



HARLOW CC

NEWS | RIDES | EVENTS | ANNOUNCEMENTS

Chairmans Chatter

Well, it seems like the April showers have lasted a bit longer than they should have, but there still plenty of you going out on the Tuesday, Thursday, and Sunday rides, which is great to see. Apparently, the weather will be getting better, and we are going to get an Indian summer. So, tans for later in the year....



There have been a few dipping their toes into the world of Time Trials, and from what I hear, there will be a few more taking part. For those that don't want ride/race but want to be involved, the organisers are always wanting people to act as Marshalls. Without these helpers it is sometimes hard to hold an event, plus you will get to see what's involved without the effort. Some reports from the last event in the newsletter

What's coming up... well for those that haven't heard through the grapevine, the Men's Tour is finishing in Harlow on the 8th of September. We have a gazebo on the finishing line for those able to get the day off to come down and join in the spectacle, and our own President (Vin Denson) will be there presenting prizes to the winners. There may also be some VIP passes up for grabs.... Council dependent.

There are a group of HCC riders heading to the Lake District on the 8th of September to smash the Fred Whitton Challenge (112 miles, 10400ft of climbing. Not the official ride, but to get in some practice for the real event on 12th May 2024). So, some of the rides between now and then may have some elevation involved.

There are also a few taking part in Tour of the Cornfields Gravel Sportive on the 3rd of September. A few have done this before and is a great day out for Gravel bikes or MTBs. There is the Southend day out planned for the end of August/early September (Approx. 106-mile round trip), and some more MTB trips out the some trails so keep an eye out for them.

On top of all that, we need to start preparing for the AGM and the selection of the committee, so if you fancy any of the positions let us know. David Wales

CTT Cycling Time Trials

We have seen an increase in representation for Harlow Cycling Club in the CTT with a total of 30 members now signed up.

What is CTT?

Cycling Time Trials is the National Governing Body for time trials in England, Scotland and Wales.

The idea of individuals riding "against the clock" and ignoring any other rider who they catch or who catches them still holds true for the majority of events today but there are also events which are for teams of two, three or four riders who ride together known as Team Time Trials - shortened to 2up/3up/4up TTTs.

About 1200 open events are advertised in the handbook this year. To ride in any of them you need to be a member of a club affiliated to Cycling Time Trials.

There are at least that number again of "Club Events" (which are generally not advertised) and if you approach the club promoting one of them you could get a ride on a "come and try it" basis.

There is no individual membership to Cycling Time Trials.

Membership is for clubs/teams. Once affiliated any member of the club/team can enter any CTT event. Whilst competing all competitors are covered for £10,000,000 third party insurance.

Ride Captain's Report

I'd like to start off by thanking all those that stepped up and led rides while I was off my bike injured.

Our current weekly ride format seems to be a success and we will continue to carry on with this. The Tuesday night training ride is getting interesting with the fast group closing in on the KOM, perhaps it will fall in the next few weeks with the QOM has already gone in recent weeks.

Our Thursday night social ride has also proven popular although a few times the speed of this has had to be reigned in as it's a ride for all, maybe the promise of a pint at the end is too tempting!!!



Sunday rides are also being well supported as it's our only time to get a longer ride in, unfortunately the weather of late has hampered a few of the rides.

We are still having a few members saying about a shorter/slower ride for Sunday and this is possible but we do need ride leaders for these rides. If people want I can still do the route and put it out on the socials but I need to know. On a few occasions I have noticed that Deb Butler has offered rides of this nature but take up seems slightly low so not sure what is happening with the people who want the slower/shorter rides.

Let's hope we get an upturn in weather soon so we can continue our riding late into the year
Thanks

Easy Fundraising

You can help the club out by signing up for the EasyFundraising app. Like other cash back sites, when you make a purchase, the club receives a % of the sale price and you pay no more! What's more, you get that warm happy feeling inside that you've helped the club carry on while indulging your retail therapy!!

If you need further information, email us on secretary@harlowcc.club and a member of the committee will contact you to answer any questions you may have. <https://www.easyfundraising.org.uk/causes/harlowcc1/>

What's in the Calendar

A few save the dates and open opportunities to attend trips and events happening within the club.

If you are planning any trips that you think the club would be interested in please reach out to Kevin Coombes.

Coming up.

9th September Kevin Coombes, Paul, Toby, little Adam, Ray Mays, Massimo and Luca are heading up to the lakes to ride the Fred Whitton which is a 110 miler with 12,000 ft of climbing.

2nd October : Still not too late to sign up for Mallorca, see posts from Kevin Coombes or Richard Elven for details.

Watch this space (or the WhatsApp chat) for details of this years Xmas dinner which will be similar to last year, we welcome any ideas or offerings so please contact the club or Kevin Coombes.



