



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Ok, it's only just managed to sneak in to July, but that's what working for a living does for you. We have a much needed update on the results front, plus, racing news and other stuff.

Scott.

First the silly stuff....

You Know You're a Cyclist If....

1. You tell a family of 5 in a crowded mall to "hold their line."
2. Your spouse says "If you buy another bike I'm going to leave you" and you think "I guess I'm going to miss him/her."
3. You have more water bottles than you have drinking glasses.
4. You have more cycling jerseys than work shirts.
5. Your cycling jersey IS your work shirt.
6. Your legs are smoother than your wives.
7. The nicest pair of shoes you own have cleats in the soles.
8. You have defined the 8 stages of roadkill decomposition through daily observation.
9. You are walking along a street and you signal left.
10. You go to your local store on a bike.
11. You sulk when in cars, on hot days.
12. You sulk when in cars, on cold, windy, snowy days.
13. You get withdrawal symptoms if off the bike for more than a day.
14. When anybody mentions distance you immediately think of how long it would take to cycle it.
15. You point at pot holes, but you are driving in your car alone.
16. While driving your car you yell at your passenger "Car back" as a vehicle approaches from behind.
17. Your bike is worth more than your car.
18. You put more miles on your bike than your car.
19. Your hands have a strange tan that looks remarkably similar to the pattern on your cycling gloves.
20. Weather forecasts can be broken down into 2 categories: good biking weather, bad biking weather.

21. You put your bicycle in your car, and the value of the total package increases by a factor of 4 (or better).

22. You find out you are going to have a child and the first thing you think about is how you will schedule your rides to avoid divorce and still be a Parent.

23. You spend 2X the money on cycling wear that you do work clothes.

24. You can tell your wife with a straight face that it's too hot to mow the lawn, then bike off for a century.

25. You dream of winning the lottery and the first thing you think of is how many/which bikes can I buy?

26. You buy a car based on whether or not a bike will fit in the trunk/back, with the rear seat folded down.

27. You open your car window and yell out "On your left" when passing cars on the freeway.

28. You have not one, not two, but three permanent chain ring scars on your right calf.

29. Your bike sleeps with you in the living or bedroom.

30. You wear a heart rate monitor during sex.

31. You check out all other guys/girls legs to see if they are better than yours.

32. Your spouse can't take it anymore and takes up cycling.

33. You wonder why a £500 bike has 24 gear ratios, while a £20,000 car or truck only has 4.

34. You crash...and insist on getting to the bike shop to have your bike checked out BEFORE going to the hospital.

35. You can't seem to get to work before 8:30am, but you don't have a problem meeting your buddies at 5:30am for a ride.

Supplied by Julian Siedlecki.

Quote of the month.

"To prepare for a race there is nothing better than a good pheasant, some champagne and a woman"

- Jacques Anquetil

Not sure about the champagne before a race.
Scott.

Road Racing.

Whilst not having any success with regard to actual results, I've managed to improve my riding, and climbing skills over the last few races that I've done. Having someone watch me with a critical eye while I've been racing, (thanks Bruv.) has helped me no end. No more mashing big gears up hill, and out of every corner, for me. This has led to me lasting more than two laps at Eastway for the first time, which is not only more enjoyable, but also helps from a training perspective.

My track racing is slowly improving, but would benefit from some continuity in my attendance.

Overall, it's been a learning experience, and I'm looking forward to big improvements for next year, and some success on the results front too. You heard it here first.

Scott.

Results.

Briercliffe 10 14/06/2005

Neil Fraser	24:51
Mike Webb	25:07
Tony Anderson	25:52
Andy Saunders	26:55
Dave Ledgerton	27:42
Clive Collins	28:37
James Cornell	28:45
John Harrison	29:07
Andy Herbert	29:28

Non-Nomads

Rob Hemming	27:14
Ian Hamilton	30:32
Steve Smith	34:03

Timekeeping by Richard Bland, and Pushing-off by Tony Furby.

12 Mile BBQ TT 18/06/2005

It was hot, very hot. Even as a three-up we couldn't beat the Webb-master.

Mike Webb	29:42
Julian Siedlecki TTT	
Nick Senechal TTT	29:50

Scott Edwards TTT	
M Daniell	32:48
Phillip Keen	33:08
Paul King	33:11
David Rossall	35:45
Clive Collins	35:51
Ron Boustead	39:27
Steve Smith	40:17
Steve Robinson	DNF

Timekeeping by Frank Turner and Pushing-off by Tony Furby.

BBQ duties by Richard Bland and Paul Kelley, other catering duties by Ann Smyth and Sue Kelley. Many thanks to them all for a superb afternoon.

Dave Gudgin 25 21/06/2005

Mike Webb	01:03:27
Tony Anderson	01:04:33
Julian Siedlecki	01:09:21
James Cornell	01:10:48
Dave Ledgerton	01:10:55
Clive Collins	01:11:22
Peter Martin	01:13:07
David Summerell	01:16:34
David Rossall	01:17:10
Rob Bryan	01:19:21
Peter Timmins	DNF

Non-Nomads

Richard Ellis	01:03:31
Rob Hemming	01:05:49

Timekeeping by Tony Furby and Pushing-off by Frank Turner.

