



SICC Email Newsletter

In this issue:

- Message from SICC President.
- Weekly Club Rides
- Chapeau of the month
- Meet the SICC committee
- 2025 Mallorca Training Camp
- Dates for the diary

Message from SICC President.

Welcome to the July SICC Newsletter of 2024. We hope these are providing you with useful information but please contact us if there is anything specific you would like us to include.

Well, what a disappointing year we are experiencing weather wise. This has to be the worst spring and summer I have personally experienced since arriving in Belgium in 2009. Simply terrible. Lets hope things improve going forward but, as much as I hate to mention this, there are only 2 full months available for our weekly rides. So, don't waste a single evening and put your work aside to join these rides until the end of September. Looking forward to 2025, the next Training Camp is already confirmed and we hope that as many members as possible can join for this fantastic week of cycling.

Club Rides 2024

All weekly Club Rides will be on the SICC Map My Tracks (MMT) App. Please remember to use the app to register for member only rides. If you do not have access to the SICC MMT app email the committee.

Monday Social Ride: Non club members are welcome to join us outside gym on Mondays at 18:00—this ride is posted on the SICC facebook page.

Wednesday Newcomers Rides: Wednesday ride for newcomers / improvers, novices and potential members. Is a shorter version of the SICC Tuesday route and is approx. 40Km (25 miles). It is flat and the pace is dictated by the slowest rider but whoever is attending should be able to ride this route at a reasonable speed. Guest members may ride with SICC for a maximum of 2 rides. After this they should join the club or will not be allowed to continue to ride with SICC. Please do encourage potential new members to come along.

***Reminder to all riders:** with all the rain we have had the roads aren't great at the moment, remember to bring along everything needed to fix a puncture.



Chapeau of the month.

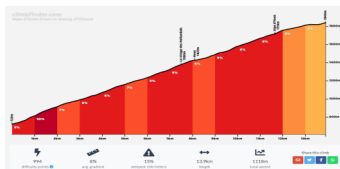


Our SICC chapeau this month goes to members Pino and Alfredo who completed the challenging GFNY event in June. They drove to the French Alps to ride the iconic sportive event, a 151 km route that has a staggering 3,900 meters of elevation. GFNY is a global endurance sports brand where you need to race your best, test your physical and mental fortitude, overcome barriers to reach the finish line.

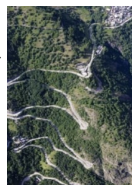


GFNY stands for Gran Fondo New York. "Gran Fondo" is the Italian term for "big challenge", and this was a **big** challenge.

The event kicked off at 08:00 in the morning sunshine and the La Vaujany Alpe d'Huez route is absolutely breathtaking. After the 30km descent from Vaujany to Sechilienne, Col de la Morte awaited with its 15.1km at 6.7% average and 10% maximum gradient. From the top at km 45 they tackled the 30km descent and undulating terrain before climbing Col d'Ornon. Its first kilometers are gentle at 3% but towards the end it reached 7%. They report they both needed to stay relaxed on this climb because right after the descent, the biggest challenge of the day awaits: the iconic climb of L'Alpe d'Huez!



L'Alpe d'Huez is a 12km climb containing 21 switch-backs, with an average gradient of over 8%. After reaching the top of the village, Pino and Alberto descended back down through Villard Reculas and past Pas de la Confession. They used the descent to relax and refuel to ensure they had enough energy for the tough climb back up to Vaujany,



Pino reports *'the final 5 km climb to the village was horrible and a really tough climb after 145 Km cycling, it pitches up to 14% but we did it!'* And we can report they did it in style!



I am sure all SICC members will join the SICC committee in congratulating both Pino and Alfredo for their incredible achievement.



