



SHAPE INTERNATIONAL CYCLING CLUB

<https://shapecycling.com>



April 2025

SICC Newsletter

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Message from SICC President.

Welcome to the first SICC Newsletter of 2025, which we will aim to publish regularly throughout the season in order to keep you all abreast of SICC activities in what we hope will be a successful one. The preparations for the season have already commenced with the recent SICC Training Camp in Mallorca. Although the weather was not as good as previous years, most of those attending managed to ride 500-800 km's in the 7 days on the island with plenty of climbing.

Finally, I would like to announce that the club has entered into a new sponsorship arrangement with Cycles Gabriel by JF, which also sees the end of our collaboration with Black & Bike. More

Rides: With the classics in Belgium and France already started, and with the clocks having sprung forward, SICC weekly rides have commenced as of 1 April. We will follow the regular format of Monday social rides with a drinks stop (first ride will be 28th April), chain gang Tuesday's with at least 2 groups, Wednesdays Newcomers and Novices and interval Thursday's. All of these rides provide members with an opportunity to improve your fitness levels and bike skills so please join us. All of these rides are way better than working late at the office!



Weekly Rides: Last season we had some minor issues with our club rides so we take this opportunity to remind members that ethos of the club is to support and encourage all members. This includes when mechanicals and punctures occur. Don't leave rider(s) behind until they have confirmed they are happy for you to continue without them. Also, respect the advertised speed of the group ride. This is extremely important if we are to encourage members and non-members to join our rides without fear of being dropped. We will try to announce a Ride Leader for each ride where possible, who will be a senior member of the club. They are responsible for regulating the speed is realistic to that advertised on SICC MMT app.

If you cannot find a group that is riding at the speed you prefer, consider creating your own group ride in the Map My Tracks APP. This is easy to do and it might be the motivation that other members need to get out and ride.



Mallorca Training Camp 2025: In March SICC members headed off to Mallorca for the annual pre season training camp.

The camp provides members with a great opportunity for hill training for the up and coming spring classics (more about these in later newsletters), and a chance for some early season training rides. It was well attended, this we year also welcomed ex SICC members from Italy, USA, and Norway. Despite the weather, the group still managed to fit in some iconic climbs and rides inc. Sa Calobra, Puig de Randa, San Salvador, Cap de Formentor, Col de Reis, the ride to Petra for lunch, and the challenging route from Andratx to Puerto Pollenca.



Depuis 1993
CYCLE GABRIEL
BY JF

SICC agrees sponsorship deal with Cycles Gabriel by JF

JF: Although a long-time supporter of SICC, we have only this year officially recognised our special relationship with Cycles Gabriel by JF shop located in St Ghislain. With this collaboration SICC will be afforded special privileges and discounts amongst which include; 15% discount and 21% VAT deducted directly from the entire store (bikes +

accessories) and a priority service at their workshop. In order to continue to benefit from these discounts, we ask that you visit Cycles Gabriel by JF whenever you are looking to purchase cycling related equipment or to have your bike serviced without delay. To prove your SICC membership status with the shop, please have your FFBC card ready to present. Chapeau to committee member Martin Hainz who secured this fantastic deal with Cycle Gabriel by JF.

Dates for diaries:

- 19th April: Amstel Gold
- 26th April: Liege-Bastogne-Liege
- 30th April: Vosges weekend
- 1st May: Annual club sponsored ride.
- 1st June: Mt. Ventoux Challenge



app, those registering attendance on the club MMT app will have inscription covered by the club on the day, do not register online.

Mons-Chimay-Mons: May 1st 2025

This is the annual club sponsored event. Last year we had a fantastic turn out from SICC. Register attendance via SICC MMT

