



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

This years racing season seemed to stutter into life with the weather not being very favourable for racing or on one notable event not even on your bike, but with the first two ten results in, the racing season is really getting into gear. It is interesting to note the difference in the times between the two 10TTs where there is around a minute improvement for riders who rode both events, this was due to a north-west gale blowing for the first event.

The interclub 10 is scheduled for next weekend and we have 21 riders entered for the Icknield RC event. That is superb response. We will give it our best shot and see if we can take a lead into the 25 TT

Please note that there is another sale of club kit at the clubroom this coming Wednesday 16th, Peter Hanlon will be pleased to deal with your order.

Mike Kitchen has sent me details of a children's ride starting in Weston so check your diaries to see if you are able to come on this ride.

I don't know whether members would be interested in following up the altitude training idea, personally I will save my altitude training for the Alps this summer.

Results

Briercliffe 10

1st April

Andy Herbert	26:10
James Cornell	26:27
Andy Saunders	26:40
Steve Robinson	26:50
Pontus Axelsson	27:45
David Ledgerton	29:24
Toby Blyth	29:55
Clive Collins	31:02
Keith Rapley	35:25

Non-Nomads

Keith Carne	29:22
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Timekeeper: Frank Turner
Pushing Off: James Spence

Briercliffe 10

7th April

Andy Saunders	25:30
Andy Herbert	25:39
James Cornell	25:43
Steve Robinson	25:47
Richard Palmer	26:24
Pontus Axelsson	26:59
Neil JJ Fraser	27:28
Jeremy Prodger	27:38
Toby Blyth	28:25
James Spence	29:01
Clive Collins	29:56
David Summerell	30:59
Anthony Perkins	32:08
Peter Hanlon	33:03

Non-Nomads

Jon Gilham	26:21
Keith Carne	28:03
Peter Scoats	29:04

Timekeeper: Frank Turner

Pushing Off: David Ledgerton

Number Spotting: Jonah Perkins

April Clubroom

I would appreciate a phone call to the above number if you are intending to buy club kit at the clubroom.

The club kit will be on sale at the clubroom
from 20.15 April 16th
at the

Settlement, Nevells Road, Letchworth

CHILDRENS RIDE SUNDAY 18TH MAY

The idea is to try and encourage more children to come out riding bikes with their families.

The ride is for all children that can ride, or be towed along on trailer bikes, or carried on child seats on parents bikes. 10.00 am for a 10.30 start, from Weston.

The ride will be about 20 miles along quiet lanes and cycle tracks around Stevenage, with a tea stop at a lakeside cafe, then back to Weston for tea and buns.

Tom Durkin, who will be 8, will lead the ride. In conjunction with V-CC.

Mike Kitchen

Mike

Evening 10 time trials

The time keeper reports that at the start of recent tens he has been rather envious of some of the super new machines appearing this year, (is he weakening with age?) he was however distracted almost to the extent of giving late starts by the fact that many of them do NOT have club stickers on them.

These are available with yellow, blue, or silver lettering on a clear backing, or a few with blue lettering on a yellow background. Please ask when signing on.

Frank

Interclub 10

A wee note from the Capitan,

Thanks to all those who have entered the list is as follows in alphabetical order.

I shall ask the organiser to place those that have requested early or late starts to accommodate if possible.

Pontus Axelsson – Late
Richard Bland
Chris Butts
Clive Collins
James Cornell
Scott Edwards
Neil JJ Fraser
Neil R Fraser
John Harrison
Andrew Herbert

Paul King
Dave Ledgerton
Richard Palmer
Jeremy Prodger
Keith Rapley
Steve Robinson – Early
Andy Saunders – Late
Julian Siedlecki
Jamie Spence
Jamie Tomlin – Early
Michael Webb.

Once again thanks to all who entered, more details to follow!

Neil

If there are any riders that haven't put their names down to ride the Interclub 10 and would like to ride, then contact Neil ASAP and maybe you will get a ride.

Clive

Every Home Should Have One

Received by Nick our Road Race Secretary

Welcome to Simulated Altitude Training

Dear Friend:

In case you haven't heard of Higher Peak Performance before, our portable hypoxicator equipment has been designed and continually developed to meet the demands of today's athletic fraternity. The McKinley Altitude Simulator™ combined with our proprietary database and command software allows your athletes to participate in hypoxic therapy sessions that are recorded and controlled from a laptop or PC. We take great pride in being the only UK manufacturer of hypoxicators with CE mark approval and that feature a single [ATF® pressure swing adsorption \(PSA\) module](#). Today we are at the forefront of selling the McKinley Altitude Simulator™ direct to professional sports teams, athletes and rehab professionals.

The use of simulated altitude training is based on scientific research; and has a number of physiological benefits for individuals, cycling clubs or competitive teams whether used passively or non-passively and provides a

number of unique benefits. These are as follows:

Exercise in Hypoxic conditions: IHT (Intermittent Hypoxic Training), the user wears a mask and breathes intermittent bursts of hypoxic air (12% - 9.5%) alternated with normal room air (21%) whilst exercising. Hypoxic Workout (HW), the user wears a mask and breathes hypoxic air (15% - 12%) whilst exercising. In both conditions the exercise is physiologically harder for the athlete due to lack of oxygen.

Intermittent Hypoxic Exposure (IHE): This form of hypoxic therapy is passive; the user wears a mask and breathes hypoxic air (between 12% - 9.5%) alternating with normal room air at 5 minute intervals. 5 minutes hypoxic / 5 minutes normoxic. Sessions usually last between 60minutes to 120minutes.

Live High + Train Low: Contended as the most effective form of hypoxic therapy, users sleep within a hypoxic tent for 6 – 8hrs per day allowing their normal sleeping environment to become hypoxic.

The uses and benefits that simulated altitude training will bring:

HW and IHT: A rehabilitation tool that allows injured athletes to work physiologically harder than their injury may allow in normoxic air, thus regaining or maintaining fitness.

IHE: Increases athletes training load passively whilst benefitting from physiological adaptations to hypoxic conditions.

IHE: Passive rehabilitation tool that benefits injured athletes through physiological adaptations to hypoxic conditions.

LH + TL: Passive demands of altitude adaptation without reducing training load, volume or intensity.

LH + TL: Passive rehabilitation that benefits injured athletes through physiological adaptations to extended exposure to hypoxic conditions.

Lets talk! Please call us if you would like a more detailed discussion regarding Higher Peak Performance and altitude training performance enhancement or click the link to read the [scientific facts](#). It may just be the solution you need to help you reach the next level.

Yours sincerely,

Jason Hughes

Managing Partner

Higher Peak Performance

Tel: 0845 602 3902

Web: www.simulatedaltitude.co.uk

When I ran the spell check against the word **normoxic** the spell check came up with four suggestions, **nomadic, moronic, narcotic and gnomonic.**

I think that says it all.

Clive