

SORRENTO CYCLING CLUB AUDAX IRELAND

Spring 2008

Hi there fellow Sorrentos,

No excuses! Winter is over! Get your legs spinning them there peddles so fast you'll feel the wind flying through your hair (where applicable!!) so on your bikes or else! Here is your Spring Newsletter eagerly awaited by all especially those who don't have access to the internet!!!

PADDY MARTIN President of Bray Wheelers CC

Now on to more serious matters. First off I would like to express on behalf of the committee and the club members our deepest sympathy with the Martin family on their loss and to the members of our second favourite cycling club, Bray Wheelers on the untimely death of Paddy Martin. Words fail us at this time and we can only hope to express our sorrow by saying we will miss him but will always cherish the times we shared with him on the road. We look forward to continuing the close ties we have with your great club.

SOCIAL EVENT OF THE YEAR

This year will be a very big year for our club as we are celebrating our 40th anniversary. Our wonderful social secretary Geraldine O'Shea has confirmed a date for the 40th anniversary extravaganza. A dinner dance/disco has been organised for the 17th October in the Esplanade Hotel. More details to follow at a later date.

ROAD RACING

Thanks go to our new racing secretary, Joanne O'Shea for compiling such a great list of events for us; no doubt I will be handicapped! As I should be! (Ye better go easy on me). You can download the road racing calendar and entry form from the club website. Please note the last league race is 24 July.

MOUNTAIN BIKING (underage)

Date	Time	Meeting at	Distance/Duration
30 March (Sun)	10 am	Kindlestown Wood	1 hour 13 mins
16 April (Wed)	7 pm	Ballinastoe Wood	1 hour 13 mins 10 secs
12 May (Mon)	7 pm	Djouce Wood	1 hour 22 mins 2 secs

ROUND 1, IRISH NATIONAL POINTS SERIES, MTB XCO.

The club will be hosting the first round of the national mountain bike series in Ballinastoe Wood on Sunday April 27th. **Please please please phone Conal Higgins now** (086 2582613 and 2869465) to offer your help on the day as this is a very difficult event to run and will reflect badly on the club if not done properly. We need marshals, sign-on people and time keepers. It's your club so please support Conal on this big day!

ROAD TOURING

Date	Time	Meeting at	Distance/Duration
24 March (Mon)	9.30 am	Shanganagh Cemetery	3 hours
6 April (Sun)	10 am	Shanganagh Cemetery	3 hours
13 April (Sun)	8 am	Bray Wheelers Club house	200 km Audax
26 April (Sat)	9.30 am	Shanganagh Cemetery	3 hours
11 May (Sun)	10 am	Glen of the Downs car park	3 hours
Mick Byrne Memorial 25 May (Sun)	8 am	Sports Centre, Hyde Rd, Dalkey	Children's tour 100 km hilly tour 200 km Audax

CELEBRATING THE LIFE OF MICK BYRNE

The Club have organised a very special day for the 25th May to celebrate the life of one of our founder members Mick Byrne who was an inspiration to us all. Refreshments will be provided on the day possibly in Glenmalure. Please note that all members are requested not to ride these events as they will be required to provide marshalling and other duties on the day. Sorry about that but this is the way it will have to be so any Sorrento members turning up to ride the 100 km or 200 km will have to carry a 10 kg sack of potatoes with them!!!! (Please help out on this day). Contact any committee member to offer your services.

CURRENT FORM

Club riders are participating on the road and in mountain biking races. Congratulations go to John Doris on a fine performance in the K Capital Cup in Kilruddery. Well done Beth who won the ladies Elite event. John finished 3rd against top class opposition in the vets (he thought the vets would be easy!). Well done to Karl Thomas, Conal Snr and Jnr and to Linda H who finished 2nd in the Ladies Sports event, well done all. On the road Aidan, Conal Jnr and Snr, George and Tony have been going well (they didn't get dropped) if I've left anyone out in the role of honours tough luck (only kidding).

Thanks go to Aidan and Karl for participating in a mountain bike training course (they need it) the knowledge they picked up will be passed on to us less clumsy riders.

As part of the Cycling Ireland Ladies Commission Aidan has conducted two training exercises in January and February with a group of enthusiastic lady mountain bikers. This is a vital area in the building up of our sport and it is great that we have such an experienced and knowledgeable cycling coach in our club, well done Aidan.

Rounding up I'd like to say thanks for getting this far in this long winded and absolutely flatulent newsletter, talk about wind in your hair! See you soon, on your bike of course, your totally befuddled and incompetent touring secretary

Paul SS Murray