



October 2014 Newsletter (ramblings from the saddle).

What a month September turned out to be, one of the hottest and driest on record. Turbulent times around the world (I thought ISIS was a cleaning company) and it has not gone unnoticed that there have been some significant changes within the structure of Cornwall Freewheelers (CFW) which will take effect from 15th October 2014. Below is the new committee with email addresses.

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|---------------------------------------|--|
| Chairman - James Forder | chair@cornwallfreewheelers.org.uk |
| Vice Chair – Paul Thomas | vchair@cornwallfreewheelers.org.uk |
| Assistant Secretary – Phillipa Read | secretary@cornwallfreewheelers.org.uk |
| Treasurer – David Read | treasurer@cornwallfreewheelers.org.uk |
| Operations manager – Stephan Mellows | operations@cornwallfreewheelers.org.uk |
| Membership – Chris Polawski | membership@cornwallfreewheelers.org.uk |
| Fundraising Manager – Royston Collins | fundraising@cornwallfreewheelers.org.uk |

Other members assisting the committee include;

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| Quartermaster – Ian Butler | quartermaster@cornwallfreewheelers.org.uk |
| PR/Web Admin – Tim Gerrish & Toby Best | webadmin@cornwallfreewheelers.org.uk |
| Rota Manager – Phillipa Read | secretary@cornwallfreewheelers.org.uk |
| Hospital Liaison – Chris Parker | chris.1965@live.co.uk |

As this is the first attempt at a newsletter it could be considered very small however the plan is to expand it as required in the future.

For those of you who don't know me perhaps an introduction as I have not been able to attend any of the members meetings due to work and the fact that I'm an idiot. An idiot because in my fuddled mind I managed to get the dates wrong for a meeting and dutifully arrived at St Austell fire station on time but 24 hours late!

My name is Mark Holroyd, I live in St Agnes and have been with CFW since February this year so still very green behind the ears, but the doctor says it will clear up in time. Why have I only just joined well because I sort of retired last April (2013) after spending the last 13 years travelling the world clearing landmines in all those countries you hear about on TV. My last place of work was in Laos on the Ho Chi Min Trail working for an Australian copper mining company. So after great deliberations I came home and decided that after my 24 years previously as a Clearance Diver in the Royal navy I had a bit of a debt to repay to society, so here I am.

Now, James (Forder) the new grand vizier has asked me to include things in the newsletter that the members may find helpful you know like not using olive oil as sun cream and how poor lard is when replacing butter in your sandwiches, and of course anything to do with riding motorbikes but if I'm honest I'm not much good at stuff like that although I've not told James yet but in the spirit of trying to impress and improve here goes.

You will need petrol in your bike before Christmas, phew that wasn't so bad...

Seriously though we should start to consider the weather and its changeability in the coming months. This means that if we are riding our own bikes tyres need to be checked and if necessary replaced. So today Monday 5th October I paid a visit to Taylor's tyres in Pool and ordered another set of Metzler Tourance Next for my GS Adventure. Hang on hang on don't start hating me just because I ride a BMW!

These tyres are one of the preferred types currently being fitted to the GS range, as the previous recommended tyre the Metzler Tourance EXP was so bad with regard to mileage that they have stopped making it. My last set of EXP's only managed 5900 miles before giving up the ghost but these new ones have lasted me 9500 miles. Yes, I'm sat here with a very smug grin on my face, which is making the wife slightly uneasy. There you go, two makes of tyres mentioned, one make of bike and a reference to the coming bad weather, this is easy!

Now for something from the Highway Code... in 2015 trucks over 7.5 tons will be able to drive on single lane carriageways at 50mph this is a rise of 10mph from the 40mph they are required to drive at in law currently. You may say this has nothing to do with us but it does, as Chris Polawski will agree because we followed a truck along the A30 on Tuesday 30th September on our way to give a presentation to the IAM Advanced Drivers Club at Hawkins Motors in St Stephens. This was a commitment that Keith Weatherall was going to fulfill but due to his current change in health was unable to attend. Keith is however making good progress and according to his son Olly, who I met at Carland Cross garage the other day, is pleased to have been given a hearing aid. Our thoughts are with both Keith and Debbie.

The presentation was a success and with many questions asked and even a couple of people expressing an interest in joining the group.

PEG has also been active throughout the summer with lots of events being covered outside of the normal riding duties.

This last weekend saw the culmination of the current contract with events in Marazion. It was the triathlon on Saturday 4th October and the Lands End 100 cycle event on Sunday 5th October. The ride on Sunday began at around 7.30 in the morning so many thanks to Ian and Alan for riding down from the far north well Callington really but northern enough and subsequently leaving the event in the early evening. In total there were six riders from CFW providing marshaling for the event with the PEG car and Darren based at the Start/Finish line. On two occasions Darren had casualties to deal with, one a broken finger or two and the second more serious case of a man who decided in the last few meters of his ride to race his buddy over the line only to have the bike slip from under him in loose gravel resulting in a broken femur neck and a trip to Treliske in an ambulance.

A lesson for all of us there I think and in line with my remit for offering safety advice within this letter always use controlled acceleration when on loose ground or just race harder so you can look good as you cross the line without having to think about someone overtaking you...

As you already know we have done about 200 jobs in September and covered nearly 6000 miles which is an amazing achievement considering our commitments to PEG, holidays and family commitments so I think a group hug is required. Ah yes I can feel the warmth from here...

If you have any bits you would like me to include in future ramblings please email me at ollythefrog@hotmail.com and I will see what I can do.

Well that probably stretches your collective interest for this month so I will finish here and leave you wanting to know more next month. Remember to put your availability on the rota as we really need riders and lets see if we can introduce more to the group. We also need Coordinators and due to a change in policy they don't have to be riders so anyone with access to a phone could fulfill the roll so ask around.

Ride safe
Mark