

La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.21 March 2015

WELCOME

The time trial season kicked off with the Nova CC 25 mile 2 Up, see below for report. On the touring front Paula reports on a stunning winter ride in a quiet part of North Wales and two members describe a great Audax experience.

NATIONAL LADIES CYCLING MONTH

As part of International Women's Day, March is designated National Ladies Cycling Month. Paula has arranged two ladies only Saturday rides on the 14th and 21st. Contact Paula by email for more details at s.butterworth654@btinternet.com

NEW CLUB WEBSITE

We have launched a new Club website with updated information and a more modern fresh look. New features include an interactive calendar which can synchronise with your Smartphone and a revised gallery. The address remains the same at www.rochdalectc.org.uk.

PAULA & STEVE'S WINTER TOUR IN NORTH WALES

The winter seems to be going on for ever; first Christmas then snow and ice have kept me off my bike for ages. Even the mile muncher has spent more time on the turbo than on the road. Last weekend we went on a bit of a luxury weekend to Deganwy in North Wales. Fabulous room in a swish hotel, it had pool, gym and spa. And we took our bikes....

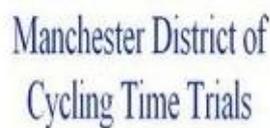
The sun shone bright on Sunday morning. The wind died down to a breeze. Snowdonia was glittering white so bright in the sun it hurt the eyes, but no ice to spoil our route for the day. Fuelled by a good breakfast, the mile munching hill climber had to concede like all successful husbands that this bike ride belonged to the wife. That meant no more than 40 miles and flat.



Looking Down The Sychnant Pass

Wife was persuaded but how, I will never know...that the outwards route should take in the Sychnant Pass. It's a fantastic descent, he said. I know, I thought and as I know this area I was well aware of the climbing that preceded it. Still, if you can't ride you can push, and it's a favourite bike ride of my Dad's when he was a young fit cyclist who used to chain gang on his big steel fixed wheel bike with his bike club from Liverpool and back. I thought 'keep it up for the family, no moaning', so off we went on our Sunday C ride from Deganwy to Bangor and back.

The route took us on a traffic free cycle path down the estuary, across the bridge to Conwy. Then it was up hill to the start of the Sychnant Pass. The beauty of the place took the edge off the effort off its undulating road. We were passed by hardly a vehicle. I exchanged pleasantries with three cyclists who overtook me





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NEW YEAR COACHING SESSIONS

The Club night training sessions with Paul West continue to be popular with members of all ages taking part.

Paul has devised great turbo training routines which combined with the circuit training will help to give a good fitness base for the season.

If you would like to take part, come along. Sessions start at 7:30 prompt and there is a charge of £2.00.

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.

shoving the bike up a sharp bit of hill.

The descent that followed was spectacular. The hills part and laid out before is the Menai Straight and the isle of Anglesey. There, pretty cottages and a good pub line the route down that soon brings you to the little town of Penmaenmawr. Traffic free cycle paths brought us to a single track tarmac lane. Husband knows of it through audax routes. About 5 miles long, this little known lane yielded no traffic and glorious views. A short stretch of road led to more such lanes until the route dropped down into the ancient university town of Bangor.



Great Orme In All If Its Splendour

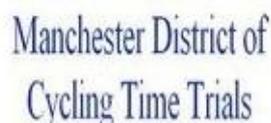
A quick flapjack and drink and we turned for the way back; the day too biting cold to linger any further. The return journey was more of the same until we emerged at the town of Llanfairfechan. There was a brief debate as to go UP to return via the Sychnant, or DOWN to return via the FLAT, beautifully surfaced coastal cycle path. I won, and FLAT it was....

The route ran along the side of the sea with views over Anglesey, the Great Orme and across the estuary. It was fast and fun; stunning scenery and plenty of history.

Our 'C' ride was a challenge for me, but I loved it. It was everything bike riding can be; exhilarating, challenging and fun. It's also great when I can pin my mile munching hill climbing husband to a bike ride with his old lady. Heres to a lot more of the same!

NORTH WEST PASSAGE AUDAX

Several Club riders took part in the North West Passage Audax on the 21st February. Paul Atherton and Tom Chilcott describe their experiences. First up is Paul.





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TRIATHLONS

If you are considering taking part in a Triathlon event Andy Regan has some great information and contacts that he can share with you. See Andy at Club nights or contact him by email at clubsec@eastlincsroadclub.org.uk

VIDEOS

The Club has opened a YouTube channel for videos that may be of interest to Club members. It can be accessed through the link <https://www.youtube.com/channel/UCtW0D5ZYIWfaZ61C15TF7g>. If you have any videos you would like included send them to Jon Preston at jonathan.c.preston@gmail.com.