Briercliffe 10 28/06/2005

Andy Herbert	25:32
Tony Anderson	25:41
Andy Saunders	27:29
Steve Robinson	27:51
Clive Collins	27:56
David Summerell	28:45
John Harrison	29:03
Steve Smith	34:23

Non-Nomads

Rob Hemming	26:09
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Timekeeping by Dave Ledgerton and Pushing-off by Tony Furby.

Dave Gudgin 25 05/07/2005

No event – Rain stopped play.

Verulam 25 17/7/2005

Did you have a go at the Royston Road this morning if so how did you all do? (Yes I did, and not very well. Results soon. Scott.).

Well I thought I might have a go at racing on the bike too but on a 25...due to punctures/cancellations or other unforeseen circumstance's I have missed the last 6 races I have lost form. I raced today in the Verulam25 on the F20/25 in really very good conditions well you should have a look at what times the best did:

Actual Fastest

- 1 Hunt Steve 00:51:11
- 2 Simmons Mark 00:51:42
- 3 Platts Ken 00:52:06

And then look at what I could manage:
Michael Webb Hitchin Nomads CC 00:58:46?
Senior

Looking at the field who I have raced before I was easily a minute slower than I normally am at this time of year so a bit peeved? Oh well ... it was fun it was one of the best sponsored events I have been to in years! They even gave you a free goodies bag?! It was great have a read below it is from the race organizer.

Verulam25 2005 - Stiff Competition, Richer Prizes

Steve Hunt avenged his narrow defeat of last year to record the fastest time in the Verulam25 on Sunday July 17th 2005.

In a field which saw improved standards near the top of the table, Hunt took full advantage of excellent course conditions and achieved 51:11, an improvement of over half a minute on last year.

Across veterans, ladies and senior categories, times proved to be very close, making for some big efforts, particularly in the ladies competition with less than a minute separating the top three.

Elsewhere, Verulam Junior Luke Clarke came up trumps. Already the club record holder at this distance after a strong performance on the same course three weeks ago, he slashed more than a minute off and posted a superb 56:02

Eric Marsh was the only runner to hold on to last year's title, once again taking the vet standard trophy.

With nearly £1500 of bonus prizes and strong sponsor support from Dolan, Science In Sport and Shorter Rochford, the event achieved a full field and looks set to grow further in years to come.

RTTC 2005 50Km Team TT 03/07/2005

Hitchin Nomads managed to enter and finish two teams in this event. An achievement in itself. With our team rosters changing on what seemed like a daily basis, training for the race was always going to be a struggle. The entered line-ups underwent an enforced change when Nigel was injured and I was drafted in as a replacement. Thanks must go to Steve Robinson and Nick Senechal for their help in getting me on the start sheet.

On the day of the race Steve and Paul were suffering illness and Neil. The A-team were just suffering, though Nick seemed to be strong throughout.

All in all it was an enjoyable event, and I think we will see at least two teams competing next year, if only to convince Simon Doyle that we can beat a team of women, and that there wasn't a café stop on the course.

For the record.

- | | | |
|-----------------|--|----------|
| 1 st | Recycling.co.uk | 01:01:20 |
| | Rob Hayles, Paul Manning, Chris Newton | |
| 2 nd | API-Metrow | 01:02:23 |
| | Duncan Alexander, Sam Barker, Michael Hutchinson | |
| 3 rd | Derosa RT | 01:03:34 |
| | Matt Bottrill, Andy Collis, Julian Ramsbottom | |

- | | | |
|------------------|--|----------|
| 30 th | Hitchin Nomads A | 01:19:27 |
| | Nick Senechal, Julian Siedlecki, Scott Edwards | |
| 33 rd | Hitchin Nomads B | 01:21:28 |
| | Neil Fraser, Steve Robinson, Paul King | |

Well done to everyone involved.
Scott.

BRCC Middlemarker 10TT 16/07/2005

Three Nomads rode the Middlemarker 10TT on the F1, with varying degrees of success.

An early Saturday start saw Neil arriving just in time to collect his number and make the start line. Tony Perkins looked to have turned-up with a little more time to spare, though a JCB driver on his mobile phone put a dent in Tony's time by forcing him off course at the turn.

The fastest on the day was-
Mark Simmonds Team Milton Keynes
20:21 Though he was not eligible for any prizes having posted a previous time faster than the minimum 23:30 allowed.

Qualifying results were-

1 st Ken Mills	Shaftsbury CC	22:28
2 nd = Richard Clarke	Hastings & St. Leonards CC	23:31
2 nd = Neil Fraser	HNCC	23:31
7 th Scott Edwards	HNCC	24:06
35 th Tony Perkins	HNCC	29:18

Upcoming Events.

Saturday 20th August.
Team Cambridge 10 Mile TT, on the E2.
For solo or tandems. A16:45 Start.

Sunday 21st August.
Finsbury Park CC 25 Mile TT on the F1.
06:30 Start.

Race round Eastway cycle circuit on a Sunday for only £6.00.

Anybody interested in the above let me know, as I'll probably do them all.

Scott.

The E'tape or something like it.

As an aid to winter training, I'm planning on entering the E'tape du Tour, or a similar event, next year.
The exact ride will depend on which route I fancy. The more mountainous the better, if its going to be hard it might as well be really hard, and on which event I can get an entry for.

Anybody else that fancies a crack at it can join in. I'm going to use it as a training focus over the off season, so, if anybody else fancies joining me thrashing around in the cold, wind, and rain over the winter months, let me know.

Scott.