



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.26 September 2015

WELCOME

We started the hill climb season with a bang at the Beard Cup competition. See right for a full report.

Many congratulations go to Andy Gorton who took part in the BDCA 100 mile Time Trial on course A100/4 in Derbyshire. Andy came home in a blistering time of 3hr 51.49s averaging 26mph and beating the Club record. The event was won by Charles Taylor in 3hr 21.32s.

LINK 4 LIFE MEMBERSHIP

East Lancs members can enjoy discounted membership of Link 4 Life. In order to benefit from this use your Club membership card and contact Caroline Garside by phone on 07811 366253 or email on caroline.garside@link4life.org.

Details of other Club benefits are on the website at www.rochdalectc.org.uk/suppliers.html.

BEARD CUP SUCCESS!

The Club retained the Beard Cup with great rides from Chris Green, Alex Trippier and Andy Gorton.

A beautiful late summer Sunday afternoon greeted the brave (or should that read foolhardy) 47 participants of the 2015 Beard Cup. The usual mile long course is a tough challenge with its varying gradient but a tail wind made it slightly more palatable. The promise of food and drink at the event HQ, the Woolly Knit Café also made getting to the finish more tantalising.

The overall prize was taken by Kieran Manchester of Saddleworth Clarion with a time of 4m 56.2s. Second was Chris Green of the East Lancs in 5m 10.7s, third Henry Cash of Saddleworth Clarion in 5m 12.0s and fourth Alex Trippier of the East Lancs in 5m 17.3s.



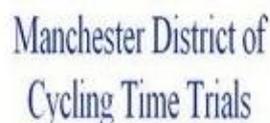
Fastest Lady - Georgina

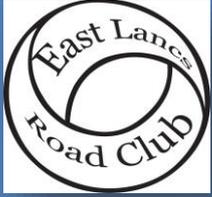


Fastest Overall – Kieran Manchester

Georgina of the East Lancs won the ladies competition in 7m 32.4s, Henry Cash and Alex Trippier took the first two prizes in the Junior section. Noah Codling and Thomas Bland with times of 7m 28.9s and 8m 24.1s respectively were first and second in the Juvenile section for the East Lancs. Nigel Suter of the Club took the Tourist prize in 9m 03.9s.

Congratulations to all the winners and thanks to everyone who took part for making the event a success.





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PILATES AT THE CLUB

As part of the Club's off season training programme a Pilates and Yoga course is on offer from Marion Rubins at Whitefield Pilates (www.whitefieldpilates.com).

Pilates is a great way to improve core strength and avoid injury.

The classes will take place at Rochdale Leisure Centre from 7.30pm to 8.30pm from mid-September on a date to be confirmed. Some of the later dates have been confirmed as follows -

1st October, 8th October, 22nd October, 5th November, 19th November and 3rd December.

Look out for a further email confirming the start and end dates.

After the Christmas break Paul West will be taking turbo classes.



Alex Trippier, Chris Green and Andy Gorton with the Beard Cup

TWO HOT IN TUSCANY

(or It ain't half hot Mark!)

Darryl Nolan and Mark Riley made their annual trip to cycle in Europe. This time, Italy beckoned as Darryl reports below.

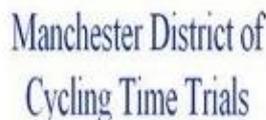
July saw Mark and me at Liverpool Airport this year on our way to Pisa to tour around Tuscany.

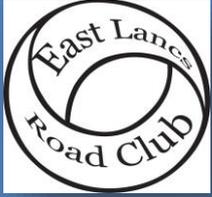
We packed our bikes in cardboard boxes my bike and box arrived safely... then a few minutes later my wheels... and finally my saddle bag. Very worrying but at least no-one dropped it from the plane?

Rather than camp this year we booked B&B's very cheaply so we just rode with a saddle bag each day.

