



Feb 2025

Newsletter

KC Wheelers



Important reminder : Club & Cycling Ireland memberships **MUST** be paid by end-February. Non-paying cyclists **WILL** be removed from KCW WhatsApp after that.

March Highlight

Upcoming

**KC Wheelers Paddy's Day Charity
Cycle**

Sunday 16th March : **50km / 100km**

Club St Paddy's Day Cycle

It is hoped that everyone will return to the club for social gathering and refreshments after the cycle (2.30pm approx.)

We are fundraising for Laura Lynn.



A selection of Sportives this summer season that may appeal to KC Wheelers – please share across the group if you plan to participate:

Cliffs of Moher Cycle Challenge

Saturday April 19th **125/80/40km**
Cliffs of Moher Cycle Challenge (Ennistymon)

Ride Dingle 2025

April 26th : **55/120 km.**

Orwell Wheelers CC Randonee 2025

Saturday May 3rd 126 / 146 km

Kenmare Ring of Beara Cycle

Saturday 24th May 110/140km

Skoda Tour de Conamara (Clifden)

Saturday May 24th 140/80 km

Fort2Fort Charity Cycle (Crosshaven, Co Cork)

Saturday June 7th 60/90/120 km

Wicklow 100 & 200

Sunday June 8th

Tour de Burren

Saturday June 21st 100km / 130 km

Ring of Kerry Cycle

Saturday 5th July 180km

Wild Atlantic Mizen Cycle – around Mizen & Sheep's Head Peninsulas

Saturday 12th July 65 / 100 / 130km

Tour de Beara

Saturday 13th September 90km / 120km / 160km

FLAT ROUTES

Flat route 1 Straffan 77KM

Club > Tallaght > Rathcoole > Newcastle > Ardcloagh > Straffan / Maynooth / coffee
Return – Celbridge > Grand canal > Clondalkin > Portobello

Flat route 2 KM 73.4

Club > Tallaght > Rathcoole > Newcastle > Celbridge > Maynooth / coffee
Return - Moyglare > Lucan > Grand canal > Portobello

Flat route 3 Km 56,2

Club > Tallaght > Rathcoole > Newcastle > Celbridge / coffee
Return - Lucan > Strawberry beds > Phoenix Park > out Kilmainham gate > Rialto > Canal

Flat route 4 Km 56.2

Club > Tallaght > Hazelhatch > Celbridge > Lucan / coffee
Return - Strawberry Beds > Chapelizod > Memorial park > Liffey greenway > Inchicore > Canal

Flat route 5 Km 77

Club > Tallaght > Lucan > Summerhill road > Dunboyne / Coffee
Return - Clonee > Ongar > Clonsilla > Royal Canal, Castleknock > Ashtown > Phoenix Park > Kilmainham > Rialto > Canal South - Bumpy spins

Route 6 KM 58 climb 920 m

Club > Enniskerry > Powerscourt > Liam Horner > Glencree / Coffee
Return > Featherbeds > Viewing point > Glencullen Johnny Fox's.

Route 7 Blessington KM 65.6 climb 826 M

Club > Tallaght > Embankment > Brittas > Manor Kilbride south > Around lake > Blessington / coffee
Return by lake north > Manor Kilbride > Brittas > Ballinascorney > Old Bawn

Route 8 Ballymore Eustace Km 78 climb 900 M

Club > Tallaght Rathcoole Rathmore Blessington Ballymore Eustace coffee
Return Blessington Brittas Saggart. City west Stillorgan

Route 9 NMK KM 75

Club > Shankill > Bray > Windgap > Greystones Kilcoole > NMK > Fishers / coffee
Return – Greystones > Kilcronee > Enniskerry

Safety First!

A number of accidents and falls have occurred to KC Wheelers members during January. It is appropriate at this early stage of the year to remind members of the need to **be constantly vigilant** about their safety.

It is essential to maintain concentration **at all times** and to be aware of one's own and cycling companions' position on the road to avoid collisions and spills.

At this time of the year it is also important to be alert to the forecasted weather conditions and **take appropriate precautions**. When frost is forecast, times of departure should be delayed until after the frost has melted and the route selected should be flat and coastal.

Cyclists should also take weather forecasts into account when planning trips which **should not take place** when yellow or higher weather warnings are in place

Know your tyres!

1. Consider changing to larger tyres for the winter/spring period
2. If you have 700 x 28mm tyres, can your forks take 30 or 32mm tyres? Older rim brake bikes probably will not.
3. If you have disc brakes, there is more room for increasing tyre size. Can you go up to 700 x 35mm tyres?? Schwalbe marathon/plus are very good for 700 x 35mm.
4. Note: 700 x 32c does NOT refer to cm ; It is an old French system using a, b and c tyre reference. 700 x 32c means 700mm x 32mm.

