



# Cheltenham Town Wheelers Newsletter

EMPOWERING ALL OF OUR MEMBERS TO REACH THEIR POTENTIAL

IN THIS ISSUE

## Welcome

by Nicky Harverson, Club Chair

This first newsletter comes to you at a time when we are no longer able to meet on the park. Where coaches have had to move into the virtual world and parents have taken up the mantle to create cyclocross courses in their back gardens and find new routes for you to explore.

I know I speak for all the coaches and club committee when I say that we miss you all and we hope that you are staying well. We know how challenging a time it is and as a club all we can hope to do is provide a little space for you to stay connected and still be involved where you can.

### What's made Nicky smile?

Even though it's been difficult to leave the park and not see everyone, I have found many things to keep me smiling.

I'm really enjoying the regular Zwift rides. It's a time to chat with everyone but also great to see the riders challenge for the green sprint jersey or the KOM. It has induced a number of laughs, but the biggest smile for me was when Ed pointed out that I wasn't wearing a helmet. And quite right too! Needless to say, my avatar now wears one!

You've all been so creative in finding ways to be active and I absolutely loved the CX course Alfie created in his back garden. You deserve a high five for the number of skills you showed as you rode around.

Some of you have been setting more personal challenges. Sam is out riding as much as he can and I am reliably informed he is now beating his Dad up the hills. But I think it was the photo of Thomas grinning like a Cheshire cat after climbing Cleeve Hill that made me smile most, an awesome achievement for you young man.

Seeing your progress really gives us a lift and hearing your feedback on what you're enjoying from the Zwift rides and the Sunday skills sessions has really helped us shape what we do. We will continue to support you from afar until it is safe to be back at Pittville.

Thank you for your support and know that when the time is right, we will be back coaching in the park.

Stay safe, keep peddling, and see you very soon.

Nicky

### Meet the team

Meet the team of dedicated, passionate, and energetic coaches and volunteers who deliver our club sessions, inspire our young riders and are responsible for overseeing the club's activities.

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### Supporting club members during lockdown

All over the country, cycling clubs ground to a halt as coaching sessions and club rides were cancelled. Here we share with you how we have stayed in touch with all our members.

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### What's new?

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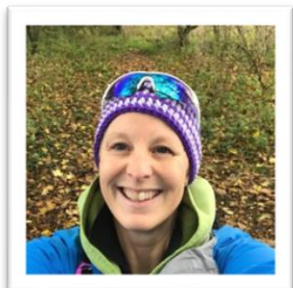
### British Cycling

In these challenging times, British Cycling is here to support you. Here we share with you some of their ideas and resources that you may find useful.

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# Meet the team

Meet our team of dedicated, passionate and energetic coaches and volunteers who deliver our club sessions, and are responsible for overseeing the club's activities



**Nicky Harverson, Club Chair and Coach**

British Cycling Level 2 Coach, Level 2+ MTB and Level 2+ Road



**Richie Morgan, Club Secretary and Coach**

British Cycling Level 2 Coach and Level 2+ Road



**Adam Weir, Club Coach**

British Cycling Level 1 Coach



**Robert Evans, Club Coach**

British Cycling Level 2 Coach and Level 2+ CX Coach



**Cheryl Johnstone, Club Media Officer and Coach**

British Cycling Level 1 Coach and Level 2 Ride Leader



**Pete Harverson, Club Treasurer and Coach**

British Cycling Level 1 Coach



**Izzy Budd, Club Support Officer and Deputy Treasurer**



**Claire Stanford, Club Welfare Officer**



**Max (left) and Paddy (right), Club Young Leaders**

# Supporting club members during lockdown

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## Friday Challenges

Spending time indoors doesn't mean you have to be bored. In fact, with the extra time, we can aspire to do great things!

With ongoing changes around the globe, we wanted everyone to be inspired, have fun, and reach their fullest potential.

That's why we've been pleased to bring you the #CTWChallenge, a weekly challenge that we've been hosting across Facebook and YouTube.

And the best part? All attempts utilize household materials, making this an exciting and accessible experience for anyone who wants to try!

Challenges so far have been:

- How quickly can you put on 10 socks?
- How many side-to-side hops can you do in 30 seconds?
- How many football touches can you do in 30 seconds with a toilet roll?



