



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.18 December 2014

WELCOME

November has turned into a busy month. The Youth Hostel trip, a night at the Velodrome, the club AGM and the Riders Dinner have all been crammed in. Read on for more information.

DO YOU HAVE A BICYCLE FOR SALE?

Second hand bikes are always required for new club members. If you have a bike for sale please contact Dave Trippier by email: davidt@rochdalectc.org.uk.

ANNUAL CLUB DINNER

The Club's Annual Dinner and Dance will take place on the 10th January 2015 at the Norton Grange Hotel, Castleton. There will be a review of 2014 and presentation of the club awards plus guest speaker the great time triallist Dave Fearon. Tickets are priced at £20.00 each from Ceara (socialsec@rochdalectc.org.uk) or at Thursday night Club meetings.

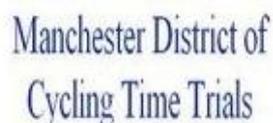
EDALE HILLY HOSTEL WEEKEND

A few of the East Lancs riders went away on one of the annual hostel weekend, this time deep in the Hope valley to Edale. The weekend started as most weekends do cold and wet. This did nothing to dampen the East Lancs rider's spirits who set off with smiles on most of the riders faces. The first few miles were relatively problem free and just sailed by for those who were dressed appropriately; unfortunately some of the "Chimps" had dressed as if it was a nice sunny day and just had to shiver in the saddle for most of the day.

The first stop was at the iconic Manchester Velodrome where riders stocked up on food and drink, and also took the opportunity to get some heat back in the body. After the break the weather seemed to improve and so did mood inside the East Lancs peloton (well the chimps mood did). After rolling through the next couple of miles a nasty hole in Alex Tripper's tyre delayed proceedings for a while, but handy man and ride leader Mark Riley was on hand to lend Alex a spare tyre.



After the technical issues were sorted the mighty East Lancs set off on their way to the next café stop which was situated in Lyme Park, the café was surrounded by beautiful scenery and a variety of wild life including many wild deer. The technical issues kept on coming with Sam Walley being the next victim with a problem with his crank. Yet again Mark had sorted yet another problem the peloton got back on the road to finish the last few miles which ironically were the hardest. Once the hills kicked in the bunch split up (chimps at the front pensioner class at the back). The day ended after a very dangerous descent which included every danger possible on a bike.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.18 December 2014

RIDES COMING UP...

A, B & C Rides will be running as usual on Sunday mornings from Rochdale Leisure Centre at 9:30am. Look out for the emails from Seamus each week giving details of destinations and distances.

D RUNS

The D rides for novices and riders new to the roads are being organised on a regular basis. These are over a distance of around 20 miles and are designed to go at the pace of the slowest rider. Check your emails for details.

RIDE LEADERS

Fifteen Club members have undertaken the first two training sessions and the course should be completed in early December. The course is presented by Seamus Kelly and is proving invaluable as a tool to improve safety on club runs.

After an eventful night for the chimps they managed to claw themselves out of bed and onto the bike, to complete the second leg of the journey. This stage saw the riders tackle numerous climbs and cafes, with a long day in store for the chimps as they spent most of the day waiting at the top of climbs. The riders stopped off at the colourful café of Langsett and enjoyed a hearty meal. The last part of the stage seemed to drag and took a lot out of all the riders fortunately there were no crashes and no technical troubles and everyone got home safely.

Thanks to Alex Wiseman for the report.

THE CLUB'S ANNUAL GENERAL MEETING

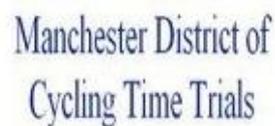
The Club's AGM took place at Rochdale Rugby Club on the 11th November. The evening was hosted by Dave Trippier who began by reflecting on the general achievements of the last year. Each of the committee members with specific roles then gave a presentation which was a summary of achievements and events over the last season and a look forward to the new season for their area.

There was a short question and answer session followed by a vote on new appointments to the committee. As a result of these votes, Mark Riley replaces Pete Kliszcz as Finance Secretary following Pete's resignation, many thanks to Pete for his work in this role. This left the Runs Secretary post vacant which has subsequently been filled by Seamus Kelly who will take over the excellent work done by Mark. Heather Preston moves into the role of Welfare member, taking over from Hilary Smith, many thanks to Hilary for her work in this capacity.

The evening was rounded off with a potato pie supper.

WINTER CLUB RUN SAFETY

REMEMBER....LIGHTS AND MUDGUARDS ARE ESSENTIAL FOR WINTER CLUB RUNS. IF YOU DO NOT HAVE THESE YOU MAY NOT BE ABLE TO TAKE PART IN THE RIDES.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.18 December 2014

BILBAO TO CALAIS CHALLENGE

As reported in Novembers newsletter, Andy Gorton is organising a ride from Bilbao to Calais in May 2015. If you are interested in taking part as a rider or a member of the support team contact Andy by email andrewgorton@btinternet.com

COACHING IN THE NEW YEAR

Coaching sessions with British Cycling coach Paul West are planned for the New Year. Look out for more information soon.

