



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

As you sit relaxing taking an overview of your New Year resolutions lying crumpled on the floor about you, you sigh deeply and worry at your lack of conviction and then you turn your mind to the new season and realise with a slight shiver that the start of the season is only six weeks away.

So first things first, take the wrapping off your diary, then take the mileage chart from the centre page of the 4th January Cycling Weekly and pin it up, then think through a strategic plan for the coming season.

Alternately, panic and start putting in loads of miles as a base layer and hope you have the legs for the first Interclub competition in April.

For those, unlike me, who structure their training properly, you might be interested in the web site that Mike Toddington has sent to me.

Don't forget to order your Prize Giving Lunch Tickets from Frank.

Subscriptions

**Your Subs are due for 2008
£15 for single membership
£20 for family membership**

**Payments can also be made direct to the
HSBC bank account
Sort code 40-28-14 A/C no 20615021**

**If you are paying by this method the payee
should e-mail the treasurer to confirm that
they've made payment this way**

**Prize giving lunch at the Sun Hotel
Hitchin
February 10th 12.30pm**

The names of all the members who won either cups or medals are listed below. It would be nice if you could come to the Sun hotel to receive them and give the rest of the club the opportunity to congratulate you on your fine effort.

Please see Frank Turner to book your tickets.

The Winners

Anthony Anderson	Andy Herbert
Andy Saunders	Clive Collins
David Ledgerton	Frank Turner
James Cornell	Jamie Tomlin
Julian Siedlecki	Keith Rapley
Michael Webb	Neil JJ Fraser
Richard Bland	Steve Robinson
Toby Blyth	Tony Furby

CTT Handbooks

Dear All

The tail end of 2007 finds me suffering with a cough and cold and no miles in my legs. However the 2008 season looms fast and it is time to start planning for next year and the first step is to order your copy of the CTT handbook of Open events for next year. The price this year is £7.00 but bulk orders are charged at £6.50.

All those wishing to have one please let me know ASAP

Regards
David

Boxing day 10.VCC Report

If you had enough of Christmas, and you would like to be in the company of 60-70 like minded cycling enthusiasts enjoying free food and drink, then Old Warden village hall on Boxing Day was the place to be.

On the other hand if you are a waning racer wanting a final fling at a PB, or a short 10 mile TT time with which to impress your grandchildren (being old is an advantage) then Southill on Boxing Day was the place to be.

Coincidentally the two venues are only two miles apart, and are the starting points for the premier sports / social event of the winter. If you turn up with an old machine and you pedal fairly hard you won't believe how well you will do (see below).

Three local clubs plus the V-CC represented 41 riders to race and afterwards they swelled the throng of people who came to spectate and enjoy the conviviality of people with a wide cross section of cycling interests.

The Hitchin Nomads host the event and riders from V-CC and several local clubs bring old and new bikes along to enjoy the ambience, generous handicaps are given to pre 1950 machines, and the decision on which club supplies the winner is simplified by the fact that Mike, Clive, and yours truly have dual personalities and are wearing their V-CC hats for the day.

There is a trophy presented by the VCC and this year it was awarded to Paul Kelley of the Nomads who ran the 10-mile course, yes, ran in a time of 1hr 13m 41sec.

Try and make it next year, it's great fun.

The grand total of £144 was donated on the day. Thank You

Frank Turner



PAUL FINISHING HIS RUN IN THE BOXING DAY 10

Name	Time	M/C age	Rider Age	H/cap
M Kitchen	49:19	1963	60	38:22
R Miller	42:17	1890	54	25:49
F Turner	41:16	1898	67	28:20
P Trench	37:48	1950	52	35:19

T Dawson	36:03	1911	48	29:14
C Collins	30:41	1985	66	24:15
S Layfield	29:24	1948	43	28:32
S Bruton	39:19	1934	47	35:47

January Club Runs

January 20 th	Welwyn Sports Centre
January 27 th	Woburn

February Club Runs

February 3 rd	Hare Street
February 10 th	Vanstone Park Codicote
February 17 th	Danish Camp Willington
February 24 th	Royston Garden Centre Melbourn

I had an email from Mike Toddington with a Cervelo web site attached.

