



SUTTON CYCLING CLUB / DE VER CYCLES



HOLIDAY ACTIVITIES - SUMMER 2010

"YES!"

is the answer to the question everyone's been asking:
"Will the Club will be running during the summer holidays?"

Yes, but with a difference!

Family Rides - farther afield

We thought it would make a change to have a series of Holiday Family Rides on Saturdays, rather than meet at Northey Avenue as usual. Some will be visits to old haunts, such as Beddington Park/Mitcham Common, from the days before we met at Northey, and others will be to pastures new, like Farthing Down. The exact details of the programme are currently being finalised, and will be circulated as soon as possible, with flyers available this Saturday at Northey. Details will also appear on the website calendar.

Wednesday Mountainbike Training

The last Wednesday evening MTB training at Northey will be on 28th July. During the holidays it will be on an ad-hoc basis, trying different off-road venues. Ring Gavin Cook on 07770 897865 on a Tuesday to check what's on.

Thursday Road Rides

Nick Woolven's Thursday evening Road Rides will continue through the holidays, except for Thursday, 26th August. Alternate weeks for Group A and Groups A & B as usual.

Cycle Skills Challenge at the Environmental Fair

The Club will again be running the Cycle Skills Challenge for children at this annual event in Carshalton Park on Bank Holiday Monday, 30th August. Parent Helpers and Young Helpers would be much appreciated between 10:30am and 4:00pm, if only for an hour or so. Plenty to see and do elsewhere at the Fair - check the event website <http://www.ecolocal.org.uk/event-detail.php?id=28>.

"What about other cycling activities?"

Go-Ride SE Interclub Competition - Round 10

Track Omnium racing at Herne Hill Velodrome, SE24 9HE, 7th August, 2:30 - 6:00pm. Host club - VC Londres. More details to follow, including confirmation of timing. It is hoped to have Track Introduction session.

Little Dog youth MTB races

VC Jubilee have just told us that race entries for this have now opened - Little Dog youth MTB races, running just before the Brighton Big Dog MTB event.

9am-11am

14th August 2010

Stanmer Park, Brighton

Check out the race categories: <http://www.brightonbigdog.com/cats.php> and click on the " Enter Online -> " button top right to take you to [xcracer online](#) registration - the event is pre-enter ONLY!

scroll down a bit to see the Little Dog info, and select ENTER RACE on left hand side, make sure you pick your right age and girl/boy category.

Also for those others who are older than Juniors and missed the Big Dog entry as it filled so quick - they are doing a special one lap - OneDerDog, see the info on the same page.

Summer Holiday Cycling Club - Mountainbiking

Jason Cattermole, British Cycling Go-Ride coach for our area, is running a Mountainbiking Holiday Club at Northey Avenue in mid-August. The coaching sessions will include skills, games, racing and more. Book in advance with Jason - details and Parental Consent form on attached flyer. E-mail jasoncattermole@britishcycling.org.uk.

Dates: Monday & Tuesday, 16th & 17th August
Time: 10:00am - 3:00pm (bring packed lunch, and plenty to drink)
Age Range: 6 - 14 years
Cost: £10 per day

Herne Hill Holiday Club

VCL, which manages Herne Hill Velodrome for British Cycling, is running its usual Holiday Club, offering coached track riding sessions (or mountainbiking if wet).

Dates: Monday 26th July - Tuesday 31st August (weekdays)
Time: 10:00am - 3:00pm (bring packed lunch, and plenty to drink)
Age Range: 8 - 16 years
Cost: £10 per day (bike and helmet hire included)

Wear appropriate clothing. Please bring your own mountainbike if it's wet. (They have some available, but not enough for everyone.)

Places are limited to 30 per day, so booking is recommended. E-mail info@hernehillvelodrome.com for enquiries & bookings. All riders must bring a parental consent form with them on the day.

Cycle Roadcraft Training (Cycle Proficiency)

London Borough of Sutton is running holiday Cycle Roadcraft courses for children who live or attend school in the Borough. Each course consists of five two-hour sessions and includes on-road training and knowledge of the Highway Code.

Contact Steve Wright, Sutton's Senior Cycling Officer, on 020 8770 6231 or e-mail stephen.wright@sutton.gov.uk to book a place. (Courses will not all go ahead if there is not enough demand.)

26th - 30th July at Mellows Park, Wallington
26th - 30th July at Cuddington Rec, Worcester Park

2nd - 6th August at Mellows Park, Wallington
2nd - 6th August at Cuddington Rec, Worcester Park

23rd - 27th August at Mellows Park, Wallington
23rd - 27th August at Cuddington Rec, Worcester Park