



Nottingham Clarion Newsletter

May 2007

Club Secretary Paul Harwood (0115 9118183)

Newsletter Editor Andy Woolf news@nottinghamclarion.co.uk

Clubroom Pumpstation House, Daleside Road, Nottingham

Website: www.nottinghamclarion.co.uk

Welcome to the Clarion newsletter for May 2007.

Club News

Thank You

Thank you to all involved in setting up and taking part in our round of the Rudy project TT series which was a great success Thank you also to Nolan for the interview later in the newsletter.

New Members

Welcome to a bumper crop of new members, Ben Whatton, Leon Roberts, Robert McCullum (Greg's dad), James Heaselden, Patrick Hanmer, Shaun Clarke and Stuart Pryce

Congratulations

Congratulations to John and Rosie Odell on the recent birth of their son, Jamie.

Clubruns

We continue with the weekend club run every Saturday, meeting at 10.00a.m. at the Lime Kiln PH. The ride will be tailored to suit whoever attends.

Around this basic ride we will be proposing variations such as Peak District rides and we will still be organising Sunday runs for those who would prefer that day.

If you want to go out at the weekend you can still either just reply to the e-mails or phone Tim Fahy or Paul Harwood.

Club Nights and Committee meeting dates

The next Club Night and Committee date will be **Monday 11th June** 2007 at the Park Yacht Inn, Trent Lane, Nottingham, NG2 4DS. All welcome.



Club Dinner and AGM 2008

The Club Dinner has been moved to Saturday February 9th 2008 with the Club AGM held on Sunday 3rd February 2008.

Club Track Championship 2007

It was decided at the Club AGM to hold an annual Club Track Championship. Gary will be looking into available dates for Manchester later in the year so expect further details in due course.

Club Road Championship 2007

In order to capitalise on the growing interest in Road Racing in the membership we are promoting the Club Road Championship for Seniors and Juniors with a club trophy available for each category at the club dinner.

For the Seniors, the Duncan Murray Wines Summer Classic Road Race (3rd and 4th Cat) on the 5th August is the designated event and the rider who finishes with the best placing will take the trophy. Suggest you get your entries in early if you want to have a go. Details are on the British Cycling website www.britishcycling.org.uk

For the Juniors, best 3 placings in the Tuesday night Mallory Park Road Races over the season will win the trophy. The events have now started and details are on the British Cycling website www.britishcycling.org.uk

Forest Town Evening Track League

Forest Town Track League is held on Wednesday nights at 7.00pm until the end of August. Run under T.L.I. rules, £6.00 per night.

It is run on a points system and is non-profit making, all money goes to Cups and cash prizes etc. 49X15 or equivalent is the preferred gear.

Contact Alan Daniels with any queries.

Press

Cycling Weekly covered our Rudy Project TT round.

Tour De France 2007 Stage 8

If anyone wants to book a luxurious 3 bed apartment, just 10 (downhill) miles from Stage 8 of the TDF then I can offer a special club discount off the normal rental rate for 1 week from Sat 14th July 2007. if anyone is interested please contact **Phil**.

Club Bikes

If you would like to donate any kit, spare or redundant equipment to the club, which could then be loaned out, let us know. Any donations would be gratefully received.



Nottingham Clarion Graphics

Nottingham Clarion decals – contact Jason if you are interested

Events and Racing

If you would like any help or advice on how to enter open events or which events you would like to enter please let us know. We would all be very pleased to help any rider wanting a go at an open event, helping with filling in entry forms, possible shared transport etc.

Results and Reports:

Nottingham Clarion Rudy Project Time Trial event 2007

Results and report can be found on the CTT web site here:

<http://www.cyclingtimetrials.org.uk/results.asp?Month=&Page=1&ID=51803>

Well done to the 4 Clarion riders who completed the course, and to Nathan & Blake who picked up 2nd & 3rd in the juniors event in their first attempt at this distance.

