



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.54 April 2018

WELCOME

The season is off to a fine start. We've reports from an early Audax, our first Reliability Ride and a sportive in Flanders.

There is a timely reminder about road safety and a recap of safe riding resources available to us all.

Safe and happy riding everybody.

COMMITTEE MEETINGS

Our next Committee meeting is on the 30th April at 7:30pm at the Puckersley Inn.

You don't have to be a member of the Committee to attend and your views and opinions are always welcome.

NW PASSAGE AUDAX



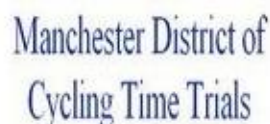
On the 17th February at 08:30 on a very wet Saturday morning, outside the Spring Inn, 9 hardy souls assembled to ride the Mini-NW passage Audax. A ride of 70+ miles and 3,500 feet of climbing. The photographer, Mr Trippier, included. Karen Bailey had already departed as she was on the 210Km version, bonkers or great athlete. A bit of both I think! We had also been joined by ex-member Simon Abraham and stalwart Gary Lake, unfortunately riding in ABC colours.

The Route went up to Tod then to Barrowford and over to Gisburn. A left turn then a right in Gisburn then along quiet roads to Waddington via Bolton by Bowland. Here, some foresighted person, Simon, had thought to ring ahead and book a cyclist's breakfast. Beans on toast with poached eggs, for all at the local tea room and shop. What a treat! The owner could not do enough, generous portions of freshly made food, huge pots of tea and coffee and seconds on the house. A café to remember. It's only small so phone ahead.

We continued over to Whalley, still managing to ride well as a group, an East Lancs group! The weather had improved by now and the sun actually shone. Back via Accrington and Owd Betts to the Spring Inn at approx. 15:30, for a well deserved pie and peas courtesy of the organisers, West Pennine, and a well deserved pint.

Didn't managed to meet Karen but she completed the course, told you Bonkers!

Thanks to Gareth Snell for the report





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SUMMER CLUB TOUR

A Club Tour has been booked to Ca'n Picafort in Majorca. About 25 people are booked on at present. The accommodation is the Ferrer Janeiro Hotel & Spa through Jet2.com. The core booking period is from Thursday 26th July to Sunday 5th August 2018. All welcome. Contact Dave Trippier for more information.

LEVEL 2 COACH OPPORTUNITY

We have a great opportunity for a Club member to become a British Cycling Level 2 Coach. The course will be full funded by the Club. For more information contact David Trippier clubsec@eastlancsroadclub.org.uk.

50 IN 4 RELIABILITY RIDE

On Sunday the 25th February the East Lancs /Rochdale CTC BAR competition started in earnest with a good turnout for the first Reliability Ride of the season. Forty Club members and 2 guests enjoyed cold but dry weather for the ride. There was a good mix with of members aged from 14 to their late 70's with a good turnout of Ladies within the 3 groups.

The first group of quicker riders set off just after 9:35am with two more groups setting off slightly after.

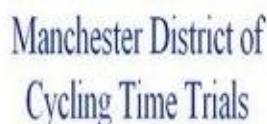
Whilst some of the quick riders finished in well under 3 ½ hours it was good to see many were still at the end waiting for us slower riders. A special mention should go to all the veterans who took part as every one of them completed the ride, and finally just to say a big thank you to all who took part as the Club raised £117 for our charity.

Thanks to Wally Stansfield for the report

TOUR OF FLANDERS SPORTIVE



With the promise of a relatively tropical 10°C temperature and dry weather ahead I found myself at 7am at the start of Tour of Flanders (Ronde van Vlaanderen) Sportive. Despite 16,000 riders taking part the staggered start time led to a relatively relaxed beginning. There are four routes available, the longest which largely follows the route of the





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SATURDAY CLUB RUNS

Rides start at 9:30am from Rochdale Leisure Centre.

14th April

Beginners – Edenfield
Medium – Bashall Barn

21st April

Short – Heaton Park
Medium – Bingley Locks

28th April

No Rides – Club 10 Mile Time Trial

5th May

Short – Hebden Bridge
Medium – Cat & Fiddle

12th May

Beginners -
Haslingden/Helmshore
Medium – Bolton by Bowland

FAST TRAINING RIDE

The Fast Training Ride starts from Rochdale Leisure Centre at 9:00 every Saturday morning. It is a 40-50 mile ride with the route decided on the day.

professional race is 229Km and starts in Antwerp. The other routes all start in Oudernaarde and are 174Km, 139Km and 74Km in length. Having opted for the 139Km route we meandered along the river on flat roads to the first climb of the day, the Wolvenberg. At the bottom of each hill the organisers had placed signs with the name, length, average and maximum gradients. Depending on your outlook, glass half full or empty, this is either a good thing or a bad thing.

