

## Bike-sizing Evening

On the 21<sup>st</sup> January an appreciative audience of more than 30 members and guests enjoyed a talk from Brian Stanwick (Company Z Ltd) and Mal Pires (Le-BeauVelo Racing Bicycles Ltd).



Using a bike jig, they showed how they measure and fit riders to bikes and demonstrated some of the techniques they use when someone wishes to buy a new bike or needs assistance with the set-up of their existing machine. Depending on whether the bike is for racing, audax or other general riding, they stressed the subtle differences that were needed to accommodate an individual's size, shape and fitness. The emphasis was also on the back, knee, neck and foot problems that might arise from bad positioning.

Brian finished the evening with a couple of slide shows on the equipment he imports from Italy. These showed production of custom frames at the Viner Bike factory and component manufacture by Miche. PW

## New members

We have two new members to welcome. Steve Gershon, (who was a member in the 90's) and Richard Henderson. Richard has already joined us on a couple of club runs and is preparing for a charity ride to Paris.

## Next Clubroom Talk

### Mgoun Massif - Another Moroccan Trek

John Butcher

Thursday 18th February 2010 at 8:45 pm  
St. Margaretsbury Sports and Social Club.

John Butcher is famed for his slide shows, his excellent photography and his dry wit - usually of one of his many walking expeditions. This talk will be a PowerPoint slide show of his trip in August 2008. He went with a group from the Ware Joggers, on a week's trek from Marrakech through the Bougmez Valley, taking in a strenuous traverse of the Jebel Mgoun and culminating in a day's "leisure" at the Cascades D'ouzoud.

The talk will be followed by questions, which John B encourages, and will finish at about 10pm.

Free to Members and their Guests but please buy a drink from the bar to support our use of the Clubroom.

## Club run reports

It has been really pleasing to see so many members (and guests) on club runs since the start of 2010. We are regularly seeing at least 15 riders and have sometimes been able to offer easy and medium pace rides on the same day. All this despite the very cold weather and a rash of punctures.

### Sun 17th Jan - Ardley

Participants too numerous to mention ...

Valdis coped manfully with about 20 riders including several new and potential members. Participants managed to puncture, fall and disappear at intervals but all returned safely in the end.

En route from Ware via Fanhams the apparent departure of the ice turned out to be an illusion. Valdis, leading from the front, was first to fall soon followed by Jason and Barry - the latter returning home to re-join later on his mountain bike. The ride passed through Barwick Ford (via the foot-bridge) and followed the Rib to Puckeridge before turning east through Great

Munden. Here John P joined and immediately punctured. Church Farm in Ardley provided good food but were not really up to dealing with a party of 20 so the service for some was slow. Slow enough, in fact, that the party exiled to the annexe had to abandon the loop up to Weston and head straight back through Walkern, Bennington and Dane End. Punctures continued, causing the ride to break up somewhat with several riders choosing their own route back - thereby avoiding the delights of the hill up to Sacombe Green.

Wildlife notes: a hare near Great Munden, about 40 deer near Whempstead, a buzzard near Sacombe Green and several penguins near Fanhams. GK

### Sun 24th Jan - Gt. Dunmow

#### Medium pace ride

Tim D, John F, Andy C, Alex P, Barry P, Graham K, Patrick D, Bob B, Pete W, Jason T, Iain C

The ride set out on lovely sunny, dry day, for a pleasant change, through Little Hadham, Upwick, Bentfield Green, Elsenham, and

Little Eastern to Great Dunmow. The Traffic café was not open so the riders joined the easy-paced group in the Tea Tree café - which, once again, they filled, as they were 16 altogether.

The return route was through Bacon End, Great Canfield, Helmans Cross, Taverners Green, and Spellbrook.

Not a good day for punctures as the group had 3 between them. (46 miles) TD

### **Easy pace ride**

Angela D, Sarah W, Valdis B, Bruno C, Iain C

The group rode out through Spellbrook, Taverners Green, Bacon End to Great Dunmow. They returned (minus Iain who joined the faster group) via Little Eastern, Brick End, Elsenham, Bentfield Green, (where Sarah headed for home), and Upwick to Much Hadham. (41 miles) AD

### **Sun 31st Jan - Hitchin**

Alex P, Sarah W, John F, Andy C, Lawrence U, Bruno C, Graham K, Peter W, Barry P, Brian E, Danny M, Simon E - plus new prospects Richard and Keith.

In view of the probability of ice in the lanes, the route was straight out along semi main roads from Hertford through Digswell, Old Welwyn, Codicote to Hitchin and back by the same route. The outward route featured a number of punctures which split the group up several times, resulting in arrivals at the café spread over about half an hour. Fortunately, everybody found their way there eventually and The Four Leaf Clover Café managed to cope with us very well. JF

### **Sun 7th Feb - Clavering Lks.**

#### **Medium pace ride**

Tim D, John F, Danny M, Barry P, Pete W, Alex P, Cathy P, Jason T, Sarah W, Patrick D plus new prospects Steve and Richard

The ride set out via Barwick and Puckeridge through Braughing,

Furneux Pelham, Great Hornead and Anstey to Shaftenhoe End. Here Steve punctured and was later separated from the group and not seen again - this despite John F retracing the ride in search of him. The two groups met up for lunch at Clavering Lakes Lodge, which was packed with cyclists.