This could be your starting point for the new season!

Hi Clive

Thought you would be interested in the following report, which will help us all go faster.

Cheers,
Mike.

<http://www.cervelo.com/content.aspx?m=Engineering&i=Aerodynamics>

Media Watch

Which Sport has the Fittest Participants?

The sport of triathlon began with an argument between a group of US Navy Sailors in San Diego. They wondered who were the fittest - swimmers, runners or cyclist – and attempted to find a way to answer the question. The solution they thrashed out was to conduct races in all three disciplines and see which they found the hardest. Furthermore, they would compete in each event consecutively which, while hardly scientific, appealed to their machismo – especially when their commander decided to award the title of “Ironman” to the winner.

The first formally organised ironman race to invite all-comers was staged in 1978, when 15 entrants paid \$3 each to attempt a 2.4-mile

swim, a 112-mile bike ride and a 26.2-mile run under the Hawaiian sun. All but three entrants made it to the finish.

“Fitness” is a term that refers to five traits: cardiovascular efficiency, muscle-to-fat ratio, strength, agility and flexibility. In this sense, there are different kinds of fitness for different sports, yet researchers have tacitly agreed on a common currency. The preferred unit of measurement when comparing different athletes’ fitness is VO₂max – the maximum volume of oxygen that one can consume while exercising, expressed in terms of **millilitres of oxygen per kilogram of bodyweight per minute**.

In 1996, a team at the University of Paris compared the VO₂max of groups of national-class cyclist, runners, swimmers and kayakers. There was little to separate the runners and cyclists, but the former had the edge over the latter with an average of 74.9ml/kg compared to 72.4ml/kg. Both were well ahead of the swimmers (59.6ml/kg) and kayakers(53.8ml/kg). However, the researchers acknowledged that the cyclists were hamstrung by their larger body masses in this particular trial and the fact that they were operating in the winter, out of season. Under different circumstances, they would normally beat the runners.

Another study of top German cyclists gave an average VO₂max of 78ml/kg. Lance Armstrong’s VO₂max is 83.8ml/kg. He also boasts a resting heart rate of 32 beats per minute – compared with 60-70 for the average man – which rises to 201 at full exertion. According to his biographer Dan Coyle, these attributes make him “the world’s greatest human power plant”. He needed to be to win the Tour de France a record seven consecutive times. As Coyle put it: “The tour is the hardest event on the planet, nothing comes close. Tour riders spend more daily energy than Everest climbers. During those three weeks they expend energy at a rate that exceeds the capabilities of all but four animal species.”

Yet, there is something harder, for cyclists are not quite the fittest athletes in terms of VO₂max. That honour goes to cross-country skiers. Since they must use their arms as well as their legs to propel themselves, they are

sending oxygen to the entire body. A study of elite German biathletes – a sport in which competitors also have to be skilled in rifle shooting and so can be expected to fall below the standards of pure skiers – found an average VO₂max of 81.7ml/kg among a group of six men. The fittest of them was on a par with Lance Armstrong. Pure cross-country skiers have reported scores of over 90ml/kg.

For Sale

Giant OCR Once Road Bike

Aluxx aluminium Compact Frame
Small (Conventional Frame Sizing 51-54 cm)
Mavic CXP 22 Wheels
Campagnolo Mirage breaks and 9 speed gears
Campagnolo Veloce pedals and 3 ring chain set. ITM handlebars, Look PP337 cleats.
Profile Design Airstryke 2000 tri-bars Cateye Astrale Computer

£600 ono

Contact Pete 07740 191557



Hello,
I have a job going in the Pyrenees with Bike Ariège that might suit a keen biker. Perhaps you could pass this on to anyone who might be interested?
Many thanks, Dan Kinnaird
<http://www.bikeariege.co.uk/job.htm>