



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.53 February 2018



WELCOME

The Time trial and BAR seasons will soon be here so get your entries in. If you need some new Club kit for racing now is the time to let Jason know. Don't forget to offer your services to the Club so that all the events can run smoothly.

INCIDENT REPORTING

Unfortunately, due to the recent bad weather, there have been a spate of accidents. It is important that all incidents on Club Runs and events are reported to our Welfare Officer, Heather Preston. This not only helps the Club in its continual efforts to improve safety and become a Go Ride Club but also aids riders as well. If you have had an accident or incident please complete the form which can be downloaded here and forward it to welfareofficer@eastlancsroadclub.org.uk.

CLUB KIT ORDER

Our Club Kit Secretary, Jason Codling, will be placing an order Club for the new updated Club kit on 23rd February so that the kit arrives in mid-April for the beginning of the new season. If you are looking to place an order, please send Jason the details in plenty of time and make payment to the Club bank account as normal.

Images of the new kit are shown below. The design is less fussy but not altered so much that it makes the existing kit look dated.



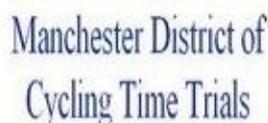
Jason has a spreadsheet with details of the Club kit. Please complete this with your order details and email it back to Jason. The form can be downloaded from [ELRC kit form](#). Extra information can be found at the manufacturers website www.onimpex.co.uk. Jason can be contacted by email at clothing_sec@eastlancsroadclub.org.uk.

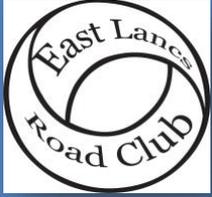
EVENT HELPERS WANTED

Helping at Club events is a great way to give something back to the Club and what could be better than spending an afternoon in lovely countryside. Plus, if you marshal, you get to wear a fetching yellow tabard!

A lot of effort and time is spent organising these events. We often find the same people offering their time so rather than leaving it someone else why not volunteer. As well as marshalling you can volunteer to help with catering, sign posting courses, manning the signing on stations and pushing off. **Don't leave it to the last minute to offer your help.**

Our events this season are the 10 mile time trial on 28th April, the 25 mile time trial on 23rd June, the road race on 20th May and the hill climb on 9th September followed by the Beard Cup a week later. To volunteer contact Dave Trippier at Thursday night Club evenings or by email clubsec@eastlancsroadclub.org.uk.





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SATURDAY & SUNDAY CLUB RUNS

Rides start at 9:30am from Rochdale Leisure Centre.

3rd March

Beginners – Heaton Park
Medium – Roughlee

4th March

Short - Meltham
Medium – Glossop/Devil's Elbow

10th March

Beginners – Hebden Bridge
Medium – Wycoller

11th March

Short – Ramsbottom
Medium - Haworth

17th March

Beginners - Haslingden/Helmshore
Medium – Buxton

18th March

Short – Ripponden
Medium - Chatburn

24th March

BAR Season Starts

Beginners – Pavilion Café
Medium – Haigh Hall

25th March

Short – Bolster Moor
50 Miles in 4 Hours

TIME TRIAL SEASON

Believe it or not the time trial season will soon be back in full swing. The following events have been selected and it is hoped that there will be a good Club turnout particularly among the Youth and Junior riders. All the events listed have Youth, Junior, Senior and Vets events.

Date	Event	Distance	Course
10.03.2018	M&DTTA Juvenile Event 1	10	J4/17 entries close 27.2.18
17.03.2018	M&DTTA Juvenile Event 2	10	J2/3 entries close 6.3.18
24.03.2018	M&DTTA Juvenile Event 3	10	J2/3 entries close 13.3.18
21.04.2018	National Youth District Champs	10	J2/3 entries close 10.4.18
28.04.2018	ELRC 10m Timetrial	10	J2/1 entries close 17.4.18

Entry information can be found on the CTT website (<https://www.cyclingtimetrials.org.uk>). The event on 24th March 2018 is postal entry only.

North Lancs Combined Clubs 10m TT

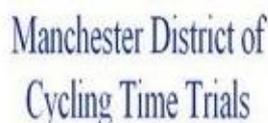
On 10th March 2018, the NLTTs are holding their 10 mile Combined Clubs Time Trial. This event is open for all categories of riders, but it does clash with the first M&DTTA event shown above. The format of the Combined Clubs TT is the same as our Club 25m Championship in September, when all our riders are grouped together and go off at minute intervals of each other. The start time is 2pm and the course is the L1017 course based around Winmarleigh and Cockerham.

The entry fee is £5 for Senior riders and £2 for Juniors. The entry closing date is the 2nd March 2018.

Please note that this Event is NOT in the CTT calendar or Handbook. If you wish to ride please contact Dave Trippier (clubsec@eastlancsroadclub.org.uk) who will submit our Club entry form by the closing date which is the 2nd March 2018.

BAR SEASON

The Best All Rounder Season starts on 24th March with the first Reliability Ride of the year, the 50 mile in 4 hours on Sunday 25th. In a change from previous years it has been decided to award points depending on the difficulty of each Reliability Ride. It is proposed rides will be scored as follows.





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SUMMER CLUB TOUR

A Club Tour has been booked to Ca'n Picafort in Majorca. About 25 people are booked on at present. The accommodation is the Ferrer Janeiro Hotel & Spa through Jet2.com. The core booking period is from Thursday 26th July to Sunday 5th August 2018. All welcome. Contact Dave Trippier for more information.

ARTICLES WANTED

Now that Spring is on the way and we are all getting active again please spare a thought for your poor newsletter editor. Hunched over a laptop with hardly any articles. Save him from typing the ramblings of desperation by sending your news or anything of interest to our members to newsletter@rochdalectc.org.uk.

Thanks, Jon

50 miles	30 points
100 miles	40 points
7,000 feet	50 points
150 miles	60 points
250 miles	70 points

Points for Club Runs, the Funnium, Failed Reliability Rides, Beginners and Club Meetings remain the same. To follow your progress in the BAR competition go to our website www.rochdalectc.org.uk/bar_standings.html. BAR Sec Wally Stansfield can be contacted at bar_sec@rochdalectc.org.uk.

SAFE RIDING RESOURCES



There has been a recent spate of minor accidents in the wintry weather conditions and with safety in mind here are some useful resources from British Cycling which are worth a review.

For those riders who are less experienced on the road or using your bike to get to school/work you may want to take a look at [Commuting](#) where there are lots of useful videos and tips.

For those venturing out on the Club's beginners rides or regular club runs there's a very useful video on how to ride safely in a group, even for those who are more experienced it wouldn't go amiss to have a look! View it here: [Group Riding](#).

Lastly for those Club Riders who are thinking of getting involved in Road racing there's British Cycling's Racesmart initiative. The campaign will use digital resources to provide advice about racing etiquette, techniques, riding skills as well as highlighting the role riders can play in protecting the future of the sport. The Racesmart page can be viewed here: [What Is Racesmart](#).

Remember if you are involved in an accident/incident please send a completed [Incident Form](#) to Heather Preston at welfareofficer@eastlancsroadclub.org.uk.

Heather Preston

