



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.25 August 2015

WELCOME

As riders return from their summer holidays thoughts turn to the upcoming hill climb season. This begins with the Beard Cub Hill Climb Competition on Sunday 6th September. After winning it last year we are the organisers and are looking to repeat our success. The event is open to all riders with an overall prize for the best three riders per club. Other categories are for ladies, touring riders and under 16s. In order to qualify for a prize you must enter in advance by the 25th August. Entries will be accepted on the day but are not eligible for prizes.

David Trippier's email address for entries and more information is davidt@rochdalectc.org.uk.

CLUB TOUR TO THE PYRENEES

The East Lancs recently embarked upon their 2015 Summer Tour, which this year was centred on the French Pyrenees.

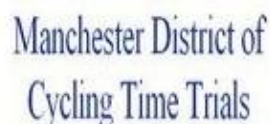
A Group of 33 members, family and friends flew and drove to Argeles-Gazost, which is 10 miles south of Lourdes in the Pyrenees region of France.

Argeles is located at the centre of most of the major climbs used by the Tour de France and it was the perfect destination for a week long cycling holiday based around climbing as many Tour de France Cols as possible.

We arrived at Bordeaux Airport and started the first challenge of the tour...the car bike box jigsaw puzzle. This involved around 4 people per car trying to fit luggage, bike boxes and people into a small space; the mountains seemed a long way away. After much manoeuvring and planning all was packed and we set off for our campsite, situated in a small French village surrounded by beautiful mountain scenery. Sadly before any mountains could be tackled there was the laborious task of bike building to be undertaken and the shock of having to wear budgie smugglers in the swimming pool! The first climb of the holiday was Cauterets which the Tour de France had climbed not a week before, then on to the Pont d'Espagne, we hit the bottom of the climb and within ten minutes Alex Travis had hit the deck and Josh Decamps was flying up the road in a breakaway, the lads and I continued to climb and all went well until Mr Wiseman and I took a wrong turn and gave Dave a lot to worry about until he heard we were alive. An eventful but highly enjoyable day with some astonishing scenery and many punctures.

Day two involved what could be considered two rides, first the Col du Solour then onto the Aubisque, a magnificent mountain road. The climb up the Solour was enough for those of us who were unfit or injured but some went on to ride the Aubisque coming back very proud and very tired.

Day three presented us with a new beast. The Hautacam reared above us, the scene of many a Tour de France battle but this time it was an East Lancs youth battle, with many vying for a podium space. I plodded along keeping myself in a respectable position, with the seemingly never ending gradient on my mind and the fact I needed to keep peddling was also up there. I must apologise to Noah Codling who came flying past me halfway up only to be pipped to the post in the very last kilometre. A technically challenging descent led to a test of skill and then a good feed. A late night was had and a foam party enjoyed by all. A well needed rest day was spent by the pool and for some a night in the bar and club was also much needed. Especially enjoyable were the group meals out to celebrate





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CLUB EQUALITY

At the last Club Committee Meeting we discussed and agreed upon equality between men and women. It was agreed that in our East Lincs Club Events we will adopt the following rules.

1. The first three women would be allocated the same prize money as the first three men.
2. One prize per age category for both men and women.
3. The term "equal opportunities" to appear on our start and result sheets.

birthdays and simply to have good chat about the day's events, in particular the standings in the youth's tour classification was a heated topic, largely dominated by Sam Walley.

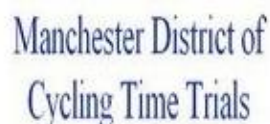
Day five saw us tackle the legendary Col du Tourmalet, our longest and the most iconic ride of the tour. As everyone reached the top there were many congratulations and lots of food was consumed then a rapid descent and chain gang home. It was a great experience enjoyed by all, not just for the cycling but also the camaraderie that was shared.



At the Top of the Tourmalet

Day six and the final day of the tour and the group decided to climb up to the ski station at Luz Ardiden, which was a Stage finish in the 2011 Tour de France. This is a 13Km climb to the summit, ascending 1,010 metres but it is famous for the 31 hairpin bends one has to negotiate on the way up to the summit.

Thanks to George Preston for the report.





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MANCHESTER & DISTRICT TT ASSOC. RANKINGS

Points are awarded to riders and teams taking part in the Manchester & District TTA race series. The ranking of the Club and its members after sixteen events are below. These show rank within our Club, overall ranking in the district and points.

