



SICC Email Newsletter

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Message from SICC President.

Welcome to the August SICC newsletter, and on behalf of the Committee, I hope that you've all enjoyed time for a break to rest and recuperate over the summer, and hopefully get some decent rides in. The summer season is always one of huge transition at SHAPE and this year has been no different, with the departure of a number of SICC stalwarts to pastures new. But it's also the time of year for new arrivals and we'll be once again running a SICC stall at SHAPE Fest primarily aimed at increasing membership and spreading awareness of the club across the SHAPE community; please volunteer to support this initiative for an hour or so during the day.

Over the summer we've seen a fall off in numbers attending the weekly Tuesday and Thursday rides, and whilst this is usual over the holiday periods, we'd be very interested to hear if the organised rides remain attractive to members, or if there are other formats that may prove to be better supported - please drop an email to shapecycling@gmail.com if you have any thoughts. And just a reminder of two very handy resources for the club: firstly, the Map My Tracks app where SICC members are encouraged to post rides that they're undertaking; and secondly the routes page on the SICC website (shapecycling.com/club-routes/) which is a treasure trove of local routes that members have ridden and recommend - please do share your own routes with the Committee and we'll add to the database.



Conquering the Giant of Provence, SICC's 2025 Cycling Challenge: This year the adventure began in Vaison-la-Romaine with the legendary Gran Fondo Colnago Mont Ventoux. On Saturday, May 31st Pino, Alfredo, Marcello, Massimo, Fred, Sebastian, and Petr set off under the glorious Provençal sun, their spirits was high as they prepared well to tackle one of the most revered climbs in professional cycling. On Sunday, June 1st, the race commenced promptly at 7:30 AM, winding through breathtaking landscapes: lavender fields, vineyards, and the dramatic Gorges de la Nesque. SICC riders faced the arduous ascent over the Col de Homme Mort before reaching Bédoin, the gateway to Mont Ventoux. What makes Mont Ventoux so unforgiving is its ever-changing terrain. The first section, winding through dense forests, offers some relief from the scorching sun. However, as riders ascend, the landscape transforms into the well-known rocky "lunar terrain," where shade disappears, exposing them to brutal winds and relentless heat. That day, temperatures soared to 30°C, adding an unexpected challenge. Luckily, the notorious Ventoux winds remained calm, allowing competitors to focus solely on their stamina and determination.



For the seven brave SICC riders, reaching the summit was more than just a finish line — it was the triumph of perseverance, the joy of shared achievement, and the reward of a hard-earned medal to commemorate their accomplishment. As they stood at top of Mont Ventoux, overlooking the breathtaking landscape, one thing was certain: they had conquered one of cycling's greatest challenges, writing their own chapter in the mountain's legendary history. Well done mates!

Long Course Weekend Maastricht: A number of SICC members attended The Long Course Weekend Maastricht in May. The Long Course weekend is a three-day festival of sport with an atmosphere you have to experience to believe, the event enabled SICC members to mix & match their perfect weekend across three classic disciplines: swim, bike, run, each offered in multiple distances to suit every level.

This is an event where you can test and push your ability. Chapeau to SICC members that took part Harald, Jason, Vicky, Natasha, and Kim. I am sure all SICC members will join applauding fellow SICC member Lynne Robertson in achieving 2nd place in the female category for the full long course which involved a challenging 3.8km open water swim, a 180km ride and a 42.2km marathon. Outstanding performance, well done Lynne!



Results		
Full Long Course		
All Results	Category Results	
Gender Results	Advanced	
Top 3		
Male		
Pos	Name	Gun Time
1	Koen VAN DEN BOSCH	3:49:50
2	Dries DE WIT	4:12:10
3	Cédric KEMPENEERS	4:21:49
Female		
Pos	Name	Gun Time
1	Bieke TRENSON	4:18:19
2	Lynne ROBERTSON	5:44:19
3	Lianne WELTERS	6:03:21



Your SICC committee:

President: Billy Kidd.

Vice-President: Vacant

Treasurer: Esteban Diaz.

Media Manager: Kim Harrison.

Kit Manager: Martin Hainz.

Club Secretary: Gregor Gosepath.



Mallorca Training Camp 2026: In March 2026 SICC members head 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, and a chance for some early season training rides. We invite new members to take the opportunity in joining us, and ex SICC members are always welcome.



Full details on how to book your space and flights etc can be found at [Mallorca Training Camp 2026](#)



Club rides:

Some of our more experienced ride captains have moved to pastures new therefore we are needing to increase our ride captain numbers again. If any club member are interested please let the committee know.



Etiquette rules for new club riders:

*Hold the wheel in front, at a safe distance and avoid braking sharply

*Point to or call out pot-holes or other obstructions, communicate with the riders

*Ride together as a group, and follow the rotation.

*Advise if a rider is off the back or has a puncture, always look after the riders behind you.

*Do not weave, keep a constant parallel (do not half-wheel or crosswheel) and reasonably close distance to adjacent rider.

*Follow and pass on instructions from the group Ride Captain, communicate within the group.

*Bike must be in a roadworthy condition.

*Riders should carry a spare tube that fit your tyres and appropriate tools including a puncture repair kit with tyre levers

Half-wheeling and crosswheeling: While both are related to wheel positioning in group rides, half-wheeling refers to one rider consistently riding slightly ahead of another, while crosswheeling involves actually overlapping the wheels. Half-wheeling can be annoying but is not inherently dangerous, whereas crosswheeling is a serious safety issue and a common cause of accidents.



Don't Half Wheel!
Don't creep ahead of your ride partner! Try to maintain a steady pace instead.



Don't overlap wheels!
This can easily cause accidents which may impact many riders. Always keep your wheel behind the one in front.

SHAPE Fest

SICC will be running the popular 'Power Challenge' at SHAPE fest. We need club members support at the event therefore if anyone has spare time to help out please sign up on the app.

This year we are also hoping to also be supported by our club sponsor - more info to follow.



Amstel Gold 2026

Ballot registration opens 1st October 2025. There will be a SICC team, members will be invited to register for the team, even if you intend to ride solo please do register for the team, this increases your and all team members of getting a ballot place—one team member is accepted it means all other team members also receive a place. If you are unsure whether you want to ride AMSTEL it's worth registering for a ballot place, it is unlikely you will receive a place in the second round.



Dates for Diary:

SICC summer Social—Ride and Refreshments: 28th August

SHAPE Fest: 6th September 2025: SICC Power Challenge

Amstel Gold Race: 19th April 2026:

SICC Mallorca training camp: 19-26 March 2026.