TT Essex

28th July, 11 of us took to the start line of the Hart Performance Coaching Summer Classic 10 mile Time Trial, the course was the E91/10B which starts near Margaret Roding heads east towards Chelmsford, turning at the Writtle mini roundabout to come back.

We'd all entered the road bike category which cycling time trials now have at all events as of this year.



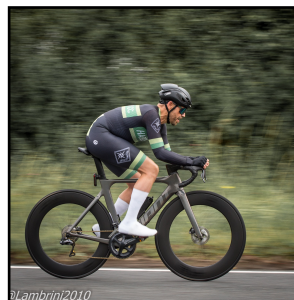
For many this was their first TT, it was great to see so many from the club there and hopefully it won't be peoples last time trial.

Full results can be found here (for the road bike category) <https://www.cyclingtimetrials.org.uk/race-results/25373>. If you are interested in time trials, go to the same site and search in events, region E & F. You don't need any kind of license as the club is affiliated, you just sign up in advance online and ride.



Club results are:
 Jamie Bishop 24:29, Josh Winch 25:09, Toby Hetherington 25.22, Adam Ashwell 25.23, Tim Simpkins 25.31, Ben Spurgeon 26.15, Luca Ioan 27.13, Richard Elven 28.00, Kevin Coombes 28.28, Jacobus Van Der Pole 32.46

Ruth Stapleton 27.36 (2nd Place Female)



HCC Secretary Still Required!

Harlow Cycling Club need you, are you the right person for the task of being Harlow Cycling Clubs new club secretary?

Club secretary is a very prestigious role within a club and as such is recognised by British Cycling via *free* British Cycling Bronze membership while in post.

Here are a few of the general tasks and responsibilities of the role:

- * Support of other committee roles when needed
- * Committee meeting organisation and minute taking
- * Club Social media monitoring and admin
- * Club Insurance admin yearly
- * Club Membership affiliations admin
- * Other affiliations admin
- * AGM note taking and distribution yearly
- * Supply newsletter team with club notes each quarter

If you would like to volunteer for this position or even can lend a hand in other ways please get in touch with one of the other Committee members or email secretary@harlowcc.club

Liquid Fuelling for endurance sport

Aka Drinking your carbs like a pro

By Ben Rosendale

If you're riding, running or even swimming for more than an hour (who swims for more than an hour you psychopaths!) then you need to start thinking about fuelling and I'm not just talking about mashing a banana into a gel paste in your back pocket before spilling it down your jersey/running vest.

A Human on a bike might be the most efficient use of energy for motion, second only to a condor on a thermal, but we still need to put fuel on the fire to keep moving. When I started cycling 10 years ago the accepted rule was 50ish grams of carbs per hour for rides over an hour. This is pretty easy to manage, most guts can handle a bar or a couple of gels an hour for 3-4 hours, without too much distress aka serious gas, stomach cramps and diarrhoea.

Science must like bikes because it doesn't stand still, recent scientific study has shown that we have the capacity to absorb more than this 50-60g per hour figure. Specifically we can train our gut to absorb more and help it in this journey by mixing the type of sugar we chuck down the hatch.

If we mix the two sugar types, fructose and glucose (hello GCSE science), we can process somewhere around 80 -90g of carb per hour. If we ingest them at a ratio of 2:1 glucose: fructose, that doesn't mean a bottle of Lucozade for every banana however. Lets be honest most of us aren't buying bulk component products and while we might make our own energy bars from that GCN video every now and then we aren't weighting out the right mix for our drink bottles from big bags of glucose and fructose on a Sunday morning.

Capitalising on this laziness many sport nutrition brands embraced this 'golden ratio' for fuelling. High5, to take one, markets its energy drink offer on this ratio.

But Chris Froome's giro D'Italia raid to steal back the pink jersey wasn't fuelled on the 2:1 ratio. Clever marketing ploy or actual scientific breakthrough? Heralded the greatest comeback of Froome's career and the introduction of SIS's Beta fuel and a new trend in sports nutrition.

This 90g limit has been apparently broken, with further research suggesting that a trained gut and a 1:1 ratio can absorb up to 140g of carb per hour. Making the most of this feel good comeback story, there has been an explosion of drinks products in the sport nutrition world claiming to provide ever more grams of carb per hour to help you meet this new cap.

Well we all want to win a grand tour in a remarkable comeback, or maybe just not suffer quite so much on those weekend 5+hr base rides without the need for a petro-chemical sponsor budget. So what is the most cost efficient way to get the highest grams of carbs per hour into your drink bottle?