I'd finished the preparations on the bike the night before at about 11:30pm. I don't have the time during the week between work and kids and I felt tired before I left the house. I do this every time before a long bike ride!

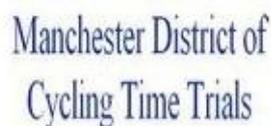
I rode to the start at the Spring Inn and met up with Simon and Mark. I was still jovial until the temperature started dropping and after an hour of riding I kept thinking 'I should have stayed in bed'. Just as we left Barrowford we hit the 1st climb which was about 1 mile or more up. I saw this sign saying Blacko and at this point the other Audaxers went past us and then my legs began to struggle, I started to think that I'd better get a move on or it's going to be fat lad at the back again.

After we descended I said goodbye to Simon and Mark because I could not keep with them. I was preparing to make the ride on my own and stopped a few times to rethink my strategy. I eventually caught up with Simon and Mark in Settle for a drink and a butty after which we set off again. It wasn't long before I was on my own again but Simon and Mark tried to slow the pace down for me but with my legs telling me otherwise I just pushed on. It was hill after hill and I remember after leaving the first control point when I was riding up a short hill in a place called Melling that I had cramp in both my thighs and had to stop at the top. It was then I was thinking of pie and peas and a pint at the finish.

With only 80Km left to go Lancaster seemed like an oasis in the desert and on leaving Lancaster behind I was making good recovery after doing the only flat bit on the ride. But then it was hilly again after leaving the second control point! I was settling in with ride by then and was beginning to enjoy the pain and my legs got better I just wanted more hills and more pain! I was well addicted but very tired at the same time and was the man possessed with the Audaxers bug .

When I saw the wind farm near Haslingden I was the happiest man around because I knew the finish wasn't far away and the pint too plus I was glad to see Simon and Mark. I never forgot about the people I set off riding with, they give me inspiration to do better. Happy Audaxing!

Now Tom's take on the Audax experience.





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CLUB RUNS COMING UP...

The following Club runs will be taking place over the next few weeks.

Sunday 8th March

'B' Ride – Bolton Abbey

'C' Ride – Black Dog, Belmont

Sunday 15th March

'B' Ride – Whalley Bridge

'C' Ride – Helmshore via Bury

Sunday 22nd March

'B' Ride – Bashall Barn

'C' Ride – Uppermill

Sunday 29th March

50 Miles in 4 Hrs Reliability Ride

'C' Ride – Hebden Bridge

Sunday 5th April

'B' Ride – Buxton

'C' Ride – Sowerby Bridge

'A' Rides also take place on Sundays and are being arranged by Mark Barker and Steven Butterworth. Please check nearer the time for more details.

All rides start at 9:30am from Rochdale Leisure Centre. See <http://www.rochdalectc.org.uk/calendar.html> for details.

A couple of weeks back, Andy Regan volunteered me to ride the Northwest Passage Audax. Not the big ride, that would just be madness! No, the 70 mile event taking in Calderdale and Burnley before going on to Clitheroe and returning via Haslingden and climbing over Owd Betts. All in all, we thought it would present a good challenge for the time of year. I'd never ridden an Audax before, and this was to be my longest ride yet; I'm prepared to admit that I was a little nervous!

I awoke on the morning of the event to bad news: it was very cold; the nice lady presenting the weather warned me to expect hail and snow. I decided to take that under advisement.

I arrived to sign on at the start line only to find that I'd misread the start time and had arrived an hour early. This meant that I could have indulged in another hour's sleep. This news did not please me, I like my sleep.

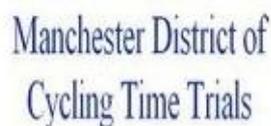
Eventually, the time came to set off on our little ride and immediately there was a dilemma; our group split into two - the fast and the less-so. I opted to take a steadier pace, with the promise of a nice stop for some food at Bashall Barn. We took what could best be described as a leisurely pace; the first couple of hours were bitterly cold and punctuated with snow and a little freezing rain. We passed other riders cowering under road bridges - I guess East Lancs riders are made of sterner stuff! Before too long, we arrived at Bashall Barn for a very welcome cup of coffee and a good go at one of their famous 'man burgers'.

