

Bolton Hot Wheels CC

Get Well Soon - Ian Smith

Coach Ian Smith recently took ill and has spent some time in hospital. I know all the club would like to wish him all the best for a speedy return to health. Look forward to seeing you soon Ian!

Astley and Tyldesley Cycle Speedway Visit

Wednesday 12th May 2010

On a bright and sunny evening, several members took up the kind offer from Mike Hack of Astley and Tyldesley Cycle Speedway Club to go and experience the thrill of Cycling Speedway. Based at Astley and Tyldesley Miners Welfare Club, the Cycle Speedway track is surrounded by a Cricket Field, Bowling Green and Football pitches, all of which were in use that evening. It really was great to see so many people enjoying a lovely spring evening.

The participants were provided with a Speedway bike (Fixed Wheel and No Brakes) and then took to the track for coaching and racing practice. Riders quickly admitted that it was harder than it looked and that it was a lot of hard work without the luxury of easing off the pedals. Some members of Astley and Tyldesley CSC attended to help show Hot Wheels how it should be done.

A massive thank you to Mike and his team for a fantastic opportunity I know everyone had a fantastic time and that they are keen to try it out again soon. For those that are interested, training sessions take place every Tuesday and Thursday from 7pm.

www.astleyandyldesleycsc.org.uk

Bank Holiday Weekend - No Coaching Session

Maxgear Youth Tour

SACA Day of Racing

Saturday 29th May 2010

Please note that there will be **NO** regular coaching activity over the Bank Holiday Weekend.

A well earned rest for our regular Coaches!

However, the Maxgear International Youth Tour will be taking place at three venues over the North West. Good Luck to all those taking part and if you are at a loose end why not go and visit one (or more) of the days to cheer on your club mates. Stage 1 and 2 will take place on Saturday 29th May at a Sea Front course at Bispham, Stage 3 and 4 on Sunday 30th May at the Salt Ayre Cycle Circuit in Lancaster and the Tour will finish on Monday 31st May at Preston Arena.

For more information visit: www.cdnw.org

Salt Ayre Cycling Association (SACA) Day of Racing is to be held at the Salt Ayre, Lancaster on Saturday 29th May from 10am onwards. Signing on will be from 9 - 9.45am this will include checking gear restrictions. These races are for all Youth age categories A, B, C, D and E. Wheelbase are on board to sponsor the Youth races so there will be prizes for the girls and boys in each category. These races are for entry level riders.

It is £3 per rider if your already a British Cycling License holder or £4.50 if you need a day license.

Family Walk and Ride - Cuerden Valley Country Park

Saturday 5th June

We will be starting the month off with our regular Family Walk and Ride. This time we will be meeting at Cuerden Valley Country Park's, Wigan Road Car Park for departure at 10am. The park does not have a café or toilet facilities, therefore you are advised to bring a picnic which could be eaten near the Ford. Remember all friends and family are welcome to join us.

New for 2010

Tameside Cycle Racing Circuit

Starts Tuesday 15th June 2010

Coming online soon will be another brand new British Cycling closed road circuit. The new circuit in Tameside will be a new and exciting addition to the area providing local clubs and cyclists with a traffic free venue where they can hold training session and races alike. Work has gone well so far and is due for completion in mid to late May.

The circuit in Ashton under Lyne is part of the same Richmond Park complex as the East Cheshire Harriers athletics club and the Curzon Ashton Football club. When complete the track can be found adjacent to the athletics track here [Richmond Park Stadium](#)

The first events to be held at the new venue will be a 10 race series of circuit races organised by the Tameside Cycling Development Group in association with several Manchester based clubs.

There will be no Youth D and E racing to prevent the opportunity for riders to over do it racing at the three local circuit race leagues in the North West (Tameside, Litherland and Preston) during the week.

The 10 event series will run on Tuesday evenings and kick off with the first event on Tuesday June 15th. These events will run right through the summer until 17th of August. The racing will be for Youth riders, Junior's, Women and Senior's. The evening will kick off with the Youth race; this will then followed by a senior race for 3rd and 4th cats and the final event of the evening for Elite, 1st and 2nd category riders. As the circuit is floodlit there is the capacity to run separate races for the senior categories as above but also maintain the races as decent length events.

