



CTC North Hampshire

January - April
2009



on road
off road
leisure rides



Something for everyone

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Welcome

What a way to end the year: Chris Hoy awarded Sports Personality of the Year with the GB Cycling team and coach Dave Brailsford also receiving awards. It seems that cycling is finally getting real public recognition and I'm sure that this will result in more people on their bikes, more facilities and more events.

Chris Hoy's biography is reviewed later in the magazine and I can recommend this book for the insights it gives into sport at the highest level. Our aspirations and capabilities may not match up to Team GB but we can all get something out of cycling, from off-road excitement, leisurely social rides or competitive events.

The common characteristic of all the cyclists I know is how sociable they are. In August North Hampshire cyclists met up in the New Forest for a weekend's riding – it poured with rain but I was still welcomed with a glass of wine as I dripped on the floor, and in December played skittles in a traditional pub near Alton – where the competition was red hot!

Janice is organising our annual lunch at The Grange in Alton on 25th January which is another good excuse to get together and chat. Details on the web, everyone is welcome and if last year is any guide, it promises to be thoroughly entertaining.

However all good things must end and I expect that, like me, you'll want to lose some of the weight gained over Christmas and the New Year. We've got a full programme of rides and our first hard test will be the Watership Down 100km, organised by CTC South Hampshire, but always well supported by CTC North Hampshire.

If an early season 100km ride doesn't appeal then have a look at Alton and Petersfield easy rides – just the thing for shaking off the winter blues and stretching the legs. But do please remember to check your bike on its first outing – tyres pumped up, chain oiled and brakes working. Whenever you go out enjoy your cycling!

Andy

Zeppy Part 2



A few years ago the magazine reported on Stephan Rousson, a Frenchman with a passion for human powered flight using a helium filled balloon. His latest exploit saw an attempt to complete a crossing of the English Channel at the end of September.

Stephan started off from Hythe in Kent on a beautiful morning suspended in a carbon fibre gondola under his white 16 metre blimp named Miss Louise. He planned a crossing time of five hours for the 28 miles. He was accompanied by two support vessels and managed to complete 19 miles before he had to abandon the attempt.

The wind direction changed and it proved too strong for Stephan to overcome. After the attempt he said “Unfortunately there was nothing to suggest from the weather forecasts that there was going to be this change in the direction of the wind. I have had so much fun. My legs are a little bit burnt and I'm sure tomorrow I will be feeling a little sad but I'll have a few beers.” He's not sure whether

there will be another attempt but he is continuing development and still looking for sponsors at <http://www.rousson.org>.

Stephan Rousson has also published some stunning pictures in his blog “Cradle of Mankind” describing a trip to Kenya at <http://zeppy-kenya.skynetblogs.be/> - well worth having a look!

Heroes, Villains and Velodromes

Chris Hoy is one of the heroes of the British Olympic Team that was so successful at Beijing this year. But achieving such success required years of dedication and hard work supported by team-mates, coaches and family. “Heroes, Villains and Velodromes” recounts Chris Hoy's introduction to BMX racing through to his gold medals in the 2008 Manchester World Championships.



This book really shows you what happens behind the scenes and lets you share in the excitement and the elation of winning. A must read book for anyone who wants to gain some understanding of what it's really like at this elite level of competition.

“Heroes, Villains & Velodromes”, Richard Moore, published by Harper Sport, ISBN-13 978-0-00-726531-2.

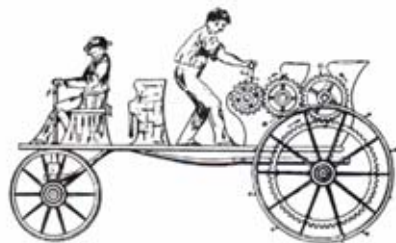
Some Historical Bicycling Facts

1696: Jacques Ozanan, a French mathematician, described a human-powered carriage “in which one can drive oneself wherever one pleases without horses”. Unfortunately this was purely theoretical but Ozanan did suggest that this would be “healthy exercise” especially for the servant required to power it!

1774: Mr. Ovenden of London built a four-wheeled carriage that it was claimed could “cruise at six miles per hour, or faster” if the footman expended a “particular exertion”. Even more advanced

was its ability to climb “considerable hills”. Unsurprisingly this invention did catch on.

1804: J. Bolton, an American, patented a four-wheeled carriage carrying six passengers and two men to operate it, one steering and the other cranking a handle to move it forward. Predictably this was another attempt that wasn’t adopted by the public and, indeed, was ridiculed by a British writer over a century afterwards.



