



SWCC newsletter

18 December 2019

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SWAN WHEELERS
CYCLING CLUB



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France 2020 Trip

We are planning a long week-end trip for some cycling fun into France & Belgium for you over the end of May Bank Holiday.

So some background: Firstly we have help from locals Stephanie S & Laurent L. Stephanie hails from Mouvaux in northern France to which Buckingham is twinned & is currently the chairperson of the Committee and their details can be found via the following link; www.buckinghamtwinning.org.uk

Hi to you all & we hope that we find you all well?

We have TWO opportunities to bring to your attentions and your responses if either of these is of interest to you?

Fitness & Health for your new Year

Following the up & coming time of “good will to all men” & probable excess with food & drink, it’s that time for those resolutions to kick in whether they be large or small?

Question: to support you in your resolution endeavors how can we help you with “getting them done” Lots of Club rides yes but?

Answer: Sports Massage.

I know that some of you like me already use this methodology to get & keep our quad & glute muscles/tri-bands etc in good order.

There a number of practitioners locally, but we have been

approached by the guys at the **Swan Pool**, **Creo Fitness** so following discussions on what they have to offer we have arranged some complimentary “**Come & Try It Sessions**” as introduction for you, okay.

Liam & John will explain to you the process & the benefits & assess your needs if any going forward.

Just think of it as “Prevention rather than Cure” opportunity to improve your abilities going forward for 2020.

The Swans are booked in for a no obligation session **Saturday morning the January 11th at 8:30 till 13:00**. It will be run with half hour sessions, with two bed’s curtained off in the studio; this is open to **you all** and will make the slots gender specific where required, okay.

Interested?

If so just reply to the my me Massage & a time slot, 1st come rule applies okay

Buckingham entertained a visit from Mouvaux back in 2016 & a cycle ride around our lovely area was arranged with a few of the Swans attending. They have been looking forward to a reciprocal event in France ever since. This will include lodging with families locally over the weekend okay. Both Stephanie & Laurent will be visiting home in April to sort the routes for us.

This Away-Day-Ride weekend is for all members so will therefore be catering for all our ride groups whether Leisure, C, B, & A okay. This trip is open to non members, families etc.

The Proposed Itinerary:

Saturday 23rd, plan to leave Buckingham for Folkestone at 7am for an appropriate train via the tunnel for Calais then an onward drive to Cassels, from there Ride to Mouvaux for a meet and greet with our hosts. *(Remember the extra hour difference)*

The hope is that we have enough 'drive only' attendees for them to complete the drive to Mouvaux?

The drive to Mouvaux is some 6hrs overall, some 245mls/395k including to Cassel: 1hr, 37mls/60k then to Mouvaux: 1 hr, 35mls/57k

Group Cycle Ride from Cassel to Mouvaux: 3hrs max for the 35mls.

Sunday 24th, the current thoughts are that we have the rides heading out to meet up in Ypres in Belgium; this is just 20mls/35k so only 2 hrs at a good pace for the Leisure & C rides with thoughts for a GF distance ride for the A/B ride. There is also an option to maybe make a visit into Roubaix later in the day?

Monday 25th: Looking to head for Willeman (Hesdin) where Laurent's wife Stephanie's family home is, so from there have some rides planned around the locality & maybe towards the coast?

Mouvaux to Willeman: 1.5hr drive, 64mls/100k Willeman to Calais: 1.5hr, 60mls/90k an evening train back. Willeman to Buckingham: 6hrs or so, 245mls/395k

Really hope that this will be of some interest to you ALL,

Interested?

If so then please just let me know a.s.a.p. by the usual media options.

For Longer stay options these will have to be managed separately between those people wishing to do so.

Dates for the Diary

Club Rides

➔ **Winter Solstice**
Dec 22nd – Quainton
with free cake!

Curry Night

➔ **The Buckingham Fort**
Thurs 9th January
8pm
(31 booked in already)

Next Committee Meeting

➔ **Thurs Jan 16th**
➔ ***all of you are welcome***

Away Day Trips

➔ **Cotswold's May TBA**
➔ **France May 23-25th**

Finally we would like to thank you for your support and Wish you all a Merry Christmas & all the best for you & your families in 2020

Paul
Club Sec



Remember to keep up to date with ALL the Swan activities on the Club Forum & Facebook & WhatsApp group.