The schedule for the evening will look like this -

18:00 - Track open for warm up and Sign on

18:45 - Youth race (A, B, C riders) - 20mins+ 5 laps

19:15 - Senior Race 3rd / 4th Cats - 30mins + 5 laps

20:00 - Senior Race E/ 1st/ 2nd - 45mins + 5 laps

Entry fees will be -

Youth - £4

Juniors - £6

Women - £6

Seniors - £8

Entry will be **on the line only** and there is NO league or series affiliation fee.

Event details will soon be live in the British Cycling race calendar. If there are any enquires about the series please use the information email address -

tamesidecircuitseries@googlemail.com

ASDA Tickled Pink Campaign

Saturday 19th June 2010

On the 19th June our regular Coaching Session will take a new twist. As part of the ASDA Tickled Pink Campaign we have joined with our local ASDA store to hold a Sponsored 5 Skill Cycle Challenge. ASDA Colleagues and their children will be coming down to the club to take on the 5 Skill Cycle Challenge of Mounting, Balance, Braking, Gearing and Dismounting all to raise funds for the Ticked Pink Campaign. All members are welcome to join in, with the club donating any session fees for the day to the Charity event. **Come and join us and let's make this event really successful!**

As we are expecting exceptionally large numbers, it will be all hands on deck on the day. If you are willing and able to help out we would be most appreciative.

Horwich Carnival Races

Sunday 20th June 2010

The Horwich Carnival Races will be taking place this year on Sunday 20th June 2010. Horwich Town Centre will be closed off to provide a closed road circuit for Cycling, Running and Walking Races. This is your chance to take place in very local event. The programme of events will be as follows:

- 10.00 am CRAFTPRINT Youths Cycle Races (Under 12/10/8 years & Under 16/14 years)
- 10.45am EMERSON BMAF 5K Road Running Championships and BMAF 5K Road Walking Championships
- 11.30am BOLTON ARENA Schools Cycling Relay Challenge (for 8-11 year olds)
- 12 noon to 4.00pm PROVINCIAL INSURANCE TRUST BOLTON Rollapaluza roller racing for all (including school's final, heats to be held on Fri/Sat)
- 12.00noon HORWICH TOWN COUNCIL British Cycling National Para-cycling Circuit Race Championships
- 1.30pm Horwich open 5K Race
- 2.15pm GREEN MACHINE 1 Lap Street Race (for cyclists 5 to 18 year olds)
- 2.30pm BLUEMANTLE 1 Lap Fun Run (including fancy dress prizes)
- 2.50pm BOLTON COUNCIL Men's Cycle Race for 2nd, 3rd and 4th category riders
- 3.55pm Veterans Cycle Race
- 5.00pm FINISH

Bolton Hot Wheels CC Family Fun Day

Saturday 3rd July 2010

It is that time of year again when Bolton Hot Wheels CC bring you a cross between a Sports Day and School Fair. This is our chance to have fun while helping to boost the clubs bank account for the winter months.

Not only will we be inviting all members (that includes Mums, Dads, Aunties, Uncles and your Brothers and Sisters) to come and take on the 5 Skill Cycle Challenge. (If you come to the Tickled Pink Day you will have had a head start!) There will be lots of other exciting activities, which emphasise the School Fair part of the day. Rijo Café will be providing snacks and drinks, there will be a Guess the Name, a Raffle and lots, lots more.

If you are in a position to donate a fantastic raffle prize, be able to organise an activity or man a stall we would love to hear from you. Everyone's support is greatly appreciated, payment on the pay will be by way of a Tombola prize.

MANCHESTER - BLACKPOOL BIKE RIDE

Sunday 4th July 2010

BHWCC Will be organising a team ride for the above event. Approx. 60 mile ride (one-way)

This ride is open to ALL club members, The age limit for the ride is 14+ (rider under 16 must accompanied by a guardian/parent (must be over 18) who will be responsible for the welfare of the junior).

For riders who have not completed the ride before: there are food stops & mechanics on route. Transport to the start (Old Trafford Football, Manchester) is under your own steam.

Return transport from Blackpool can be booked.

Full details at <http://www.bike-events.com/Ride.aspx?id=225>

If you are interested please contact ian.smith@safercycling.co.uk or 07968 00 8698, who is happy to do all the applications & money collecting. We have around 5 riders already.