



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.36 August 2016

WELCOME

The start of the Hill Climb season is the first sign that the Summer season is starting to draw to a close. The Club is organising two events, see below for more details.

Dave Trippier looks back at another fantastic Summer tour and also reports on our Club runs which happen all year round and offer social cycling for all abilities.

CAMPING WEEKEND

Gareth Snell is arranging a camping weekend (or B & B) over the Bank Holiday weekend at High Lanning, Dent. Plenty of great riding in the Dales with a BBQ on Friday night. At present, 11 East Lancs members will be attending. So pack your tent up and book on the site. No BAR points available but plenty of kudos for joining in and enjoying the company.

CLUB SUMMER TOUR

Dave Trippier reports on another successful Club tour. This time the destination was Frejus in the South of France.

Now in its fourth year, the Club's 2016 summer tour was to Frejus on the Cote D'Azur in southern France. A total party of 33 signed up which included 19 riders for two weeks at Club Columbier, a five-star site just outside Frejus.

The majority of the group flew from Manchester to Nice and took a short transfer to the camp site. The Millar family were there first having undertaken a non-stop overnight drive from Shaw to Frejus. Jason and Jonny drove overnight in Jason's modified van carrying all the bikes for the group. Jason was still a bit miffed when we got there because he couldn't get his 'Tour de France' air horn fitted to the van in time, to make our presence felt on the French roads!!!



All Good Friends and a Team the Club Should Be Proud Of

First out on the roads on his bike was Jack Millar who left his Dad recovering from the long drive and he had a 40Km ride north of Frejus to Bagnolle-en-Foret getting ready for the Juniors team competition starting the following day when the others arrived.

On day two the whole Youth and Junior group set off for a 60Km ride through the forests in 30° temperatures and it was clear plenty of liquid was going to be required by everyone.

That evening Jason unloaded the family BBQ and fired it up for a fantastic BBQ which everyone attended and it was just as well because it was the last one. The Site Manager told us not to use it again due to the fact it used charcoal and was a fire risk.





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Gareth is also organising a tour of the Lakes and Dales on 3rd and 4th September

Contact Gareth for more information at socialsec@rochdalectc.org.uk.



The climb of Mont Ventoux was undertaken by us all at different speeds and when the 'experienced' riders reached the top some 1 hour behind the 'young and speedy' riders, we were confronted by a full frontal East Lanes sticker right in the middle of the sign.

Planted by Ollie Huszar, I think this has unfortunately been removed, but we have had our moment of glory.

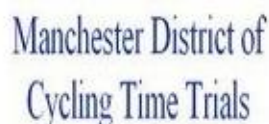
On the first Monday, all the cyclists got together for a ride out over the Massif des Maures. This was a really picturesque ride on a single track road through the forest along the coast. The group had a dodgy start getting lost in Puget, but we were all soon on the 10Km climb up the Col de Valdingarde. At the top of the col several of us met Jason who had tried to keep up with the Juniors, he was sat with his head in his hands still recovering from six hours drinking at his BBQ the night before. He declared he had set off with no spares or tools due to his head still being a bit foggy and as a consequence of his drinking binge he was stuck!! He needed a long valve inner tube which none of us had and with very few vehicles of any sort on this road, 10 Km from nowhere, things were looking grim, however his luck was in! A plumber taking a short cut arrived in his van and Jason was whisked off down the hill in comfort looking a for an inner tube which he got from Noah. However, the day didn't get any better because at the bottom of the hill Jonny, then Mike followed suit with punctures of their own and we cut the route short to get back before anything else happened.

The juniors quickly got into their regular evening routine which briefly comprised (1) a 'drinking party' at which ever chalet they could gain access, (2) they then raided everyone's fridge for anything which resembled an alcoholic drink; (3) then followed a drinking game at which point most people would have stopped, but then (4) they went to the night club for a few more hours and finally (5) Once the club closed they then played cat and mouse with the site security guards as they each tried find their way back to their chalets.

Now the Codling family had started the holiday with a bang and Noah wasn't to be out done by his dad so with the first party night following the above routine, Noah tackled the drinking game with lots of enthusiasm. Apparently, he made it through the evening but once back at the chalet and in bed the swirling pit arrived. Let's say he was very sick to the extent the washing machine couldn't cope with what it was being asked to get rid of and Jason's Grandma was seen washing her face repeatedly to remove goodness knows what. Jason was seen proudly wandering around muttering 'that's my boy' clearly out done by his offspring.