An easy ride on the Monday afternoon took us out of Pisa 20k to our first overnight in Pontedera (a good base for visiting Pisa, Florence or Siena)

Next day a 76k ride to Greve what a day! Our first experience of temperatures of 35C in the afternoon. Too hot for Mark who bonked well before the overnight stop. I left him having something to eat and drink while I rode on only to find there was no room at the B&B it was double booked. Arrived back to Mark and we had to spend the night sleeping in the woods with only our bike bags for cover!





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BEGINNERS RIDES

Our Beginners (formerly known as 'D') Rides for beginners take place on Saturday mornings from Rochdale Leisure Centre at 9:30am.

There is also a greater variety of destinations for this ride.

The pace is easy and the mileage low. Check on Thursday Club nights to ensure one is taking place.



Don't Go Down To The Woods Today

Next on to Siena a beautiful town but packed full of tourists!

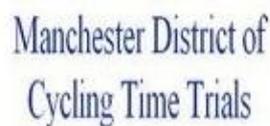
Murder to find a way out of Siena the next day. We were on the right road only going in completely the wrong direction. Great accommodation that night in Sinalunga in a refuge attached to a monastery.

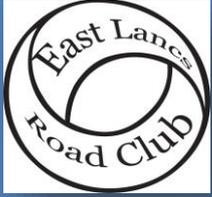


Typical "Crete" Landscape South of Siena

By now we hatched a plan; it was too hot to ride all day so we set off at 7 in the morning rode till 11 then sheltered from the heat till 3 or 4 and then rode the last hour or so to our B&B.

Friday teatime we arrived at the Ferry on our way to Elba, a 25k ride took us to our digs in Marinera Marciana a quaint village but full of preening Italians. We had planned to ride round the Island in 2 days but it was just too hot so we just chilled out and had a few beers for a couple of days.





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COMING UP...

Sunday 20th September

Short Ride – Hebden Bridge
Medium Ride – Tatton Park
Long Ride – Southport

Sunday 27th September

Short Ride – Sowerby Ridge
Medium Ride – Haworth
Long Ride – 7,000ft Reliability Ride

Sunday 4th October

Short Ride – Bromley Cross
Medium Ride – Wycoller
Long Ride – Longridge

Sunday 11th October

Short Ride – Golcar
Medium Ride – Pott Shrigley
Long Ride – Otley

Sunday 18th October

Short Ride – Ramsbottom
Medium Ride – Bingley Locks
Long Ride - Skipton



Ferry to Elba

Next week after some easy riding and fantastic digs we returned back for an overnight in Pisa to check out the Tower and a final meal and beer before the flight home.



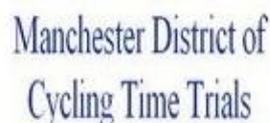
Which One is the World Heritage Site?

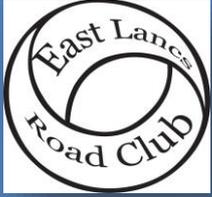
Tuscany has some great scenery fantastic routes nothing too hilly although lots of 6/7/8% hills which sap your strength in the heat. Accommodation and food is much cheaper than France I would like to return but a little earlier or later in the year.

EN VELO IN CORSICA

Club members Georgina and Nigel toured Corsica by bike and had a great experience as Georgina explains.

With the last 2 weeks of the school holidays ahead and a cold miserable weather forecast for the duration, it seemed that a last minute break would be in order.





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NLTTA 25 MILE TIME TRIAL

The North Lincs Time Trial Association 25 Mile Time Trial takes place on Sunday 20th September. There will be 21 riders from the Club taking on two laps of the Garstang course.

If anybody is interested in helping out with the marshalling please contact Derek on 07872 678314 or Jamie on 07946 440913.

After the TT there will be a short Club run to Glasson Dock with a café stop at the Café de Lune.

With 4 days' notice, flights were booked to Bastia in the north of Corsica, a mountainous French island in the Mediterranean, where the temperature was in the high 20's.

