



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.10 April 2014

WELCOME

We have certainly started the season off with a bang with a youth hostel trip, road races and time trials all being well attended by Club members. Here's to a successful and varied year!

BEST ALL ROUNDER

The start of the BAR season is now in full swing us. In order to earn the points you must be a member of the CTC. Please contact Pete Matthew with your CTC membership number, expiry date and date of birth.

You can also monitor your BAR points total via our website, <http://www.rochdalectc.org.uk/rochdale-ctc.html>.

The East Lancs Road club is proud to be supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund.

The weekend of the 22nd – 23rd March saw club members participating in two very different aspects of cycling, road racing and youth hostelling.

CDNW DAFFODIL ROAD RACE

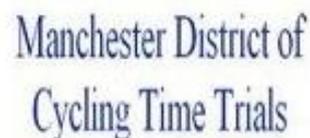


Danny Brejwo Pushes The Pace

The weather was crisp and the sun was out, although leg warmers were still necessary! The team was comfortable in the bunch and found its way into the first third of the peloton. At the end of lap 3, Tom Chilcott was caught behind a split in the peloton and although he was able to bridge the gap back to the front alone, he was distanced again by the pace and forced to abandon. Ben Trippier was safely ensconced in the peloton and was able to hang on to the bitter and frantic end in what was his first road race. Also in his first road race was Dan Brejwo, who found himself on one of the day's breaks, the second group on the road; he narrowly missed out on a top ten placing as the pack swallowed him up inside the final kilometre. In the end, it was a day for the breakaway, the first of which was able to put over two minutes into a determined field.

We feel that this group can be very competitive in similar events this year and as a club we are keen to expand our racing team; should anyone feel that they would also like a piece of the action, feel free to contact any committee member, who will point you in the right direction!

Contributed by Tom Chilcott





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FUNDRAISING

This year we are proud to support Rochdale Hospice. Fundraising events will be held throughout the year and any ideas to help the fundraising effort are welcome. Contact any committee member with your ideas.

RACE DAY & CASUAL CLOTHING

Andy Regan has arranged for us to be supplied with Adidas sportswear to compliment the riding kit. The new clothing will be a great addition to the wardrobe of riders and supporters alike plus a great way to advertise the club. More details on pricing and the range will be available soon.

LADIES GROUP

The next Ladies Group ride is planned for the last Saturday in April. For more information or to offer help and suggestions for the group contact Paula at s.butterworth654@btinternet.com.

SLAIDBURN YOUTH HOSTEL WEEKEND



The Touring Section of the Club enjoyed their Spring Hostel Weekend to Slaidburn. The group left Rochdale Saturday morning and cycled up the Tod Valley past Burnley for their coffee stop at Barrowford. After a break the weather turned to sleet and rain through which the group cycled over Greystones to Gisburn and past Bolton Bowland to Hellifield Station Café where a stop was needed to warm up before tackling the final leg of the ride over Torside to Slaidburn.

The group had a pleasant evening in the Hark to Bounty to recover and next day rode back over the Nick of Pendle on route back to Rochdale to complete the weekend.

CLUB INTERNET FORUM

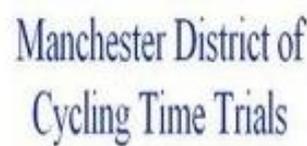
Private Messages (You have 0 unread messages) You last visited 26-01-2014 04:54 PM

Community leaders

Forum	Posts	Last post	Moderators
Road Racing	2	17-03-2014 03:26 PM David Trippier	
Track	6	17-03-2014 04:00 PM David Trippier	
Junior Triathlon	1	17-03-2014 03:59 PM David Trippier	
General Discussion <small>Talk about anything in here</small>	12	17-03-2014 03:57 PM David Trippier	Andy Regan
Club Runs (1 viewing)	7	17-03-2014 03:31 PM David Trippier	
Time Trialling <small>Time Trialling Discussion Area</small>	4	17-03-2014 03:42 PM David Trippier	

Andy Regan has set up an internet based forum where all members of the club are free to discuss all aspects of cycling. Whether it be road racing, time trialling, touring or even items for sale anything can be aired. This will prove to be a valuable asset to the club and everybody is encouraged to take part.

The forum can be found at http://s3.excoboard.com/East_Lancs_Road_Club. If





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COMING UP...

- 5th April – Introductory Ride
- 6th April – Car Assisted Ride to Cafe Lune Condor Green.
- 13th April – Club run A & B to Settle, C to Quarry Bank Mil.
- 20th April – Club run A & B to Buxton, C to Glossop
- 26th April – Ladies Only Ride.
- 27rd April – Club run A & B to Downham, C to Rivington.
- 3rd May – Introductory Ride
- 4th May – Club run A & B to Gargrave, C to Hebden Bridge.

