

RHYL CC

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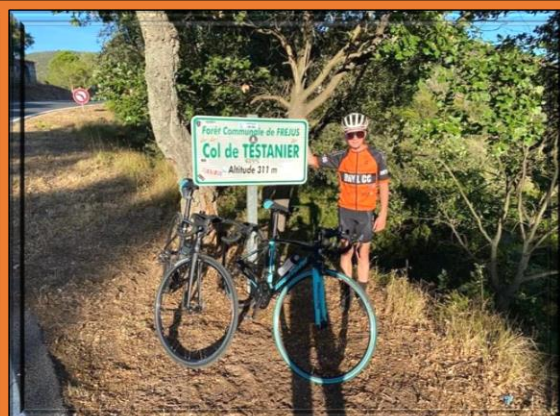
Date: 1st September 2023



Riders On Tour:

Gruff has been on his travels again, where he flew up his very first Col, Col de Testanier, in France, with an altitude of 311 meters! Monster, Monster!

Henry, Ryan and Steff have also been having adventures of their own, training hard for the Belgium Trip. Clocking over 205 miles and 11,230 feet of elevation in just 3 days. They perfected their chain ganging skills and took on the KOMs like pro's.



Club Notice:

Apologises for the 2 sessions we had to cancel due to unforeseen circumstances. Your children's safety is always our priority, and we take risk assessments very seriously before progressing with any of our coaching sessions. We hope that measures will be put in place by Marsh Tracks and Denbighshire County Council to prevent situations like this happening again.

Race News:

Steffan competed at Darley Moor against the under 16's and had his first Cat 2/3/4 race, against the bigger boys AKA... The Men! Thanks to his fantastic point collecting this year, his been able to gain his dispensation card, allowing him to race with older riders. He didn't let the size of them put him off, he tucked in and used his drafting skills to his advantage. Da lawn, Steff!

Alfie and Tommy have continued to gain more PB's on the Time Trial scene and crawl their way up the leader board, with 16 seconds between them on their latest 9 miler gaining 5th and 6th place and 7th and 8th on the final Hill Climb of the year.



Coaches Tip of The Month:

This month's top tip comes from Dave... Include Other Sports! There are lots of other sports that can help improve your bike ability. Gymnastics, yoga, running, swimming and tennis are just a few sports that will stretch your limbs, strengthen your muscles and improve your hand eye co-ordination and balance, which will all help improve your cycling skills.

Question Time:

- 1) Which European country has the most cyclists?
- 2) Englishman James Moore won the first bicycle race on 31st May 1868, but where was the first race held?
- 3) How many hours a week does a professional cyclist ride for?

Answers: 1. The Netherlands, 2. France, 3. Between 20-30hrs per week.

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Rhyl CC Take On The Flanders:

We have been lucky enough to raise enough funds, this year to be able to offer all our riders and their families the opportunity to stay and experience the cycling World of Flanders, in the famous Flandrien Hotel.

So, Dan, Steff, Ryan, Henry, Alex, Tommy, Alfie and Stanley packed up their families, their favourite bikes and their Rhyl kits and made the 8hr journey, to Brakel.

After a very challenging, long journey, we were greeted with a team meal, by our lovely host Jamie. Everyone slept well that night.



The team was quickly spotted by the local reporter, local enthusiasts and some of the pro teams. Tommy was handed a bottle by the Iconic Quick Step team car as he climbed to the finishing line. After the race had finished, the team had the chance to weave their way through the pro riders, team buses and cars, which was an adrenalin rush of its own. There the team was given more bottles and got to see some of their idols, close up. Fred Wright's Dad was so funny and welcomed the boys with open arms, after watching his son secure 5th place.

After a very wet, team ride back to the hotel, we all scrubbed our bikes and enjoyed a huge Pizza feast, before heading to bed early(ish).



Even from Wales they come to watch the arrival of the cycling race on infamous Vesten: 'You have to be in Flanders for the race'



First thing Friday morning Jamie gave us a team talk and a tour of some of his amazing bike collection, displayed around the hotel. We then set off to watch the Renewi stage tour race, in the local town of Geraardsbergen. It was the first time some of the team had ever seen Pro riders, do what they do best, in the flesh. The team completed the last 10km of the route and tackled the famous, cobbled, Muur climb to the chapel, just before the pros.

On Saturday Stanley was the first of the team to take on the Belgium's at Schellebelle. He was taken on a 20mile tour ride, before chasing down the pack to hold 8th place. Then it was Tommy's turn, he started at the back and picked the riders off to gain an impressive 5th place. Alex put out a tremendous effort, amongst some superb riders, and scored a well-earned 13th place.

Steff and Dan competed in the Gijzenzele, juniors, putting in every ounce of their training against some...

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Of Belgium's top National Junior riders. After lap after lap of attacks, they unfortunately succumbed to the Belgium elimination process, but walked away with their heads held high and some brilliant experience under their belts.

