



# Nomads News

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

The news letter of the Hitchin Nomads Cycling Club

## Editorial

### 21<sup>st</sup> September

Frank and Nick have sent me the following information for the membership, because both events are planned for the 21<sup>st</sup> September I felt it would be too late if I held the information until the Mid-September Newsletter, which will be sent by the 15<sup>th</sup> September latest

### FREE CTC MEMBERSHIP

The club is affiliated to the CTC, this allows HNCC members to join the CTC for £12 per year, instead of the normal £36.

You get all the benefits of full membership including insurance, but not the bi-monthly magazine. A newsletter is provided weekly online.

For 2008/2009 the CTC are inviting up to 5 club members to join CTC as affiliated members free of charge for one year.

To avail yourself of this offer please 'phone Frank on 01462-672165. AFTER 08-00 hrs on Monday 8<sup>th</sup> Sept. Places will be filled on a first come basis, hence the insistence on phone calls only and the forward date to allow everyone to get a chance to see this message

Frank

## Sky Sports

### London Freewheel New and Improved!

The Sky Sports London Freewheel is now coming into focus; the date should be firmly inked into your diary, the details are now taking shape and we will be updating you over the coming weeks as they are all agreed by the powers that be. And by Boris.

To kick things off, we've given the [website](#) a bit of a polish after last year, and can now announce that the [central route](#) that is closed off to traffic has been confirmed.

As always, there's plenty of other stuff for new(ish) cyclists to get in the pedalling mood at [www.londonfreewheel.com/](http://www.londonfreewheel.com/) - but with lots more still to come, Freewheelers are advised not to get over-excited just yet as they may 'peak' too soon.

And for bike-riders who can't wait to get on the road, Transport for London have re-jigged their [cycling pages](#) - and there's always the popular journey planner which can provide you with cycle-only routes to get you from A-B in London.

So dust off your bikes and get all the family back on the saddle and join us to celebrate cycling.

Sky Sports are delighted to be working in partnership with the Greater London Authority and we want everyone to enjoy a great day out capturing views of some of the capital's most spectacular landmarks as you bike along a car-free central route past the Tower of London, the Houses of Parliament, the London Eye, Trafalgar Square and Buckingham Palace.

We have some great entertainment planned and along the Mall there will be exciting cycling activities to experience with Sky Sports and British Cycling, who have recently announced a new partnership, which will provide increased support for cycling in the run-up to London 2012 - and beyond.

We will be in touch soon with more details about who will be there on the day so sign up now so you don't miss out on any of the celebrations.

Forward this email to your friends and family and make the Sky Sports London Freewheel event even more fun.

Or - if you're more of an experienced cyclist, have you thought about helping out less confident cyclists and being a marshal at Sky Sports London Freewheel?

[Sign up now!](#)

Clive

Attached is an announcement re. cyclo cross - in case anyone wants to do some of this. We also have eastern region stuff coming up at Royston and Stanborough later on

Thanks

Nick

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From:

Stuart Benstead [stuart.benstead@mac.com](mailto:stuart.benstead@mac.com)

### **Central Cyclo Cross League starts on 21 September with Archer RC event**

Dear Club Secretary,

It is hoped you will draw the attention of your members to the event below to get the new Central Region cyclo cross league off to a good start.

Stuart Benstead

Archer RC race starts up Central Region cyclo cross league

Two for the price of one is offered by the Archer RC Cyclo Cross at Hillingdon Circuit on **Sunday, 21 September**, as it is a qualifying event for both the London League and the first in the new Central League.

The fast and mainly grassland course which proved so successful last year is designed to encourage road riders still in racing trim at the end of their season to have a go at cyclo cross. This is a perfectly normal winter activity for many riders on the Continent and can be at very serious or at keep fit level. Either way adds to bike handling skills. A special cyclo cross bike is not absolutely essential on this fast course which takes in footpaths and some bits of the road circuit, so a normal road bike can suffice although heavier tyres are advised. Or else get out that mountain bike, with special prizes for those on MTBs.

There are events for all categories, with a special course for the u12 and u10 youngsters.

Entries on the day are welcome and full details can be found on [www.britishcycling.org.uk](http://www.britishcycling.org.uk) on the event calendar. There is no worry about being shown up as the national stars that day are likely to be at a National Trophy meeting in Wales, so this is your chance to shine!

And if you do, the normal prize list is augmented with subscriptions for Cycling Plus and Pro Cycling magazines from Future Publishing. This is to draw attention to their

day at Hillingdon on Sunday, 2 November, when riders will be invited to come and try various ranges of road bikes. Full details will be published shortly.

Other events in the new Central Region Cyclo Cross League are:

**9 November**, Hemel Hempstead CC, Longdean School

**23 November**, Reading CC Bill Higson Memorial, Prospect Park, Tilehurst

**17 January**, RATS (Reading All Terrain), Ashenbury Park, Woodcote

**25 January**, Willesden CC, Hillingdon

**8 February**, Icknield RC, Icknield High School, Luton

Graham Macnamee, BC coach and instigator of the new league plans to hold training the day before each of the cyclo cross meetings to introduce newcomers to the discipline. This is particularly to encourage Go Ride Clubs which will have their own competition within the league, with points awarded for every finisher.