



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

The last evening ten for the season has been ridden, how time flies when you are having fun, but the season isn't over yet and you still have time to enter events at the back end of August and into September.

Sunday week we ride to Richard and Ann's home for the Big Breakfast with all contributions going the Macmillan Cancer Support.

Keith has decided to start the club run from Hitchin at 09.00, and go direct to Richard and Ann's via Blunham. If you feel that the pace will be a bit rapid then feel free to start a little earlier.

As charity rides go I think Nigel's ride from London to Paris has to be out of the top draw. The London to Brighton or the London Cambridge just doesn't have the same *cachet*.

Clive

Results

Briercliffe 10

4th August

Mark Desborough	25:33
David Ledgerton	26:10
Jason Stuart	27:01
James Gomm	27:15
Nigel Wilson	29:14
David Rossall	30:18
David Summerell	30:47
Richard Bland	31:16
Steve Makowski	31:28
Peter Hanlon	31:31

Non-Nomads	
Sam Hayes (Beds Road CC)	23:51
Penny Wylie (FVS Tri)	28:54
Charles Hall (Come and Try It)	DNF
Off Course	

Timekeeper: Clive Collins
 Pushing Off: Tony Furby
 Timekeepers Assistants: Thomas and Oliver Hill

Briercliffe 10

11th August

Cancelled

The Bedfordshire County Council decided without consulting the club that they would relay the road surface on what seemed like most of the course. The relaying consisted of laying tar then laying stone on the top. This had been done on Tuesday and there was still surplus stone laying on the road that made it unsuitable for racing.

Final Briercliffe 10

18th August

Andy Saunders (Course PB)	24:40
Mark Desborough	26:06
David Summerell	29:29
Clive Collins	29:48
David Rossall	31:02
Peter Hanlon	31:04

Non-Nomads

Jon Gilham (Stevenage CC on wife's bike)	26:36
Gordon Desborough (Mark's Dad aged 75)	31:36
Charles Hall (Come and try it)	31:39
Charles went off course again but finished this time.	

Timekeeper: Frank Turner

Pushing Off: Tony Furby

Timekeepers assistants: Thomas and Oliver Hill

Breakfast's on us!

That's the Full English with as much tea and toast as you can drink and eat.

You'll have seen from the August Calendar that the Club Run on Sunday the 30th is to St Neots and "The Bland Residence" for the "Big Breakfast", it will cost you as much, or as little, as you would like give as a donation to **Macmillan Cancer Support**.

All money raised will go to Macmillan along with the proceeds of numerous other fund raising initiatives by way of sponsorship for Ann's daughter Jessica, who along with a friend will be walking along the Great Wall of China in October for Macmillan nurses.

It is by popular request this will be a repeat of a similar breakfast held earlier in the year which I believe everybody seemed to enjoy, so come, overwhelm us with your numbers!

Ann and Richard

London to Paris 2009

In July I undertook this ride in aid of Action Medical Research and day one was a tough 94 miles from Kingston upon Thames to Dover with a sting in the tail over the North Downs. As throughout the trip, my admiration grew for those on the ride who were not regular cyclists.

At the start, comedy moment number one was someone's tyre blowing as they literally crossed the line. And then I couldn't help but notice 5 "thick set" New Yorkers who looked like they'd gone into a bike shop shortly before the trip and said "Give us the most expensive stuff you've got. We're gonna see Lance win in Paris!" Very smart they looked in their matching personalised kit. We later found out one of them had had their first accident riding into a bollard somewhere in Croydon. They may have crashed and got lost on numerous occasions, but credit where it's due, they did finish.

There was a coach transfer from Calais to Dieppe but as the coach broke down, we didn't reach the hotel until midnight.

Guess what! Yes, next day we had a 6am alarm call and I'd had a "digestive disorder" most of the night which I discovered was due to my excessive consumption of SIS energy gels the day before. I felt bad and had to force breakfast down knowing that it was grey, drizzling and we had over 90 miles to go before reaching Lisieux. Having been advised to stick to water and real food I set of taking it easy and I had the benefit of already knowing the undulating chalk cliff climbs out of Dieppe.

