



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

A Happy New Year to All. It may be grey outside at the moment, but now is the time to get out on your bikes to prepare for the coming of Spring. Oh, and to burn off the excesses of the last couple of weeks.

Scott.

Time For Renewal.

It's that Membership renewal time of year again. Time for everyone to pay their subscription to the Club. Subscription rates remain unchanged for the umpteenth year in a row-

Single Membership £15.00
Family Membership £20.00
Student/Junior Membership £5.00

Cheques are to be made payable to Hitchin Nomads CC, and can be sent to the treasurer,

Nigel Tooke
32 Symonds Road
Hitchin
SG5 2JL

Note to self, "remember to pay your own subscription!!!"

Cabinet Reshuffle.

After the AGM in December, we have a new look committee for 2006. Some old stalwarts have stepped down, some have changed roles, and some new faces have appeared.

Your new committee for 2006 are-

Chairman	Julian Siedlecki
General Secretary	
Records Officer	
Editor in Chief	Scott Edwards
Club Captain	Steve Robinson

Social Secretary
Time Trial Secretary
Road Race Secretary
Treasurer

Frank Turner
David Ledgerton
Nick Senechal
Nigel Tooke

Committee Member
Committee Member

Clive Collins
Richard Bland

In addition to these roles, Steve Robinson will be organising our entrants for the Interclub series, and David Ledgerton will be maintaining the HNCC website.

Richard Bland will be continuing as a committee member to facilitate the smooth running of the National 100 Time Trial in the Summer.

Thank you, to all those who came before, and good luck to all the new incumbents.

As the new Records Officer, I will be setting the Handicaps throughout the year. If you ride an event that is handicapped, but have previously not ridden, there will be no data to give you a handicap, so, you won't get one. It is in your best interests to post some previous times, and to let me know. In the same way, if you have ridden an event, but don't let me know, I can't use it for handicaps, and I can't issue points for other awards either.

Please let me know what your results are. I can put them in the newsletter, instead of filling space with maniacal ranting.

Thanks
Scott.

ARE YOU INSURED?

2005 wasn't a great year for a number of Nomads who were unfortunate enough to come into contact with drivers in a very real and painful way. So this got me thinking about how many people in the club are insured?

A few years ago I was hit by a car when training at night, and thankfully as a member of British Cycling was insured. This meant that whilst I was recovering from the dislocation, cuts and bruises

someone was fighting on my behalf to replace my mangled bike and prosecute the driver for driving without due care and attention. Without my BC membership this would have been a much more difficult process.

But don't forget insurance can also work the other way round, what happens if you cause the accident or ride into a car and damage it. It's times like these where cover would be worth its weight in gold!

So if you aren't covered at the moment maybe now is a good time to join the CTC or British Cycling to protect yourself. The added benefit is of course that both these organisations do a lot for us and our sport so your money also helps them to keep working for all of us.

Have a safe year, and let's hope none of us needs to make a claim!

Steve Robinson

An Audacious 2006?

At the AGM in December, a number of Nomads expressed interest in Audaxes, sportives and reliability rides. For the non-racer, these provide season-long opportunities to set yourself a challenge whatever your level, and for the competitive rider the early events are an excellent way to warm up for the season.

They all involve completing a route of anything from 50 to 1600 km, with permissible speeds typically in the 15-30km/h range enforced by control points around the route. These controls are supplemented by one or two observation questions. You may ride alone, but the best (and most sociable) tactic is to look for groups travelling at speeds that you find comfortable, or to take your own club group to the event. Many controls are in cafes, and you are positively encouraged to stop for refreshments, as this is what makes it worth the owner's while to provide facilities for the day for a hundred or more riders to get their brevet cards stamped to show that they passed through.

For Nomads, some of the most accessible early-season [Audax UK events](#) start at the [Ugley club huts](#) between Newport and Stansted Mountfitchet. If you don't drive, the train or staying overnight at the huts are both feasible alternatives. The events include:

- The Victoria CC's [Brazier's Run](#) on Saturday 25 February (106 km)
- [Shaftesbury CC's Essex Lanes](#) events on Saturday 11 March ([53](#), [106](#) or [161](#) km)

- Comrades CC's *All Comrades Together* events on Saturday 18 March ([110](#) or [151](#) km)

and then of course our own local Audax is:

- [North Herts CTC's Stevenage Start of Summertime Specials](#) on Sunday 26 March (60, 115 or 210 km); these are matched by the *Emitremmus* ("summertime" reversed) 101 km when the clocks go back on 29 October

Of course, the serious riders are building up to longer events such as *Windsor-Chester-Windsor* (600 km), *London-Edinburgh-London* (1400 km) or the ultimate *Paris-Brest-Paris* (1600 km)! Outside Audax rules, sportives often provide the chance to ride the routes of great continental events such as Tour de France stages. However, [UK sportives](#) are also developing, over our own classic roads. In the Peak District alone, for example, the [Polka Dot Challenge](#) (70 or 100 miles) on June 4 goes over the Snake and Winnats Passes, Axe Edge, Gun Hill and more, and the associated *Spud Riley Memorial Ride* (54 or 100 miles) on 3 September is even harder. The [Cat & Fiddle Challenge](#) (55 miles) in October raises funds for the Cystic Fibrosis Trust by taking riders up, among others, the famous road from Macclesfield to Buxton, and the CTC's *Phil and Friends* ride in August (100 or 150 km) goes over Holme Moss, Winnats Pass and Monsal Head while raising money for the Cyclists' Defence Fund.

Why not make 2006 the year when you set yourself a new challenge?

By David Rossall

The Final Interclub Results are in.

I've now received the final results in the 2005 Interclub series. I'm attaching these to this news letter.

The final results table is-

	Hitchin CC	Icknield RC	Beds Road CC
10 Mile	285	257	278
25 Mile	75	55	152
15 Mile	117	43	125
30 Mile	40	0	107
Hill Climb	31	77	83
Total	548	432	745

Congratulations to BRCC who ran away with the title in the end. Lets get it back this year.