



Newsletter No:4
December 2009-12-24

Chairman:	John O'Sullivan
Secretary:	Mark McGarry
Treasurer:	Clare Irwin

Chairman's Notes:

Dear member,

It is a great honour, and at the same time humbling, to be addressing you as chairman of the club. Following in the footsteps of Paul O'Donoghue and Rob Cullen is no easy task. Rob truly revitalised the club and developed a blueprint that has seen membership almost treble in six years. Paul then carried this forward with an enthusiasm that saw him commit huge hours to a variety of club activities while also continuing to carry the torch for long distance cycling in Ireland. I will do my very best to try to match their enthusiasm and commitment over the coming year.

I must also thank Rose Leith, Geraldine O'Shea and Conal Higgins for their service on the committee, the former for the past two years, with Conal serving for the past five years.

It is great that two long-standing members, Mark McGarry and Stephen Healy, are rejoining the committee after an absence, but it is particularly great to see Linda Haug and Claire Irwin become committee members for the first time. It takes commitment and sacrifice to put oneself forward, but having fresh blood is vital for

continued development and success. If you have never served on the committee, I encourage you to think doing so at some future point.

All of the above changes happened at our recent AGM. This year we broke with tradition and moved the meeting to a Monday night. Taken together with circulating reports ahead of time, I think this change worked well, with 29 people attending. We will continue with this approach next year.

One theme that emerged from discussions at the AGM was the need to step up our game a little in how we communicate with members. To this end Paul O'Donoghue has volunteered to be our newsletter editor for 2010. We will issue newsletters on a regular basis. If you want something included, send it to Paul.

We have now also activated an online discussion forum which can be accessed from the website. Ian Murphy has volunteered to help me moderate the forum. Membership of the forum is open to all-comers for the first week. Thereafter you will need to e-mail me to be added as a forum subscriber (you can still read all of the posts without being a subscriber). The forum has been established so that members can more easily communicate among themselves. Paul Murray has been posting (entertaining!) reports of all the club tours so you can keep up with happenings if you missed the spin.

If you visit the website regularly, you will know that we have a full and varied programme of events set out, which now also includes a Sunday road training spin. At the AGM I asked not only for people's ideas but also for their commitment in helping to implement them and this is a perfect example of where that bore fruit. Roy Bowden stepped forward to make the Sunday spin, talked about at the AGM, a reality.

Paul Murray runs a tour each Saturday, Linda is running a MTB event every second Sunday and Aidan is starting Wednesday night interval training on January 13th. The Annual 2-up Novelty Time Trial takes place as usual at Kilmacanogue on St. Stephens Day at 11am. Please try to come along as it really is a great and inclusive event.

For my part, I still hanker after the “old days”. Well, when you get to my age it is quite acceptable to hanker after the past! To this end I hope to run an old style tour one Sunday a month, initially. The pace will be sedate, you will be encouraged to dine Al Fresco and the emphasis will be social. I hope that this might encourage those of who feel intimidated at the thought of doing 50 miles with the experienced mob, to get out on your bikes and get started (or get started again). These tours will be aimed at all-comers and all ages. Watch the website for further details.

Some of you will know that our longest serving club member Danny O’Shea has been hospitalised with a serious illness for the past month. I know I speak for everyone when I say that our thoughts are with Danny and we wish him a speedy recovery.

All that remains is for me to wish you all a Happy Christmas and Prosperous New Year. I hope that Santa can get all that cycling gear down the chimney. Please make a New Year resolution to ride defensively out there on the roads in 2010. You won’t win an argument with a car, even if you are in the right!

John O’Sullivan
Chairman

Mountain Bike:

New mountain bike secretary Linda has put several dates in the calendar and is keen to encourage those who may not normally cycle off road to come along and try their hand at these to spins.

Underage:

Aidan organized the annual orienteering event for our underage riders in Ballinstoe on a very cold morning. Despite the weather 4 teams took part and the event was characterized by the excellent navigational skills of all who took part on the day. No need for any Garmins in the sock this Christmas for the participants and well done to all the teams on the day.