The following day saw two groups out riding, which was a pattern followed for the rest of the holiday. The more experienced and considerably slower riders set out on a great ride visiting Les Adret's and Lac St Cassien before climbing to the hill top villages of Montaroux and Callian and back through Bagnolles-en-Foret to Frejus. The Juniors, minus Noah still recovering, climbed up Mt Vinaigre and went down into Cannes for a break before returning the same way complaining the heat was too much for them and it was nothing to do with drink.

The next day was the first day off the bike before we visited Mont Ventoux on the first Thursday.





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Early in the Club Tour we all set off to conquer the Massif des Maures which started with a ride through the village of Puget and didn't go to well as we followed the Garmin directions down a back street and down the steps!!!!

Mont Ventoux was a couple of hours drive away on the motorway, so we set off at 6:30am and we were in Bedoin ready for the climb by 9:30. Known as the Geant de Provence, you can see Ventoux from miles around and it is really intimidating as you approach it and allegedly it is the most cycled climb in the world.

The Juniors set off and the rest of us didn't see them again until they passed us on the way down again, but they all had a good ascent with the first to the summit being Sam Walley catching Alex Trippier who was on a long lone breakaway, just before the summit. Their ride times were about 1 ½ hours for the climb. However, the more leisurely of us arrived at the summit but took an hour longer to get there.



Mike, Dave, Suzanne, Ian and Jonny at the Summit

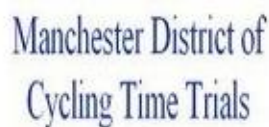
One of the biggest congratulations was given to Suzanne Millar who successfully climbed up Ventoux. She started in Bedoin and said to Ian 'I'll give it a try and see how I go on' but 3 hours later she and Ian climbed up the last slope to the Observatory on the summit to climb her first Tour de France Col, which was a fantastic achievement having only just started cycling regularly a year before.

The views from the Observatory are fantastic and the whole place was heaving cyclists from all around the world. The Juniors stopped on their descent to pay tribute at the Tom Simpson memorial leaving a token of respect from the Club to a great rider.



The View from Ventoux

On the first Friday a large group went by train on a spectacular sight-seeing day to Monaco and others went on a ride along the Corniche de L'Estrelle. This was 50Km ride along the beautiful Esterelle coastline which is slightly undulating and peppered with small coves. Julie Decamps joined in this ride, her first for the holiday, and Mike Coulter took the group





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SHOWING US HOW IT'S DONE

Dave Trippier commented how well disciplined the younger Club riders are when on the road. The video below shows how good they are. Perhaps a few of the Club's older members could learn a thing or two?



to a café he had been to before called La Cabanne, which served great steak sandwiches and omelette's and became our club HQ for the rest of the tour. This was the first of a number of visits to La Cabanne.

That evening we all ate in the restaurant on the camp site and unbelievably Mike, who was on his last night, talked Ian, Jason and myself into going in the night club with the Juniors, and as a consequence of the embarrassing dancing routines by the 'Dads', which went viral on Facebook, it ended up with the juniors leaving in embarrassment!!

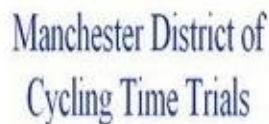
The next ride was to St Tropez and back by a group which included Nicole Decamps completing the 50mile ride, which is the longest ride she's ever done. The route went down the coast to St Maxime and Port Grimaud to St Tropez and after a café stop for lunch returned the same way. The roads on this ride were busy but a good cycle path enabled the riders to pass the vehicles comfortably and safely.

A sunny day on the beach followed at Frejus with the juniors tackling the banana boat and flying fish. Most stayed on for the ride but Ben Trippier was useless!! He might be having a good season on his bike, but he can't ride the banana boat, and ignominiously returned to the shore in the towing boat because he couldn't stay on it at all.