1818: Of course none of these vehicles are really bicycles, they are just human powered vehicles. Baron Karl von Drais built the first “velocipede”. This did have two wheels and was propelled by the rider’s feet pushing on the ground. In fact, the term “velocipede” continued to be applied until the 1870s to all human powered two-wheeled machines.



Facts taken from “Bicycle” by David V Herlihy, Yale University Press – more to follow in the next magazine.

AGM News

North Hampshire CTC held its Annual General Meeting on Sunday 2nd November and the minutes will be published on the web site. Bob Bending stepped down from the position of Publicity Officer, but he will be carrying on with his outstanding work on our web site – our thanks for all his work.

Clive Andrews, one the CTC’s Cycling Development Officers, told us about his work for East Hampshire Cycling for All – this is a

groundbreaking initiative that needs your support. In Clive’s words “You may be a keen cyclist, or you may not know much about bikes - it doesn't matter. If you'd like to help us, I'd still love to hear from you!” There’s more information in the next article.

East Hampshire Cycling for All

CTC have joined together with Get Active East Hampshire and the Forestry Commission to create East Hampshire Cycling for All, aiming to enable as many people as possible to enjoy cycling and its many benefits.

The project has started off at Alice Holt with the Forestry Commission and is now developing with the Community Services Department at the East Hampshire District Council offices in Petersfield.

The first summer of East Hampshire Cycling for All has been great – hundreds of people who may otherwise never have taken to two wheels have joined in the activities.

Some of these folks have been lapsed cyclists in need of some help and encouragement. Others may previously have found cycling difficult because of a sensory, physical or learning impairment. It's been great fun helping them to overcome these barriers and enjoy cycling with us.

But in order to get bigger, more people are needed to help spread the message. Could you help us at their cycling events? Events are run at Alice Holt Forest and Queen Elizabeth Country Park, but they will soon be expanding into events all over the East Hampshire district.

Clive Andrews can be contacted at clive.andrews@ctc.org.uk and the CTC web site has more information at <http://www.ctc.org.uk/DesktopDefault.aspx?TabID=4981>



Penny for your Thoughts

Mike Woods, aged eighty-six, can recall his grandfather's recollections of riding the penny farthing cycles in the 1890's. Members of his grandfather's club used to race from London to Dover.



He tells of the dangers that accompanied these brave riders. Some models were fitted with a spoon brake on the back wheel. The mechanism was operated with a wire or cord wound round a drum attached to the handlebars, and it was not a very effective deterrent to rapid forward motion.

Shoes, breeches, and long stockings were the accepted attire plus a pillbox hat and chin strap. These days, riders seem to be more aware of the danger of a spill and favour a helmet instead.

Cycle Training For Children

Hampshire County Council (HCC) has set up a programme that aims to develop children as responsible and safe cyclists and to help them understand how they can help to protect themselves on the road by wearing a helmet and bright clothing. The Hampshire Cycle Training Scheme consists of two stages:



- Stage 1: 7 – 9 years old (three playground sessions of one hour each)
- Stage 2 : 10 years and over (eight sessions of one hour each, four of these on roads)

The Hampshire Cycle Training Scheme normally takes places in schools. Training is given by volunteers who have been trained by

the HCC road safety team. Volunteers are usually parents, grandparents, staff and governors. Your first step is to approach your child's school and ask if they are carrying out cycle training. If not, the HCC Road Safety Team can assist the school in setting up a new scheme.

Call HCC on 01962 874600 or go to the web page at www3.hants.gov.uk/roadsafety/children/road-awareness.htm for more information.

Stephen's "Best of the Rockies 2008"

Mountain biking in Utah & Colorado: At the end of our mountain bike circuit of Mont Blanc last year, a group of us sat in a Chamonix café talking about a trip for 2008. It had to be spectacular to match the hugely enjoyable week we had just finished, so a two week trip to Colorado and Utah titled 'The Best of the Rockies' by KE Adventures looked ideal.

In September, Nick Trehitt and I flew to Denver to meet the four other members in the group and our Colorado-based guides from Outpost Wilderness Adventure. Our trip started and finished at OWA's lodge in the unspoiled beautiful Tarryall valley a couple of hours drive westwards from Denver.



After the first day of unpacking bikes and test riding them at the lodge, we drove westwards across the Rockies, past the ski resorts of Breckenridge and Vail, to the semi-desert landscapes of Fruita. Keen MTB riders in this little town had built a network of superb trails through the dusty scrub covered hills. The single-track routes swooped up and down a series of ridges sharp that ran up to the

edge of a steep cliff. The riding was great fun but felt really hard work because we weren't used to the altitude so early in the trip.

