



## BARNT GREEN CHUGGERS & CHAINGANG

### Things shaping-up nicely for a great 2018

After a busy 2017, and hopefully now recovered from the excesses of Xmas, you will be eager to live-out your new year's resolution, of being even more active 😊 With this in mind your committee, run and ride leaders have been busy preparing what is set to be another fun-packed year of **running, cycling and socials** !

It's great to report that, from monies raised by Sally/Dawn and the Xmas Party Crew – we have been able to make a £90 donation to the Barnt Green Scouts and Guides – who kindly let us have their facility for free!

Richard Dugdale and Emma Fordham (yes our Chugger of the Year !!!) got us off to a flying start to 2018 – with a cracking Burns / Haggis night after last Monday's Chuggers run. It included a fantastic Haggis meal, Whisky and a dramatic address to the Haggis by Richard. Thanks guys!

So – here are some of the key things we want you to be aware of and / or jot down in your diary.

See below Chuggers, Chaingang and combined CH&CHG Club info.

### CHUGGERS

**Sport Relief Fun Run** – Sun 18<sup>th</sup> March - similar format to previous years and to kick off Sport Relief's week of getting the nation to do 1billion steps ! Andy Scarle will be updating and calling for volunteers for an organising group and volunteers on the day.

**Women's Up & Running Programme** – after the success of last year's programme (and our Chugger Rookie of the Year going to Nicky Denning) Emma, Mike and some of the girls from last year – are putting on another programme starting in March. Emma will be updating on the programme which is planned to start in March.

**Run Leader Training** – we now need more people to help volunteer and lead our run groups, so the committee is putting funding aside to assist with this. Contact Steve Millington for more info

**Monday – Chuggers - Club Night** – now with 5 groups offering a range from Gp 1 – Shorter and slower, to Gp 5 longer and faster runs – there should be something to suit everyone. And of course, a drink in the bar after with your Chugger buddies to re-hydrate!

**Thurs eve's - Mixing it up and helping you improve** – Once a month, effort sessions – organised so that all abilities can take part. Looking to do first Thurs of each month – starting in March. Andy Scarle and Rich Newby for more info

- Targeted Runs - we like to try and target runs where we can get a good turnout of Chuggers – so here are the pick of the bunch.
- The Bromsgrove 5 & 10k Fun Run – 13th May – a great local run, around country lanes from Bromsgrove Rugby Club in Finstall, great for all groups and with the 5k option - provides run for this year's Up & Running crew to target.

- <https://bloodwise.org.uk/fundraising/events-challenges/bromsgrove-fun-run>



- The Runpendock Spring Chicken Run – 25th March. Steve Millington has picked this as a great chance to enjoy a multi-terrain run (1,5 & 10k Options) through South Worcestershire’s gently undulating roads and farm tracks. Suitable for all Chugger Groups and great to get a good crew together for this.
- [www.runpendock.co.uk](http://www.runpendock.co.uk)
- The Worcestershire Mid Week Run Series – May 17, June 14, July 12. A popular choice in recent years and for those who want to push themselves a bit harder – but also to enjoy some great multi-terrain runs in Hagley, Redditch, Droitwich and Clent countryside.

## CHAINGANG

**Out of Hibernation – Wed Eve 28<sup>th</sup> March - Bike Clean and Bar-b.** A chance to get back with your Chaingang buddies, get advice and help on cleaning your bike and very basic maintenance. Along with often requested advice and practice, on changing an inner tube !!! Fraser, Andrew H and Stanners will be updating.

**Wed – Chaingang - Club Night** – we now have more ride leaders available – so looking again to provide our 5 Ride groups – ranging from Gp 1 shorter and slower ride, to Gp 5 faster and longer ride. So should be a ride to suit all and of course followed by a drink in the bar. If not sure of groups to start-out-in – we will be helping CHG’s with this before the first ‘lighter nights’ Wed club ride on April 4<sup>th</sup>.