I was delighted to find that almost as soon as I started to ride I felt better and better. The whole

route from London to Paris was well signposted with orange arrows, removed shortly after the riders passed through. This worked well, even in the two big cities but a mayor of a village about 20km from Dieppe decided he didn't want his domain ruined by small pieces of card and kept removing them as soon as they were put up. A Belgian rider explained to me it was "because he can". Yes and the mayor (or his accomplice) replaced the arrows so everybody went off course which meant an extra 4 miles for me.

Rain jackets were removed and we all dried off in time to cross the Pont de Brotonne suspension bridge and thankfully there were no cross winds. With 10 miles to go I thought I was riding in a gap between two sets of thunderclouds and then wham! I was in a storm of Biblical proportions and as I made the long descent into Lisieux, the roads ran like rivers. But I got to the finish about tenth feeling a whole lot better than I had in the morning.

I had the best hot shower in years, washed my kit and had a couple of beers before a long wait before dinner. The starter was a delicate asparagus and pastry dish which was not what 150 or so ravenous cyclists were after. The next morning we got our revenge by demolishing the buffet breakfast leaving nothing for the other guests.

The second day in France got even better. Smooth roads, little traffic, considerate drivers, mostly sunshine and a tail wind. I loved the wooded climbs out of the Seine valley which were long but a steady gradient and the corresponding descents that seemed to go on for 10 minutes or so. It also gave us the chance to chat with plenty of other riders as some would wind it up on the flat and then drop back on the climbs.

I got to the hotel in Vernon first, had a leisurely bath and then watched Mark Cavendish win the sprint to Aubenas. The TV station interviewed Johnny Frenchman who'd been in the doomed breakaway, for a good 15 minutes before spending a cursory couple of minutes talking to the victor.

That night the first course was a buffet! Again it was demolished rapidly and almost as a predictably, there was little left for the non-cycling guests. A fine pasta and chicken dish followed but the hotel owner seemed a bit miffed when we asked if the meat was lapin.

The final day arrived with sunshine and as several of us were feeling stronger as the event went on, we wanted it to last days longer. But knowing it was the final day meant we could let rip knowing there was nothing to save ourselves for and I was looking forward to meeting my family in Paris. After the lunch stop near Versailles a group of about 8 of us enjoyed the white knuckle ride into Paris. We stopped at a Carrefour where we purchased ½ bottles of champagne that fitted perfectly in our bottle cages. At some lights a builder in his van complimented us on our refreshments – a contrast to some of the scenes in south London! But when the cobbles started I wondered if the bottle would explode which added to the excitement.

We waited at the Trocadéro gardens for all of the 600 or so riders to gather and we then set off for a final run round the Arc de Triomphe and down the Champs Elysées being cheered and clapped by strangers. Then the magical moment as I got to the finish by the Eiffel Tower and hugged Wendy, Amy and Sarah....



Nigel finishing his Charity ride in Style

If you are thinking about doing this ride, do it! It is well organised, has the back up of a mechanic and doctor, beautiful French scenery (all the more so having been through Croydon!) and plenty of good food.

Most importantly the charity does excellent work see; www.action.org.uk/our_research and this year's ride has grossed between £700K and £800K.

Thank you to those who have sponsored me.

Nigel Tooke

September Charity Ride

As we get close to those autumn days it is time for the Editor to change his hat and cock his leg over the family tandem to pilot management around on our annual charity ride visiting the local churches on behalf of the Beds and Herts Historic Churches Trust. We will be riding this on Saturday 12 September. Our route will be a bit different this year as we travel north from Letchworth, taking in Weston, Baldock, Ashwell Langford, Henlow, Stotfold and back to Letchworth and also the villages in between. Our route passes 27 churches, can we fit them all in or will we have to miss some?

A big thank you to all those who have already sponsored us. Anybody who would like to sponsor us can either give us a ring on the number above or lets us know by email.

Clive and Ann

August Clubruns

August 23rd	Country Garden Centre Melbourn
August 30th	Richard & Ann's Charity Breakfast St Neots

September Clubruns

6th September	Hare Street
13th September	Danish Camp
20th September	Forest Centre Maston Moretaine
27th September	Saffron Walden

CTT Reminder

23/8	North Midds & Herts 25	F1/25
29/8	Peterborough CC 10	N1/10R
5/9	Norlond TT Combine 25	F14/12
13/9	Icknield RC Charity 10	F1B/10
19/9	Stevenage CC 12	F14/12
20/9	Norlond TT Combine 25	F1/25