



Black & Bike Sponsor's Ride

By Billy Kidd (SICC Vice President)



This month, as an alternative to the standard 'Tempo Tuesday' ride, we took the opportunity of an exceptional ride to meet our new club sponsor; Black & Bike Mons. B&B was launched in Loverval in 2017. Since then, the brand developed into a real concept with the aim to accompany its community of riders during their whole cycling life, from A to Z, and where delivering high quality service is key. Recently, B&B acquired the Mons based shop Espace Bike which was rebranded accordingly.

The meeting point for a grand depart was the freshly re-branded Black & Bike store in Rue du Grand Courant, 17 Mons - Cuesmes. It gave us the first opportunity to get the club together for a group photo in our new kit that has finally arrived.

The group was warmly welcomed by the charming and delightful duo of Sébastien and Camille, and after a quick snap under the store's sign, we split into 3 groups. The first one for a 68km route, the second one for a 45km route (although slightly further for those that couldn't navigate back through Mons!), and a third group who couldn't spare the time to ride because of other commitments, back into their cars for their homeward trips.

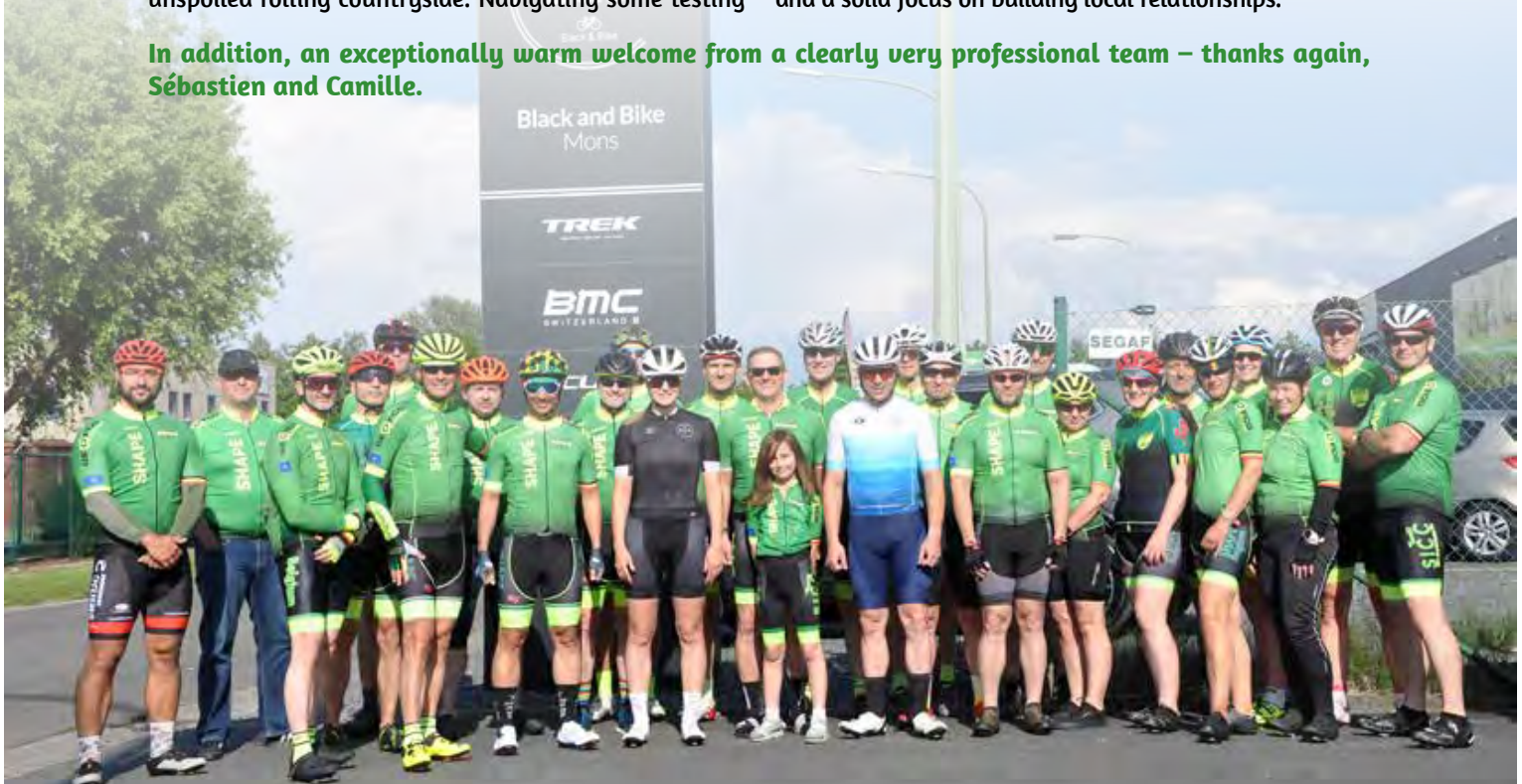
Riding through some unfamiliar territory, and following courses plotted by Nils, both rides were soon out of the hustle and bustle of Mons and along the ravel, into unspoiled rolling countryside. Navigating some testing

