to the start by car.

Morning Runs: These runs are at a relatively slow pace and are usually about 25-30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for experienced cyclists. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slowish - distance normally 30-45 miles

Medium FDay Runs: Moderate - distance normally 45-60 miles

Faster Full Day Runs: Fast pace - distance normally 60-75 miles

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS! For further information, contact Sheila

Bike & Hike: These runs are generally from Aberdeen to a beauty spot for a short walk and picnic, before returning

Social Evenings: Partners & friends welcome. Please arrive at 19:45 for a start at 20:00 and take a bottle and/or some food. Please also give a contribution of £3.00 per head

Tea & Biscuits: Visits to member's homes. Please give a contribution of £2.00 per head

Runs

February

Sun 18 Feb	Medium Full Day	B	09:30	Leggart Terrace, coffee at Floras, Cullerlie (01330 860848), lunch at Deeside Activity Park, Dess (013398 83536).	Sheila
Sun 18 Feb	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Wilf
Thurs 22 Feb	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy
Sat 24 Feb	Social		19:30	Members' evening at Gerard and Maureen's	Gerard
Sat 24 Feb	Faster Full Day	A	09:00	Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Castleton Farm Shop, Fordoun .	Alberto
Sat 24 Feb	Morning Run	D	09:30	Brig of Balgownie, coffee at Parkhill Garden Centre (01224 724711).	Cindy
Sun 25 Feb	Slower Full Day	C	09:30	Airyhall library, coffee at Floras café Cullerlie (01330 860848), lunch at Learney Arms Torphins (01339 882202).	Heather
Sun 25 Feb	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Gerard

March

Thurs 1 Mar	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy
Sat 3 Mar	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Joe
Sat 3 Mar	Medium Full Day	B	09:30	Old Mill Inn, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Crown Hotel, Inverbervie (01561 361213) Crown Hotel, Inverbervie (01561 361213)	Doug
Sun 4 Mar	Faster Full Day	A	09:00	Westhill Shopping Centre, coffee at Inverurie Garden Centre, Inverurie (01467 621402), lunch at Bistro, Alford (019755 63154).	Alberto
Sun 4 Mar	Morning Run	D	09:30	Cults Library, coffee at Wynford Farm Park (01224 745411).	Gordon
Thurs 8 Mar	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy
Sat 10 Mar	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	John C.
Sat 10 Mar	Slower Full Day	C	09:30	Hazlehead, Groats Road, coffee at Drum Garden Centre (01330 811000), lunch at Kirkton Garden Centre, Stonehaven (01569 766887)	John T.
Sun 11 Mar	Faster Full Day	A	09:00	Peterculter (west end), coffee at Platform 22, Torphins (01339 882807), lunch at Andersons, Inverurie (01467 620360).	John B.
Sun 11 Mar	Morning Run	D	09:30	St Machar Cathedral, Seaton Park, coffee at Craibstone Golf Club (01224 716777).	Anne
Thurs 15 Mar	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy
Sat 17 Mar	Faster Full Day	A	09:00	Parkhill Bridge, Dyce, coffee at Lochters, Oldmeldrum (01651 872000/78), lunch at Kellockbank, Insh (01464 851114).	Andrew
Sat 17 Mar	Morning Run	D	09:30	Leggart Terrace, coffee at Teacake, Chapelton of Elsick, Newtonhill (07841917150 Bob)	Wilf
Sun 18 Mar	Medium Full Day	B	09:30	Peterculter (west end), coffee at Inchmarlo, Banchory (01330 827080), lunch at Belwade Farm, Aboyne (013398-85398).	Doug
Sun 18 Mar	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Mike
Thurs 22 Mar	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy
Sat 24 Mar	Faster Full Day	A	09:00	Old Mill Inn, Maryculter, coffee at Villa Coffee Shop, Stonehaven (01569 767437), lunch at The Anchor, Johnshaven (01561 362288).	John B.
Sat 24 Mar	Morning Run	D	09:30	Airyhall Library, coffee at Bake N Butty, Newmachar Community Centre (01651 328010).	Anne

Sun 25 Mar Special 02:00 Switch to British Summer Time, clocks go forward by 1 hour.
Sun 25 Mar Slower Full Day C 09:30 Cults Library, coffee at the Tin Coe Café (01224 782476), lunch at Inchmarlo golf club (01330827080). Wilf
Sun 25 Mar Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Mike
Thurs 29 Mar Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. Cindy
Sat 31 Mar Medium Full Day B 09:30 Parkhill Bridge, coffee at Ross's Coffee Shop, Inverurie (01467 620764), lunch at Kellockbank, Insch (01464 851114). Doug