Leicestershire RC 3upTTT

Gary Harris / Nolan Rivers / Jason Swann 1:19:45

1. De Rosa RT Sam Barker / Matt Bottrill / Geoff Platts 1:04:19

'Diana Cooke Memorial' Open 10 mile T/T, promoted by the Coventry Cycling Club, course K10/10 Princethorpe

Darren Buckby 21:50

Derek Foot 24.29

1. Richard Bradley, Arctic-Shorter-Rochford 20.41

2. James Perkins Zenith RC 20.44

Thurcroft CC 10 (Hatfield)

Gordon Baker 27-39

VTTA Champs 10 (Tuxford)

Gordon Baker 28-15



Matlock open 10 A10/16:



1. Andy Woolf 21:44 (course PB and first ever Open TT win!)
 - (2. Chris Storer Ashfield RC 22:12
 3. Ashley Long Coalville Wheelers 22:23)
- Harvey Norris 25:51
Lisa Nelmes 29:18

Southwell Sprint Triathlon:

- 181 Simon Hall 1.11.06
156 Samantha Lea 1.05.01
462 Martin Grieve 1.03.38
Pictures can be found at (just type in the race number)
<http://gallery.revolutionimages.co.uk/>

South Pennine RC Open 25

- Andy Woolf 54:43
Philip Hurst 57:12
Jason Swann 58:06 PB

Mallory Park Tuesdays

There are some images from the Mallory Park races on www.veloriders.co.uk gallery with plenty of Clarion jerseys on show.

Rutland Melton Cicle Classic kermesse support race

Paul Errington was 16th and Stuart Pryce 11th

Note from Editor: Its actually getting quite difficult for me to keep a track of everyone's events and results with so many competing in so many different types of events from MTB, road racing to time trials and triathlons – long may it continue! Don't be disheartened if I miss out on an event or result you took part in – just let me know about it and I will make sure you get your moment in the spotlight!



Forthcoming racing events:

Nottingham Clarion Evening 10 events

Every Thursday until the 16th August with a 'Bob in the Hat' event on the 26th August using the Club 10 mile course starting at the Lime Kiln PH.

We will also be running a couple of 25 mile club TT's on other dates (tbc) to give members the opportunity to try a longer distance without the pressure of entering an 'Open' event.

NCRA dates for 2007.

Summer series

June 5	HQ Southwick – Fenland Clarion
June 12	HQ Middleton – Rockingham Forest
June 19	HQ Southwick – Peterborough
June 26	HQ Old – Kettering
July 5	HQ Harrington – Welland Valley

Entry fees would be £40 for the series (pre entry), £50 for the series (entry on the line at 1st event), and £10 entry on the line at each event.

As in 2006, only members of affiliated clubs and individual affiliates would qualify for series prizes (the Club is affiliated).

Hearon Clarion are doing a **summer cyclo-cross** series, four races, one per month, beginning on May24th:

http://hearonclarion.ashfieldtrainingsolutions.co.uk/joomla/index.php?option=com_content&task=view&id=34&Itemid=1

Kilotogo Belvoir Sportive (67 or 107 miles on Jul 1st) - Julian Bramley is interested in doing this local sportive – anyone else like to join him?

<http://www.kilotogo.com/rutlandbelvoir.htm>

Other forthcoming 2007 races:

Keep an eye out for the open events **National 10: Mapperley CC open 10, East Mids RR championship (E/1/2/3/4) on Sunday 3rd June, Matlock CC open 10 incorporating a fixed medium gear event on Wednesday 13th June**

Sportive events 2007:

Etape Du Dales on Sunday 20th May – unfortunately now full but a number of Club members are entered. <http://www.etapedudales.co.uk/index.htm>

White Rose Classic near Otley 10th June. <http://www.whiteroseclassic.co.uk>

Nottingham Clarion Cycling Club
enquiries@nottinghamclarion.co.uk
www.nottinghamclarion.co.uk



Charity Cycle Ride:

Paul Harwood tells me we have a team entered for the Cropwell Bishop Bike Ride but there is no limit on team numbers so if you want to have a go, let him know.

Note from the organiser of this event:

Hi All,

I hope you don't mind me contacting you. I found all your addresses on an East Midlands Cycling Links website and thought I would drop you an e-mail letting you know about the event I am organising.

For a few years our village hall committee (along with myself) have organised a charity bike ride. Money raised is split equally between our village hall and the chosen charity of Notts and Linc's Air Ambulance.

The event starts at 12noon Saturday 9th June and carries on to dusk. It then starts first light on Sunday 10th June (around 5am) until 12noon.

This is a team event where the team sends out a cyclists in a relay way. When the cyclist has completed the circuit the next rider goes out. The circuit itself starts and finishes at the village hall and is 7 1/2 miles long - includes a good hill (depending if your a novice like me!!), some flat and some slight long inclines.

Please find attached the poster advertising this event. This can be opened in word.

