

Tuesday, May 29, 2012

EGs go to the Velodrome



Anybody fancy going to Manchester said John E.

Not really.

The Velodrome said JE.

To look or to cycle in it ? said a timid one.

To cycle came the answer, initially a muted response, but gradually after much talking bravado prevailed and soon there were eight volunteers.

Bill, Colin, Dave P, Eric, John E, Marvin, Peter J, and Theo.

So Tuesday afternoon 1-00pm two cars headed for the M62, the Pennines and the border.

Marvin`s car arriving first with Theo`s party a little later but having first done a little food shopping.

The Velodrome certainly impressed the first time visitors not only the building, but the people wearing British Cycling kit and wheeling Pinarello bikes.

First things first and as we are EG`s it was tea, coffee and snacks in the cafe.

After a look around when a keen eyed EG spotted Victoria Pendleton training it was time to pick up our shoes from the reception desk and head for the changing rooms.

On the way there we passed many doors, labelled for example, Doctor, Physiotherapist etc, however the one that fascinated us was labelled Psychiatrist, so that's why we we're here.

Kitted out we made our way to the centre of the area to meet with our coach (there's posh for you) Sue, who gave us a preliminary talk and fitted us out with our track bikes.

At this time Victoria Pendleton was finishing her training session, and Eric despite the pain from his accident and never a one to miss an opportunity asked Sue if perhaps we might have a photo with Victoria and make some old men very happy. Oh, I will have to ask her coach said Sue, this was overheard by Victoria who said it would be a pleasure.

So we have a photo of a cycling superstar flanked by Wheel Easy shirts in an international cycling stadium. (Photo will not be released just yet).

Some of the happy men then started to feel very old, you are not going to fall said Sue (that's an order) as we set off on track bikes with fixed wheel and no brakes.

Standing up on the surface was bad enough never mind cycling on a steep slope, and it was steep nothing like it looks on TV, how would we do, but we did OK especially those who had never ridden fixed before.

Never stop pedalling shouted Sue, it took about one lap to get up to speed and one or two laps to come to a halt on the rail before unclipping.

It was hot and dry and we leaked badly, fortunately Marvin had brought lots of water (many thanks Marvin).

Then we had the time trial Marvin being the winner but Bill coming a very creditable second.

Towards the end of the session a buzz was had as cards were held up saying 5 laps to go, 4 laps to go etc.

Then a big thank you to Sue and in to the showers on a high.

Still buzzing we had a look around the BMX course, incredible.

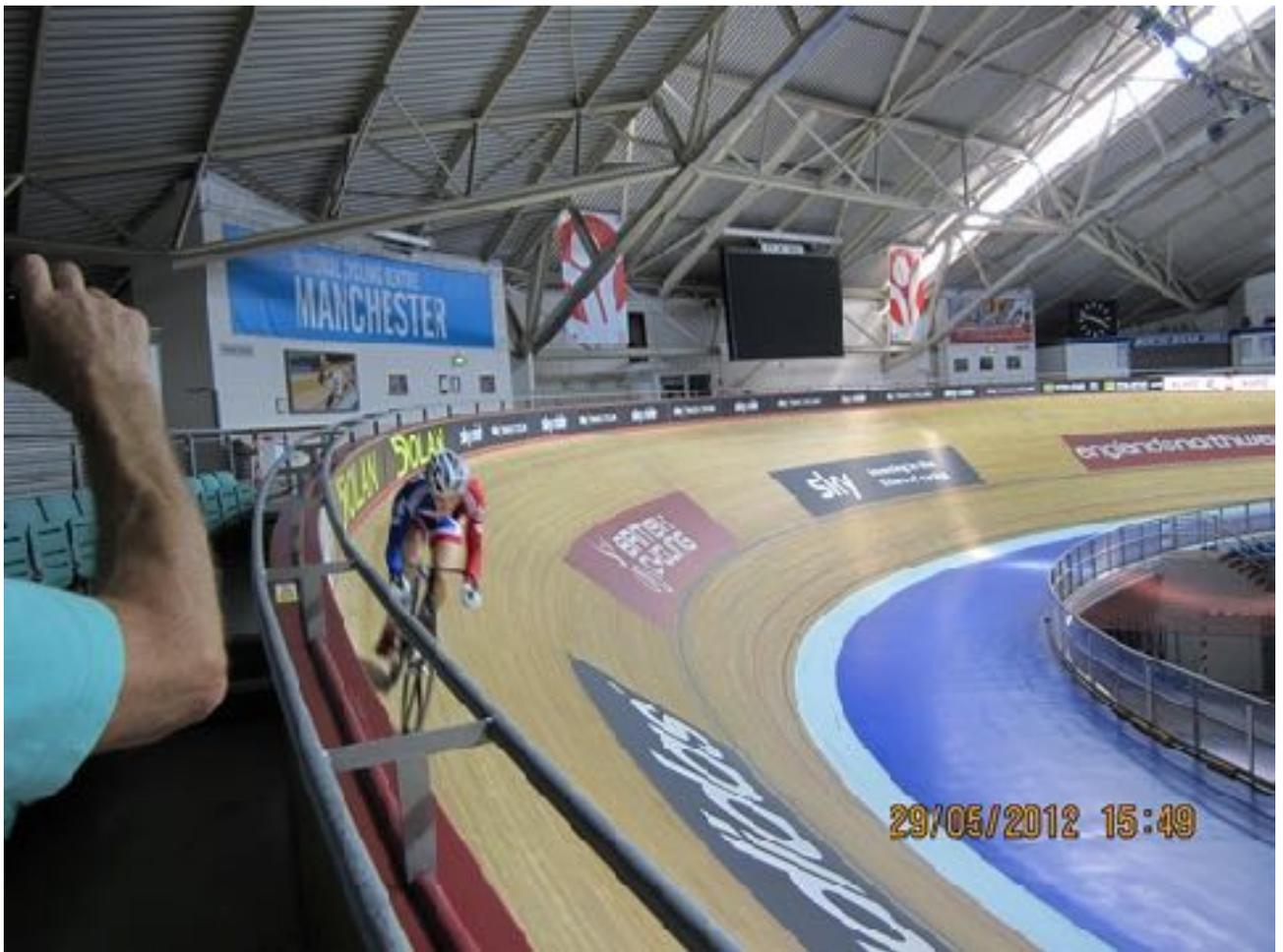
Then it was on to a pub for a good meal and liquid refreshment. Perfick.

Then as the old travelogues used to say "As the sun sinks slowly in the west we say farewell to the Velodrome and head on the M62 back to God's Country"

A fantastic day, many thanks to John E for organising and to Marvin and Theo for driving us there and back in safety.

There are many photos from this visit only a few will be attached here, however it might be an idea to combine all the Wheel Easy photos when the next group visits, but for the moment this is a preliminary report.

Dave P



BORN: 24.09.1980
FROM: HITCHIN
DISCIPLINES: TEAM SPRINT,
SPRINT, KIRIN

OLYMPIC CHAMPION
VICTORIA PENDLETON



 **BRITISH CYCLING** | 
Believe in Britain

29/05/2012 18:34