



Nomads News

www.hitchin-nomads.net The news letter of the Hitchin Nomads Cycling Club

Sorry no results this time, but I'll rectify this next weekend. Too much cycling, too tired to type....

Full results for the Interclub 25, National 3-up TTT, and all the latest club events I promise. Scott.

It's not just for keeping your hair in place.

Until recently I was willing to wear a helmet basically to stop the constant nagging I was receiving from certain family members!! The first helmet I bought cost £25 and was awful to wear. Then my local bike shop - Phil Corley - suggested a top of the range Giro Atmos on the basis that if you're going to wear a helmet then you may as well have one that you're not aware is actually on your head. Well I handed over my £125 for the Atmos and started to wear it with no problems at all - Phil was right, I didn't know I'd got it on my head.

After my accident with the hit-and-run motorist I was quite convinced that my helmet had "just been scuffed" - until a few days ago that is. Since I'll be back on the bike very soon now, I thought I'd better have a closer look at it just to make sure it was OK. It was still intact and I still thought it'd just been scuffed - to my astonishment the inner shell was actually split in four places!!

My views on helmets have now turned full-circle. With so much damage to the helmet I'm now quite convinced that it actually saved me from serious head injuries and don't think I'll ever ride a bike again without one. I'm also equally

convinced that the £125 for the carbon outer shell was/is worth every penny - it keeps the helmet intact after the initial impact so as to give continued protection for that potential secondary impact.

It now seems that I landed up-side-down with my head and shoulder hitting the ground first, I then bounced onto the other shoulder. I'm more than aware that I was very very lucky to get away with "just" a broken collar bone - it could have been much worse, and I know it.

I hope that my tale of woe might inspire the few club members who don't wear a helmet to reconsider. I also hope that it inspires those who have purchased a £25 helmet "just to keep the naggars happy" - just as I did initially - to consider something better.

By the way, absolutely no joy on finding the car or the driver that caused my accident.

See you all very soon on the Tuesday tens - I'm all revved up and ready to go!!!

Dave Wentworth.

National Championship 100, 2006

A few of months ago the CTT's National secretary contacted the London North District Committee and asked if the district would organise the National Championship 100 mile Time Trial in 2006, representation was made to clubs that the committee believed were capable of organising such a prestigious event

and Hitchin Nomads was one of those selected. The Hitchin Nomads' committee believed that promoting this event in our 75th year would be a good thing as part of our celebration year.

Of those clubs invited to bid for the event it came down to just the Icknield RC and Hitchin Nomads CC. At the London North District Committee meeting held on Thursday 16th June after answering various questions the Icknield members of the committee and myself had to leave the meeting while the rest of the committee decided upon who should be chosen. After a while we were called in and the acting chairperson advised that they felt that either of the two clubs had the ability to promote such an event but because of it being our 75th year the

committee have awarded the honour to us.

Here's the downside, no holidays to be booked in July until the date of the event is known, October is to be a period of celibacy, we don't want anybody off on paternity leave and we may even have to stop riding our bikes for a while to keep out of the way of all the maniac motorists who seem intent of trying to knock as many of us off our bikes as they can!

Seriously it is a prestigious event and we want it to be a success, that will only happen with a team effort, we will need a team of willing volunteers, I am due a few favours from other clubs that I will call in but Hitchin Nomads needs you!

Richard Bland

THE "SPUD" RILEY MEMORIAL RIDE SUNDAY, 4TH SEPTEMBER 2005.



There are 2 rides one of 50 miles one of 100, over mainly B class roads in the peak district.

Fully signed route, and food and drink included in the entrance fee.

All proceeds to the Adult Leukaemia unit of Christie's Hospital.

For an entry form and more details go to www.polkadotchallenge.org