For more information go to:
<http://www.manchesterctt.org.uk/page31a.html>.

If you would like more details about taking part in the races please see Andy Regan or contact him by email at clubsec@eastlancsroadclub.org.uk

Club Team Ranking

15th with 468 points;

Senior Ladies

1st: Caroline Travis, 229th 10 pts

Senior Men

1st Andy Gorton, 32nd 186 points;

2nd Ben Trippier 34th, 185 points;

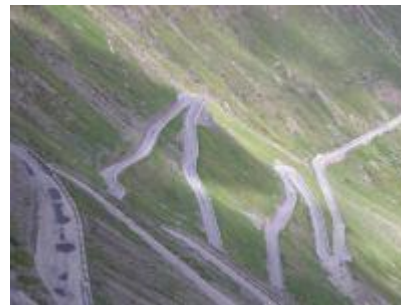
2nd Frank Smith 82nd, 97 points;

Juniors / Juveniles

1st Sam Walley 97th, 78 points;

2nd Alex Trippier 127th, 47 points;

TACKLING THE STELVIO & GAVIA

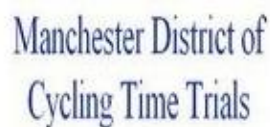


Toward the Top of the Passo dello Stelvio

Having noticed that our summer holiday destination was within striking distance of some of Giro d'Italia's classic mountain climbs in the Dolomites I decided to impose upon my wife's good nature and take the bike. Fortunately, our hotel room was big enough for the bike not to be the third occupant of the bed so all was good.

First up, but with hindsight, probably should have been second was the Stelvio Pass. Starting from the Prato dello Stelvio side this is a 'mere' 1808m (5,900ft) of climbing over 24Km at an average gradient of 7.4% with 48 hairpin bends. A drive of an hour found us at the town. We parked up, assembled the bike and while Heather repaired to a café and an explore of the area I hit the slope. It was hot, starting at 33°C and rising to 35°C as the morning progressed.

The slope is an easy 5-6% and the road meanders through woodland which gives some shade at first. The gradient starts to pitch up after 8Km or so with some sharp ramps of 10-15% for short distances. The spectacular scenery as you ascend takes the breath away and the mind off the climbing. The hairpins don't come at the regular(ish) intervals as they do on an Alpine climb like Alpe d'Huez. They appear sporadically with the majority compressed into the last few Km. It was just as I hit this part that I ran out of water having drained two bottles with the Garmin showing a temperature of 38°C in the open. Like a mirage there was a hotel just up the road so I ploughed on there and filled the bottles up, just a touch disappointed that I had to stop. Revived, I attacked the last part only realising how thin the air was at 2,800m when I stopped at the finish gasping for breath with the





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BEGINNERS RIDES

Our Beginners (formerly known as 'D') Rides for beginners take place on Saturday mornings from Rochdale Leisure Centre at 9:30am.

There is also a greater variety of destinations for this ride.

The pace is easy and the mileage low. Check on Thursday Club nights to ensure one is taking place.

temperature still at 29°C. I even managed to raise a smile for the obligatory photographer!

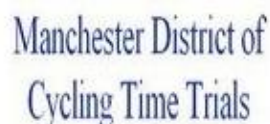
You're never short of company on this climb as there are plenty of cyclists, motorcyclists and car drivers testing themselves and their machinery on it. It just makes for an even more entertaining descent!

I couldn't decide whether to tackle the Mortirolo climb or the Gavia Pass next. However, a squint at the Mortirolo's average gradient of 10% made my mind up. A few days later we set off for Ponte di Legno and the foot of the Gavia Pass. This was like being in a different country. The area around the Stelvio is very much like Germany with people using German as the first language rather than Italian and eating German food. However, 60Km away over a couple of mountains and we were well and truly in Italy.



The Final Push Up the Gavia

The Gavia ascends 1,363m (4,500ft) and is 17.5Km long with an average gradient of 7.9%. It tops out at a height of 2621m and is the climb I should have done first as a warm up. In cooler temperatures I set off with the road meandering through small villages and beautiful woodland. The road is much quieter than the Stelvio but is also narrower, reduced to a single car width in places. The climb through the forest soon became tough with a couple of 16% pitches to tackle. However, once out in the open the gradient eased and even dropped slightly in places for a short reprieve. Near the top is a short unlit tunnel which was lovely and cool. However, once through this the road pitches up again to the finish with great views and a lovely lake. A quick dart down into the village to meet Heather for Lasagne and a great drive back finished off a fantastic day in the saddle.