Corsica played host to the Grand Depart of the Tour de France 2013 and is hoping to become a Majorca style haven for cycling. It was only a few clicks to find that decent bikes could be hired, and so while the intention was never that it become a cycling holiday with that as the sole aim, it was certainly going to be a little active. We found a good website (<http://www.corsicacyclist.com/>) written by a British bloke that detailed some memorable rides to do if time was limited and with the help of <http://ridewithgps.com/> we managed to find 5 days riding covering the north of the island.

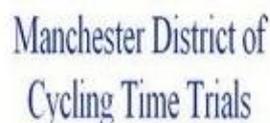
It was intended ultimately to be a holiday and not an ordeal, so the rides were about 50-60 miles a day, with neither of us knowing how we would cope with the heat and the terrain. Our first two days were a circumnavigation of the Cap Corse, the promontory at the north of the island. The road was a narrow two lanes hugging the cliffs. Protecting the rider from certain death by plunging down a 1000ft drop to the sea was a 15" wall. Seaside villages with Napoleonic era forts made for scenic lunch spots.

Our next couple of days took us inland, and with the addition of Apidura seat packs



we turned our hire bikes into superlight tourers. The literature said the one ride we had to do was the D84 road up Gorge de Spelunca. A fast ride out of town took us quickly into the foothills of the mountains and eventually to a stunning vista of jagged peaks. After another fantastic lunch spot we eventually arrived at the base of a 25km climb of constant manageable gradient. As the climb carried on, the walls of the gorge got closer and closer until the sheer sides were only about 100m apart, with a plunging river below. It was a stunning ride, with an old tourist hotel near the top, serving hikers going up to the highest peak on the island (Monte Cinto). Despite the altitude, the mercury topped 37C, but

never felt oppressive. The next day started by retracing down the same way, in the cool morning air with hardly any traffic. A climb that took hours the day before





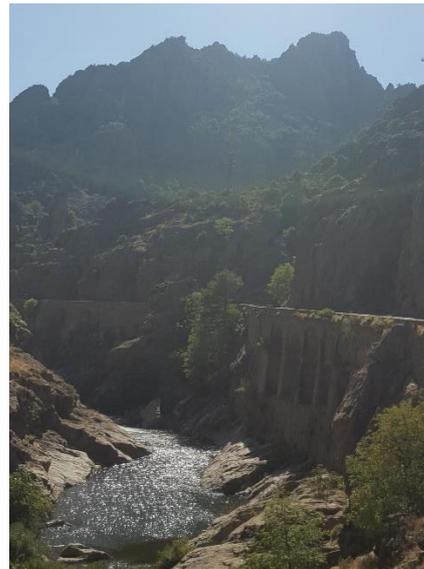
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was over in 26 minutes! The last couple of days toured more hills and village cafes finishing and handing over the bikes at the seaside. We took the scenic train back to our base for a final day of relaxing before flying home.

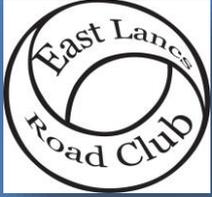


According to the hire company, the north with the high mountains has the long winding alpine-style passes while the more touristy south has shorter climbs with harsher gradients. With a bit more time for organisation and maybe a car for getting about between (the train can't take bikes), the island offers a fantastic opportunity for cycling and we'll certainly be going back!



Manchester District of
Cycling Time Trials





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...AND FINALLY

Articles and information for the newsletter are always required. Any articles about rides, touring and events over the summer or your plans for the winter will be gratefully received. Please email me at newsletter@rochdalectc.org.uk.

Thanks, Jon

facebook.

twitter

BIKES FOR SALE

There are two mountain bikes and two hybrids bikes for sale.

The mountain bikes are high quality, both full suspension, one a Boardman 650B, the other a Specialized costing about £2k to build. The hybrids are Ammaco CS650. If you are interested please contact Mick on 07595 455571. He wants them to go to riders and not eBay.



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