**Weekend Ride Programme** – we have tweaked the weekend programme, in an effort to get more out on their bikes:  
Sat - 9:00am relaxed Longer Ride (probably more suitable for groups 3,4 5)

Sun – 2:00pm relaxed and social longer ride – aiming to finish and to be in Vic for 4:00pm  
2:30 relaxed and social shorter ride – aiming to finish and to be in Vic for 4:00pm

**New Chaingang Members** – please let those interested in joining Chaingang know that we will be putting on Intro Rides – first Thurs of each month from April. We do this for safety reasons - to ensure newbies are aware of our ‘safe group riding protocols’, along with checking over their bikes and answering ‘getting started’ questions. Mike, Sally and Jo H for more info

**Targeted Rides – 27<sup>th</sup> May - Stratford Sportive is the pick of the bunch!!** It’s great to have a longer ride to aim for that is suitable for all Chaingangers. Sedge, Jude, Stanners and Sarah reckon Stratford a great one to target – as it includes 30 and 60 mile and 100 mile options. They will be updating on this and longer rides.

<https://www.cyclistsfc.org.uk/events/cfcsportive/information-2/>

‘Light Bite Lunch’ Social Ride – Dawn is keen to organise a weekend social ride, where all Chaingangers can head-out for a ride with a light-lunch stop. So look out for more from Dawn.

## CHUGGERS & CHAINGANG

**AGM – 9<sup>th</sup> Feb 18** - This provides a chance to see that all is in order from last year, and hear the club plans for the year ahead. It is your club so please come along – and to entice you we are putting on a curry afterwards. Also a chance to have a drink and catch up with all your CH & CHG buddies. Mike, Steve and Rob will keep you posted on this along with info in advance on who is up for election, re-election etc.



**Website – [Barntgreenchuggers.co.uk](http://Barntgreenchuggers.co.uk)** – Peter McNougher has done a great job of refreshing our website. Please have a look! It has dedicated info on Chuggers and Chaingang, an active diary of events, live routes and with more planned. We will be letting you know Chuggers and Chaingangers that are being given access to put content on the site. So please look out for this, so that you can forward club news and we can ensure site is kept up to date.

**CHUGGERS AND CHAINGANG KIT** – after the difficulties around minimum order levels with the separate kit suppliers - for both CH & CHG - Emma Fordham and Jo Robinson are trying to source a supplier that can supply both running and cycling kit and have more reasonable minimum order levels. With a view to having a kit order ready for the spring. Emma and Jo for more info.

### Snapshot of Key Dates - Socials and Events

<b>March 18<sup>th</sup></b>	<b>Sport Relief Fun Run</b>
<b>March 28<sup>th</sup></b>	<b>Out of Hibernation, Bike Clean and Bar-b – Chaingang Social</b>
<b>March 25<sup>th</sup></b>	<b>Runpendock Spring Chicken Run</b>
<b>April 4<sup>th</sup></b>	<b>First 'lighter nights' Wed Chaingang Club Ride</b>
<b>April 22<sup>nd</sup></b>	<b>London Marathon – cheer-on Lucy, our Chugger entry &amp; others. From your sofa or London streets</b>
<b>May 13<sup>th</sup></b>	<b>Bromsgrove Fun Run – Bloodwise Luekaemia Charity</b>
<b>May 27<sup>th</sup></b>	<b>Stratford Sportive – Cyclists Fighting Cancer (distances suitable for all CHG &amp; CH)</b>
<b>May tbc</b>	<b>'Light bites' Lunch n Social Ride – a chance for Chaingangers to head out for ride with lunch stop</b>
<b>June 25<sup>th</sup></b>	<b>Mid-Summer Run, Ride, Curry and Chips at Weighbridge Pub</b>
<b>July Tbc</b>	<b>Sally Rossington's – Chainganger of the Year event/ride</b>
<b>Sept Tbc</b>	<b>Last of the summer wine Ride and Run</b>
<b>Dec 1<sup>st</sup></b>	<b>Xmas Party &amp; Awards Night</b>
<b>Dec 17<sup>th</sup></b>	<b>Mulled Wine Run</b>

Vanessa Pegg will be updating on Social Calendar for the year, and afore-mentioned leads will update on each event.

Barnt Green Sports Club Development – Finally, a number of Chuggers and Chaingangers are supporting the Barnt Green Sports Club in shaping its future development. Please look out for more on this, as it is your local sports club, and we would like to ensure we can all (and more importantly sporting youngsters in the future) continue to have high quality local sporting facilities and activities for years to come.

If you would like to know more on this – contact Mike, Sharon, Colin, Alan and Lucy.

That is all for now – looks like a fun year ahead!!

Mike Dickenson - Barnt Green Chuggers and Chaingang