Our village where the event takes place is Cropwell Bishop - situated in South Nottinghamshire very near to the A46 and A52 - ten miles south east of Nottingham itself.

Because this is an over night event people are welcome to camp on the field and then enjoy themselves in the evening by BBQing, having a few drinks or an early night for the unlucky 5am cyclists.

Our event is fully marshalled at all junctions and we have 24 hour first aid cover.

Please contact me if you would like anymore information or would like to enter a team etc etc.

Also, as some of you belong to clubs I would appreciate you advertising our poster. If you can do this please e-mail an address that I can some posters to.

I have personally had a team in this event on the last 3 occasions and can say this is a really fun and enjoyable weekend.

Lastly, we have to stress the event is not a race, however trophies are awarded to the team with the most laps by the end of the weekend and another trophy for best team spirit.

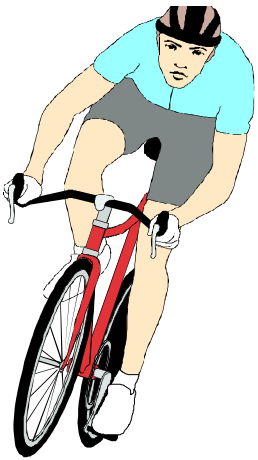


As I say please get in touch for more information, or if you can't open the attachment or would like to enter a team or perhaps even help marshalling.

Kind Regards

Steve Newbold (Cropwell Bishop Memorial Hall Committee) Tel. 07939 088653

(Poster on next page)



Cropwell Bishop Bike Ride 2007

***Saturday 9th June
and Sunday 10th June***

In Aid Of



**Linc's & Notts
Air Ambulance
And
Cropwell Bishop
Memorial Hall**

The famous Cropwell Bike Ride is back and will take the form as in previous years. Be part of this fun weekend :

- ◇ **A team relay starting and finishing at Cropwell Bishop Memorial Hall**
- ◇ **From Saturdaynoon until dusk and Sunday first light till noon**
- ◇ **Each rider cycling a 7 mile circuit around country road**
- ◇ **Fully Marshalled at all junctions and at all times**
- ◇ **24 hour facilities**
- ◇ **Entrants/Organisers/Marshall's welcome to camp**
- ◇ **All ages and abilities welcome**



We also need Volunteers to help with Marshalling and to help in the Kitchen and in other ways on the day.

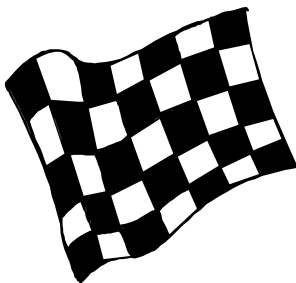
Maximum no. of teams is 25 so get your team together early.

**Team entry is £5
(£2 per team member
payable on the day)**

**If you would like to enter a
team or would like to help
please contact:**

Steve on 0115 9894137

E-mail: newbold.12stgw@tiscali.co.uk



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Your chance to become a guinea pig:



SUBJECTS REQUIRED FOR
SPORT SCIENCE RESEARCH

Why:

- The respiratory muscles can fatigue during exercise
- We are investigating whether prior-fatigue of the respiratory muscles effects exercise performance

You will receive:

- Full fitness feedback provided
- Free VO₂max testing
- Free lactate threshold testing
- Free training advice

For further details please call or email:

Peter Brown: 07976 82248 peter.brown@ntu.ac.uk

Michael Johnson: 07947 532628 michael.johnson@ntu.ac.uk

The effect of inspiratory muscle training (IMT) on blood lactate
concentration

during hyperventilation on top of exercise.

Rationale.

- § Inspiratory muscles have been shown to fatigue post-exercise ~ 20%
- § This may limit exercise performance
- § IMT improves endurance performance in cycling and rowing
- § IMT consistently reduces blood lactate concentration ($[\text{lac}^-]_{\text{B}}$)
- § We do not know if this reduction in $[\text{lac}^-]_{\text{B}}$ is because of changes in the inspiratory muscle per-se



Historically - the inspiratory muscles and $[\text{lac}^-]_{\text{B}}$

- § In animal studies the diaphragm has been shown to produce lactate, consume lactate or have no impact on $[\text{lac}^-]_{\text{B}}$
- § In human studies, the respiratory muscles have been shown to influence $[\text{lac}^-]_{\text{B}}$ at rest and on top of exercise (increase ~ 25%)
- § This increase $[\text{lac}^-]_{\text{B}}$ has not been solely attributed to the respiratory muscles
- § If IMT decreases $[\text{lac}^-]_{\text{B}}$ high intensity respiratory muscle work, the change in $[\text{lac}^-]_{\text{B}}$ can be attributed more conclusively to physiological changes in the respiratory muscles