The following day, we crossed from Colorado into Utah on the way to Moab. This small town nestles in a valley bottom beside the Colorado River in a green oasis among the surrounding red sandstone desert.



We had three days at Moab cycling some of the most famous slick-rock routes in USA. They were constantly challenging to ride and we had to focus hard on getting the right line and maintaining rear wheel grip on the very steep climbs and descents. Every stop along a route gave us amazing views across the sun-baked red desert landscape.

The third part of our trip brought us back into Colorado to start a five day route through the Rockies using former gold miners' tracks and forestry trails. We cycled on deserted dirt roads and



wonderful single-track through the mountains and over high passes

to reach our overnight stops in remote small towns and lodges. We saw eagles overhead and beavers had dammed the mountain streams we crossed. Luckily, the weather settled



into a warm 'Indian Summer' with golden aspen trees glowing against dark pines and clear blue morning skies. Then, on our last ride, winter swept into the Rockies with cold winds, black clouds and a brief snow shower.

This was a really superb MTB holiday. My lasting impressions are of the excellent guides at OWA, the magnificent scale of the mountains and desert, but most of all ... the sheer thrill of riding switchback trails that seemed to go on for ever! Stephen

Pace-judging & Freewheeling Competition

In September the pace-judging and freewheeling competitions were held at Tile Barn Farm Lane between South Warnborough and Upton Grey. Fourteen North Hampshire cyclists entered on the start line, including a large contingent from the Alton Saturday section. In the pace-judging a circuit of approximately three miles was ridden in both directions and the



difference in the time taken for each circuit was recorded, the aim being to complete both circuits in exactly the same time. All the entrants' time differences were less than a minute, but Andy Watson won with the amazing time of only one second difference, followed by Dave Moseley in second place and Sarah Gould in third.

This was followed by freewheeling down the hill towards Upton Grey, the competition being won by the rider covering the furthest distance without pedalling. Robert Watson won this with a clear lead, followed by Frank in second place and Mark in third.



When the results of the two competitions were combined, Andy emerged as overall winner, and was presented with the Mike Wilson tankard at the skittles evening. Congratulations to him, and also to Richard Brown who came second, Dave Moseley who was third, Diana who was first lady and Oliver who was first junior. Thanks also to Dan for organising it.

I think everybody who took part would agree they had an enjoyable afternoon, cycling the lanes in the glorious September sunshine, followed by tea and cakes at Lasham Gliding Club. Next year's competition will be held on Saturday 12th September, make a note in your diary. If you haven't tried it before, why not join us then?

Janice

A Social Evening Walk

Diana and Ray invite you to join them on a social evening walk on Wednesday 8th April. Starting from Alton Community Centre at 6.45pm sharp, the walk will take approximately two hours and will

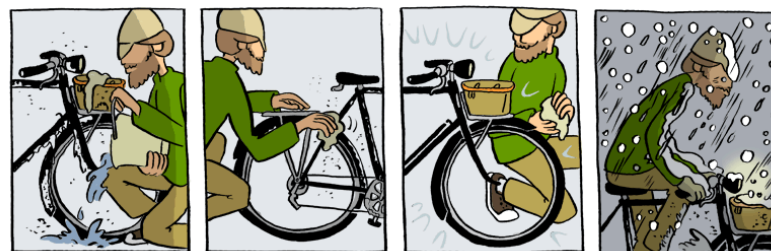
cover five miles of fields and woods via Brick Kiln Lane, Thedden and Beech. Strong shoes or boots are recommended. The walk will end with drinks at The Leathern Bottle, Amery Street, Alton. Ring Diana or Ray on 01420 85354 for more information.

Recycle your bike

CTC's Cycle Champions Officer in Reading, Helen Biggerstaff, is collecting unwanted bicycles. So far employees from Pepsico UK Ltd have donated a few bikes, but Helen and her team of volunteers are looking for more. The bikes that are donated will be given to Reading Borough Council's Youth Engagement Service and used during bike maintenance courses. If you live nearby and have a spare bike, please email to Helen.Biggerstaff@ctc.org.uk.



Winter Cleaning



And finally a humorous look at winter cycling. The cartoon comes from the Kickstand Cyclery, which publishes a daily online cartoon that centres on a local bike shop in small town America. The artist has a real feeling for cycling, its different tribes and their everyday highs and lows. You can see more at www.yehudamoon.com and make a donation to this free site or even purchase branded t-shirts and mugs.