Unfortunately, Henry didn't get a chance to show off his racing skills, due to the strict Belgium gear restrictions.



On Sunday, Ryan and his Dad rode to the Balare race, where Steff and Alfie was racing. They were soon following the pace car, announcing their rolling start. A dreaded puncture saw an end to Alfie's race, before they'd even completed the first lap, but Steff clung on to the front packs and managed to keep with them until the 6th lap of 8, where yet another puncture hit.

Alex and Tommy paid a visit to the popular Flandrien Cycling Museum, while Henry managed a cracking 43 miles in the Vanneken, Zwevezele race, with a heart rate of over 180bpm and an average speed of 24.7mph.



The team then cooked all the parents' dinner and then spoilt everyone with their talented singing voices, until the early hours. They are not just good at cycling you know.



On the evening everyone reflected on their experiences. Jamie congratulated everyone on becoming Flandrien racers and presented Tommy and Stanley with their very own Flandrien Cobblestone, for coming within the top 10 in their first Flandrien race. Jamie also presented the team with a huge amount of Free kit, which we are eternally grateful for. Jamie and Rhyll CC have the same ethos, to help everyone who has a passion for cycling get the right opportunities and support to gain what they want from the sport.

As a thank you, we presented Jamie with one of our team jerseys, on the last night.



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Riders Notes:

Alfie:

It was amazing to see the Renewi Tour. I love racing and riding and I got a fist pump off Kasper Asgreen. Belgium is completely different to racing in the UK. The cobbles are fun, and I got to climb the Muur twice. I'm thankful for the experience, I would never have got to experience riding in Belgium, yet alone racing here if it wasn't for Jon and Dave and Jamie. I want to ride and race more in order to become a Pro' now.



Ryan Aka Bryan:

Watching the Pro's was brilliant, I've never seen a professional race before. I really want to go to Majorca with Henry to ride and race next year. Since I've been here, I've learnt that there is always time to improve and become a professional. The cobbles are really bumpy and scary, definitely not for carbon wheels! I loved riding the canal path with my Dad, and I've loved team living, it's really bonding and bromancies have been formed. I'm thankful for Jamie taking the time to talk to us and support us.

Steff:

It's been brilliant racing in Belgium. It's a whole different experience and the courses are something else. The hotel is very cool, I love it, it's a cyclist's dream. I've learnt how to train properly and different levels of racing. The cobbles are hard on the arms but fun. I've loved team living, it's really made us feel like Pro's. I'm thankful to Rhyl CC, without them we would never of had the opportunity to come here.



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Dan:

I'm really grateful to the club and Jamie for all the information and the friendly welcome. Jamie's been a fantastic host. I love that the hotel is bike themed and the colour scheme. Team living has been great for socialising, it has been really nice. Climbing the Koppenberg has got to be a highlight, purely for its steepness and how different the terrain is compared to anything in the UK. I've learnt to improve my position and race tactics and to make sure I get a strong start when racing faster riders. In the future I am going to dream bigger and become a Pro'.



Alexander:

The group ride to see the Renewi race was brilliant, and I think the Belgium's really know how to organise races. The motor bike pace car really made it all feel pro'. I learnt that there is always a place for you and that it's not impossible to become a professional rider. I am thankful to Rhyl CC and The Flandrien Hotel for the opportunity to come to Belgium and experience racing here. I intend to train hard and come back soon. It has been a brilliant experience.

Tommy:

My favourite part of this trip has been getting my new bike and riding on the cobbles. I learnt that the Belgium's are mega competitive! I did better than I thought I would, and, in the future, I really want to come back. I would love to live here and come back on the scholarship program Jamie told me about. Team living is really hectic and hyper. The best bit was the race and Jamie, he was really nice.



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Stanley AKA Nuke:

The bar and my bed were the best! I'm thankful for being allowed to work behind the bar and for all the free clothes. I've learnt that the Belgium's sprint and ride a lot quicker than I thought. The cobble stones are bumpy and hard on the bikes, but fun. I really enjoyed having the experience of racing in a pro World. Let's do it again!

Henry:

I've loved chillin' and relaxing with the lads, it's been amazing, and I will definitely be doing it again. The Belgium race scene is interesting, they all ride SWorks. I want to ride and race in Majorca next. I'd like to try XC racing. I'm grateful to everyone who's helped organise this trip and for having Ryan and my family with me. The hotel is amazing, and I love Jamie, his brilliant.



Parents Note:

This trip has been exhilarating and tiring, but worth every second, just to see the enthusiasm and smiles on all the boys faces. It has opened all our eyes up to a whole different life of cycling and beer. We hope our children can pass on what they have learnt to the rest of the team and encourage them to come along, next time. It has been great to watch all the kids evolve while we have been away, and actually start to believe in themselves. They can do so much more than they think they can, and it has been great to watch them work as a team, support each other and have such a laugh. We are all really grateful to Jon, Dave and Jamie for organising this trip and making it affordable to us all. Thank You to everyone involved! Rhyl CC, you have done us proud!