<http://www.rochdalectc.org.uk/club-runs-programme.html>

PETE KLISZCZ

Pete has recently had a spell in hospital. Please join us in wishing Pete a speedy recovery. Get well soon Pete!

you need any help registering please contact Andy Regan or Jon Preston.

MARCH VELODROME NIGHT



Another velodrome trip and another packed night at the track. The usual waiting for shoes and bikes was quickly followed by the warm up, with new riders being inducted onto the track. The first exercise we undertook was interval training; two minutes sprint followed by two minutes recovery. We repeated this around 5 times until our coach decided we had been punished enough. We then split into groups; a fast experienced group and a slower new group.

The fast group were all smiling until they were told they had to compete in a 40 lap race! There were a few groans and unhappy faces at the end, and a small crash left a couple of riders on the deck but without serious injuries. The slower riders did 3-5 lap races in groups of 5 which were hotly contested amongst the junior riders.

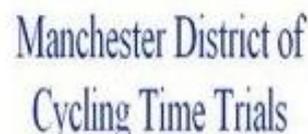
After a short break it was straight back onto the track to practice riding in a line and holding a wheel, with varying success across the field; some riders managing to hold wheels and others flying everywhere. Everyone enjoyed the night with many calls for the event to happen more often!

Contributed by George Preston

LADIES GROUP

We have had some new ladies expressing interest in cycling and joining the club, welcome to them and we look forward to helping them enjoy their experience cycling and with the club.

We are developing our own page on the clubs web site and are looking for suggestions for a name. Some suggestions already in are :





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WEBSITE

The Club's website attracted 356 new visitors and 133 returning visitors in March.

TOUR DE CRAGG

There are a couple of activities that may be of interest centering around Cragg Vale and the Tour de France.

There will be an attempt to break the world record for the longest bunting line, up Cragg. For more details go to <https://www.facebook.com/BuntingCraggVale2014>.

A team of cyclists will attempt to pull a grand piano up Cragg Vale on the 5th April. More information can be found at <http://road.cc/content/news/110747-piano-pull-cragg-vale-celebrate-tour-grand-d%C3%A9part>.

The Pink Ladies (pink in the Club's kit, and a reference to Grease - for those old enough to remember it); East Lancs Dames (a reference to Rochdale's own Dame Gracie Fields). Please post any other suggestions to the forum.

Unfortunately some of the ladies have been incapacitated lately, and the ladies rides have lost momentum. Hopefully we will be able to get going again on the last Saturday of the month in the near future. It has also been suggested that we incorporate some shorter rides for the newer lady members. If you have any advice on some good and suitable routes, please post on the forum.

Studies looking at why more women don't cycle suggest that one of the reasons is lack of confidence to manage the basics of bike mechanics - i.e mending a puncture or broken chain. The club has a bike mechanic, Simon, who would be pleased to go through fixing any of these off putting roadside problems.

Any interest, please post on the forum or let us know at the club meeting or via email.

Happy cycling!

Contributed by Paula Butterworth

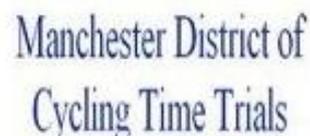
PRODUCT REVIEW

Seamus Kelly regularly reviews products for the CTC magazine. He has kindly agreed to allow us to use some of these reviews to introduce products that may be of interest to the Club members.

ABUS URBAN 1 HELMET



If you like to wear a helmet then fit is important and if you need a size over 60cm your choices are limited. The Abus Urban 1 comes in two sizes;





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small/medium 52-57cm and medium/large 56-62cm.

I've been using the 56-62cm size, in signal yellow, for several weeks. It is comfortable, very adjustable for a secure fit and accommodates a skullcap on cold days. The soft and pliable straps have a pad under the buckle, but can move in use and need frequent adjustment.

This bright yellow helmet with reflective stickers is highly visible both day and night. The 4-LED light in the adjustment dial is clever but quite bulky and catches on some collars.

The Urban I is well finished and feels solid, not heavy, it is a comfortable helmet available in a wide size range. It has a couple of little niggles, but I'd still choose it over my other helmets for winter commuting.

The Abus Urban I costs £54.99 or £59.99 for the Reflective version and is distributed by Zyro, further details are available on www.zyro.co.uk.

Available colours are Blue, Tweed (black and red), Silver, Black and Berlin (a black and grey street map), and for the Reflective Yellow and Red.

Pros:

- Great range of sizes including larger fittings
- Comfortable and secure fit
- Reflective version is highly visible
- Very well finished

Cons:

- Straps need frequent adjustment
- Light on rear catches on clothing