BUMPY SPINS

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Drive & Bike - Tour of Lough Ennell

47km. 11th November.

We left clubhouse at 7.30 for an 8.45 start in Mullingar. 24 people came along and we broke up into 3 Groups.

We cycled along the R 400 in an anticlockwise direction to Rochfordbridge. Then on to the old Dublin Galway Road R446 to Tyrellspass and on to Kilbeggan for tea & coffee, where we met up with the Ladies football team on route to winning the Leinster title.

Then on to the R389 to the Mullingar/Athlone cycleway at Castletowngeoghan and back to our start at Mullingar.

This was a flat run through historical Westmeath (Croí Na hÉireann). The roads were in good condition with very little traffic.

The weather was good and it was enjoyed by all.



Drive & Bike - Clonmacnoise.

2nd Feb. 18 cyclists participated. 70.6 km. We left for Moate at 8am for a 9.45 start. Weather conditions on the way down were very poor, but on our arrival the sun appeared, and shone all day - real Westmeath weather.



Our trip took us initially along the Athlone/Mullingar cycleway to Meaghermoore and then we made our way via the R444 to Castledaly. Here we split up into two groups, Tommy Doran took the more elite group. We turned on to the L1405 to Ballinahown and took up the R444 again to Clonmacnoise. We spent some time walking around this ancient site, and a couple of candidates tested the Popes chair. We continued our trip on to Shannon Bridge for Coffee. We dipped our feet into Roscomman before heading toward Ferbane via Belmont. At Ferbane we took the R436 to Ballycumber and then L2022 back to Moate.



Tommie's group went from Shannonbridge on towards Blueball and on to Moate via Clara about 100km. We all arrived back about the same time.



Again, we stayed on the minor roads which were all in good condition with little traffic. It turned out to be a lovely Spring Day.

Hoping to organise another for Easter Week-end. All suggestins welcomed –

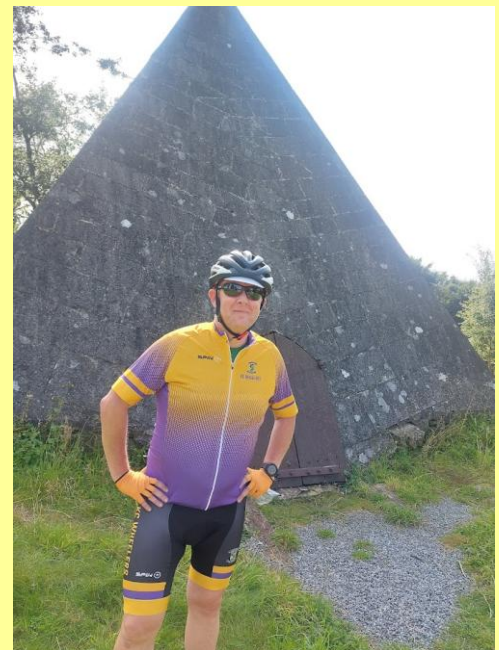
Mickey Finn

Tiomáint & Rothar – Slieve Blooms

I lár Mhí Lúnasa, agus an ghrian ag scoilteadh na gcloch, bhailíomar le chéile i sráidbhaile darbh ainm Ros Fhionnghlaise (Seanlár Cumann na gCarad nó na Quakers). Bhí 3 chnoc suntasacha le déanamh agus ciorcad 90 km. Tar éis dul thar bharr an Bhearú thosaíomar ar an gcéad dreapadh 'An Gearradh' (The Cut: 7.5 km, 439m 4.3%). De réir dealraimh is féidir Ard Mhacha a fheiceáil ón mbarr. Tar éis sos beag inar pléadh pian na breithe leanamar ar aghaidh suas Sliabh Ghaiste na Mac Tíre (Wolftrap Mtn: 8.6 km, 358m 4.1%). Bhí na radharcanna go híontach agus na bóithre chomh ciúin.



In ainneoin Mr Darbey ag déanamh iarrachta mo chloigeann a leá, bhí lón den scoth againn i Peavoys i gCionn Eitigh agus d'imigh roinnt againn ag lorg an t-aon pirimid in Eirinn. (Geallaim daoibh nach raibh aon deoch tógtha ag mo chomhrothaithe). Go luath ina dhiaidh thosaíomar ar an 3ú cnoc An Gleann Doimhin (The deep glen or Glendine: 5.7km, 297m, 5.2%). áit a ndearna Gerry iarracht madra a thógáil abhaile leis ar a chos.



Thángamar go léir abhaile slán agus ba bhreá liom é a dhéanamh arís nuair atá caipéid de chloigíní gorma ar úrlár na gcoillte.

Maura Noonan