

Bolton Hot Wheels CC

What's Coming Up?

**Saturday 23rd January – Walk and Ride
Cuerden Valley Country Park**

The first ride of the year takes place at Cuerden Valley Country Park next Saturday (23rd), thankfully the weather looks like it will have improved in time. We will be meeting as usual in the Northern Car Park, just after the motorway bridge for 10am. Please note this car park does have a height restriction. A secondary meeting place would be by the picnic benches just at the river crossing for 10.15am. This is a gentle ride along the Cycle Network route, something gentle to start the year with.

This will be fun for all the family, please be encouraged to bring all the family and your friends.

February Track Sessions

The final two track sessions the club has secured will take place in February. Due to the minimal interest in these sessions, the club will not be looking to book anymore sessions as club funds are not strong enough to subsidise sessions that are not meeting minimum numbers. At the moment that are only 6 riders booked on to each of these sessions, should we still have less than 16 riders booked on these sessions by the 1st February we will be able to open the remaining 15 places to Adult riders, due to the sessions being 2 hours we are able to run two groups. Please keep an eye out for an email around the 1st to confirm if Adult places have become available.

The booking form is available to download from the new look website!

Sunday 14th February 2010 1pm – 3pm

Sunday 28th February 2010 1pm – 3pm

Race Success

Tyler Koch has been very busy over the winter taking part in many North West Cyclo-Cross League races (even in the snow!). With fantastic 1st place in his age group at the Lakes Road Club, Wheelbase and Horwich CC Cyclo-Cross races over the winter. Tyler was joined by several team mates for the local Horwich CC Cyclo-Cross which took place on Leverhulme Park. Joseph Peatfield, Lewis Howe and Jack Town all did extremely well on a tough course in inclement weather. Well done to you all!

Please do let us know what you have been up to and how you have done so we can include your success on the new look results page. <http://www.boltonhotwheelscc.org.uk/results.html>

Regional Schools of Racing

Over the winter months Aaron Adamson and Robert Richardson have been nominated to attend the British Cycling Regional Schools of Racing (RSR) coached by Tim Buckle, Talent Development Coach for the North West. The format of the first RSR was a life style briefing, a heavy turbo session, de-brief, quick lunch and then the theory of Madison racing and a breakdown of hand slings, followed by practice on the track. Each rider was paired with a more experienced rider who is currently on the British Cycling Olympic Talent Team.

Following a practical session there was video feed back and discussion and then another session, again followed by video feed back and discussion. The more experienced riders acted as mentors and critiqued their partners. The afternoon finished with two sessions behind the motorbike, the first without racing but at a good speed and second being 10 laps behind the bike and then a 10 lap race.

RSR's will be taking place throughout the year, covering many different disciplines of cycling. The criteria to be nominated to attend is that you are in the last year of the Under 14s racing category (and actively racing) and a British Cycling Member. If you fit these criteria and are interested in being put forward to attend these excellent coaching sessions please do speak to a club coach and be sure to let us know what racing activities you are taking part in.

Saturday 6th March – Season Begins

This is the day that the season really begins, not only will coaching sessions return to Bolton Arena at the usual time of 10am but the first Youth race of the road season will begin at Southport's Victoria Park. Be sure that you have everything ready and working for the start of the season.

Before this date we hope to hold a workshop about how to prepare for the season ahead, training guidelines and everything you need to know about taking part in a race. Keep an eye on the website for all the latest information about what is happening in our region and beyond.

Free British Cycling Membership

As the club renews our affiliation to British Cycling for 2010 we can confirm that we will be able to continue to promote the Free Membership offer. As a member of Bolton Hot Wheels we will be able to provide you with the opportunity to access either Free Bronze (Adult) or Free Silver (Youth) membership as a first time member of British Cycling. If you wish to find out more details please do not hesitate to contact us by return and we will provide you with the necessary information to take advantage of this offer.

Volunteers – We Need You!

The club is always looking for people to come forward with ideas and even better if they are in a position to help put those ideas into practice. A lot of work goes in to keeping the Hot Wheels Activities happening, most of which is not seen. If you are in a position to lend a hand please speak to any of the current volunteers who will be more than happy to talk to you about what is involved and what your interests are that could help the club. Please don't be shy!

Contact us: info@boltonhotwheelscc.org.uk

Visit us: www.boltonhotwheelscc.org.uk