road surfaces at times, a couple of punchy climbs, and a particularly challenging section of "pavé" for the 68km group, we soon found ourselves into slightly more familiar surroundings close to the French border. Stunning weather again, and exceptionally empty roads, made for a really pleasant ride.

Warm thanks from the SICC Committee to all those who were available for the team photo opportunity, and a special thank you from the whole club to Sébastien and Camille for hosting, riding with us, and confirming the continuation of the club sponsorship.

For those that have not yet had the opportunity to visit Black & Bike, I would certainly recommend that you do. Not only do we benefit from a club discount, but there's a real sense of community coming from the new management team – plans for weekly local rides from the store to replicate those from the sister store in Charleroi, and a solid focus on building local relationships.

In addition, an exceptionally warm welcome from a clearly very professional team – thanks again, Sébastien and Camille.



SHAPE International Cycling Club (SICC) The Club for all SHAPEians

By SICC



The Club was Established at SHAPE since 2005 with the aim to encourage a healthy lifestyle within the SHAPE community.

SICC is aiming to present SHAPE as a positive fitness model to the local Belgian and European community. The Club is open to road, mountain and triathlon disciplines.

SICC is a Group II activity and is organized under the general supervision and authority of Commander, BSG. SICC is affiliated with FFBC (Fédération Francophone Belge du Cyclotourisme et du VTT).

As SICC President says:

“Anyone of any standard can join and can almost always find someone of a similar standard to ride with ... unless you really are too fast! The club is not about racing and all our activities are designed to be inclusive for all our members.”

The club is open to SHAPE ID card holders only who are over the age of 17 years.

The annual subscription runs from 01 January to 31 December. It costs 90 Euro and includes:

- Affiliation to FFBC
- Insurance with the same organization
- Free Club jersey
- Cash back of 15 Euro from the main sponsor Black & Bike (B&B)
- 10% discount on new bikes, nutrition and spare parts from the main sponsor
- Partial refund from local Belgium “mutualité” (Partena, Solidaris, etc)
- Partial reimbursement of main sportive events in the region
- Social Club activities

Our weekly rides start at 18:00 from the SHAPE Main Gym immediately following Daylight Savings Time.

Monday social ride for novices and potential members. This is our slowest ride (21-23kph) and is aimed at novice riders looking to gain experience and fitness. This is a no drop social ride and is usually led by a senior SICC member.

Tuesday ride for SICC Members only. There are usually 3 groups available based on fitness and experience level. The first group will depart for a fast ride (above 30KPH); the second group will be a bit slower (28-30KPH) and the third a steadier paced at an average speed of no less than 26-27KPH. All rides are covering the same 60KM route each week.

Wednesday ride for newcomers / improvers, novices and potential members. The route is a shorter version of the SICC Tuesday route and is approx. 38Km. It is flat, the pace is dictated by the slowest rider but whoever is attending should be able to ride this route at an average speed of no less than 25KPH with the goal to upping the average as the season progresses. The aim of these rides is to allow newcomers, novices or potential new members to build up confidence of riding in a group and to learn a regular route for future use.

Thursday ride for SICC members only. There are 2 groups to suit different fitness levels but the purpose of both groups is to build power and fitness. These rides cover a two-option courses of 50KM and 60KM according to level of fitness. This ride is hillier than Tuesday rides with 3 anaerobic sprint segments where the group will split as the stronger riders try to break away from the group. However, at the end of each segment the group will regroup and recover before the next fast section.

Contact the SICC at: shapecycling@gmail.com
or through www.shapecycling.com
Looking forward to seeing you on the bike!!

