

NEWBURY VELO

Welcome to the Club



Our Philosophy

At Newbury Velo, we are building a cycling community that welcomes everyone.

From balance bikes to time trials and everything in between, including copious amounts of cakes, Newbury Velo has something to offer to everyone.

This guide will talk you through what the club has to offer and how you can get involved.

We can't wait to see you out on the roads, gravel or mud soon.

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Our Rides

Our main group rides leave from the Clock Tower in Newbury at 08:30 every Sunday morning. During the summer months, mid week rides take place on a Wednesday evening, leaving the Clock Tower in Newbury at 6:00 p.m. The faster Chain Gang ride take place on a Thursday evening, from the Clock Tower in Newbury at 6:30 p.m.

For anyone who prefers the dirt, we also offer some mountain/cyclo-cross and gravel bike rides as well.

Under 18s will need to be accompanied on all rides.

SUNDAY CLUB RIDES

NEWBURY VELO

Mochaccino 12/13mph

This ride is perfect for beginners or those who fancy taking it easy for a week. No-one will be dropped and the ride will last approximately 1.5 hours.

Skinny Latte 14/15mph

A Latte pace ride but Mochaccino in length, a perfect stepping stone between the two groups or for riders a little short on time who still want their weekly club ride fix. It's a non-drop ride and it will last 1.5-2 hours (approx).

Latte 14/15mph

This ride is an enjoyable social ride and for those who are experienced enough to handle a little longer in the saddle. It's a non-drop ride and it will last 2.5-3 hours (approx).

Cappuccino 15/16mph

This ride is for those who fancy slightly more pace in their social ride. It's a non-drop ride and it will last 2.5-3 hours (approx).

Macchiato 17/18mph

This ride is for more experienced riders who want a faster pace. We look out for everyone on the ride and it will last 2.5-3 hours (approx).

Espresso 20mph+

This ride is for very experienced riders and racers who fancy a very fast paced training ride. Although the ride is ordered, riders do sometimes get dropped. It lasts approximately 2.5 hours.

DirtyChai Off-road - This is our ride for those who fancy exploring the beautiful trails in our area by mountain or cyclocross bike. Rides will cover a range of abilities and will last for 2-3 hours (approx).

Getting Started with Spond



In order to sign-up to club rides, we ask that members sign-up to the (very easy to use) Spond app. Here are the instructions to do so:

1. Download the Spond app from either the App store or the Google Play store*.
2. To join the Newbury Velo group, click on this link (<https://group.spond.com/UZHIC>). Alternatively, search for "Newbury Velo" on the app, and request to join. If you're asked at any stage of the process to enter a code to join a group, the code is UZHIC.
3. Enter your details on the app. You can choose to keep your contact details confidential (only available to ride lead organisers) if you prefer. Note that some fields such as next of kin and medical details will not be made public by default.
4. You're done! Each week, you'll receive an invite to the group activities for that week, and you just need to go in and accept that invite. You can even chat to people within that "event" about any details you want to (are other riders planning to go out dressed as flamingos that week, for example).
5. By default, you'll receive invites to all club events. If you find, after time, you're not interested in a particular activity (e.g. timetrialling - but we hope that's not the case!) then we can just remove you from receiving updates on that category.

* Don't worry. If you don't have a smartphone, you can log into Spond on the internet at <http://www.spond.com>

Club Kit

In order to purchase kit, we have to "open" our virtual club store with Kalas. We try to open the shop Four times a year.

New members get £10 off one item (£5 off for junior members), so please ask Simon Bowden (clubkit@newburyvelo.cc) for a voucher code when you make your first purchase.

We currently have kit samples at Velo Towers in Newbury - please email Simon Bowden if you would like to try some kit on for size (clubkit@newburyvelo.cc) or would like any more help with kit questions.



Our Primary Kit Supplier is Kalas, supplier to the Great Britain Cycling Team and who have recently entered into a partnership with skinsuit developer Vorteq who have developed cutting age skinsuits for the British Cycling Team and the Alpecin Deceuninck team which are being offered to the general public for the first time. They're not cheap, but if you would like one, they are in the club shop.



Our Second option for club kit is nopinz who supply some of the fastest kit to many professional teams. nopinz offer the option of 3d body scanning to ensure the perfect fit.

Email: Club Kit for access details.

Coaching

We have a number of British Cycling qualified coaches (up to level 3) in the club who will be offering coaching sessions for children and adults. The coaching is geared towards total beginners right the way through to developing race skills.

We are currently running coaching for children between 3 and 12 years. If you have a youngster who may be interested, please get in touch with Melanie Sneddon (coaching@newburyvelo.cc) and we can discuss options.



Time Trialing

Our seasons runs from March to September. This years calendar can be seen below, additionally the events are advertised in the weekly email as well as on Facebook. We have a range of events throughout the season designed for total beginners all the way up to national level time trial riders. It's you against yourself, and a lot of people race just to watch themselves improve over the season, so make sure you come along to some once the season starts!

