



March 2007

## Soon be Easter!

03/07 03/07 03/07 I still can't get used to it, it's already the third month of the year and yet I still write 06 when signing documents. Where is the year going!

The good news is that the sun is still just above the horizon when I get home from work, the nights are drawing out and I think the idea of an evening's ride will be moved up a status to 'reality'

Yet what is up with the weather? Last week I was picking my way through a flood on Bull Lane, watching the water cover half my spokes. Yet this week I was out in shorts and tees enjoy glorious sun. Just got to love the British climate!

## My thank you to technology.

Some of you might well know that I have a fascination with technology and gadgets. Well let me tell you a little story about how my love for shiny boxes and flashy lights got me off the sofa in the dark evenings.

I've started doing some light running. Before in the past I tried running but gave up after a couple of attempts; well come on I found it boring, your not fast enough to go anywhere interesting yet it is too slow to make it really exciting. Sorry to all you runners, that's just been my experience.

Yet I was told to try running to music, it would take me to a different world and I would enjoy it more. They were right.

Enter the first set of technology; an iPod. Forget the Walkmans of yesterday, even

the CD discman is dead. We are talking digital MP3 music files stored on a computer transferred to a music player you can carry with you.



First off here comes the clever part, your computer can calculate the BPM of your music; we now have custom workout's set to a certain pace. Perfect to run with.

I was talking to a friend in Copenhagen. Well he is not a friend, I've never met him but having followed his web site for a couple of years you get to know a person and it feels like a friendship.

Anyway Michael told me about a joint



project by Nike and Apple; makers of the iPod.

They had created a pedometer that worked with

your iPod and recorded all your workout times, distances and pace.

Not only did the iPod play me music to run too but it was now recording how well I was running. Suddenly I had turned this rather boring event (once again sorry to runners out there!) into something more interesting.



The iPod records my runs, I can then upload them to the Nike web site and review my progress, checking my pace



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whilst giving me a profile of my route. But the best bit was yet to come...

No matter what you say every person has a competitive edge, and some of the best fun can be had exploiting that.

My love for technology went into the world of computer games and Playstations and the like. So much so I ended up playing against people from all over the world, well mainly America; I can speak American better than I can German.

What if I could challenge those people from around the World and yet still feel good about my self and keeping fit?

Yep you got it, you can run virtually against other people.

Sorry we are not taking the 3d virtual worlds you see in the films but you can set challenges and goals between a set of runners and the first person to complete the task gets a little gold virtual medal; oh and the bragging rights!

Within one week of owning this device I was involved in a multi-national challenge to run the furthest in two weeks. There was myself representing England, my friend from Denmark along with another. One chap from America and a couple of Europe; unspecified, plus a few others I did not know.

So now lets look at what we have so far: I have some music to run too, a way to monitor my performance and finally a challenge and goal to work to.

Eventually I was running whenever I could spare, just trying to stay in the top three of the event. I finished 4th.

Two months on my iPod claims I have run 120km and I have increased my average pace to a more healthy 5.02 min/km.

To which I would like to thank technology for getting me off the sofa this winter!

## A Day At The Races

Fellow cycle club members Robin and Roger organised tickets and a couple of cars to take a group of us to the Manchester velodrome for a day's track racing for the UCI World Championship Track Cycling Event.

Car 1 contained: Robin, Roger, Viv, Terry, Rob. Car 2 contained: Peter, Mark, Doz and myself.



I was a velodrome virgin and had no idea what to expect, but was very surprised by the laid back environment and great atmosphere.

First off I was totally gob-smacked by the track, you never really get a feel for the banking on the corners but a quick tour to the top of the corner opened my eyes, just staring down at the gradient of the corner made me realise there is a lot of skill involved in this discipline of cycling.