Everyone rode back together through Arksden, Rickling Green, Manuden, Pelhams and Little Hadham. Pete W called in to check that Steve had safely returned home, which he had, feeling wiser after the event and looking forward to a complete ride next time. (48 miles) TD

#### **Easy pace ride**

Angela D, Andy C, Graham K, Jane P

The riders accompanied the medium paced group through Puckeridge (where Graham returned home) to Furneux Pelham. They then rode through Stocking Pelham, Brent Pelham, Meesden, Langley Lower Green and Roast Green to Clavering Lakes. (40 miles) AD

## **Lost and Found**

Brian has been given some club kit from the manageress at the Clubroom. It is a jacket and long sleeve top in the old Dobson's style. Have you left any kit at the club room over the last few months?

## **Club Run Points**

Club run points up to the end of January.

Peter W	24
Graham K	21
Alex P	19
John F, Barry P	16
Jason T	14
Jane P, Valdis B, Andy C	10
Sarah W	9
Bob B, Danny M, Chris S, Cathy P, Bruno C	8
Tim D, Lawrence U, Brian E, Patrick D	6
Angela D	4
Steve Mendrys, John P, Steve Ma, Simon E	2
Steve Wh	1

## **Turbo Training**

At Brian's instigation an enthusiastic group met at the Clubroom in January and agreed that weekly turbo sessions should be run during the winter months. Brian has now run three of these but attendance has been, well, patchy. If you are interested then please make an effort to attend otherwise I fear they will fade away. I confess I have only managed to attend one of the three but I did distinguish myself by managing to have a puncture.

Normal timings are Thursdays; set up at 7:45pm for an 8:00pm start - but do watch out for announcements in the weekly emails. GK

<b>Club Run Schedule</b>				
<i>Date</i>	<i>Time</i>	<i>Start</i>	<i>Destination</i>	<i>Dist. Pace Lead</i>
<b>February</b>				
14 <sup>th</sup>	09.30	Hert	Emily's Cafe, Whitwell	40m Med. GK
21 <sup>st</sup>	09:30	Ware	Village Tea Room, Hatfield Heath	45m Med. JF
28 <sup>th</sup>	09:30	Much H.	Clocktower, Budw. Hall, Ongar	45m Med. JF
Leaders: Valdis Bellines (VB), Bruno Cartwright (BC), Andy Crawley (AC), Tim & Angela Dobson (TD, AD), John Farnham (JF), Paul Fennell (PF), Graham Knight (GK), Barry Page (BP), John Pearson (JP), Alex Powell (AP), Peter Walton (PW), Sarah Wren (SW).				
Start Locations: Hertford: Hartham Common, recycling point Much Hadham: bus shelter north end of High Street Ware: Broadmeads car park near level crossing				
<i>Note that details are occasionally subject to change. See the website for the most up-to-date information.</i>				

## Check your VO2 max

Now that you are training seriously for the coming season and attending all of Brian's turbo sessions (!) you will want to measure your progress. One way of doing this is to make regular visits to a sports science lab and have your VO2 max measured. VO2 max is an assessment of how quickly your body can use oxygen, hence how fit you are. Doing it this way costs money. However, according to *New Scientist*, you can get a good estimate using the "Rockport Fitness Walking Test". For this you walk a mile as fast as you can and measure your heart rate at the end. You then go to <http://bit.ly/v02max>, fill in your details and receive an estimated VO2 max.

The same article claims that cycling raises your metabolic rate by 800% compared with resting - though it doesn't tell you how hard you have to cycle to achieve this. At any rate it more impressive than the 50% increase they attribute to "vigorous sex". GK

## Mudguardian Crossword

John received two correct solutions. One from John and Rosemary Cannon and one from Phil and Dan Young. Phil and Dan were first though (by four weeks) so they win the prize mug which will be presented on 18th Feb., just before John Butcher's talk. Congratulations.

