



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Hello everyone.

Ranting and Musing are my two favourite hobbies, cycling coming in a close third, so when Clive asked for volunteers to put together the mid-month newsletter, I jumped at the chance.

Inside, I've kept the ranting to minimum, instead you'll find a review of the fabulous prize giving dinner, those of you who couldn't make it, certainly missed out on a great night.

My ever growing cycling collection isn't just limited to the nuts and bolts in the shed, my bookshelves continue to grow, so while we continue to have cold weather outside, order up and settle in with a nice cycling related read.

An often-discussed topic at the work canteen, what's harder, running or cycling? I pounded the tarmac in effort to settle this once and for all.

Finally, we have the full list of awards winners. Read this and set yourself a target for the coming season.

My thanks to everyone who's contributed pictures, lists etc for this issue, and my respects to Clive, who does this every month. Those of you who never done it, have no idea how much effort it involves.

February/March Clubruns

21 st February 09.00 start	Esem Café Ware
28 th February 09.00 start	Country Gardens Centre Melbourn via Royston Sports Centre
7 th –March	<u>Hertford Rose Café</u> Spring Hilly
14 th –March	<u>Toddington GC</u> 2 Up Time Trial
21 th –March	<u>Bedford Café Bliss</u> Medium Gear
28 th –March	<u>St Albans H&H Café</u> Start of Summertime

Subscriptions

Your subs for 2010 are due in January

£15 per Member £20 for Families

**Please send your remittance to the Treasurer:
Nigel Tooke**

**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 contact or e-mail the treasurer to
confirm that they've made payment this way.**

The Tabata Protocol

For a long time, everyone thought the best way to lose weight whilst exercising, was to go long and slow. In 1996, an article in the British Medical Journal, proved short interval, high intensity workouts, burned more calories.

Tabata Training was developed by Izumi Tabata at the National Institute of Fitness and Sports in Tokyo, Japan. He did a study on comparing the effects of moderate intensity endurance (aerobics) and high endurance intermittent training (interval training) on VO2 max and anaerobic capacity.

The moderate intensity group training program, produced an increase in VO2 max of about 10%, but had no effect on anaerobic capacity. The high intensity group improved their VO2 max by about 14%, while anaerobic capacity improved by 28%.

There's plenty about it on the web, so look it up if you're interested, but the basis seems to be 'thrash yourself silly for 4 minutes a day' and your onto a winner...

Hitchin Nomads Awards Evening

The committee agreed before Christmas that we'd change the format of the annual awards ceremony, from a lunch at the Sun Hotel, to an evening 'do', and what a good decision that proved to be. Hitchin Nomads packed out the Village Hall in Northill, with riders aged 4 to, erm, quite a bit older than 4!



A huge amount of work goes into these kind of events back scene, from the collecting and polishing of the awards (Frank), the year long job of the results secretary, keeping track of every race, every rider in the club enters (David), to the night itself. The booking of the hall, organising the caterers, the bar, and the seating (Keith), the music (Steve) and keeping track of the money (Nigel). In addition to those mention above, they'll be loads of other people who helped who I haven't been able to name. Thanks for everyone who helped, a real team effort.

My own appreciation of the evening, I have to say at this point, was a bit limited, as my two boys flaked out just before 10pm, when the awards presentation started. However up until that point the food was superb and the band played to a packed dance-floor. Those mellow vocals and smooth brass sounds of the Strayhorns, sending my George off to sleep (helped by a double portion of Tiramisu!).

However up until this point I'd reminisced with many a fellow Nomad on last seasons triumphs and tribulations, and shared more than a passing hope for better success in the coming year.



My own memories of last season are those of ups and downs. Work commitments kept me away from the evening 10's and 25's, so my PB grows dust for a second year. Ups coming from the early season training camp in Majorca, a season defining ride in the 12hr from Club Captain, Neil, and my own late season surge in the Autumn Hilly.

The trophies glistened in the corner, (particularly the BAR trophy which had just been re-nickel plated and would have taken your eye out had the house lights been on.).

A full list of award winners is at the end of the Newsletter. Some strong performances from the usual names with Messrs Fraser, Saunders and Ledgerton on top form again.

Those who help behind the scenes (Keith's Mum and wife Sue) to 'make it all happen' are again rewarded and big thank you from me for all the hard work.

And finally to Keith who organised a raffle with several prizes being donated, with thanks to Tri-Sports amongst others for their donations.

Great Night, See you next year!

