



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.42 February 2017



WELCOME

The days are getting longer and there are signs that spring is on the way. It's time to start planning for the new season. Whether you are a tourer, racer, a social rider or enjoy a mixture of disciplines the Club has something for all!

EARLY SEASON TIME TRIALS

Saturday the 11th March sees the start of the Manchester & District 10 mile TT's on Cheshire which are particularly important to our Junior riders. There is also an event for Senior riders as well.

Events can be entered through the Cycling Time Trials website www.cyclingtimetrials.org.uk.



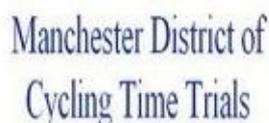
FIRST RIDES FOR CLUB YOUNGSTERS



Dave Trippier lead a club run to Hebden Bridge that was the first ride on the roads for many of the Club youngsters. Dave said 'The ages of the group range between 10 and 14 years old and we came back over Lumbutts to give them a little climbing experience.'

The photograph below is of 11 year old Matt Race who was just about to cycle up Cragg Vale for the first time. He did really well, successfully getting up to the top, despite the usual headwind to make it a little harder.

It's great to see the youngsters getting out in the winter months and enjoying their rides. It will make summer rides seem all the more pleasant.





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TLI CLOSED CIRCUIT CYCLING

The TLI is a body that promotes cycle racing. They are holding their National Closed Circuit Championship at Oulton Park on Sunday 14th May.

There is something for every rider with age categories from under 8 to over 75.

It is not necessary to be a full member of TLI as day membership is available to allow you to try racing before you fully take the plunge. For more details see their website www.tlicycling.org.uk.



NORTH WEST PASSAGE AUDAX

Gareth Snell tells us of an adventurous day Audaxing!

Last year several club members completed the Mini-NW passage in horrendous weather. What possessed us to enter its bigger cousin this year?!

The day started well with cool and dry weather. As I cycled to the start at the Spring Inn, I spotted a fellow cyclist riding down the road who looked like an Audaxer.

'Morning mate, where are you off to then?'

'The Audax' was the reply 'do you know where the start is?'

'Yes, follow me I only live up the road so know it well. Where are you from?'

'Stoke' was the reply.

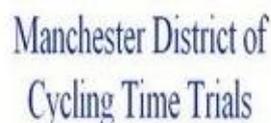
'Oh, did you ride up yesterday and stop overnight?' I said in innocence.

'No, I set off at 03:30 this morning.'

'Bloody 'ell, that's some trip mate!'

More of this intrepid Audaxer later.

At 08:00 there was a mass start from the Spring Inn for all on the 200Km NW passage with a full field of over 100 riders. Audax are specifically not races, well this lot hadn't read that bit so I soon ended up near the back, my natural position, along with my fellow ELRC stalwarts, Mike Coulter and Jason Codling. Settling into a slower but steady rhythm we trundled towards Settle and Kirkby Lonsdale.





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SATURDAY CLUB RUNS

25th February

Beginners – Edenfield
Medium Ride – Tockholes

4th March

Beginners – Heaton Park
Medium Ride – Roughlee

11th March

Beginners – Hebden Bridge
Medium Ride – Wycoller

18th March

Beginners –
Haslingden/Helmshore
Medium Ride – Buxton

25th March

Beginners – Pavillion Cafe
Medium Ride – Haigh Hall
Long Ride – Bolton Abbey

Don't Forget, lights and mudguards are obligatory for all winter rides.

BAR SEASON

Don't forget the Best All Rounder (BAR) season starts on 25th March!

Get riding to get those points!

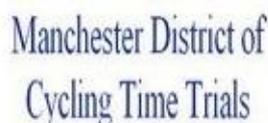
The first stop for us was Barrowford Visitor Centre for a brew. Unfortunately we were too early. The place doesn't open until 10:00! The country's going to the dogs. So brewless we commenced the long drag up through Blacko and onto Gisburn enjoying the sun and great views. Gisburn came and went and we soon found ourselves in Settle at the Naked Man Café after one puncture repair on Mikes bike. After a brew and eggs on toast, eaten with the Audaxer mentioned above we pushed on to Kirkby Lonsdale. After another brew at the world famous Devils Bridge butty van and a fill up on fluids from Booths, off we set toward Lancaster and Scorton. Rounding a corner on the A683 all road traffic came to an abrupt halt a large 4x4 was stopped in the road holding up all the through traffic. What on earth could be the problem? As we pushed through the stationary vehicles we could see the driver of the 4 x 4 filling a syringe from an ampoule whilst sat at the wheel of the vehicle; whilst 50 yards in front of him was a large parking area. He may have had a legitimate reason to be using the syringe but using it in the middle of the carriageway was odd indeed!