SHAPE INTERNATIONAL CYCLING CLUB

<https://shapecycling.com>



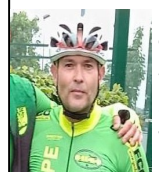
Your SICC committee:



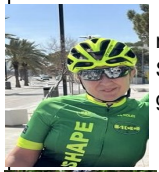
President: Trevor Blagg. Trevor works tirelessly for our club, his role takes on the responsibility for sustaining and increasing the club membership, setting short term and long range goals, and identifying ways to improve our club representation throughout the SHAPE community.



Vice-President: Billy Kidd. Billy is our hard working vice-president and responsible for ensuring the success of the club, and he does this with coffee in his hand. Billy assists the President promoting a positive image of our club. Additionally he is responsible as the Club Road Captain.



Treasurer: Esteban Diaz. Esteban is our money guy, he wades through the club's finances, tracking all financial records, forecasts of our club's budget, maintains our club funds, and keeps accurate records of our expenditures. He keeps everything on track so that we know exactly what we are spending your membership money on.



Media Manager: Kim Harrison. Kim is the one who works hard to promote all our achievements, and is responsible for promoting the club and managing media articles of club activities. She is the person that will track you down if you've done something we feel you deserve bragging rights to in order to get you a coveted spot in our popular newsletter.



Kit Manager: Martin Hainz. Martin is the one who gets us organised with all our kit and takes on the responsibility for all aspects of managing the club's kit, including holding our stock of SICC Jerseys. If you want to ride in the very sort after SICC kit, he is the person to go to ...after you've paid your membership. It's an onerous task and one that needs Martin's eye for attention to detail.



Club Secretary: Gregor Gosepath. Gregor is our go to guy responsible for administration, he works diligently on all membership matters and liaison with the FFBC. Gregor is the person that takes your application and turns it into the FFBC membership card. He is also the technical wizard behind our social media platforms, particularly the club website.

Mallorca Training Camp.



In case anyone has missed the news we are running the hugely popular SICC Mallorca training camp again in 2025 (17-24 March).

Details are included on the SICC FB page and the WhatsApp group. Early booking is advised and flights from Ryanair are reasonably priced at the moment.

This year we are aiming for 6 days cycling, the routes may include the popular routes of Sa Calobra, Puig de Randa, San Salvador, Cap de Formentor, Col de Reis, and also the iconic SICC ride to Petra for lunch. Although there are so many iconic routes and mountains, the routes on the day are decided by the group. Whether you're a seasoned club cyclist, new to the club, or someone not confident riding at speed in a group, there will be a ride for you. We can cater for riders not confident riding at speed or in a group by providing GPX routes for independent rides.

This is a great opportunity to get in some early season hill training if you're planning on riding any of the spring classics. If you're not, it's a chance to ride some of the iconic Mallorca routes and mountains with friends old and new.

Please do let the club know if you've booked so we can keep you up to date with any news.

Randonee Des Empereurs Ride.



Rides have been a little quiet recently, hopefully after the summer break we will have better weather which will allow you all to get back out on your bikes. Having said that a group

of SICC members ventured south to Leuze-en-Hainaut to ride the Randonee des Empereurs—a beautiful 95km route which took in the Muur Van Geraardsbergen climb. This was organised as a farewell ride to Geirhild, one of our committee members who is heading back to Norway. The committee would like to take this opportunity to thank Geirhild for all her hard work as media manager, and wishes her good luck in her future venture's.

Tours et Détours en Pays Vert



SICC club members ventured out on a cold June morning to ride this popular randonee from Ath, organised by Les Aiglons Club Cyclotourisme de

ATH. The ride proved to be a challenging one—hilly, windy and cold. Two groups set out one group riding the 95km route with 1463m of elevation. One group (Pino, Fred and Tom) riding 160 km with 2,337m of elevation. Chapeau to all.



Dates for diaries.

7th September 2024: SHAPEFEST. SICC is running the incredibly popular 'Power Challenge' again this year. We need volunteers to help man the stall throughout the day. Can you let us know if you will be available Closer to the time there will a call for volunteers to represent SICC on the stall. There will (of course) be beer provided courtesy of our sponsor.

14th—21st March 2025 SICC Mallorca training camp: