



# Nomads News

[www.hitchin-nomads.net](http://www.hitchin-nomads.net)

The news letter of the Hitchin Nomads Cycling Club

Editorial

Hi Folks

What a fantastic start London gave to Le Tour. I have heard lots of stories from club members about their day in London. I have asked some of you to write about your day out and I have had one or two replies but I could do with a few more stories for the Tour de France Special news at the end of July.

I am in awe of John Harrison, what a superb ride for only his second open event this season. Well done John.

Now we need to keep an eye on Richard with him breaking evens on the F1, I don't know if anybody else has noticed but Richard looks a little bit more svelte like these days.

Who is going to challenge David Ledgerton for the club BAR? He has done a 50 and a 100, all he needs now is the 12 hour.

Clive

## Racing Results

### Dave Gudgin 25

Tuesday 3<sup>rd</sup> July

	Time	Handicap
Neil JJ Fraser	1:03:36	1:01:53
Andy Herbert	1:04:16	0:59:42
James Cornell	1:05:12	1:00:40
David Ledgerton (F)	1:10:00	1:02:53
Julian Siedlecki	1:13:06	1:02:30
Clive Collins	1:13:11	1:02:25
John Harrison	1:17:27	1:00:57
Keith Rapley	1:21:34	1:01:04

Timekeeper: Richard Bland

Pushing Off: Tony Furby

### Briercliffe 10

Tuesday 10<sup>th</sup> July

	Time
Neil JJ Fraser	25:04
Andy Saunders	25:51
Steve Robinson	26:25

David Ledgerton (F) 27:22

Paul Riley 27:57

Clive Collins 28:49

Neil R Fraser 29:04

James Spence 29:16

David Summerell 30:07

Pete Hanlon 30:22

Keith Rapley (F) 31:40

Timekeeper: Frank Turner

Pushing Off: Tony Furby

## Beds Road CC 10

Course F1

Saturday 14<sup>th</sup> July

	Time
Richard Bland	29:14

## North Mids and Herts CA 100

Course F1

Sunday 15<sup>th</sup> July

	Time
David Ledgerton	5:00:43
John Harrison	5:31:59
James Cornell	DNS

Geoff Denny Memorial Trophy points

Richard Bland

Clive Collins

Tony Furby

## Tales of the York Trip

The Famous Five take to the Road in York

### The Wives' Perspective

On Sunday 24<sup>th</sup> June 2007, York was celebrating its 63<sup>rd</sup> York Rally. The York Rally was an event that was started in 1945 and the organisers didn't expect many to turn up. They expected around 500, so you can imagine their surprise when over 5,000 attended.

On that morning, having enjoyed a delicious English Breakfast, during which the conversation was about the service at The Minster which was due to begin at 9.00am, I had but minutes to decide whether to attend or not. Surprisingly, as an atheist, I decided to join the congregation, for what better chance was there to experience a service at York Minster than with a crowd of cyclists. So Richard and I set off, walking at a cracking pace, so as not to miss the start. On arrival we spotted David and Belinda and were soon joined by Paul and Sue. We spotted Ann Collins after the service, sitting at the back, being slightly later than the rest of us to arrive.

The service was conducted by The Reverend Canon Glynn Webster of York Minster who gave an opening welcome, followed by “All creatures of our God and King” a favourite hymn from school days. I won't bore you with the detail of the full service but suffice to say that there were further hymns and prayers including The Lord's Prayer.

For me the most moving part was the Address given by The Reverend Canon Glynn Webster. He was in Tuscany but a few days before returning to take The Minster service, holidaying in a small village called Lucca. He told us that one day he drove his little hired Fiat out of Lucca, to explore as you do, and was driving up a mountain before he knew it. He found the ascent a little scary and was amazed to see cyclists making the same journey. So you can imagine his surprise on his descent to see even more cyclists, apparently without fear, actually overtaking him on the way down. He expressed his admiration of the special camaraderie amongst cyclists and their ability to enjoy life to the full.

