



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.29 December 2015

WELCOME

November and December have been deceptively busy months. The York Youth Hostel trip organised by Mark and Georgina, the Riders Dinner and the AGM with the M & D Christmas 10 to come. Details of the 10 will be in January's edition but for the rest, read on!

WINTER CLUB RUNS

Club Runs held over the winter months start at 9am.

Don't forget that it is essential to have mudguards and lights if you wish to participate in winter Club runs. This is not only a safety issue but a courtesy to other ride members.

CLUB ANNUAL DINNER

The Club's Annual Dinner will be held at the Norton Grange Hotel on the 16th January. Tickets are priced at £25.00 each and numbers are limited to 150. Book your place by making a payment to the Club's bank account and don't forget to tell Mark Riley you have paid!

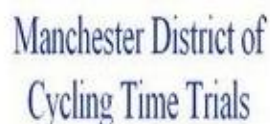
YORK YOUTH HOSTEL WEEKEND

A great time was had at the York Youth Hostel weekend on the weekend of 14th & 15th November. After an early start the Club members drove up to the hostel and undertook the Saturday ride of about 56 miles with 2,600 feet of climbing. A lumpy route went through Stockton on the Forest, Kirkham, Fridaythorpe, Pocklington and Stamford Bridge.

After a cracking night out the Sunday ride of 53 miles took in some punch 16% climbs contributing to 2,000 feet of climbing. At the café stop at Castle Howard (could this be John Howard's weekend retreat?) some riders elected to have an extended stop whilst the more adventurous struck out for an extra ten miles. The route past through Huby, Crayke, Brandsby, Bulmer and Farlington.

There were a few mishaps over the weekend, Josh Decamps rear mech hanger snapped on Saturday so he rode 47 miles on a fixed gear (thanks to Dave Trippier for sorting). Nigel had four punctures over the two days and Oliver Huszar's free wheel hub failed on Sunday. Unfortunately, a dicky stomach retired Stuart Duggan who kindly loaned his bike to Josh on Sunday. Overall a cracking weekend with some fantastic scenery shared with great people. Thanks to everyone who made this weekend a success.

Thanks to Jonny and Josh Decamps for the report.





La Gazzetta

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No.29 December 2015

BEGINNERS RIDES

Our Beginners Rides (formerly known as 'D' Rides) 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.

MOUNTAIN BIKE SOCIAL

Mark Barker is arranging a social event over the Christmas period to take place at the Coed Llandegala Forest near Chester.

A mountain bike centre with 40Km of graded and marked trails and bike hire available there is something for everybody including an award winning café.

Full details of the facilities can be found at <http://www.oneplanetadventure.com/>. Contact Mark by email at mark8arker@gmail.com or via the Facebook Group.

ANNUAL GENERAL MEETING

The Club's Annual General Meeting was held at Rochdale Rugby Club on 1st December. The evening started with a review of the year by Dave Trippier. The main highlights have been.

Membership

There are now 132 Club members with Increased membership in the Ladies and Juniors sections.

Club Runs

Short and Medium Club Runs are proving to be popular. But more ride leaders are required.

Overall Club members have been involved in fewer accidents in the last twelve months than in previous years.

Time Trials

There have been new records set in the 10, 25, 50 and 100 mile distances all of which have been set by Andy Gorton.

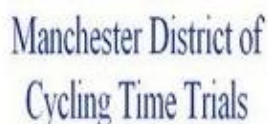
Seven Juniors took part in the M & D TTA events. Alex Wiseman is the Juvenile Champion and Thomas Bland is the third place Juvenile. Sam Walley, Alex Trippier, Josh Decamps and Alex Travis took 3rd, 4th, 5th and 9th places respectively in the Junior section. They will all receive awards on the 31st January at the M & D's Annual Prize Ceremony.

Road Racing

Ben Whitehead, Chris Green and Ben Trippier all qualified to become Cat. 4 riders.

There is an East Lancs Road Race planned for 22nd May 2015.

The following motions were voted on and were passed.





La Gazzetta

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No.29 December 2015

BIKE HANDLING SKILLS

On Thursday Club nights Dave Trippier has been taking bike handling skills sessions. These have been well attended, particularly by the younger Club members.

Cycling as a group in a confined space made increasingly smaller whilst eliminating those that rode out of the space or put a foot down was great fun and very tricky.

Navigating a tricky weaving course laid out in the sports hall in the fastest time really brought out the competitive streak in the participants.



Election of New Committee Members

- | | |
|-------------------|------------------------|
| • Georgina | Ladies Representative |
| • Christine White | Membership Secretary |
| • Andy Schofield | BAR Secretary |
| • Jason Codling | Clothing Secretary |
| • Shaun Leonard | Go Ride Representative |

The complete Committee is now made up of the following members.