Methodological requirements – *what you will be doing!*

Pre-training

1. Respiratory muscle and lung function tests (non-invasive)

These are standardised tests to measure your lung capacity using a spirometer. They are easy to perform and are not time-consuming. This will show us if your lungs are 'normal'! Respiratory muscle strength tests are also easy to perform; they involve short sharp inspiratory manoeuvres into a hand held pressure meter and again are not time consuming.

2. Maximal exercise test on a bike (~ 45 mins)

This is an incremental exercise test i.e. the intensity gets harder and harder during the test. This is also referred to as a VO_2max test; at the end of this test you will be exhausted. This is then followed by a rest period and a sub-maximal incremental test. It is essential that you are a highly motivated individual to complete this test. We will also give you verbal encouragement during this test.



3. Hyperventilation on top of exercise (~ 30 mins each)

a) A **minimum** of **two** subsequent exercise cycling tests (30 mins) are required to determine your maximum lactate steady state (MLSS). The MLSS is an exercise intensity at which over 30 mins, there is no increase in $[\text{lac}^-]_{\text{B}}$.

b) Once we have determined your MLSS, you will then complete 2 subsequent trials. The first will be a control trial with no hyperventilation. During the second trial you will hyperventilate at a breathing pattern associated with your maximal exercise test. The breathing pattern will be visually displayed on a computer for you to follow.

6-weeks Inspiratory muscle training

(<http://www.powerbreathe.com/fitness.html>)

- Using a power*BREATHE* inspiratory muscle trainer
- Training will be twice a day, i.e. once in the morning, once in the evening
- Training 5 days a week
- Each session takes ~ 5 mins (equates to 30 breaths)

Post-Training

4. Respiratory muscle and lung function tests (non-invasive)

These will be repeated at 2 week intervals during training period and also post-training

5. Hyperventilation on top of exercise (~ 30 mins)

We will **not** have to determine MLSS again. You will hyperventilate on top of exercise once, i.e. part b) above.



Other important information for you.

- § Tests 3, 3 and 4 require blood sampling. This is via an indwelling cannula inserted in a vein on the back of the hand. This is much more comfortable and easier to use than other blood sampling procedures such as the finger prick technique.
- § During the cycling tests i.e. MLSS control and hyperventilation trial, we will measure core (rectal) temperature. This will involve you self-inserting a rectal thermometer. This technique is safe and comfortable during exercise.
- § During hyperventilation we will add additional CO₂ into your inspired air to stop you from passing out. This is completely safe and is a standard technique in respiratory physiology
- § You can still continue your normal daily training regime during the training period as long as it does not vary significantly. For example, we would not want a subject to double the frequency and intensity of their own training half-way through the IMT. This allows us to attribute any physiological changes to IMT and not your own personal training.
- § You will be provided with and asked to complete a training diary during the IMT
- § Testing times and days will be tailored around you. However, the pre and post-battery of test are ideally completed within a 2 week period
- § All testing will take place in Erasmus Darwin 177 (NTU)

ANY QUESTIONS NO MATTER HOW OBVIOUS THEY SOUND PLEASE ASK

Peter Brown 07976822248 peter.brown@ntu.ac.uk



Website

www.nottinghamclarion.co.uk - updated by our Webmaster John.

Club Clothing

We are just about to place an order for some new Red kit for stock.

Any member under 18 will be able to purchase the club kit with a discount of 25%. Any orders or questions ask Andy Woolf or see www.nottinghamclarion.co.uk for details on sizes, prices and types of garments.

Club Polo Shirts

If anyone is interested we can make you a Club polo shirt which would look something like this:



Colours to be black or red with white embroidered logos and cost around £6.50 depending on numbers interested.

Social

Second Monday of every Month at our new venue of The Park Yacht Inn, Trent Lane, 8.00p.m.

Readers Articles

Jenny's Blog:



Well blimey the last month has been anything but quiet on the club front! The start of the evening tens has seen in excess of 20 riders most weeks with a couple of dozen people going in the pub after the event any several new members too.