NEWBURY VELO 2023 TIME TRIALS

CLUB EVENTS	START	MILES	COURSE	NOTES/THEME/TROPHY
MARCH 2023				
8 Wednesday	14:30	10	H10/3R	Afternoon Season Starter
22 Wednesday	14:30	10	H10/3R	Afternoon
APRIL 2023				
1 Saturday	14:30	17	HCC201A	Afternoon - NV with NRC
5 Wednesday	18:30	10	H10/3R	First Evening - NV with NRC
19 Wednesday	19:00	14.7	HCC248	Sports Night - NV with NRC
24 Monday	19:00	10	H10/3R	Ladies' Night
29 Saturday	15:00	10	H10/17R	Open 10 mile - entry via CTT website
MAY 2023				
8 Monday	19:00	15	H15/3	15-mile champs
22 Monday	19:00	10	H10/3R	10-mile champs
29 Monday	10:00	25	H25/3C	Bank holiday 25
JUNE 2023				
5 Monday	19:00	10	H10/3R	BINGO Night
14 Wednesday	19:00	25	HCC247	25-mile champs- NV with NRC
19 Monday	19:00	10	H10/3R	Two's company (2-up TT)
JULY 2023				
3 Monday	19:00	10	H10/3	Steel is Real
17 Monday	19:00	10	H10/3R	La Vie en Rose
31 Monday	19:00	10	H10/3R	Grand Prix de l'Amour (2-up TT)
AUGUST 2023				
14 Monday	19:00	10	H10/3A	Byker Grove Special
20 Sunday	08:00	15	H15/3	Open 15 mile - entry via CTT website
SEPTEMBER 2023				
4 Monday	18:45	10	H10/3A	The Finale
24 Sunday	10:00	1.1	HCC020A	Walbury Hill Climb

Racing

As Newbury Velo grows, we are hoping to be able to get strong road, track and cyclocross teams competing in local and national leagues and championships. There will be plenty of opportunities to try racing if you've never done it before, and there are plenty of members already signed up who have many centuries-worth of racing knowledge to pass on to those who'd like to know more.

Newbury Velo have already hosted the National 10 mile time trial championships, the Veterans' Time Trials Association National 10 and 15 mile time trial championship and the British Masters Cycle Racing Championships in 2020, and we are hoping to promote some league and one-off cyclocross events as well.



Newbury Velo on Social Media



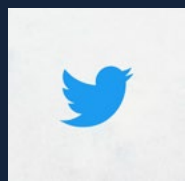
In addition to our Facebook page, we also have a member-only Facebook group where you can get all member specific updates and chat with other members of the club. [Request to join the Newbury Velo Group](#)



We have a member only Strava group to allow you to compare your rides with your peers - as well as getting ideas for new routes! You can request to join the group here: <https://www.strava.com/clubs/newburyvelo>



Don't forget to tag us @newburyvelo in your instagram posts too



You can also find us on Twitter @NewburyVelo

Zwift

If you are a Zwift user, we have a club on Zwift to join - and we are one of only a handful of "real life" clubs globally which has its kit in game.

To get the code for the kit, please email Rachael Elliott (chair@newburyvelo.cc).

We organise a time trial on Wednesday and Saturday as well as a crit on Friday nights and a hillier road race on Sundays. We also currently have a winter hill climb series running and it's not too late to join up! We are just starting a new season of racing in the new year on Zwift and we have six Newbury Velo teams of all abilities who compete each week (emphasis on teamwork and fun!). If you're interested in this, then please reply and let us know ASAP! If you'd like to be involved in any of the Zwift activities, then please email chair@newburyvelo.cc



Discounts

We like to support our local bike businesses, so all Newbury Velo members will get 10% off stock at BikeLux and 10% off stock at Banjo Cycles. Please note that any discounts cannot be combined with other discounts.

We have also negotiated a 10% discount at Pineapple Cafe <https://www.facebook.com/pineapplecafe17/> - turn up in your club kit!), at Mrs B's Kitchen on Faraday Road and also 10% off at Valarie Jerome Optometrists on Northbrook Street.



Velo Quest

Veloquest is something we started during COVID when we couldn't ride together, but we could uniquely share the experiences of a ride. Every few weeks, we'd have a new theme and riders follow a choice of routes (20, 35 or 50+ miles and off road alternatives) and stop at specific points.

There is interest to reinstate these in a more exciting way shortly (and doesn't mean there needs to be lockdowns in place in order to do so) so watch this space!

You can see some of the recent [Veloquests here](#), and you can still complete them anytime you like.

Don't forget to share your photographs!

Social Events

Non Cycling Social Events

Monthly members meet up happen on the last Friday of the month, it's a great way to meet other members, catch up with your friends and probably talk about cycling too! The event takes place in Newbury Town Center.

The Newbury Velo summer BBQ happens on Sunday in late August following the usual group rides. Details about the event will be listed on the Events pages of the website, in the members' Facebook group and in the weekly email.

Steelie Bike Rides

When the weather is fine, our classic bikes come out from under the covers to enjoy a short, chatty social ride that ends with a pub lunch and more chatting.

Velodrome Trips

We've held a number of hugely successful velodrome sessions at the Welsh National Velodrome in Newport. We offered one in the middle of last year and will look to organise another one during the year.

Maintenance evenings

We will be organising some nights where you can brush up on your mechanicing skills (or, in the case of the author of this email, learn entirely from scratch). From changing a tube to indexing gears, from learning how to clean a bike properly to changing a bottom bracket - it'll all be covered!