



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.12 June 2014

WELCOME

What a fantastic month May has been. Racing, the 100 mile Reliability Ride and to top it all a great trip to the Alps for some club members.

SAM SMITH RIDES 'OVER THE EDGE'

Sam Smith and his Dad Andy took part in the British Heart Foundation 'Over the Edge' charity ride. Sam was the youngest entrant and showed just what an accomplished rider he is by turning out in extremely wet and windy weather to complete the 52 mile Gold route in 3h 40m.



Sam Smith Contemplates the Over the Edge Ride

100 MILE RELIABILITY RIDE

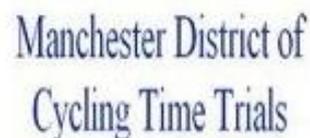
Alex Travis, one of the Clubs youngest riders took part in his first 100 mile reliability ride. He did tremendously well and enjoyed it. His account of the ride is below.

I started the day as any normal club run, up at stupid o'clock, eat breakfast, I think it was a bagel that morning then on my bike however there was a bit of a suspicion that morning in the Travis household about whether it was going to rain. Obviously Dad wins over son so on the bike I went with my winter jacket and over shoes, well if that wasn't one of the biggest mistakes I've made in my life I don't know what is but I will tell you about that later.

The Trippers, Andy Regan and I met at the bottom of Buckstones Road. Now I'll fast forward a bit, anyone who has cycled in their winter jacket in the sun will know you get pretty toasty so I took a stop, un-zipped my jacket and took out a flapjack. I would just like to announce that Mark Riley gave me a brownie on the 50 mile reliability but I repaid him with a flapjack so you are all aware. Now I carried on riding and I felt like superman with my jacket flapping everywhere but there was one problem the £3 I brought to pay for the ride flew out of my pocket. I couldn't stop, I was in my rhythm so that was lost, I had to join the zip just at the bottom so I didn't lose any more money but of course that led to a giant drag, oh dear lord that was a painful drag!

Fast forward a little bit more we've had the cafe stop it was super fast service and nice food but by now my muscles we're starting to tire but by this time we stopped at a junction and luckily Alex Trippier brought a large saddle bag so was able to carry my winter jacket. It was time that the hench Mr T was released. Off the jacket went and of course the chest had to come out to get my bib shorts under the greatest shirt known to man (Man Utd). That was it, the guy was released, I was free and there was no drag no heat it was beautiful.

I apologise as I often tuned out of your conversations after 60 miles, however, there was some good views all the way through and there was one view I was happy to see and that was the chippy at about 80 miles. Suddenly horror struck it was closed, the tears, the pain and the suffering each rider felt at that point in time was great until David Trippier said there's a McDonald's just up the road that was it, we were off, I was no longer a roast chicken in an oven I was free with the scent of food. I can guarantee McDonald's will have never served as many cyclists as that day ever. Everyone wolfed their meals down and it was a sprint for home I'm sure my speedometer didn't drop under 20mph apart from





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RACE DAY & CASUAL CLOTHING

Andy Regan has arranged for us to be supplied with Adidas sportswear to compliment the riding kit. The new clothing will be a great addition to the wardrobe of riders and supporters alike plus a great way to advertise the club. Details and prices have been emailed recently. Please contact Dave Trippier or Andy to place an order.

FUNDRAISING

This year we are proud to support Rochdale Hospice. Fundraising events will be held throughout the year and any ideas to help the fundraising effort are welcome. Contact any committee member with your ideas.

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

traffic lights. I would just like to thank Andy and Tracey Bateman for towing me that last 5 or 10 miles it was fierce but you helped me get through it so thank you. We had done it!!!! I think I calculated I had done it with around 22 minutes spare. The scene was like the aftermath of a battle, Alex Wiseman, Alex and Ben Trippier were lay on the floor coughing, honestly I felt like I could ride more but when the option to get a lift in the Club Toyota was offered I couldn't refuse. Overall a great ride but I don't think I will be doing the 150 mile this year (sorry Mark Riley). Just to finish a little birdie told me (Andy Regan) I was one of the best riders of the day!

CLUB TRIP TO THE ALPS

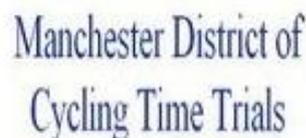


The East Lancs Riders and Support Team Celebrate Reaching the Summit of the Alpe

Twenty two club riders and family members spent a week enjoying the French Alps. The base in Bourg d'Oisans was ideal for riding some of the most iconic mountains in France.

The first days ride was a 'gentle' warm up on the the category 2 Col d'Ornon. The next day all the riders tackled the 21 hairpin bends of Alpe d'Huez. Beautiful weather made for an exhilarating ride with every member making it up the 1,073m over a distance of 13.9km at an average gradient of 8.2%.