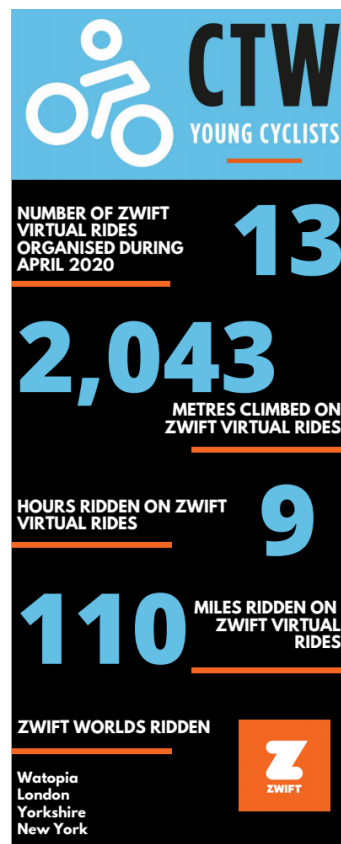
## CTW Virtual Club Sessions

- For your health
- For your happiness
- For your motivation

Our coaches were busy during April organizing Zwift virtual rides to support its members and families during the lockdown. It's been wonderful to see our young riders, coaches and parents riding their bikes together in a virtual world.

Cycling is a great way to keep your body and mind active, and under the current measures this is more important than ever before.

Check our April's stats below:



## Rich & Paddy's Sunday Skills Sessions

Riding a bike gives you a great sense of freedom. That's why club coach, Richie Morgan and his son, Paddy, have been busy creating a number of videos to help improve your cycling skills and techniques. These have been hosted across the club's Facebook and YouTube channels.

Subjects covered so far have been:

- How to clean your bike
- How to do a track stand
- How to ride in a group
- Time trial plus hints and tips about eating and drinking whilst riding

## FOR MORE INFORMATION

Visit the club's YouTube channel and explore the free videos:

[CHELTENHAM TOWN WHEELERS CTW](#)

## FAST FACTS

**Cycling fact:** bike parking takes up 8 times less space than cars, helping to free up space.

**Physical activity fact:** being active each day help children and young people to maintain a healthy weight.

## What's new?

Browse below to learn about our latest announcements.



### New club name

We're delighted to announce that our club name has changed to **Cheltenham Town Wheelers (CTW)**. The name change is a result of listening to our club members and providing our riders with an identity that reflects who we are. It mirrors the growth and transformation of our club.

You will start to see **Cheltenham Town Wheelers (CTW)** introduced to our clothing, marketing, and social media channels.



### CTW launches YouTube channel

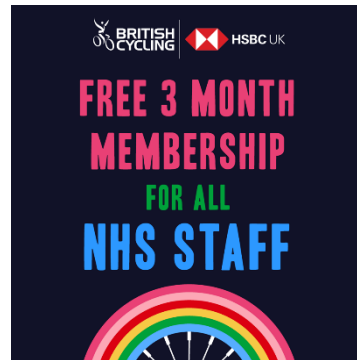
Facebook is massive, Twitter remains king of breaking news, but YouTube is where the cool kids hang out. So, we have launched our own YouTube channel – **Cheltenham Town Wheelers CTW** – to provide support, encouragement and activity ideas for our members and families during the lockdown.

### Welcome to our new coaches

Congratulations to Adam, Cheryl and Peter who completed their course in March.

## British Cycling

In these challenging times, British Cycling is here to support you. Detailed below are a few ideas and resources that you may find useful



### Free 3-month membership for all NHS staff

British Cycling is offering a free 3-month commute membership for all NHS workers, providing them with additional support and peace-of-mind insurance up to £15 million for their daily cycling.

Share this with your nhs.uk family, friends, and colleagues.



### The ultimate guide to indoor training

Are you doing more indoor training at the moment?

British Cycling's **Ultimate Guide to Indoor Training** explains everything you need to

know and includes some of the most effective workouts you can do at home.

Click [here](#) for your free download



### Ready Set Ride

Check out British Cycling's new microsite – [HSBC UK Let's Ride Local](#) – for activity ideas for families cycling during the lockdown. All activities are free and perfect for home schooling PE sessions!



### Climbing strength routine for cyclists

Want to work on your weaknesses from home? Maybe find those extra gains?

If climbing is something you want to improve, try British Cycling's strength routine designed specifically with hills in mind.

Watch the video [here](#)