Kevin and Paul,
Jem and Dean,
Liam and Caolan,
Naoise and Liam.
Many thanks to Joanne who acted as timekeeper and Enda who acted as verifier for the cards.

Club Clothing:

The club still has winter jackets and fleeced bib tights in stock for anyone who has been feeling the cold lately. Contact Paul O Donoghue

Best Wishes:

Congratulations to the McGarry Family on the addition of baby Isabel to the household.

Upcoming events:

- **Sat 26th Dec, 11:00 a.m. St. Stephens’ Day.** Novelty 2-up time trial. Suitable for all club members. 7k time trial, in pairs, the winner is the closest to their predicted time. Drinks afterwards in Paul & Claires house in Kilpedder. A legendary annual club event. Be there!!
- **Sat 2nd Jan, 10:00 a.m.** Road Spin, Glen of the Downs
- **Sun 3rd Jan 9:00 a.m.** Training Spin (100 - 120km), Kilmacanogue bridge.
- **Sun 3rd Jan 10:00 a.m.** Senior MTB, Devil’s Glen (meet Ashford)
- **Sat 9th Jan 10:00 a.m.** Road Spin, Glen of the Downs

- **Sun 10th Jan 9:00 a.m.** Training Spin (100 - 120km), Kilmacanogue bridge.
- **Wed 13th Jan 7:30 p.m. Interval Training,** Kilmacanogue flyover. Lights and reflectives **mandatory**.
- **Sat 16th Jan 10:00 a.m.** Road Spin, Glen of the Downs
- **Sun 17th Jan 9:00 a.m.** Training Spin (100 - 120km), Kilmacanogue bridge.
- **Sun 17th Jan 10:00 a.m.** Senior MTB, Kindlestown
- **Mon 18th Jan 7:30 p.m. 2010 membership sign-on evening,** Venue TBA

Sign on night: To facilitate an efficient registering of new licences with Cycling Ireland a sign on night has been slotted for Jan 18th ,this will also double up as a social evening .As of yet a venue hasn't been selected but members will be notified of venue prior to the date.

Underage training camp. Cycling Ireland recently ran a 2 day training weekend in Charleville and Sorrento was represented in two age categories by Enda Ryan and Conal Higgins (the younger one).It was a good opportunity to meet up with cyclists from all over the country and bend the ear of C.I's High Performance Director.

- **Holly Run;** the annual trip to lay a sprig of holly at Liam Horners took place on Sat 19th from Glen of the Downs. Despite the cold snap about 12 hardy souls set out from the Glen to be joined by John and Eileen setting out from Dun Laoghaire and Dave and Gillian making their own way. Unfortunately Tony couldn't make it as the Featherbeds was impassable. The ice didn't commence until about 500m of

the Monument and all but the mtb'ers chose to walk to the far side of the Sally Gap jct. After the mandatory snowball fight and laying of holly Aidan said a few poignant words as tribute to the triple Olympian. Afterwards everyone retreated to the warmth of the Reconciliation Centre for coffee and sticky buns. Rumours circulating afterwards that some senior club members wept bitterly to see a sign saying that Santa couldn't be present due to adverse weather conditions were slightly exaggerated and only slightly rocked confidence in the wily old North Poler.

- **Wednesday night training;** Well done to Aidan on organising and running another very successful season of circuit training in Pres Bray.Never one to rest on his laurels for too long road training will commence at Kilmac flyover on the ???This will be aimed at riders of all abilities with the intention of working on various components of fitness and skill.As always lights and reflective jacket is mandatory for everyone.

Chairperson and webmaster has been doing a lot of work on the club site and along with initiating the forum has been very diligent in uploading photos. There are presently photos of both the orienteering and Holly Run on view.

A very Happy Christmas and a great 2010 to all members and families. Issued by Paul O'Donoghue on behalf of the Executive Committee.