Club nights too have been very well attended since moving to the Park Yacht Inn, at least there is room to breathe there and to accommodate all this new blood!

The club also showed just how to organise a successful event by taking on the Rudy Project race. Phil and Linda brought everything together assisted by most of the other members of the club who weren't actually competing on the day. Everyone involved pulled together and a great day was had by all, which was reflected in the cycling press coverage the event received. Not only did things go well behind the scenes but also our young contingent of riders made a good showing coming 2nd and 3rd in their category. I'm sure there will be a full report somewhere in this newsletter but I just wanted to mention the real "team Spirit" which is so positive within the club at the moment.

The day will be remembered in different ways by different people, but one person who won't forget it in a hurry is Jean Morris who was helping with the catering in the hall/changing rooms. Well we had to retrieve her; complete with wheelchair to spare her blushes and those of the numerous men who decided to strip off right in front of where she was sitting. I bet her name is first down on the list of helpers next time we do an event (only joking Jean!). Poor Jean is getting a bit of a name for herself as she has also been seen loitering with intent near the Gents loo at the pub. She tells me that the access is better than the ladies, but that's another story!!

On the Harwood front, things have been pretty mad, what with going up to Scunthorpe on Wednesday Evenings for Paul to ride the track and covering timekeeping duties on Thursdays whilst Mick has been away. I've learnt one thing though, I'll never make a timekeeper as I'm too easily sidetracked with chatting to everyone to concentrate properly on timing (sorry about that John!). It was never going to work really was it, me being quiet and paying attention to the job in hand. I think there may be a vacancy for a timekeeper's assistant, if anyone's interested.

Just a quick note to give some advanced warning that on Thursday the 24th May, we are unable to eat at the Lime Kiln as it is booked for a private function. Helena and Ashley have kindly said that we can still use the car park and/or the adjacent field for extra parking if needed. So please park with thought to other customers. We should be able to obtain drinks and sit in the garden weather permitting. Any other arrangements can be made on the night when we see what the conditions are like.

Just a quick mention about the National 10 Championship next week in Peterborough, we have a team of 3 juniors entered Danny, Blake and Nathan along with Darren riding in the men's section and Gill in the ladies section too.

Well that's quite enough from me for one month, sorry if I've missed anything out but my mind is now well and truly focused on crop rotation and plant selection so cycling is going to have to take a back seat for a while.

Until next time (whenever that might be), keep safe and happy,

Jenny



Ride reports / Tech / fitness / words of warning hints and tips etc. – any articles from members would be welcome. These may also be used on the website.

Show us your ride

Carbon Corner

Welcome to our cut out and keep discerning cyclist's 'top shelf' supplement. This month's Club award for the largest carbon footprint goes to **Darren Buckby**:



(Picture taken by Darren before Sea tube was cut)

So, its time to announce the birth of my latest carbon child, the Look 595 Ultra. For those who know me, you may be aware that this was not my first frame choice for the 'summer' bike of 2007.

Originally, I had purchased a Cervelo Soloist Carbon, and was using my S Works as the donor bike for components etc.

My loving bike shop kindly transferred the components onto the Cervelo, however in doing so slightly scratched the new frame....Horror!!!, my CSC dreams ruined in an instant.



Not being a Cervelo dealer, it was virtually impossible to source a replacement frame, so I decided upon the Look, having little knowledge about what I would be getting!

The Look eventually arrived, and wow what a 'Looker' so to speak. Clean lines, beautiful tubing, and a marble like carbon gloss finish. I was happy, however that soon turned to dismay, when the shop manager (and close friend, it always makes things harder), called to tell me the steerer tube had been cut far too short and new forks were needed!!

I was beginning to think the whole swop was cursed, especially as I had a last minute chance to train in Majorca and would have loved to take the new ride with me.

New forks arrived from France, but, no it cant be true, they were WHITE.....

Anyway, after what seemed months, it finally came together, and with it the British rainy season so can't really comment on the riding experience, suffice to say it does look pretty.

Specification...

Look 595 Ultra Frameset
Look HSC6 Forks
Dura Ace 10 Speed Groupset
Zero Gravity Calipers
KMC X10sl Chain
Fulcrum Racing 1 Wheelset
ITM K Sword Bar/Stem Combo
Specialized Toupe Saddle
Tune Skewers
Tune Bottle Cages
Ceramic Bearings in Wheels/BB/Jockey Wheels

Next Month – a surprise entry?