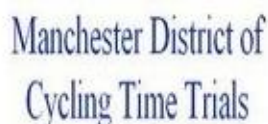
The climbs in the ride can only be described as short and nasty. The Wolvenberg is only 700m long but has an average gradient of 7.9% and a maximum if 17.3%. At least it wasn't cobbled. The flat sections of cobbles were enough of a challenge especially if you have pumped your tyres up too hard. Chafing is definitely an issue!

We ticked off the hills on quiet roads, chatting to riders from all over the world and enjoying the good weather and support of the locals who were vocal and happy to help if you experienced a mechanical issue. However, eventually, 5 climbs and 79Km in we hit the might cobbled Koppenberg. At only 500m long it has an average gradient of 9.4% but peaks at 22%. The cobbles were slick with mud and as we hit the steeper sections back wheels slid sideways and spun on the spot. As I went up I didn't see anybody riding the full length, we were all reduced to walking.



Walking the Koppenberg

As the routes came together toward the end the traffic on the climbs was heavy which made it difficult to navigate through the walkers on some of the steeper climbs. I was really looking forward to the Oude Kwaremont a cobbled hill of 2Km with an average of 4% and a maximum of 11.6%. It didn't disappoint. Even better they have a beer named after the





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SUNDAY CLUB RUNS

Rides start at 8:30am from Rochdale Leisure Centre.

15th April

Short – Hebden Bridge
Medium – Longridge
Long – Great Budworth

22nd April

Short – Uppermill/Diggle
Medium – Lyme Park
Long – Malham

29th April

Short – Haslingden/Helmshore
Medium – Holmfirth
Long – Hathersage

6th May

Short – Sowerby Bridge
Medium – Tockholes
100m in 8 Hours Reliability Ride

13th May

Short – Townley Park
Medium – Roughlee
Long – Dunsop Bridge

hill which I resolved to try as soon as possible. With the final challenge of the Paterberg out of the way it was a 12Km flat run to the end, through the pro race finish to the sportive finish to pick up a medal and T-shirt and track down that beer!

I can highly recommend a day out in Flanders. The locals are friendly and love cycling. Don't be fooled by anyone who says it is pan flat, we managed 1,400m of ascent. We watched the pro race the next day and the riders are treated like heroes. In particular, the sportive is well organised and marshalled with great feed stations.

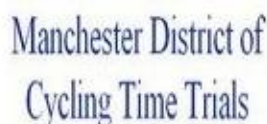


Up the Oude Kwaremont

SAFE RIDING REMINDER

A complaint has been made to the Club about the conduct of some of our members whilst they were riding the 50 in 4 Reliability Ride. Four riders were seen in Briercliffe jumping a red light and two going over a level crossing when the warning lights were flashing although the barriers were not down. Both these manoeuvres are extremely dangerous and run the risk of serious injury or death. In addition, this brings the Club and cyclists in general into disrepute. Although this is a timed event taking this sort of risk is unnecessary.

The person making the complaint is a keen cyclist who rides 9,000 miles a year who was dismayed that fellow cyclists should behave in this manner. Please take this as a timely reminder at the start of the season that we should all ride safely and with respect for other road users.





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ARTICLES WANTED

Now that Spring is on the way and we are all getting active again please spare a thought for your poor newsletter editor. Hunched over a laptop with hardly any articles. Save him from typing the ramblings of desperation by sending your news or anything of interest to our members to newsletter@rochdalectc.org.uk.

Thanks, Jon

SAFE RIDING RESOURCES



With safety in mind here are some useful resources from British Cycling which are worth a review.

For those riders who are less experienced on the road or using your bike to get to school/work you may want to take a look at [Commuting](#) where there are lots of useful videos and tips.

For those venturing out on the Club's beginners rides or regular club runs there's a very useful video on how to ride safely in a group, even for those who are more experienced it wouldn't go amiss to have a look! View it here: [Group Riding](#).

Lastly for those Club Riders who are thinking of getting involved in Road racing there's British Cycling's Racesmart initiative. The campaign will use digital resources to provide advice about racing etiquette, techniques, riding skills as well as highlighting the role riders can play in protecting the future of the sport. The Racesmart page can be viewed here: [What Is Racesmart](#).

Remember if you are involved in an accident/incident please send a completed [Incident Form](#) to Heather Preston at welfareofficer@eastlancsroadclub.org.uk.

Heather Preston