KNOCKBURN LOCH MANAGEMENT

With the increased usage of the site and larger numbers attending training sessions and events it is having an impact on the site / trails etc. and we would like to give some of the ground some recovery.

a) Grass area on your left as you come through the main gate - this area is very obvious as the MPH team have already done a good deal of work and most of it is roped off. You can still access the bridge but from the south side (grass area where transition is for the triathlons)

b) The camping area in the woods - We have maintained this area over the last 12 months and it has been really successful with groups camping and school groups. The Cyclocross course went through this area and there is potential for a 'track' to be cut in here - We do NOT want this to happen

Hopefully this will in no way affect your sessions and we would very much appreciate that you share this, where appropriate, among your coaches and riders. If you have any questions please do not hesitate to get in contact:

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Knockburn Loch
Strachan
AB31 6LL
info@knockburn.co.uk, 01330 822234 / 07741314999
www.knockburn.co.uk. You can like us on [FaceBook](#) and follow us on [Twitter](#)

Recent New Members

The following new or returning members have joined in recent weeks

2789	Aaron Smith	Aberdeen	28
2790	Callum White	Aberdeen	21
2791	Robert Buchan	Inverurie	61

If you have a friend, family member, work colleague, who is interested in cycling but not involved with a club, drop the hint that they should look at www.deeside.org or to drop an email to members@deeside.org asking for information

Entry for the Midsummer Beer Happening Sportive is open
<http://midsummerbeerhappening.co.uk/cycle-sportive/>

DEESIDE TRAINING

Training/Clubruns/Chaingangs

a) **Monday - Metafit Class** - Metafit Airyhall Community Centre, Countesswells Road. Every Monday night 7.25 - 7.55pm. £3.50/class. High intensity interval session. Contact helene1@btinternet.com mobile 07736247911 Facebook page Metafit Airyhall

b) **Tuesday** - Road Race Team ride leaving from Peterculter bus stop opposite Spar at 6pm. Check Facebook page for weekly ride info. The training is road race orientated, good group riding skills are essential. Mechanicals, nature breaks and dropped riders may not be waited on by the group (emergencies / injuries excepted). Please be self-sufficient, ensure your bike is in good working order and carry appropriate spares / tools. Rides managed through FaceBook page - <https://www.facebook.com/petercultertuesdaynightrides/>

c) **Tuesday** - Banchory Bike Shop at 18.15 - Hilly Ride - Steady - David Stewart dgstewart3dgs@gmail.com

d) **Tuesday** - Turbo Session - FFT turbo training sessions started Tuesday, 6th of October at the Cults Sports Complex in Quarry Road (next to Cults Academy). Sessions are suitable for both Cyclists and Triathletes. Doors will open at 6.30pm in the main gym hall. Over the winter we will progressively develop bike skills and fitness starting with the skill of pedalling quickly and smoothly. It is useful if you have a computer which can measure cadence for these sessions. Cost, £4 for FFT members, £6 for non-members.

e) **Wednesday** - Very civilised run with a coffee stop. Pace is moderate to fast. Start from Banchory Town Hall at 10:00hrs. Around 50 miles, returning well before 14:00hrs. Contact bill.byth@gmail.com to join the email list

f) **Thursday** - Every Thursday 10am - 11am at Knockburn Sports Academy (£5 per session). Weekly progression - all abilities catered for. The sessions will be structured, progressive and continue throughout the winter months. This is the ideal way to get fit over the winter and to be ready to enjoy the spring and summer. If you are interested please contact Sarah Rowe (ABCC and BC Level 3 Coach) for more details on srowe2020@btinternet.com or 07970 919453

g) **Thursday - Banchory Turbo Training @ Crathes Hall**, Thursdays 1800-2000. Structured and progressive sessions November through March, all welcome. £2 per session. For details or to be added to the distribution list contact me on banchorythursday@gmail.com - Nelly Shand

h) **Thursday** - Kirkton of Skene (KOS) Chain-gang leaving the Red Lion Pub Car Park @ 6pm, ideal for APR road training, in groups as required, 40/50km weather / legs dependant. Contact Greg Quinn gregquinn@hotmail.com

i) **Friday** - Very civilised run with a coffee stop. Pace is moderate to fast. Start from Banchory Town Hall at 10:00hrs. Around 50 miles, returning well before 14:00hrs. Contact bill.byth@gmail.com to join the email list