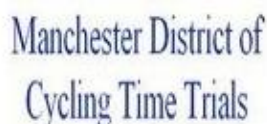
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| • President | John Howard |
| • Club Secretary | David Trippier |
| • Treasurer | Mark Riley |
| • East Lancs RC Secretary | Andrew Regan |
| • Membership | Christine White |
| • Web Site & E Newsletter | Jon Preston |
| • Best All Rounder Secretary | Andy Schofield |
| • Runs Secretary | Pete Matthew |
| • Go Ride Representative | Shaun Leonard |
| • Ladies Representative | Georgina |
| • Social Secretary | Ceara Law |
| • Welfare Officer | Heather Preston |
| • Juniors Representatives | George Preston & Alex Travis |
| • Kit Secretary | Jason Codling |
| • Committee Members | Dave Ireland & Andy Bateson |

Ladies Group Change of Name

The Ladies Group is now called 'East Lancs Ladies'.

Change of Membership Fees

Due to reducing income at Thursday Club Nights the annual membership fee will be £25.00 for Adults and £15.00 for Under 18's. This will help to cover the cost of the room and sports hall. There will now be no additional charge for attendance on Thursday nights. These changes will become effective from 1st January 2016.





La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.29 December 2015

RIDERS CHRISTMAS DINNER

Time penalties were incurred for leaving the course, putting a foot down or hitting the cones. The same course was then navigated in pairs with the team members holding onto each other whilst riding. Finally, 'bike limbo' which as the name suggests is going under a limbo pole on the bike. Taller riders are at a natural disadvantage and there were some interesting tactics employed including crouching on one pedal, leaning over and hugging the crossbar.



Bike Limbo

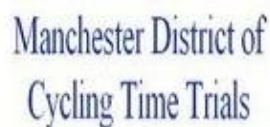
A great way to improve your skills and hugely fun!

A fantastic turnout of 49 members attended the Riders Dinner at the Puckersley Inn on 6th December. Around half the attendees braved the torrential downpours and wind to ride there via various routes including Heaton Park and Diggle where their respective cafés provided much needed warmth and food.

Once at the Puckersley a reviving drink was followed by a four course Christmas dinner with all the trimmings. Traditionally the winners of the annual awards for Clubman of the Year and Accident of the Year are announced and this year was no exception. The nominees for the Accident award were Darryl Nolan, Shaun Donnelly and Euan Kneale with Darryl Nolan taking the award. Clubman of the Year was Dave Trippier, a very popular winner.

The afternoon finished with the raffle and games before a happy group of people wended their way home.

Thanks to Ceara, Mark and Dave for organising the event and to everybody at the Puckersley for the welcoming atmosphere and great food.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.29 December 2015

COMING UP...

Club Runs start at 9am and there isn't a Long Ride over the Winter months.

Sunday 13th December

Short Ride – Hebden Bridge
Medium Rides – Mobberley
M&D TTA Christmas 10

Sunday 20th December

Short Ride – Summerseat
Garden Centre
Medium Ride – Roughlee &
Barrowfod

Sunday 27th December

Short Ride – Hebden Bridge
Medium Ride – Rivington Tea
Rooms

Sunday 3rd January

Short Ride – Bolster Moor
Medium Ride – Bashall Barn

Sunday 10th January

Short Ride – Edgeworth
Medium Ride – Buxton

Sunday 17th January

Short Ride – Ripponden
Medium Ride – Haigh Hall

WINTER RIDING

There is a cyclists saying that there is no such thing as bad weather, just bad clothing. While this may be true to up to a point there are some changes you can make to your kit and routines to make cycling in Winter more fun and less of a chore allowing you to maintain your motivation.



Punctures

It is a fact that as weather deteriorates the higher the chance of getting a puncture. A good set of winter tyres is a starting point but always make sure you have a couple of inner tubes and a pump with you.

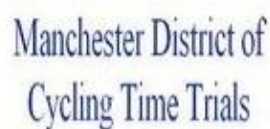
Lights & Mudguards

Lights and mudguards are essential. Not only are a set of mudguards great for keeping you drier, they will also stop your fellow riders falling out with you after you hit them with a face full of dirty spray. Some rear mudguards for road bikes do not go far enough toward the back of the wheel. Our Club mechanic Simon Abraham has a stock of Pop rivets and extension pieces that remedy this.

A good set of lights will ensure that you are seen. Make sure that the batteries are good or in the case of rechargeable lights, well charged. Don't forget that poor weather can mean that sunset is earlier on some days.

Be Prepared

Plan your route and take your phone and money. Make sure your bike is well maintained. Think about your clothing, gloves and overshoes are pretty much essential. Layer up rather than using individual pieces of thick clothing and remember that you will still get hot so underclothes that wick away sweat are a





La Gazzetta

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No.29 December 2015

DBS CHECKS REMINDER

Would those people who have been sent a DBS Screening form please complete it and return as soon as possible to Heather.

If you have any queries please do not hesitate to contact her at heather.j.preston@gmail.com.

...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

good idea.

For those Club members planning to train through the Winter for racing early in the season British Cycling have some training plans to follow at www.britishcycling.org.uk/knowledge/article/izn20141107-Road-Winter-Checklist-0?utm_source=British%20Cycling&utm_medium=email&utm_campaign=6486815-Inside%20Track%20%28prospects%29%2027%20November%202015&utm_content=Winter%20cycling%20checklist&dm_i=BM6,3V19B,L2JA54,DX3HM,1.



WISHING YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR! MAY IT BE FULL OF SAFE AND HAPPY CYCLING!



Manchester District of Cycling Time Trials