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SOUTH MOORLANDS CYCLE SPORTIVE

The Club has been approached by the organisers of the South Moorlands Cycle Sportive. There are 37 mile and a 72 mile routes to choose from. The longer route takes in the Gunn Hill and Mow Cop climbs.

If you are interested in taking part as an individual or putting together an East Lancs team go to <https://www.britishcycling.org.uk/events/details/127532/Change-Gear:-Moorlands>



The Top of the Gavia with My Bike Proudly Displayed

These were two great rides. However, the quieter and prettier Gavia was my favourite by a small margin.

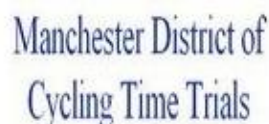
Jon Preston

TWO RIVERS AUDAX WEEKEND



Simon Abraham mentioned this ride during the "Just the Plains of Cheshire" Audax earlier in the year. 'Best ride I've done this year', so the seed was sown.

A few days later it appeared on the Club Facebook page as a camping weekend with the above ride on the Saturday. Not the actual Audax but following the route,





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NEW CLUB KIT

If you would like to order the new East Lincs kit or CTC kit contact David Trippier by email at davidt@rochdalectc.org.uk.



New CTT and East Lincs Kit

COMING UP...

Sunday 16th August

Short Ride – Ramsbottom
Medium Ride – Devils Elbow, Glossop
Long Ride – Edale & Mam Nick

Sunday 23rd August

Short Ride – Strawberry Duck, Edale
Medium Ride – Whalley Bride
Long Ride – Formby

more or less. Andy Regan soon signed up on condition he brought along the team BBQ, which Simon transported saving us hiring Pickfords for the job.

Eventually 15 people arrived at Severn House Campsite, identified by Darryl, just outside Shrewsbury on Friday, 7th August. The poor people were under canvas with the upper classes occupying state-of-the-art camper vans and caravans. One hardy soul, John (or Banana Man), had ridden there from Rochdale, with his weekends gear in his panniers and was riding back, a real Cycle Tourer.

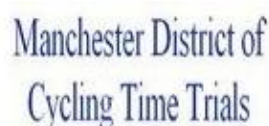
Fifteen souls made the trip and after an excellent BBQ on Friday night; cooked by that culinary wizard Simon Abrahams, the carbon was excellent, washed down with copious amounts of liquid refreshments we all retired for a good nights sleep. I'd forgotten how lumpy and uneven campsite fields are, especially as we had all been located off the main site in an orchard.

Saturday morning arrived without a cloud in the sky. Could this be true in England? Would it last? After a leisurely breakfast with the joy of eating al-fresco and beating the midges off. We set off, 12 intrepid cyclists, one on a 14Kg, 25 year old bike with shifters on the down tube, remember them? The destination was Lake Vyrnwy, try pronouncing that after a few pints. Quiet country roads, considerate drivers, beautiful, scenery, blazing sun all day, yes all day (made 26°C on my Garmin) and best of all a disciplined group of great people, we even managed to factor in a Knockin' Shop (see below). No stragglers, nobody left behind, great pace. Not one puncture or mechanical breakdown, approximately 80 miles of great riding.



Outside the Knockin' Shop

Saturday evening was spent in the local pub which served Mark Riley sized portions





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Sunday 30th August

Short Ride – Summerseat
Garden Center
Medium Ride – Barley
Long Ride – Weaverham

Sunday 6th September

Long, Short & Medium Ride –
Beard Cup via different routes

Sunday 13th September

East Lancs Two Stage Hill
Climb

See the Club Calendar
<http://www.rochdalectc.org.uk/calendar.html> and Twitter for more
information.

and excellent beer before a night cap of Aldi's best brandy courtesy of Darryl round the hissing gas lantern.

A late breakfast on Sunday followed by an easy 20Km ride before departure.

Camaraderie, weather, food and drinks all conspiring to make it a great ELRC weekend. One that must be repeated. I'll be there.

Many thanks the Simon Abrahams, Andy Reagan and Darryl Nolan for the effort put in to get this trip sorted. Cheers guys.