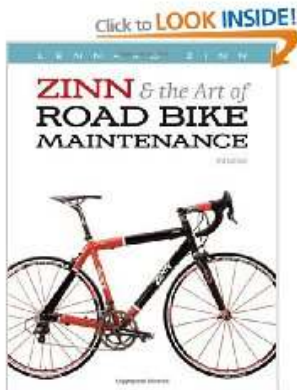


Cycling Book Review

In previous newsletters I've mentioned my ever growing cycling collection, which at the last count included 6 spare pumps, 4 bottle cages, 16 inner tubes (4 each in 4 sizes), 6 gloves, 2 overshoes etc etc... But it isn't just the shed that hides my cycling booty. My shelves continue to grow with cycling related books and DVD's, handy presents from relatives that don't know me very well, but know that I like bikes.

Below are a varied selection of titles from my own shelf, plus a few interesting looking titles that I spotted when I was snipping the pictures off Amazon.

Zinn and the Art of Road Bike Maintenance



This is the newcomer, arriving at Christmas on the back of a bearded man's sleigh. 384 pages of gloriously detailed diagrams, teaching you how to completely disassemble, and re-assemble a modern road bike. My Boxing day flick-through, which is all I've managed so far, wet the appetite for many a happy hour to come, fettling in the shed. It covers absolutely everything you need to know, and with specific chapters for Shimano and Campag, should cover just about everyone.

Each task is categorized by a 3 level rating. My only disappointment being, the tools I have (plenty actually), only qualified me for level 2 tasks.

Verdict: Every amateur mechanics dream

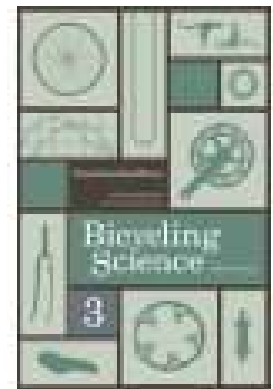
Bicycling Science

I suspect this is a bit hardcore for most people, me included. Ever wondered how a bike really works? What physical forces are acting on a bike in motion? Then this book will reveal all.

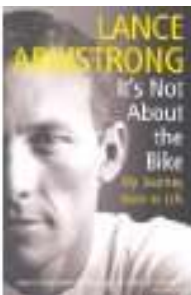
I bought this to keep me company on a 14 hr flight to South Korea. After about 4hrs, it had beaten my brain into submission with an onslaught of degree level maths and physics. I battled on, vaguely holding onto the thread of the book until the end. There are some interesting sections on recumbents and wind resistance. Apparently the theory behind the dimples on golf balls, applies equally well to cycling. It's all to do with the switch between turbulent and laminar flow around an object.

I await dimpled aero helmets with baited breath.

Verdict: Not for the faint hearted



It's not about the bike



Lance Armstrong's first book, detailing his early racing years, as a teen triathlete. His transition to the purer sport of cycling. His early success, and then his diagnosis, treatment and subsequent recovery from cancer, back to full health. The constant 'Drugs' rumours.

It's eye watering stuff at times, but it's a good read and I challenge anyone not to feel inspired to go out afterwards, and do that wet Sunday ride that you were thinking of putting off. My favourite quote "What do I say when people ask me what I'm 'on'? I'm on my bike for 6 hours a day busting my ass!"

Verdict: Inspirational

Cyclecraft

A manual of skilled cycling techniques for adults, think Highway Code for bikes. This text includes advice on basic cycling skills; sharing the roads; everyday movements and more difficult manoeuvres; non-traffic hazard; and cycling in town and country, at night and in all weathers.

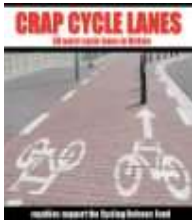
John Franklin is a recognised authority on cycle safety issues and in this book he presents some very sensible advice on how to ride your bike as safely as possible. It's a must for beginners, and even experts(?) like us will still learn something from it.



Some of the conclusions reached by Franklin are controversial and even counter-intuitive, although maybe less so to cycling club riders. For instance cycle lanes are to be avoided unless completely safe, and his assertive positioning, 'Ride in the centre of the lane by default, unless you deem it safe enough to ride to the left', can take some people by surprise.

Verdict: The Highway Code for bikes. We should all know it, but the occasional brush up does no harm.

Crap Cycle lanes.



The picture on the front says it all. This popped up on Amazon while I was 'borrowing' the pictures for the books above, and I couldn't resist including it. We don't suffer much from the tokenism cycle lanes in North Herts, (can't decide whether that's a good thing or not), in fact I'm scratching my head to think if we've even got a single cycle lane in Hitchin, but we've all seen these type of pictures before. At £3.49, a good stocking filler.

Verdict: Buy a copy, bring it to the next Club do, so we call all have a laugh.

Cycling vs Running

I console myself when I finish near the back of the field of a Tuesday night 10, that whilst I might be at the lower end of ability in the club, if you rank the population as a whole, based on their cycling ability, I'm probably in the top 2%. I'm also consoled by the fact that whilst I might not be great on 2 wheels, I can hold my own on two legs.