There are a number of players doing the rounds of youtube influencer sponsorship, so i've tried to compare the most commonly, rubbed in my face, ones below. So read on, or you know skip to the end for the chart, I don't care. (I do care please read my inane commentary so i'm not just shouting into the meaningless void.)

Perhaps the original in this latest wave, SIS's Beta fuel offers up to 80g of carbs per 500ml bottle. From one of the sports biggest brands, and if its good enough for G its good enough me. What its not so good for is your wallet. Coming in at over £40 per box of sachets, each of the 15 serves

will set you back almost the cost of a high street coffee at £2.75 a bottle. You will also have confront killing more polar bears, with each serve being in a single serve packaging. Good for topping up mid ride if you can tolerate the environmental disaster you leave for your children, you monster, you fast, well fuelled, giro winning monster.

Stykr might be missing some vowels but its not missing any carbs, with a claimed 90g per serving its the highest per 500ml that I could find for this comparison. Theoretically then this is the product that will get you closest to the fart inducing theoretical maximum of 140g per hour. But you will still be paying slice of cake money for the privilege, with the 12 serves you get in the £29.99 bulk buy option coming in at £2.50 per bottle. As with SIS maybe this

many carbs per hour is to strong to be contained in a tub or large container? Because these again come in an environmentally questionable single serve packaging solution.

Maurtan 320 just misses out of the grams per serve crown, at only 89g per serve. But it does more than double the offering of the little brother of their range Maurtan 160 product. Its also the most expensive per bottle of our little chat. A bulk purchase of the 320 will set you back £51.60 of your pounds sterling. For which you get 14 serves, making each bidon £3.69 which is firmly in posh latte territory. I'm afraid you will have to do your own milk art as well with this one, what you do get is a very trendy website and the promise that your drink will *instantly convert to hydrogel in the acidity of the stomach*. Which isn't

something I knew I wanted and to be honest if you told me I had to drink hydrogel, i would try and leave the pub and possibly report you to environmental health. Rather than Glucose they also market the product and being a blend of Fructose and Maltodextrin. Which is a highly processed form of carbohydrate that can be made from a number of products, and for the nutritionists reading yes we know it has one of the highest GI scores and yes i'm sure thats why its in the drink and marketing fluff. It also comes in individual sachets, so you know insert virtue signalling commentary and about manufacturing costs for individual packaging here.

Tailwind is a bit of an odd one in that it appears to be marketing itself on calories per serve rather than grams of carbs. Which is annoying when the whole premise of your article is to compare grams of carb per hours. None the less venturing into the second page of the google search results, I will accept my pulitzer journalism award now thanks, turns up the figure of about 25g of carbs per scoop (27g). Given that the recommended dosage is 2-3 scoops per 600-800ml i've gone sorta in the middle and estimate most people will end up with about 50g of carbs in every 500ml of drink. Which is on the lower side but we are also into the side of the article which has the more affordable drinks. This lower amount of carbs per bottle also comes with a price of around 72p per serve which is the cheapest on review. 50 serves will set you back £36 and comes in a more responsible large package rather than an arm full of sachets.

High5 come in very similar to the Tailwind, with 44g of carb per serve, a bulk volume coming in a tub for £33.99 or 74p per serve. It must be noted that High5 is often on

discount on many online retailers so the price you might be able to achieve could be even better!

So with the latter two you will have to drink a litre per hour or have a banana to get up to the 70-80g of carb per hour mark, you might also be able to afford a coffee when you get to the cafe given the price difference.

Now all this must be caveated, as i've tried to mention a few times, that these higher grams per hour are not something you can 'eat off the couch'. You need to train your stomach to tolerate this amount of coal in the hole, so don't finish this article and immediately scoff a whole pack of glucose tablets during your next Zwift crit please .



Lee Valley Cycles:

5% discount on Bikes, 10% discount on Parts and Servicing.

High 5:

40% discount off full price items using our club code H5#HARLOWCC (This code is strictly for use by club members, friends and family only, it must not be posted on any public social media).



Cycling UK:

£20 off full membership by using our code: 90139236. Affiliate member benefits excludes legal assistance, magazine and voting rights.

British Cycling:

A benefit of our club's affiliation is that club members can get up to £26 off membership when they join British Cycling for the first time, Please note Commute membership does not cover you for riding with our club or group rides, please choose either Ride or Race membership - Use code: newcmrd



Proviz:

20% off with the code hcc20 (This code is strictly for use by club members, friends and family only, it must not be posted on any public social media). Proviz is an International Multi-Award Winning Sports Brand, distributed in 40 countries, sold online globally and acknowledged as one of the most innovative sports brands in the world.

Muc-off:

20% off with the code CHATTERBOX20



Glaudax cycle tours:

£50 Discount, just mention Harlow Cycling Club When booking