



Newsletter No:
March 2010

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

Chairman's Notes:

Dear member,

What a winter we have just endured. It certainly stopped me in my tracks, but not those hardy club members who headed up the mountains to cycle on snow covered and deserted roads in January. Denis Cummins made a fantastic video that he loaded on Youtube. Look it up.

The racing season has just commenced and it is great to see Enda and Conal coming through the ranks, following in their father's footsteps.

The MTB Race season is getting underway too with Paddy Mackey taking a fine 3rd Vet in the opening Leinster league race.

Aidan underage MTB spin continue, although the February event fell foul of the weather. The annual weekend away is set for mid April. It is not too late to get a slot if you move fast.

I intend to run the first of my Chairman's spins on April 18th. These will be very relaxed rides over easy terrain, suitable for beginners and for

young members and their parents to take their first steps on the road. Weather depending, we may be out for up to 3 hours or so but with one or more stops along the way. Bring a drink and a snack.

For the first spin, we will meet in Ashford car park at 10:30 am. If you know of someone who is interested in starting to cycle, or who might not feel up to our regular weekly tours, please feel free to invite them along. If they like it and wish to continue, they can subsequently take out a membership, but we won't require it the first week.

You will recall from the last newsletter that Danny O'Shea, one of our founding members and a club stalwart down the years, was seriously ill in hospital. I am glad to report that he has made progress in the last month and is on the mend. However it is a long road back and he is likely to be in hospital for some time yet. The days are very long for him, especially as he has temporarily lost his eyesight. I know he would really welcome company and I encourage those members who know Danny to visit him from time to time. He is in St Vincent's hospital, St Laurence's ward on the first floor. It remains a very difficult time for Geraldine and Joanne and it is a credit to Joanne that she is again willing to organise the club league in these circumstances.

The league will start on Wednesday April 7th and I hope to see as many of you as possible take part.

Finally, if you have not rejoined for 2010, can I encourage you to do so without delay by downloading the forms from the club website and post them on to me.

John O'Sullivan, Chairman

Mountain Bike:

Unfortunately Linda has been shanghaied into doing some weekend work so has had to curtail Sunday spins a bit for the moment. Please keep an eye on website for future details of spins.

Underage:

There will be a spin on Sunday 11th at 10.00hrs from Kindlestown.

The following weekend will see our underage riders and parents make the trip to Limerick for the annual mtb Ballyhoura weekend. Accommodation has been booked and any info re weekend is available from Aidan. Some places are still available

Touring news:

Tours are being run despite the drop off in numbers as members commit to racing and audax events. The meeting place continues to be Glen of the Downs carpark every Saturday for a 10.00hr sharp start. Current touring secretary, ex sprinter and ex printer Paul Murray continues to post his unexaggerated and unabridged tour reports on the forum.

On the 11th of Apr the club are running a 200k in Wicklow and Carlow. The route is designed as an introductory spin to Audax and somehow manages to maintain a flat route despite the majority of the distance being run off in Wicklow. Details are available on club website.

Racing report:

Joanne has set the calendar for this year's league and it is available on the club website. As in previous years helmets are mandatory and all participants must help with marshalling duties. Please note that the League is taking place on Wednesday evenings and not the usual Thursday evenings.

In a year characterized by the largest fields seen in a long time Sorrento jerseys have been very visible in the peloton. Our junior riders have been active also with

Enda showing his sprinting prowess in Dunboyne and Conal (jnr) active on the hills. Patricks Day saw 7 club members taking part in the traditional 17th of March race. Aidan showed his experience and savvy in twice finishing 7th in very large fields.

Easter sees the first Sorrento team to take part in the Gorey 3 day for a long time. The team will comprise:

Tony Brabazon,
Stephen Healy,
Conal Higgins, (jnr)
Enda Ryan,
Denis Cummins.

Tony, a veteran of 16 Goreys, and Stephen will bring their considerable experience to the team some of whom will be riding their first stage race. Aidan and Conal (snr) will be doing back up and in charge of morale. Many thanks to John Gaskin for supplying a van for the weekend and Good Luck to all.

Much praise must go to Dave and Aidan for their hard work and planning in engineering a resurgence in the club's competitive side.

Congratulations to Enda on being picked as a member of the National Elite Junior Squad.

Social News:

Stephen organized a quiz night in Bray at the end of February. Although poorly supported the club managed to raise 130 euros for earthquake victims in Haiti. Geraldine and John L. were quickest on the buzzer for the night and scored the most point mainly due to John L's encyclopedic knowledge of soap opera.

Get Well:

Best wishes and a speedy recovery to Neil Coleman who sustained a knee injury while running. We continue to think of Danny and keep him in our thoughts.

Issued by Paul O'Donoghue on behalf of the Executive Committee.