I've got a lot of friends who either cycle or run, and a common topic of conversation is how cycling and running stack up against each other. Or in the words of Harry Hill, "Cycling or running, there's only way to find out, FIGHT!" My own experience has led me to come up with the following rule of thumb.

- At long distances and slower paces, the differential between cycling and running is quite large. At a push I could cycle 100 miles tomorrow (take me a long time), but there's no way that I could run 26 miles. So the differential is at least 4+ times.
- At shorter distances and faster paces, the differential between cycling and running is smaller. With my own calculation being somewhere around the 2.5 to 3 mark (ie 10 mile run = 30 mile cycle). I can cycle the evening 10 in around 30 minutes, and in 30 minutes I can run about 4 miles.

The genius that I am, I realised that after pondering this for a few years, all I had to do was look to a sport where they do both. Surely they'll be trying to balance the two efforts to a similar level. In Sprint and Olympic distance triathlons, the cycle leg is 4 times longer than the run, whilst in the Ironman and half Ironman triathlons, the cycle leg is 4.26 times the run leg. So I was right up to a point, and I'm still happier to ride 100 miles rather than run 26. But on this basis I should be riding 10 miles in just over 20 minutes!

Club Prize Giving Awards 2009

Event	Name	Date	Time/Dist	Speed
Senior Bar	No Competitors			
Veterans Bar	No Competitors			
12 Hour Trophy	1 st Neil J Fraser		248.65	20.447
Novice 12 Hour Trophy	No Competitors			
Fastest 100 Mile TT	David Ledgerton		5.03.42	19.76
Short Bar 4x25 & 2x50 mile TT	David Ledgerton			23.76
Club 50 Champs -Scratch	1 st David Ledgerton		2.07.37	23.51
	2 nd Richard Bland		2.32.10	19.72
Club 50 Champs- Handicap	1 st Richard Bland		1.33.36	32.05
	2 nd David Ledgerton		1.36.28	31.10
Fastest 25	Neil JJ Fraser		58.47	25.52
Hall Trophy 25 - Scratch	1 st Neil JJ Fraser		1.05.12	
	2 nd James Cornell		1.06.07	
	3 rd David Ledgerton		1.08.07	
Hall Trophy 25 - Handicap	1 st Rob Lampard		40.52	
	2 nd Paul Riley		45.14	
	3 rd Nick Senechal		45.52	
Dave Gudgin 25 series -Scratch	1 st James Cornell		1.03.40	23.56
	2 nd James Spence		1.06.16	22.64
	3 rd Clive Collins		1.15.07	19.97
Dave Gudgin 25 series Handicap	1 st James Cornell		45.17	33.13
	2 nd Clive Collins		45.36	32.90
	3 rd James Spence		46.34	32.24
Allan Porter 30 -Scratch	1 st Nick Senechal		1.23.46	
	2 nd David Summerell		1.29.54	
Allan Porter 30 -Handicap	1 st Nick Senechal		52.10	
	2 nd David Summerell		53.25	
25 Mile Medium Gear TT	1 st Julian Siedleckic		1.32.42	
25 Mile 2 Up Team Time Trial	1 st Andy Saunders James Spence	15.03.09	1.09.11	
25 Mile 2 Up Team Time Trial	2 nd Pontus Axelsson David Ledgerton	15.03.09	1.09.18	

Briercliffe evening 10 TT series	1st Pontus Axelsson		23.62	Average
	2nd Mark Desborough		23.29	Average
	3rd James Spence		23.23	Average
Fastest 10 on Vets Standard	1st David Ledgerton		+00.03.31	Average
Spring Hilly	1st Neil JJ Fraser	08.03.09	52.47	
	2nd Andy Saunders	08.03.09	52.57	
	3rd James Spence	08.03.09	55.08	
Autumn Hilly	1st Andy Saunders	18.10.09	49.51	
	2nd Peter Hanlon	18.10.09	1.02.40	
	3rd David Summerell	18.10.09	1.03.14	
Sharpenhoe Hill Climb	1st Andy Saunders	11.10.09	.2.29.9	
	2nd Jeremy Prodger	11.10.09	.2.47.6	
	3rd James Gomm	11.10.09	.2.48.8	
Charlton Hill Climb	1st Andy Saunders	25.10.09	.1.12.4	
	2nd Neil JJ Fraser	25.10.09	.1.13.9	
	3rd James Gomm	25.10.09	.1.17.4	
Sporting All Rounder	1st Andy Saunders	Points	229	
	2nd Neil JJ Fraser	Points	137	
	3rd Jason Stuart	Points	98	
Clubmans Trophy	Tony Furby			
Geoff Denny Trophy	Tony Furby			
Meritorious Trophy	Neil Fraser			
Ladies award of Merit	Ann Bland Ann Collins			