Well I think we, as a group of eight from HNCC, certainly did enjoy ourselves to the full during our short stay in York. Even though we may have gone our different ways during the day, we made a point of dining together every evening. Permit me to list the venues which were all within walking distance of our B&B [www.bootham-gardens-guesthouse.co.uk](http://www.bootham-gardens-guesthouse.co.uk)

**Thursday** - Meltons Too – 25 Walmgate, York, YO1 9TX

**Friday** - The Fox & Roman – Tadcaster Road, Dringhouses, York, YO24 1LR

**Saturday** - ASK – The Grand Assembly Rooms, Blake Street, York YO1 2QG

**Sunday** - Mama Mia – 20 Gillygate, York, YO31 7EQ

All highly recommended for service, food and ambience and if you take into account Betty's Tea Rooms, well that's another story.

Ann Bland

### **Cycle Procession from the Minster**

Despite arriving late at York Minster for the cyclists' service, I did very much enjoy worshipping there.

After the service a procession of cyclists on their bicycles left York Minster for the cycle rally which was being held at the racecourse. I have never before seen so many different bikes. The sheer variety of bikes single and tandem, old and modern, recumbent bikes, a penny-farthing, one which was dressed up like a rocket, and what I can only describe as a double-decker bike that consisted of a second frame somehow attached on top of the single bike.

A lot of the bikes, both singles and tandems, were adapted for children some of whom were very young.

It really was a spectacular procession.

Ann Collins

### **The wheel of fortune**

Following on from Richards article of the Ron Kitching Challenge Ride, here is my story of how I got on when my rim split twelve miles into the ride.

To start at the beginning, you need to know that the wheels on the bike were as new in November 1998 and being someone who likes to get value for money, I intended get the last mile out of them.

The Sunday before our start for York I was on the club run and managed to hit a stone or it could have been a boulder with my back wheel and put a dent in the rim. The wheel was still true and I was able to brake ok but could feel the dent when I braked.

To be brief, circumstances were against me to get the wheel sorted out before Wednesday so I decided to ride with the dent.

The ride went according to plan except that I got a puncture in the rear wheel on both days north bound, the first day with about ten miles to ride and on the second day as we were riding through York town centre and as we were so close to the B&B and I still had some air in the tyre, I decided to keep riding, I just eased my weight forward till we got to the hotel.

On the Friday I repaired the puncture and found a very small piece of flint buried in the tyre, it was the same piece of flint that had given me the first puncture and it had taken 90 miles to give me the second puncture.

I had been riding with about 80lb PSI in the back tyre and I decided to put another 15lb in the tyre for the Ron Kitching ride.

On the Saturday morning Richard, Paul, David and myself rode to the York race course to check in for the ride, once checked in we were off with Richard leading as he had the map and the local knowledge of the area. As we cleared York in a group of about 20, one rider went to the front and set a good pace, which I was comfortable with, and in time it became my turn to be on the front.

With about 12 miles gone and going well all of a sudden without warning there was a sort of zinging sound that I couldn't work out, then within a few seconds there was an almighty bang as the inner tube blew out. There was a comment from the group as they passed by without stopping, 'That sounds terminal'.

On inspecting I found that the rim had split 6 inches either side of the original dent. Now that I had stopped I realised that I was by myself, where were Richard, Paul and David? I waited by my bike for several minutes before they turned up, it turned out that Richard had got a piece of rag tangled up in his derailleur and it had taken them a few minutes to sort it out. I explained what my problem was and as a group we decided that we couldn't fix it on the road and that I would need to be rescued, cue a phone call to Geoff Perry.

Geoff said he would get to me as soon as he could.

The weather forecast for the day was for showers, so as I stood there waiting to be rescued looking over the plain of York I could

see the thunder clouds building up and the rumble of thunder in the distant and the thought in the back of my mind was, 'You are going to get rather wet very soon, Clive'.

Geoff's timing was absolutely spot on, because as we got the bike in the car so it started to rain.

Geoff mentioned that years ago when he used to come to the cycle rally on a regular basis that there was a cycle shop in the near by town of Haxley, so off we went to try and locate this cycle shop. We got to Haxley and found the shop with very little trouble, I grabbed my wheel and entered the shop and asked the proprietor if he can help a cyclist in distress. He looked at the wheel and confirmed that 'Yes you are distressed'.