Confidence high, the Giant of Provence, Mont Ventoux was next in line, an epic and brutal climb of 1,552m over 21.5km at an average gradient of 7.2%. The statistics do not do justice to the experience. Every rider vowed that it was the hardest ride they had every tackled. The heat on the lower slopes, wind and finally the cold mist at the barren top made for an unforgettable experience.





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CLUB WEBSITE

The Club website had a total of 464 visits, 321 of these were new visitors. New enquiries from prospective members continue to come through at a fantastic rate.

COMING UP...

- 8th June – Club run A & B to Bolton by Bowland, C to Styal
- 15th June – Reliability Ride 150 miles in 12 Hours.
- 22nd June – Club run A & B to Dunsop Bridge, C to Clough Head.
- 28th June – Ladies Only Ride.
- 29th June – Club run A & B to Parbold, C to Hebden Bridge.
- 5th July – Club Open 25 TT (Cheshire).
- 6th July – Tour de France (Cragg Vale).

<http://www.rochdalectc.org.uk/club-runs-programme.html>

The following 'rest day' saw many of the riders tackle Alpe d'Huez for a second time.

The highest point in terms of altitude was gained on the Croix de Fer (2,067m). Spectacular scenery took the mind off the ascent of 1,300m over 27.5km with short sharp descents robbing you of valuable metres gained before the road reared up again. The riders were greeted by craggy rocks, waterfalls lakes and finally at the top eagles and marmots. A short diversion on the return took in the Col du Glandon summit before a return to a well earned lunch. The final day saw a short ride over a road cut into a cliff face offering magnificent views of the valley and surroundings.

A special mention goes to Matt Szelesi, at 13 the youngest rider, who conquered both Alpe d'Huez and the Croix de Fer in style.

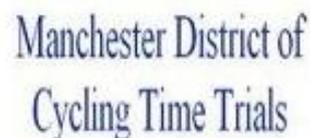
It was a week with unforgettable rides, great company and socialising, one which we are all keen to repeat next year.



Matt Szelesi Crests the Alpe



Tom Ireland Surveys the View from the Balcony Road





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PAULA'S CYCLING BEAUTY TIPS

I like a bit of glamour. Lots of women of all ages do. We also like to take care of our skin and are generally concerned about how we look in our chosen outfits... 'does my bum look big in this...'

I am always very keen to retain as much glamour and care whilst out on my bike as I do when I am out walking my dogs. I'm not alone with this; the first comments from a group of new to cycling ladies were to do with make up. What they were wearing, helmet hair and face cream.

I always start a ride with a bit of lipstick, and take it with me in my bike bag for application at the café stop and along the route; after all, you never know who you bump into or if it's Sir Bradley that you flag down to fix the puncture.

The bloke contingency of the committee were rather surprised that us lovely ladies were concerned at this, and my esteemed bloke committee colleagues felt that it would be a good idea for me to put a tip of the month on the newsletter.

Tip for this month: the age old problem of panda eyes.

To my knowledge, most women feel undressed without mascara. The only mascara that will stop panda eyes when you are riding into a rain soaked headwind is waterproof. I was never able to find a brand that was both easy to apply and to get off. If I could get one that went on

THE BLUE BELLES LADIES GROUP

Over the last month or so there has been a tremendous upsurge in interest from ladies of all ages, shapes, sizes, cycling abilities and ambitions.

Some of the new ladies came on the beginner/family ride arranged by Andy Regan. We went along the Rochdale canal to the Pavilion Café at Chadderton Park in an attempt to avoid traffic. It was an extremely entertaining morning/early afternoon. The company was grand, and the route interesting though perhaps a little unconventional. Despite a couple of moans about the route, it was good fun and all the ladies and families left enthused by cycling, and us.

We have been having ad hoc Saturday rides to help some of the ladies get going, and have had some fantastic fun, in the process making new friends.

I'm hopeful that the ladies will go on to really enjoy the fun and health benefits of cycling, and that they will think about joining the Blue Belles ladies section of our club.

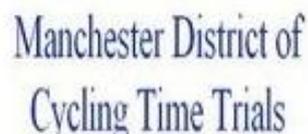
RACE REPORTS

WEST PENNINE ROAD RACE



Ben Trippier and Andy Gorton at the Front of the Bunch

East Lancs fielded a team in the West Pennine road race near Clitheroe on Sunday 11th May.





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without clogging, it took a week to get off!