### Solution



## 2010 Club Time Trial Schedule

Day	Date	Start	Event	Course
Sunday	7 <sup>th</sup> Mar	10:00am	72" Rest 10	F6A
Tuesday	30 <sup>th</sup> Mar	6.30pm	10	F6A
Tuesday	6 <sup>th</sup> Apr	7.00pm	10	E64
Tuesday	13 <sup>th</sup> Apr	7.15pm	10	E64
Tuesday	20 <sup>th</sup> Apr	7.15pm	10	E64
Tuesday	4 <sup>th</sup> May	7.30pm	10	E64
Tuesday	11 <sup>th</sup> May	7.30pm	10	F20
Tuesday	18 <sup>th</sup> May	7.30pm	10	E64
Tuesday	25 <sup>th</sup> May	7.30pm	10	E64
Tuesday	1 <sup>st</sup> Jun	7.30pm	10	F20
Tuesday	8 <sup>th</sup> Jun	7.30pm	10	F20
Tuesday	15 <sup>th</sup> Jun	7.30pm	10	E64
Tuesday	3 <sup>rd</sup> Aug	7.30pm	10	F20
Tuesday	10 <sup>th</sup> Aug	7.15pm	10	F20
Tuesday	17 <sup>th</sup> Aug	7.00pm	10	F20
Sunday	3 <sup>rd</sup> Oct	10:00am	Scrubbers/81" Rest 10	F6A
Sunday	10 <sup>th</sup> Oct	9.30am	Hill climb	Digswell

There are 14 tens (excluding restricted gear events) in league competition - best 11 times to count.

Some decoding for those new to all this. All these events are open to club members for free. You simply turn up at the start and ride. Most events are 10s - 10 mile time trials. The ones labelled "Rest" are restricted gear; you have to twiddle a lowish gear. The courses are F6A (Cole Green), E64 (Stanstead St. Margarets and along the A414), F20 (on the A10). Full details are in the Club Handbook.

If you have never tried anything like this, why not have a go in 2010?

## Forum update

Please remember we now have a forum for general discussion of club and cycling-related matters. There are instructions on how to get started at <http://bit.ly/wheelersForum>.

Thread / Thread Starter
<a href="#">TCR at Sandown Park 13-14 Feb 2010</a> bigB
<a href="#">Test</a> bigB
<a href="#">Question Where is everyone?</a> bigB
<a href="#">Turbo Training Sessions</a> bigB
<a href="#">Road Bikes on the track</a> bigB
<a href="#">A couple of funny clips</a> bigB
<a href="#">innertubes</a> JasonT
<a href="#">What else can we do?</a> gjkathome

Several participants benefited from a message posted by Jason which directed us to a website selling very cheap tubes. There has also been some discussion on having the occasional club run outside our normal area, trying out the Welwyn velodrome etc.

How about posting your views and opinions? GK

## Gary Brown

Gary is one of our more far-flung members living as he does in Little Snoring in Norfolk. He rides Eastern Road Race League events in our colours. When he renewed he reported on his activities last year.

*"Last season was a write-off after I fractured 2 ribs in a pile-up on the last lap of my first race of the season! I'm hoping for better things this year! Just to get round in one piece is my main goal. I'm thinking of riding the Northampton series of spring races beginning 7<sup>th</sup> March and there's a Regional B race at Peterborough on 31st May that I'm targeting.*

*I'm thinking of setting up a "Go-Ride" scheme at my school (I teach English at a high school) and am interested in gaining a coaching qualification."*

Gary is planning a biography of Eddie Soens who was Chris Boardman's first coach and one of the first inductees in BC's Hall of fame. JC/GB

## ECCA Centenary

John Cannon attended the dinner which was held to celebrate 100 years of the the Eastern Counties Cycling Association. The association went up-market for their Dinner and Prize Presentation, holding it at the Stockbrook Golf & Country Club, Billericay. They stipulated a dress code of "no denim, collarless shirts or trainers"; many were in tuxedos. The 150 diners sat down to a five course meal which took most of the evening.

Each table was given a quiz sheet so the time between courses was taken up with much banter and visits to 'Google'. On the table was a special edition, No 388, of the *Counties Magazine* which first appeared in May 1963 and was produced monthly for many years. The circulation peaked at about 500 copies a month, a giant of a task, but sadly interest waned, and it finally ceased publication in 1996, though a special edition appeared for the 90th Anniversary.

There was a huge number of trophies and medals but unfortunately none were destined for the Herts Wheelers. JC

## Name the Village

There was a bumper crop of correct entries last month for the Woodman at Wormley West End. What is it about pubs that make them so familiar to members I wonder? Anyway, well-done to Andy C for being first.



This month's photo is from another member and I have no idea where it is – though there is a clue that "it's approximately 10 miles due east from the Herts-Essex border". (These are quite difficult aren't they?)

## Are you going to Cambridge?

I ride through Hay Street on the B1368 fairly frequently. On several occasions I have been greeted by a man walking along the pavement who waves encouragement and asks if I am "going to (or coming from) Cambridge". This has happened often enough that I now look out for him as I approach the village. Is this phenomenon unique to me? GK

## John Hession - Eddington Number

About a year ago I mentioned the "Eddington Number" - the largest  $N$  for which you can say you have done  $N$  rides of  $N$  miles. John Hession wrote to say that he had looked through the diaries that he kept from 1942 to 1958. In 1950 he bought a cyclometer and began recording his mileage. Between 1950 and 1954 he recorded 109 days of more than 100 miles - an Eddington number of greater than 100 in the space of five years. An impressive achievement! GK

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