j) **Saturday** - The Road Race Team meet on Saturday mornings at Peterculter bus stop, opposite Spar. Usual

start time of 9, but may change with weather / ride type - check Facebook page for weekly ride info. The training is road race orientated, good group riding skills are essential. Mechanicals, nature breaks and dropped riders may not be waited on by the group (emergencies / injuries excepted). Please be self-sufficient, ensure your bike is in good working order and carry appropriate spares / tools. Ride is managed through Facebook - <https://www.facebook.com/petercultertuesdaynightrides/>

k) Saturday 10.00 - From Saturday, 03 March 2018, the ride format will change to two distinct speed groups - 15/17mph (moderate group ride) and 17/20mph (fast group). The fast group will leave Banchory carpark at 08:55 and the moderate group 09:05. The faster group will not be regrouping / stopping (other than for mechanicals / incidents) it will also start 10 minutes earlier than the moderate group. The moderate paced group will still be a DTCC group club ride / non-drop and regroup. Meet in Bellfield car-park. (For those wishing a faster spin please join the Peterculter Road Race group) – Mark on headmard@gmail.com

l) Sunday – 10.00am - Banchory, The Square Car Park, Town Hall. Two or three groups depending on numbers: a Fast group leaving at 10:00am, a second Fast group at 10:03 and a Steady group at 10:05 for new or recovering riders. The Steady group will try not to drop anyone. All head to Ballater for coffee and then may choose different return routes. To join email group, contact Bill Byth bill.byth@gmail.com

m) Sunday - Kintore Sunday Winter Rides. Progressive winter group rides - Sundays @ 0900hrs from Kintore Primary School. Groups to suit speeds from 15mph and upwards. Beginners Confidence Builder rides - Sundays @ 0900hrs from Kintore Primary School. Distance and speed to suit groups' ability. Currently ~ 25miles @ circa 14mph. Rides will be posted on <https://www.facebook.com/dtcc.donside/> or drop Andy an email on Kintore.sunday@gmail.com to get on the email distribution list

More detail

Organised runs take place throughout the northeast. Leaders are invited to publish details in this column and to post them on <http://www.deeside.org/knockies/biketrainingridescaw.doc>.

To confirm any particular run prospective participants should make prior arrangement with the organiser. Or, indeed, you are welcome to advertise your run here.

To keep this column accurate please update your information. If sessions have ceased or if you have a new session started please contact Knockies@aol.com.

Banchory - Bill Byth

Very civilised midweek & Sunday club runs arranged by email with a stop for coffee and scones. Pace is moderate to fast. Depending on levels of fitness we may set off a faster group first followed by a moderate group five minutes later. Start from Banchory Town Hall at 10:00hrs. The route is decided on the day but is usually up the Dee Valley to Ballater for coffee, around 50 miles, returning well before 14:00hrs. Midweek runs are usually Wednesday and Friday but may also be on other days. Contact bill.byth@gmail.com to join the email list.

Stonehaven Training Sessions - Fleet-Feet Triathletes
Multiple training sessions are available through Fleet-Feet. These include circuit training, interval running, swimming and trail running. See www.fleet-feet.com for more information.

If you'd like to add any training sessions to this column please get in contact with Sandy on knockies@aol.com.

We're fast approaching the racing season

It's a condition of Club Membership that you are seen to help at events as well as take part as a competitor

It's always said that since we're a big club each member doesn't have help to help very often

In fact, with a number of members devoting a huge amount of time to ensuring your club is run successfully, the amount of time everyone else has to commit is even shorter

When requests go out please respond positively. There's little doubt you'll get a surprise at how much you enjoy the involvement

There's no For Sales column this month! Let's get it resurrected. Email brief details, to the editor, of goods you are keen to move on. There's also space for a Wanted column



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<http://www.car-clinic.co.uk/>

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This small area has been reserved to persuade each
 member who has read this far, to invite anyone showing
 an interest in cycling to apply for membership of
 Britain's biggest cycling club

Membership Application

Name:

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Email:

Date of Birth:

Please complete and return to Sandy Lindsay, Rowan
 Cottage, Inveramsay, Inverurie, AB51 5DQ Telephone
 (01467) 681330 or email: Knockies@aol.com

Grampian Health Foods

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Saturday 9 am - 5.30pm

Sunday Closed

The Grampian Health Foods Cycling Club publishes this magazine. The Editor is Sandy Lindsay MBE, Rowan Cottage,
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