Thanks to Gareth Snell for the report

CLUB TRACK CHAMPS

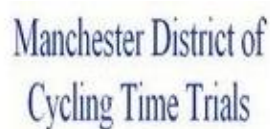


Oliver Huszar Rides the Boards to Success

Our Track Championships were held on Saturday 4th July at the National Cycle Centre in Manchester.

A four hour programme was filled with a variety of different races to test the riders' abilities. The events included a 250 metre "flying Lap", a 1Km Time Trial and a Pursuit, all of which are timed events and a massed start "Devil" race in which the last rider over the finish line every lap is eliminated.

The event was controlled by British Cycling Coaches Jeff and Sue from the Velodrome to ensure the timetable was adhered to and all the races were completed in the time available.





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...AND FINALLY

Articles and information for the newsletter are always required. Now that the summer months are upon us. Any submission for holiday cycling and touring activities would be gratefully received.

Thanks, Jon

[facebook.](#)

[twitter](#)

There were 30 riders competing in various categories including Youth, Junior, Ladies, Senior Men and Veterans.

The winners in the various categories were Jack Millar and Noah Codling equal 1st in the Youth category, Oliver Huszar in the Junior Category, Georgina Cape in the Ladies Category, Ben Trippier in the Senior Mens and David Trippier in the Veterans category.

Overall winner and Track BAR for the East Lancs in 2015 goes to Junior rider Oliver Huszar who excelled and showed off his track experience by recording the best times in every race for a superb performance.

Thanks to Dave Trippier for the report.

BIKES FOR SALE



Sam Smith is selling his 49cm frame size Cannondale road bike. It has been upgraded to a Shimano 105 groupset and has not been ridden since. It is for sale at £450.00 with offers considered. For more information contact Andy Smith on 07967 276972.

Larry and Matt Walls are selling their team bikes which will be available to buy mid-September. Details are as follows and the picture is of Matt's bike.

Lapierre Aircode 300, 2015. Full carbon, Ultegra spec.

Global Bikes will take them back and complete full service and maintenance.



Manchester District of
Cycling Time Trials





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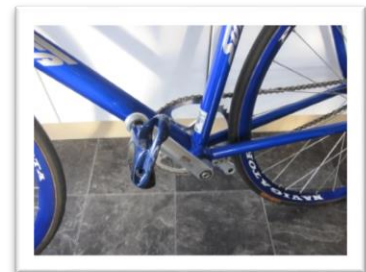
| SPECIFICATIONS | |
|------------------|---|
| FRAME | SHIMANO ULTEGRA |
| CHAIN SET | SHIMANO ULTEGRA CASSETTE 11-23x11.5x1.8mm |
| REAR WHEELSET | SHIMANO ULTEGRA RIM 11-23x11.5x1.8mm |
| FRONT WHEELSET | SHIMANO ULTEGRA RIM 11-23x11.5x1.8mm |
| HANDLEBARS | SHIMANO ULTEGRA |
| SEATPOST | SHIMANO ULTEGRA |
| SEAT | SHIMANO ULTEGRA |
| STEM | SHIMANO ULTEGRA |
| CRANKSET | SHIMANO ULTEGRA |
| PEDALS | SHIMANO ULTEGRA |
| SHIFTERS | SHIMANO ULTEGRA |
| REAR DERAILLEUR | SHIMANO ULTEGRA |
| FRONT DERAILLEUR | SHIMANO ULTEGRA |
| SPACER | SHIMANO ULTEGRA |
| HEADSET | SHIMANO ULTEGRA |
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| TUBES | SHIMANO ULTEGRA |
| TIRES | SHIMANO ULTEGRA |

Sizes we have are 1 * 58 (XL), 2* 55 (large) and 2* 52 (medium). Matt is just over 5'9 and rides the medium 52.

Price is £1200, can be paid over 12months for £1300, without training wheels. Wheels would be brand new out of the box £300 on top.

Contact Larry at larry.walls@sky.com.

Judith Slater is selling a Surosa track bike with the following specification.



52cm Surosa Frame, Carbon Forks, Selle Italia SLR Seat, Miche Chain Set 48 Tooth Chain Ring, 15 Tooth Rear Cog, Look Pedals on 165mm Crank, Campagnolo Seat Pillar and T H E Stem.

The Navigator wheels are not Navigator but were obtained from Terry Dolan who had them in the factory and sprayed them up. The actual brand is unknown.

The price is £160 without pedals and £170 with. If you are interested please call on the following numbers Chris 07803 751307, Judith 0771 9018660, Home 01706 379235

