



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

We have a live band playing at our prize giving evening on the 6th February. I called Keith on the phone to check on the demand for tickets and he said that there was brisk response to his article in the mid-November News. If you haven't already booked could you please contact him this week to confirm that you will be coming, this is so that he can get a good idea of numbers, just in case the Northill village Hall isn't big enough.

My thanks to Jessica for her article on her visit to the Great Wall of China, well done Jessica. For me the best snap is the one that heads her article, if Macmillan used that picture in their fund raising literature they would have thousands of pounds extra in the bank.

See you at the AGM Wednesday 9th December. Remember prompt start for 20.15

Clive

Hitchin Nomads CC Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Hitchin Nomads CC will be held in the Garden Room, The Settlement, Nevells Road, Letchworth at 20:15 promptly on Wednesday 9th December 2009.

Items for the Agenda should be received by the General Secretary before Wednesday 25th November 2009.

Richard Bland
General Secretary

December Clubruns

6 th December	Hare Street / Fixed Wheel
13 th December	Toddington Garden Centre
20 th December	Willington Garden Centre
27 th December	St Albans



Pre Christmas Lunch

Sunday 20th December

Mid-day

Green Man Stanford

2 Courses £5.95

Club Run will arrive approximately
12.00 – 12.30

26th December

Boxing Day 10
Old Walden Village Hall

Dinner & Dance Sat 6th February

To start off 2010 in style it has been decided to hold a Dinner & Dance. In previous years this was the evening event where the annual awards were presented, rather than the Sunday lunch format, of more recent years.

An evening of superb entertainment and culinary excellence is planned, along with presenting those hard earned awards to those who deserve them.

Tickets are likely to be in demand, and as this format hasn't been run for a while I would be grateful, if those of you who might want to attend, could contact me with an indication of the number of tickets they might require. This would help greatly in finalising the plans for the exact format of the evening.

The location will most likely be Northill Village Hall. A choice of main meal and desserts will be included, along with a live band "The

Strayhorns". Please visit their website here: <http://strayhorns.co.uk/> as there is a sample of their act to listen to.

The cost is likely to be around £22.50 per head, with a concession for children.

The eagle-eyed amongst you may well spot one of our newer members, Steve Makowski on the website, and it is entirely through his generosity that his band will be performing for us. It really does look like being a fantastic nights entertainment.

To guarantee tickets (but without obligation) please contact me by 30th November, by phone, email, or in person.

Keith Rapley

Tel: 01767 681200

email keith@ipspack.fsnet.co.uk

Guest Editors

I have had an idea; I thought for the coming year for the Nomads News we could have a guest editor for the mid-month issue. I put this proposal to the November committee meeting and the general consensus was that it was a good idea. I already have three volunteers so all I need are nine more volunteers to complete the year.

Just to reassure you, I will not leave you high and dry, the idea would be that I would send you a blank of the Nomads News first page and any copy that would be due for that issue. The guest editor would have complete freedom to present the news any way he/she wants, even play around with the font or change the title if they feel like it. The guest editors' choice for which month they want to publish the News is entirely his/her choice, hopefully the guest editor would write an article of his/her own for their choice of month.

Feel free to volunteer.

Clive

Dave's Autumn Turnout

I have been having a turn out, and in my possession I have found a few boxes of Cycling Weekly magazines dating from 1979 to 1994!!!

I am presuming most of the issues will be there. If anybody from the Nomads would like these then they can willingly have them if collected.

Dave Renney

Jessica's Chinese Adventure 15th – 25th October 2009



Well, that's it. All over. 18 months of planning and it's gone in a flash. Going to China was by far the most amazing experience of my life. Not only getting to visit a beautiful country, seeing some wonderful sites, but meeting some very inspirational people along the way. And if that wasn't enough, Daisy and I raised over a fantastic £7,000 for Macmillan Cancer Support and did a little bit of soul searching along the way.



Yes, that's our group, so yep, I climbed that! By most days' standards, this was an easy walk. Little steps, smooth surface, and we thought it was tough!

There were 37 people in our group, all on the trip for different reasons. Some had lost loved one's and were raising money for the people who helped them in their final days, some just for the crack and fundraising on top was a bonus, but I think at some point over those 10 days, every one of us faced our own personal challenge.

Some of the terrain we ‘walked’ along was nothing that we could have imagined or prepared for – the stepper at the gym just wouldn’t have cut it!! Steps so steep that you literally clambered up, old crumbling pieces of ‘wall’ that were too dangerous to walk on, so we walked on the mountain alongside. The views were just spectacular, and naively unexpected, but so, so rewarding. My personal challenge was walking along a rope bridge suspended hundreds of feet above a dam. It resembled something out of Indiana Jones, but I did it, slowly, but I did it.



The rope bridge we walked across that scared me to death. It resembled something out of Indiana Jones!!

One of the most amazing things was the zip wire on the other side. A complete adrenaline rush.

The whole experience was remarkably humbling, especially visiting the mountain village where we stayed for a night. Meeting two local children who had no fear of these foreign strangers in their village.



You can see the relief that it’s all over!



Getting our gifts from the little girl in the mountain village

They were so lovely and welcomed us by giving us a piece of a corn plant. Of course we saw some of the wall as typically shown in pictures, but the best bits were the days when we didn’t see another soul. It felt like we were on the end of the earth and home, work and life in London was a million miles away.

Despite the physical nature of the trip, it was actually the most relaxing ‘holiday’ I’ve ever had! It was just fantastic, and coming home and back to normal life was so hard.

I feel immensely proud of what I’ve achieved, by actually completing the trip without one single blister(!!!) or injury and by raising such a fantastic amount of money. Doing something like this really puts your life and existence into perspective. What other people are prepared to do to support you is amazing, and the support people like you showed to me and Daisy really did keep us going. So this is yet another massive thank you for everything you did to help us raise such a fantastic amount of money.

If you ever get the opportunity to do something like this, with or without fundraising, I can’t encourage you enough to please do it. You won’t regret it.

Jessica



Ah, we've run out of 'wall'! Not really, up and over this one, but you can see that the path we were walking wasn't as smooth as day 1 and this was only day 2!



A cheesy photo in my Macmillan t-shirt at the end of the trekking!



Only day 5 but we already felt as though we'd done it!!



These steps were really as steep as they look, even for my long legs!



Some of the people we walked with