Last summer, determined not to let it beat me, I did my research and took the plunge with falsies. I love them. It took about 2 hrs and £50 for the first set, then I have 'infills' twice a month at about £30/month. It's a pricey choice, but an investment is well worth it for me. I get up in the morning with my eyes on, knowing that wind, hail, rain, snow they will stay on. You can have natural looking ones, or go for the full Katie Price WOW look (except they will catch on your glasses).

It's just a tip, and a pricey commitment at that. If I find, in the course of my research a decent waterproof mascara, or anyone out there knows of one, let me know and we'll put it on the website.

Next month lipstick.

The course comprised 14 laps of a 4 mile circuit involving 2nd, 3rd and 4th category riders and the race was held in blustery weather, including the odd downpour, but the pace was nevertheless high throughout, which was a credit to the riders. The race started with a fast first lap of 25 mph, which saw the legs of some riders tested to the limit on the slightly undulating course and they slipped out the back of the peloton to fight another day, but after that the remainder settled into a steady but fast pace only a little slower than the first lap.

Throughout the race there were sporadic breaks off the front of the bunch, but the riders all kept coming back together again, before finally a breakaway comprising 8 riders took its chance and this time succeeded, with them finishing the race approximately 30 seconds clear of the bunch sprint for the minor placings.

The East Lancs boys of Andy Gorton and Ben Trippier held their place towards the front of the bunch throughout most of the race doing more than their fair share at the front trying to keep the bunch in touch with leaders, but without the help they needed they had to settle for a finish in the bunch, which was still a successful race for the lads in what was only their first and second road race respectively.

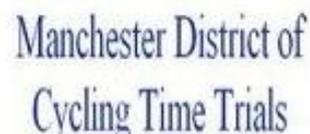
Sam Wilson was the Club's third team member in this race and he was doing fine when, unlucky for Sam, he had trouble with his gears on the fourth lap which brought about his withdrawal from the Race.

10 MILE TT CHAMPIONSHIP

Saturday 17th May saw the East Lancs riders compete for the first trophy of 2014, which was the 10 mile Time Trial Championship.

The local West Pennine RC kindly agreed to let their spring 10m TT be host to the East Lancs Champs, which was held on the Clitheroe bypass on Saturday evening.

The course was slightly undulating but weather was good with only a slight headwind out to the turn at 5.75 miles and a tail wind back to the finish, so the riders had little to complain about as they set out.





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EXERCISE BIKE FOR SALE

Alex Travis has an exercise bicycle for sale. The bike is already built and has been used no more than ten times. It comes complete with a working computer and bottle cage. There is also an adjustable resistance setting. Photographs of the bike are below.

For more information contact Alex at atravii@hotmail.co.uk or on 07598 758099.



10 Mile TT Winner Andy Gorton

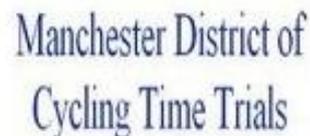
The Club fielded 23 riders, almost half the entire field, demonstrating the tremendous enthusiasm within the Club at present, and many of these were riders competing for the first time.

Somewhat predictably, Andy Gorton was the Club's fastest rider with a great time of 22m 30s mins to place him 5th overall and win the 10m Championship for the second year running. Andy is closing in on the Club record 22m 05s which he is sure to beat this summer.

Chasing Andy hard were the remaining East Lancs riders who achieved the following times.

Ben Trippier – 24m 08s, Sam Wilson – 24m 54s, Tom Chilcott – 24m 57s (in his first ever TT), David Trippier – 25m 27s, Sam Walley – 25m 58s (Fastest Juvenile), Tom Ireland – 26m 24s, Dave Ireland – 26m 30s, Alex Trippier – 27m 12s, Paul Atherton – 27m 55s, Jason Codling – 27m 57s (in his first ever TT), Alex Wiseman – 28m 18s, Andy Bateson – 28m 25s, Daryl Nolan – 29m 03s, Seamus Kelly – 29m 18s, Paul Leach – 29m 25s, Cameron Fitton – 30m 25s (his personal best), Jack Mottley – 30m 25s, Josh DeCamps – 30m 53s, John Howard – 31m 58s, Lauren Bateson – 32m 02s (Fastest Junior Lady), and Noah Codling – 34m 18s (in his first ever TT).

The winner of the event overall was Jason Bateman from the Pendle Forest CC who completed the course in a fantastic time of 20m 54s for a well deserved win.





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LEVY MOORE MEMORIAL RACE

Dan Brejwo competed in the Levy Moore Memorial race at the North West Road Race Championship on Saturday. In a fast and furious race over 57 miles Danny kept in the thick of action throughout to finish in 11th position which was a great effort in his second ever race.

Thanks to David Trippier for the reports.



Manchester District of
Cycling Time Trials

