



Happy Christmas CCS!



That's right, it is that time of year again. The time when you dress up like that strange overweight bloke and gorge yourself on foods that only seem to be available during this festive season.

But let's not forget that we are cyclists, which means at some point you will have to put down the cold turkey sandwich and brave the cold, if only to ease the conscience on the second helping of Christmas pud!

For those people that do dare out please take care, we have experienced a tremendous amount of rain lately which has turned back roads into a bit of a leafy mush. Added to this that the temperature is finally falling it will make going very slippery in the shade.

But if you get the right road on the right morning it can really blow the cobwebs out and put that feeling of satisfaction back in the system.

On the note of riding during this period Robin Weaver has written an article on the Pro's and Con's of cycling at night.

Lets start with the con's (well we have something to look forward to this way)

Con's of Night Cycling:

- Condensation in the beard
- No eye contact with drivers
- Mud and dropped sugar beet
- Invisible potholes
- Frequent bike cleaning
- Floods and puddles
- Remembering to recharge the batteries
- Punctures in the dark
- Wearing thick gloves
- Strange animal noises
- Strange animals!
- Wet or cold, or both, feet
- Lack of open cafes
- Avoiding fallen branches
- Invisible loose gravel
- Wearing too many layers for comfort

Now Those Pro Points:

- Shooting stars
- Seeing cars coming for miles
- Looking in windows (only in passing)
- Extra scary descents
- Spotting floodlit churches
- Getting over-warm - not a problem
- Brilliant lighting system (Smart BL201)
- Arrival at unexpected Lavenham Winter Fair (bacon roll and tea)
- Celestial navigation techniques
- Quiet (very quiet) roads
- And, most important,
- **WINTER MILES, ESPECIALLY IN THE DARK, COUNT DOUBLE!**

I knew it, I knew there was a reason behind the beard, now it all makes sense!

Club Christmas Dinner

Of course with this season we get the annual club Christmas Dinner and Prize giving, the menu is in so feast your eyes on this little selection:



**Cycle Club Sudbury
Annual Dinner and Prize Presentation
Newton Green Golf Club
Saturday 27th January 2007, 18:45 for 19:15**

The Committee have now received the menu for the club dinner offering, again, a good varied choice. The tickets are the same as last year at £17 (to include the main room charge); and the Committee have decided to keep the same agreeable evening arrangements as last year. The golf club is a 1/4 mile down a lane, right off the A134 at Newton Green going East, just beyond the Saracen's Head public house. The club has good parking. We look forward to seeing our new members and partners for this enjoyable evening. Please let the Chairman; Peter Whiteley (01787 375269) know the number of tickets and choices of menu required, using the words in bold on the form below

STARTERS	Stilton and Mushroom parcel with Redcurrent Sauce Smoked Salmon and Prawns Homemade vegetable Soup Melon with fruits
MAIN COURSES	Roast Turkey of Beef with all the trimmings Fillet of Lamb with Mint Gravy Grilled Fillet of Plaice with a Parsley and Prawn Sauce Vegetarian alternative
DESSERTS	Fruit Salad and Ice Cream <i>(Sorry but further details of other choices are not yet available. I will consult individually after you have booked - Peter)</i>

Please use the form at the end of this Spindle to book your tickets and meals, and send them to Peter Whiteley at 133 Melford Road Sudbury CO10 1JT with a cheque payable to "CYCLE CLUB SUDBURY and by 11th January (Subs Night) at latest.

Sunday Club Runs

The Sunday morning club runs are in full swing with some very good attendance records; I blame the mild weather we have been getting!

Needless to say it is good to see so many out and about, including the day Sudbury got rained off and so did Corn-craft in the end, think we might need to find another cafe.

One of the outings I managed to attend was a trip to Specialities in Sisted; home of the Tandem sandwich.



Caught in the act were Andy Hoppit and Viv Marsh. Ahhhh Cycling!





December 2006

It has been decided that from the New Year the Sunday Club Runs will commence at 9:00 on the Market Hill, instead of the usual 9:30.

This is to allow for an earlier finish and more time to spend with family and friends on a Sunday afternoon.

In the mean time if you wish to join in the following people will be 'in charge':

- 24 Dec No Club Run
- 31 Dec Lead by Roger Rush
- 7 Jan Lead by Adam Chamberlin
- 14 Jan Need a volunteer
- 21 Jan Lead By Peter Whiteley
- 28 Jan Reliability Ride

Dates for the Diary

Got your planner at hand? Jot down these dates and see you there:

Boxing Day Ride

Boxing Day 11:00 The Cock in Lavenham. There will be drinks afterwards and Fancy Dress is advisable but not compulsory.

Subs Night

11th Jan 19:30 Stevenson Centre

Christmas Dinner

27th Jan 19:15 Newton Golf Club

Reliability Ride

28th Jan 10:00 Stevenson Centre

Raffle

There will be a raffle held at the Christmas Dinner, if you would care to donate a prize please bring them along on the night and pass onto Lucy Jay.

CC Sudbury Annual Dinner and Prize Presentation Sat 27 January 2007

Person Booking

No Of Tickets At £17 per person £

Names		Menu Choices		
Surname	Christian	Starter	Main Course	Dessert

As well as the above who else would you like to sit with (Tables of 8)

Any special dietary needs e.g. Diabetic, Gluten-Free