Please send us a picture plus comments on your favourite bike – could be a MTB / tourer / fixed / new / old etc?

For Sale or Wanted

Let us know if you have any bikes or equipment for sale or if you are after that elusive Campagnolo widget.



'Blown off by the bunch'

This month our spotlight falls on **Nolan Rivers**:



When did you start cycling?

I guess I was a typical kid and rode every where and have always commuted by bike as much as possible.

I got into the mountain biking scene c.1992 when I borrowed a mate's bike (heavy steel Raleigh 1st generation MTB job) for MBUK's Red Kite BASH based around Lanwryd Wells. I was absolutely slaughtered about 15 miles into a 45 mile trail and ended up being taken back to the event centre in a Land Rover! Nonetheless I loved the whole thing and have since ridden Polaris Challenge pretty much three times a year every year since.

I first came down to a Clarion Evening 10TT in April '05 (and joined the club soon after) and despite a few mates protestations of "GET OFF-ROAD!!" now thoroughly enjoy the 'road' scene I may get good at that one day!

Cycling or sporting achievement most proud of?

Err a lifetime of under-achievement & mid-table mediocrity?! I was a fairly mean 5-a-side goalie at under 11's I can't prove it now as the medals & shields I won seem to have vanished from my parents' loft some twenty years ago but does that count?

Oh, I know, how about ensuring I got the "Chuckle Brothers" to do 99% of the work the other week in the Leicestershire 3up TTT ... that was quite an achievement. Although there's another school of thought that suggests I couldn't hack the pace



they set and I simply had my legs ripped off but given my average heart rate of 176bpm over the 50km, I'm sure you can see & will agree that I was simply coasting and managed to hoodwink them into doing my share of the work!! Mind you, coming off Ab Kettleby top towards Nether Broughton (Broughton Hill?) proved they can't downhill for toffee – suddenly the years of mountain biking came into their own!

Grumpiest moment on a bike?

I'm sure my grumpiest moments occur when I'm NOT on a bike just ask Deborah what I'm like if I don't get out for a ride all weekend!

I get pretty grumpy when **next** to one of my bikes doing maintenance I'm a poor mechanic and always seem to have the wrong size or incompatible component!

Once had a bad time going up a forest track in Kielder on the way up to a fire tower check-point on Polaris Challenge. End of the second day. Pretty beat up. Ran out of food - hypoglycemic. Wind and snow! Got a puncture. Lost it, red mist came down, fireworks!!

Favourite bike or bike you would like to own?

I've got six in the garage and they've all got something that's great about them. I bought a secondhand steel frame road bike (Reynolds 653) for some fast(er) summer commuting and although the frame is a little on the small side for me, it has a low bottom bracket and is great fun, you can get a real low centre of gravity and bang downhill & round tight corners FAST. It just feels great getting out of the saddle to rip uphill on. My Tifosi is really comfortable and the Flandria is stiff & fast (so I've heard, anyway).

I'd love a top end Wilier ... oh, about £4.5k worth of Cento ... not really sure why ... Italian heritage, maybe.

Past & present sporting heroes?

Cycling: Jan Ulrich – fallible, fat, couldn't really climb but showed great courage in the mountains all the same look at the line he hook so often on the hairpins in the Alps or Pyrenees. Jens Voigt – courageous! A big guy who I've never seen hiding & waiting for someone else to do the work – good honest hard graft with no shilly-shallying now that I can admire.

Other sports: This may sound a little trite but I take my hat off to anyone who's worked hard enough to get to the top of their chosen passion.

Any other interests sporting or otherwise?

I love music of the rock variety. The stuff I really enjoy is pretty obscure by most people's standards most recently I've seen Opeth, Porcupine Tree and Spock's Beard. All cracking gigs. Who? I hear you cry!

Favourite ride?

We are talking about cycling here aren't we – this is a family friendly newsletter, right?



Roadie style: just about anything in the Vale of Belvoir, Rutland, North East Leicestershire area. I always enjoy the Peaks too.

Off-road: you can't beat Kielder (apart from that fire tower in the snow!) and I'd like to go back to the Galloway area again some time having once had a great weekend there in and around the lochs on the hills & in the forests.

And Finally:

Lee has sent us a pic from one his rides in New Zealand:



Lee's bike at Pahiatua Top

Send your pictures, news, reviews, views, and articles to news@nottinghamclarion.co.uk

Happy cycling....