Upon exiting the cafe, the sun was shining and the temperature was on the rise; we spirited along the quiet back lanes, chatting as we went and before we knew it, we were at the foot of the climb up to Owd Betts. At this point, things started to go awry!

Clearly, the preceding miles were beginning to take their toll, with the pace slowing into the single figures. I determined to go at my own pace as I was getting quite cold! Once the summit had been reached, it was downhill (well, mostly!) all the way back to the Spring Inn, where we had our Brevet Cards signed off and were treated to complimentary pie and peas, in addition to one or two recovery ales!

It was when I got home that it hit me - the combination of the cold, the miles and my chosen recovery beverages left me nodding off on the sofa, as life continued noisily around me.

Would I ride an Audax again? Absolutely!!





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'D' RIDES

Our 'D' Rides for beginners take place on Saturday mornings from Rochdale Leisure Centre at 9:30am. The pace is easy and the mileage low. Check on Thursday Club nights to ensure one is taking place.

BEST ALL ROUNDER (BAR)

The new BAR season starts on the 29th March with the 50 Miles in 4 Hours Reliability Ride. If you wish to be included in the BAR competition, please ensure that BAR Secretary, Pete Matthew has your CTC membership number and the expiry date. Contact Pete at pmatthew965@btinternet.com.

RACE REPORTS

Nova CC 25 2 Up Time Trial – 28th February

The first time trial of the season proper took place on Saturday 28th February on the J8/13 course near Gawthorpe in Cheshire. Five East Lancs teams took part in a field of 57. The weather was dry and relatively warm for the time of year but a stiff head wind made for a difficult 5 miles along the undulating A34, slowing the times down for the competitors. Being a 2 Up, the ability to shelter behind your team mate came in very handy at several points.

The Club riders and their finish times are below.

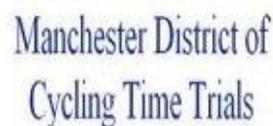
Andy Gorton & Dan Brejwo 1hr 00m 56s
George Preston & Jon Preston 1hr 18m 19s
Ben Tripper & Sam Walley 1hr 10m 42s
Alex Wiseman & Alex Trippier 1hr 22m 57s
Jason Codling & John Byrne 1hr 10m 42s

The event was won by the composite team of top junior rider Ben McIntosh from Crewe Clarion Wheelers and Jon Surtees from Team Swift in the excellent time of 55m 47s. Ben McIntosh left for Belgium the following day to start a professional cycling scholarship.

Well done to all the riders in what proved to be a challenging first ride of the season.



Jason Codling & John Byrne - George Preston & Jon Preston





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CTC TOURIST COMP.

The CTC operate a tourists competition. It has something for all types of rider whether you like time trials, hill climbs, free-wheeling, treasure hunts, off-road or anything between 50km and 600km and Mille Miglia. Events are held at weekends until 31st October all over the country. More details are on the CTC website at <http://www.ctc.org.uk/ctc-tourist-competition>.



Any Gorton & Dan Brejwo – Alex Wiseman & Alex Trippier

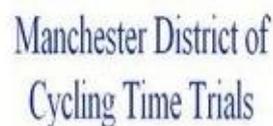


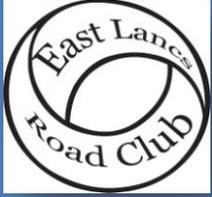
Sam Walley & Ben Trippier

Rossendale RC 11 Time Trial – 28th February

One of the Club's new recruits, Ben Whitehead took part in the Rossendale RC hilly 11 mile time trial. The course was the L112 set around Bolton by Bowland, Paythorn and Flass just north of Clitheroe and held in the same challenging weather conditions as the Nova event in Cheshire.

In a field of 92 comprising some top riders, Ben came 31st with an excellent time of 28m 14s. The winner of the event was junior rider Adam Hartley riding for PH-MAS Cycling with a time of 24m and 7s.





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STRAVA SECURITY

Strava is proving to be a popular app for displaying your rides and monitoring progress. However, it is worth taking a few moments to set your security settings, particularly your home location, following a spate of bike thefts nationally.

BIKE FOR SALE

Simon Abraham has a brand new ladies road bike for sale. It is a 48cm Cannondale Synapse 7 with Shimano Sora Gears. The frame is suitable for heights 5'0" to 5'4". It is fitted with new SKS mudguards and new Lezyne 400 lumen lights. The finish is gloss black and pastel pink with flower detailing. It has a compact chainset with 11-32 cassette. Price, £570 with free bike fit and servicing for a year (parts extra if needed required). Contact Simon on 07977 101055.