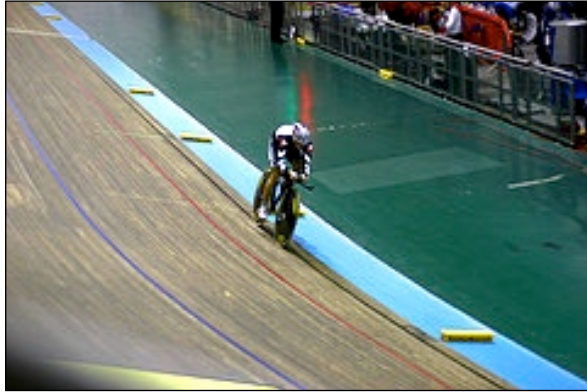
The racing started some after we arrived with the qualifying of the mens solo sprints. The first race did not start well with a crash on the last lap, despite a torn skin suit there were no casualties.

# Cycle Club Sudbury



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There was then a round of the woman's solo sprint and pursuit races, one of which was Britain's own Vicky Pendleton; winning of course.



Then came the time of the team events, the first big stir was the Team 100% Me. This is a team set up to prove that winning can be done without the use of doping or any other means.

This team being another British group really had the crowd behind them, with everyone going crazy as they knocked at least a second off the best time with each lap.

After them came the turn of the Great Britain squad. Now these boys can ride. They started off with a slow first few laps but slowly wound up the pace, eventually they ended up topping Team 100% Me and putting themselves in the final with the Russian team.

The big highlight of the day was [Chris Hoy](#) and his solo sprint races, during the qualifying he blitzed the opposition lining up a France/English final.

Needless to say the first round of the finals was taken by the French rider; Arnaud Tournant. It was all riding on the second round which looked promising for Hoy but unfortunately the legs of Tournant took him to an extremely close finish.



With the sprint finals going to the French Britain's hope rested on the shoulders of the four man team in the Team Pursuit against the Russians.

Once again the British team started off slowly with the first few laps in the Russians favor. But as usual the Brit's wound it up, soon it was a case that the British were taking seconds of the split, soon without realising the Brits were closing in on the Russian's. This was looking great, the way they were going they would lap the other team before the end of the race. Of course the home crowd was going mad, spectators were slamming the boards and cheering the team on. The result was a more than comfortable win for the Brits, finishing just ahead; a lap ahead.





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On a whole it was an outstanding day and the results were totally in favor of the home team, I did not realise just how good us Brits can be at a sport. Just a shame there is no coverage or money put back into these sports. Come on UK there is more to life than football!

Many thanks to Robin and Peter for driving us all there, especially Peter for not getting us shot after cutting up over 80 Mancuan drivers!

## Talk to the Expert

All CCS club members are invited to attend an evening with Nick Salway on the 29th March at the Stevenson Centre.

Talk and Q & A session with Nick Salway of Hadleigh Health Clinic:  
"Before, during and after a ride"

Nick Salway has ridden up Mt Ventoux and even got the damaged Roger Rush back on his bike!

The evening will start at 7:30 and wind up around 9:30, refreshments will be provided. Use this as part of the preparation for an outstanding season!

## Evening Time Trials

The Thursday evening time trials are only 4 weeks away now and I have had a disappointing 2 members reply to marshaling. Please, if every member just signs up to marshal at least one evening then all the events will be covered. A time trial can not go ahead if we do not have marshal's on the course. Please look at last months Spindle and let me know by either phone, e-mail or by the marshal's sheet included which evenings you can / can't do. 2 marshal's are needed for the Lavenham course and the Hitcham Hilly course. So far I need 1 more marshal for the first Lavenham course on the 19th April, the other date gone is 26th April Brent Eleigh course. All other dates still need filling.

Many thanks Lucy TT Sec

Tel 312976 [lucy@shibbyonline.co.uk](mailto:lucy@shibbyonline.co.uk)

## Message from the Chairman, Sectary and the Bailiffs!

This will be your last issue of the Spindle until you pay your subs!

You must be a club member to take part in the Time Trials.

If you have paid please ignore this reminder, put it along with the water bill.