



Kirkby Lonsdale Cycling Club 1 Review

As not all of our members are involved in the organised rides, I wanted to give you an update on what has been going on during year one for KLCC. For a club that is still less than a year old, I think we've done very well to have fully supported groups riding every weekend. We are always hoping to encourage more members out to experience some group riding though, so have a chat with someone on the committee and make a plan to join us. There is a ride for you!

We have four groups riding regularly each weekend with many informal meet-ups during the week too.

Black Group: Every Saturday @ 09:00

This is the most challenging ride for the weekend, targeted at being something between 75 -100km long, with plenty of climbing and at a strong average pace of at least 26kph. During the summer we also started an hour earlier to allow additional distance and climbing as training for those doing the Fred Whitton Sportive in September, but we are now back to a 09:00 start. Sometimes a stop for coffee but no promises with this group.

Red Group: Every Sunday @ 09:00

This ride is at a more relaxed average pace of 25kph and is around 50 – 75km long. Some are shorter and more climby, some a bit longer and flatter. The goal had been to start with easier rides at the beginning of the month building up to more of a challenge for the last weekend of the month. The aim is to be out for about 3 hours with time for a coffee stop along the way.

Yellow Group: First & third Sunday @ 09:00

A purely social ride where nobody will be left behind. Always planned around a café stop and with a max of two hours of riding, these group rides have proven very popular over the summer, welcoming more casual riders, along with some seasoned regulars and a few weekend visitors. One thing we need to decide now is how often the Yellow Group will ride during the winter in the more inclement weather. Let us know what you'd like to do

Ladies Group: Second and Fourth Sunday @ 09:00

The Ladies have done a fantastic job of self-organising and have been riding every Sunday over the summer. The group is growing along with their ambitions.

One thing I want to comment on is the use of target speeds to classify the rides. These are intended to give an indication of the effort required to ride with these groups. You'll know what you average when you ride alone which will guide you with regard to suitability of the groups. Remember that you will go quite a bit quicker when riding with others though as the effort is shared.

Having said that, If you want to join a group ride, we would always suggest that you ride with the Red Group first to get some experience of riding with us before moving up to the more challenging Black Group.

KLCC Summer Great Dunn Fell climb

In fact "a ride of two climbs, where Kirkstone Pass from the North was the smaller one" as Chris R so eloquently put it. A great day out with a proper stop for lunch to make sure we were well-fuelled.





KLCC @ Etape du Dales

A few of us were signed-up for the Etape du Dales ride from Grassington in July. Unfortunately the weather the day and night before was extremely wet, so some decided not to ride. Those that did enjoyed a largely dry day with some challenging winds over the high dales passes. Well done Ed, Ian and Sam. Tim unfortunately found a large pot-hole so wasn't able to complete the route – a good reminder of the challenges riding in puddles.

Chris and Ben felt a bit guilty about driving to the start but deciding not to ride in the rain however, so completed the route departing from KL the following Sat, as it turned out in far better weather!

KLCC Isle of Man Trip

A small group took advantage of some excellent planning by Ian Shilling to spend a great couple of days riding some new roads (for most of us) on the IoM. We cycled down to the ferry at Heysham on Friday lunchtime which saw us arrive in Douglas at 18:00 in time for a cracking pizza and pasta dinner carb loading for a tour of the island and it's lighthouses on Sat. By the end of the day, after riding on some quite country roads overlooking the sea towards Ireland and climbing some cheeky hills, we'd completed the final Fred Whitton training with a ride of 100 miles and nearly 10,000ft of climbing.



The Sunday route turned into a lap of the race track with all of the iconic landmarks and a climb over the mountain, with lunch at the fantastic Victory Café at the top.

This one feels like it could be an annual pilgrimage

KLCC Ladies @ Keswick Mountain Festival

Keen to try out a local sportive, some of the ladies signed-up for the Back O' Skiddaw event held as part of the Keswick Mountain Festival. The route took us through some beautiful countryside on undulating well-marshalled roads. A very enjoyable event with the chance to soak up the festival atmosphere at the finish. A great day out – the first of many!

KLCC @ Fred Whitton Sportive

KLCC was well represented for "the Fred" with eight riders tackling the climbs. Ed, Roger and Tim went all out and posted very impressive times in far from ideal conditions. The rest of us took it at our own pace but all completed the ride and speaking personally, I really enjoyed the experience of the event, the climbs (well, most of them. You can keep Hardknott!) and especially the descents down from the passes. Raucous support from Susie & Dave in KLCC kit and crucial lunch service from superstar Jacqui Waller really made us feel very much a part of a fantastic club.





2022 KLCC Trip to Tour of Flanders

Initial planning is underway for a trip to Belgium to take part in the Tour of Flanders Sportive the first week of April and then stay the following day to watch the professional race. Currently eight are signed up. We'll leave on Friday morning April 1st very early to get us to the hotel in Kortrijk mid afternoon to enable us to sign-on for the sportive. The plan is to travel home again on Monday 4th April. With eight going, we'll take three cars. Total cost without food and drink is expected to be £500 each. If you would like to join the trip, please let me know before the end of October when we'll finalise the booking – hotels are already in high demand

Time Trialling and Monthly Challenges

As well as all of these longer rides a strong group also took advantage of the Kent Valley guest ride to have a go at the Milnthorpe 10 mile TT on road bikes. I'm not sure everyone enjoyed the experience but Ben is hooked and has taken on half a dozen TT's through the season include open events on the Levens and Tebay courses. How do you fancy a go at putting out all the power you have for 20+ mins?

We've also had a few segment challenges which this month has migrated to being a hillclimb challenge against the Kendal CC guys. Always fun to create a bit of competition.

Annual General Meeting

Our first AGM will be held at the Royal Barn on Tuesday Nov 2nd @ 20:00. We really hope to see you ALL there with lots of ideas about how we can continue to evolve.

...and finally socials

Following on from the AGM on the first Tuesday of November, we'll plan to have a social gathering on the first Tuesday of every month, at the Barn from 19:00. Everyone is very welcome to come and chat about the club rides, cycling in general or anything else