I asked him if he is able to replace the rim. You know its not going to happen when he sucks in breathe through pursed lips. So next question is do you have a wheel? Quick as a flash he has three wheels for me to choose from, I picked an Ultegra hub with Open Pro rim, tyre and tube and he asked me with a smile on his face for a £103 please.

In the circumstances a bargain.

So problem resolved but now I am worried about the front rim, so on the Sunday I toddle off to the cycle rally and found an Open Pro rim for the front wheel, this time I only lay out £20.

Now the Paganini is ready for another 8 years of use before I have to change the rims again.

The fortunate thing about the whole episode was if the rim had split anywhere else on the ride and without Geoff's help I would have been in real trouble.

Thanks Geoff.

Clive.

The following was received from an anonymous contributor

Bathing arrangement suggestions at Lincoln were probably purely in the interest of water conservation Clive.

As a principle it obviously works as there was plenty of spare water in Lincolnshire on the way back!

**Aquarius Minimus**

## August Clubruns

5 <sup>th</sup> August	Waresley Garden Centre
12 <sup>th</sup> August	Family Ride and Bedford (Bliss Café)
19 <sup>th</sup> August	St Albans
26 <sup>th</sup> August	Grafham Water <b>Start 09.00 Prompt</b>

### Family Ride

Start at the Oasis swimming pool Bedford.  
Ride to Danish camp for refreshments total distance about 5-6 miles.  
Arrive at 10-15 for 10-30 start.  
Normal run from Hitchin to Bedford then home via Danish camp.

### Helms Cartoon

I enjoyed the Helms cartoon in the comic last week.

The cartoon showed two men on bikes in the pouring rain riding along chatting and one rider is saying to the other.

**“My lucky wife is snug and warm and dry at home and doing the decorating”.**

### Holiday in the Italian Alps

I received this email from Ron Broadbent.

Clive,

Believe it or not but I am still alive. Sorry I have not been out with the Club this year.

I have recently been to this attached location and had a great time, but it is a cyclist's dream, if you want to do mountain climbing. It is very close to Col du Galiber, Telegraphe, and Alpe D'huez which I raced up.

You get great instruction and food. It is run by Kent and Michelle Benson who used to live and work in Hitchin.

Kent used to do some time trials with us a few years ago, he is a registered Mountain Bike instructor. Thought it would be nice to have a mention. If anybody needs anymore details contact me.

Ron Broadbent.

### Ron's Holiday

I recently took part in an activity holiday Mountain biking in the Italian Alps and can really recommend it. The guide was superb as was the food. A well balanced activity

holiday, but it need not be that active but it will certainly get you fit.

The B & B is run by Kent and Michelle Benson, who used to work at Acorn Estate agents in Hitchin until 3-4 years ago.

Flights to Turin by Easy Jet or Ryanair and an hours drive into the mountains. Hiring equipment is no problem. (An ideal base for the fitness enthusiast who wants to get super fit.)

We are in Alta Val Chisone Piemonte. Nestled under the wall of the great fortress at Fenestrelle and situated in the heart of a 16th century alpine village (Chambons at 1000m altitude).

We are well placed for walking and trekking, mountaineering, cycling, skiing, snowboarding, snow shoeing or just relaxing surrounded by good food, wine and beautiful scenery.

The ski resorts of Sestriere, Pragelato (val Troncea) and Prali (val Germanasca) are less than half an hour away, (home of the Winter Olympics 2006) and cross country skiing is right on our doorstep!

Why not make the Belvedere your base for a relaxing holiday or short break?

Contact Ron Broadbent at South East Security for further details or visit: [www.belvederebed&breakfast.com](http://www.belvederebed&breakfast.com).

Ron Broadbent  
01462 422500

### Media Watch

#### Drunk takes bike ride on car roof Amsterdam

Police officers in the Dutch city of Alkmaar were surprised when they saw a car passing by with a bicycle on its roof. For although it is common to see cars carrying cycles, this one had a cyclist on board. The driver and his wife, when stopped by the police, said they heard a noise while waiting at a traffic light, but did not realise they were taking on an extra passenger.

The 26-year-old man who took the free ride was fined for public drunkenness and providing a false identity to the police.