Mike and Jason on Devils' Bridge

On the way through Lancaster, not pleasant, the aforementioned Audaxer joined us and we guided him through the very busy city centre only to notice he was a complete barmpot. *He was riding a fixie.* Stoke to Rochdale, 200k Audax and then back to Stoke on a fixie. I ask you!

After a few minor navigation errors we ended up at Scorton Barn for much needed food and hot drinks. Still dry and relatively warm and only 60k to go. Daylight was fading so on went the lights and Jason took up position on the front. Good job he did as Mike and I were fading. Jason led the way in pitch black over Blackburn Moor and Owd Betts. It was now





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SUNDAY CLUB RUNS

Our summer run schedule starts on 26th March. From this date rides start at 8:30am and there is an additional long ride for those adventurous types. Until then all rides depart from Rochdale Leisure Centre at 9:30am

26th February

Short Ride – Townley Park
Med Ride – Bolton by Bowland

5th March

Short Ride – Meltham
Medium Ride – Glossop

12th March

Short Ride – Ramsbottom
Medium Ride – Howarth

19th March

Short Ride – Ripponden
Medium Ride – Chatburn

26th March

Short Ride – Bolster Moor
Medium Ride – Castleton
Long Ride – Bolton Abbey

Don't Forget, lights and mudguards are obligatory for all winter rides.

raining as well so this wasn't the best part of the ride plus we had to contend with a right dipstick of a driver who thought it was hilarious to bring her car to a screeching halt right at the side of Jason and do a three point turn and tear off in the opposite direction whilst giving us and other drivers the finger. Good job I was tired or I'd have given chase and snapped the bloody finger off.

The Spring Inn then appeared, much to our relief, approximately 12 ¼ hours after setting off, 9 ½ hours moving time. A well earned supper was wolfed down as well as a few pints. The Audaxer previously mentioned also appeared before he set off back to stoke, 400k, RESPECT. We later learned he was the National Fixie Champion but his name escapes me.

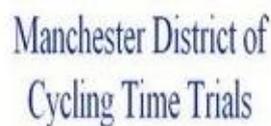
Congrats to all who completed it, Mike Coulter, Jason Codling, Me, Mark Barker, Simon Abraham, and much Kudos to Karen Bailey who completed it in approx. 9 hours.

Well done to all the others who rode the mini NW passage, Phil Booth, Jonny and Josh Decamps, Mark Riley and poor old Shaun Leonard who went over the handle bars and broke his bike and whose Di2 battery then went flat. Respect to Phil Booth and Jonny Decamps for helping him out.

Lessons learned:

- 1) Carry a power pack if relying on your Garmin, both mine and Mikes switched off due to low battery.
- 2) Carry more food and water
- 3) When washing bike take the front wheel off and wash under the mudguard. Mine had so much SH1T under it was rubbing on the wheel.
- 4) Don't waste time at food stops eat and get out.
- 5) Don't chase numbskull drivers, it's a waste of time and energy.
- 6) Make sure your battery is fully charged if you are using that new fangled DI2 stuff.

Thanks to Gareth for the article.





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YOUR NEWSLETTER



Articles for the newsletter are always welcome. If you have any news, results, ride reports or anything you think may be of interest to others please email them to me at newsletter@rochdalectc.org.uk
Thanks, Jon

EVENT HELPERS WANTED!

The table below shows details of the racing events that the Club is organising over the coming season. These events would not be possible without the support of Club members.

Event	Date	Organiser	Event Start time	Course Location	Marshalls Req'd	Other Helpers Req'd
10 Mile Time Trial	Saturday 29th April 2017	Jon Preston	2:00pm	J2/1 – Chelford, Cheshire	6No.	6No.
Spring Road Race	Sunday 21 st May 2017	David Trippier	9:00am	Bashall Eaves, Clitheroe	7No.	10No.
25 Mile Time Trial	Saturday, 24 th June 2017	Jason Codling	2:00pm	J2/9 – Chelford, Knutsford, Holmes Chapel	8No.	6No.
East Lancs 2 Stage Hill Climb	Sunday 10 th September 2017	Andy Regan	11:00am	Huddersfield Rd & Buckstones Rd	2No.	6No.
Beard Cup Hill Climb	Sunday 17 th September 2017	David Trippier	2:00pm	Diggle	-	3No.

We are inviting **ALL** our members to volunteer in the running of these events, irrespective of whether you take part in them or not, because it's part of being a good club to promote events and keep our sport alive and prospering. Over the last few years we have relied heavily on the same few people to run our events but we need wider support.

Please have a look at the dates and times of our planned events and confirm back to me where you can volunteer to help, so we can plan accordingly.

Don't delay and forget to reply. Please reply now to David Trippier by email at clubsec@rochdalectc.org.uk.