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

SHAUN'S NOVEMBER TRACK NIGHT

Shaun Leonard shares his personal experience of his first track session.

Wow! This is it! The East Lancs track night is finally here....we've got the whole of the Manchester Velodrome to ourselves for two solid hours!

It was just an unbelievable feeling to think that my team mates and I were actually going to ride around the very same track where our home grown Olympic Team GB, World Champions and many other World Class riders had trained. As we emerged out of the tunnel into the centre of the track, I imagined the intensity of the thousands of hours of hard training that had culminated in to so many titles being won.

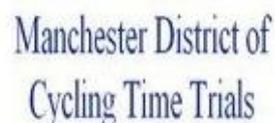
That feeling, however, soon turned to apprehension and a little nervousness. I have to admit, as I took my first look around the whole track from the inside, the first thing that hit me in the pit of my stomach was the sheer angle and height of the 'Wall of Death' banking! I'm suddenly daunted by the fixed geared, non braked track bike in my hands...that, coupled with the fact that I am a total novice, suddenly makes the adrenalin kick in...big time!

The Coach very quickly provided us with the basic do's and don'ts, whilst injecting a little humour in to the proceedings...like how far we would actually be launched into the air if we stopped pedalling (Ha ha??!)

Then before I knew it, I'd broken my track virginity...the 'Fat Lad at the Back' felt as though he had finally arrived! Slowly working my way up to the top of the banking, my speed and confidence grew. My team mates and I started to exchange places by darting to the right of the slower riders, perhaps those who were winding down after completing their sprints, or maybe they'd just blown and I was flying - or so it felt! I was now getting a complete feel for the track and 'I'm having it'!!

I soon got used to the bike and its handling, as well as being able to relax my upper body - which had previously been taught in nervous tension.

As I reached the 180° bends, I looked through the corner ahead of me and as my body turned sideways the motion felt incredibly natural. It was as if I was being gently supported into the perfect apex or line of the bend, which is not





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.18 December 2014

CARBON WHEELS FOR SALE

Jack Mottley has a pair of Planet X Pro Carbon 50 wheels for sale. They are in great condition and anybody interested should contact Jack by phone on 07590 835694 or by email: jackmottley@hotmail.co.uk.

something I feel on the road bike, unless it's through a corner I've been through a hundred times before.

At first, riding the Velodrome felt like being on a wooden roller coaster... slightly out of control and jarring. Then suddenly it all clicked into place, it had become a tubular steel, finely toleranced, nylon wheeled, race bearing, modern version of the same and I was in complete control! It was exhilarating to ride. The bike felt so much more responsive and efficient than the road bike I'm used to.

The whole experience for me was absolutely superb! Thanks for organising this event! I can't wait until next time!



Manchester District of
Cycling Time Trials





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.18 December 2014

CLUB AUCTION

The auction for those items that 'money just cannot buy' took place on the Thursday 20th November Club night. Lots included a retro Raleigh frame, items of Bradley Wiggins kit when he rode for French team Cofidis and a variety of wheels, inner tubes, tyres (partly worn) and other components. The vigorous bidding was overseen by Dave Trippier with a magnificent £500 raised for Club funds.

RIDERS DINNER SUCCESS

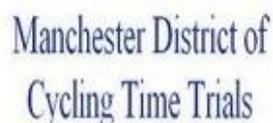


The East Lancs Riders (pre-Christmas Dinner)

The weather smiled on 40 Club riders as they departed in three groups from Rochdale Leisure Centre on 30th November. The three groups consisted of an A, B and C run with each ride finishing at the Puckersley Inn for Christmas Dinner.



The A run was a 50 mile fast effort taking in Holme Moss amongst other climbs. The B run went over Cragg Vale and Windy Hill and mainly consisted of the youthful end of the Club (whose ride discipline was exemplary) lead by Shaun Leonard. The C run went over Owd Betts and through Edenfield giving back through Heaton Park and Middleton. Once ensconced at the restaurant we were served a very welcome three course Christmas dinner. Following dinner the winners of the Club Man of the Year and Accident of the Year were announced. Mark Riley was a well deserved winner of the former category for his tireless efforts through the year. Tom Chilcott took the latter category for his crash descending on Alpe d'Huez on a hired Pinarello Dogma!





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.18 December 2014

AND FINALLY...

As always at this time of the year there is less news to report. If anybody has any cycling information, experiences or advice they would like to share please email me at jonathan.c.preston@gmail.com.

The raffle was drawn with prizes won by Pete Matthew, Dave Grogan and Andy Gorton. The afternoon wound to a close with games and socialising with a very steady ride home for most.

Thanks to Ceara for organising such a great day and to the Puckersley Inn for their hospitality.

MERRY CHRISTMAS & HAPPY NEW YEAR TO EVERYONE!



Manchester District of
Cycling Time Trials