Noah, Alex W, Alex T, Sam and Josh Showing Us How to Ride in a Straight Line

The cyclists within the group were settling into a good routine of cycling by the second week, using roads we liked and yet one of the best was still to come. Having read about it in Cycling Weekly, we all wanted to climb the Col de la Madone. This climb started out of Menton near Monaco and was used by Lance Armstrong and presently Chris Froome for training rides out of Monaco.





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GO RIDE

Our Go Ride secretary can be contacted by email at goride_sec@eastlancsroadclub.org.uk.

COMING UP...

28th August

Short Ride – Uppermill
Medium Ride – Longridge
for Trough of Bowland (Car Assist)

4th September

Short Ride – Hebden Bridge
Medium Ride – Manchester
100Km
Long Ride – Manchester 100
Mile

11th September

No Club Runs – ELRC Open
Hill Climb

18th September

Combined Ride to Beard Cup
Hill Climb at the Woolly Knit
Café

25th September

Short Ride - Ramsbottom
Medium Ride – Holmfirth



At the Top of the Madone

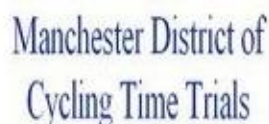
We set off early again at 6:30am for Menton and having parked up right in the middle of town, we set off up the climb. The group immediately split up and each of us climbed the col at their own speed. However, after two or three Kms Jack Millar stopped because he had a sore knee following his fall from a bench in a previous evening's drinking session!!!! Whilst we were checking Jack's phone worked Ritchie Porte and a Sky rider passed us on the way down the climb and they were the first of several pro cyclists seen during the day. We all continued up the climb which has amazing views of the Mediterranean and Monaco and it has a fast and dangerous descent down the other side, but it was a climb we all thoroughly enjoyed and highly recommended.

To complete the last full day for most of us, we all agreed to go on a boat trip from St Raphael to St Tropez. This was a one hour crossing to the village known for its harbour and beautiful old town with narrow streets and incredibly expensive shops. We all enjoyed our last meal overlooking the old harbour watching super yachts moor up, after which we returned to Frejus on the return sail.

This turned out to be a great holiday and one which successfully combined some great cycling for the enthusiasts and a great family holiday for non-cyclists. Watch out for further news on the 2017 proposals.

LAKELAND ADVENTURE

My friend Ian turned fifty this year and announced that he had a list of cycling related goals he wanted to tick off. A sort of non-fatal bucket list. The first was a 100 mile Sportive which we knocked off with the Ripon Revolution back at the end of June. The second was a ride around the lakes incorporating some of the more infamous passes. Therefore, we found ourselves setting off in wind and horizontal rain on a Saturday morning to tackle hills.





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COMMITTEE NEWS

There have been a couple of changes to the membership of the committee. Mark Riley has stepped down as treasurer and has been replaced by Suzanne Millar. Karen Bailey also joins the Committee as Accountant and Auditor.



The View Back Up Honister

First up was the Honister pass from the Keswick side with sustained pitches of 25%. As Ian twiddled up on his 32 tooth compact I was wrestling with a 28 and cursing my lack of foresight. Having survived the hair raising wet descent down the other side we rolled up and down past Buttermere, Loweswater and Gosforth. The weather improved all the time giving us spectacular views of the hills and the Irish Sea before we stopped for lunch at the bottom of Hardknott Pass. We ducked Harknott with its 30% gradient and went around to the almost as steep Wrynose Pass which reached 28%. However, the beautiful scenery took the edge off the effort.

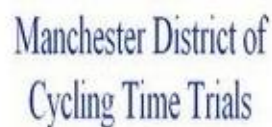


The Top of the World

Another brake testing descent led into a very pleasant run that took us to Grassmere and then the last 20 miles back to the hotel and a very welcome pint after a lot of cursing, 81 miles and 9,000ft of climbing.

CLUB RUN ROUND UP

Dave Trippier reports on the recent Club runs he has been involved in and the fantastic experience for riders of all abilities.





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HILL CLIMB SEASON

Hill Climb season is upon us once again. Two dates for your diary in connection with this discipline are firstly, 11th September for the Club Open competition. This is a two stage event up Blackstone Edge Old Road and then Blackstone Edge. Enter online at <https://www.cyclingtimetrials.org.uk/race-details/12606> or see Jason Codling at the Leisure Centre on Thursday evening. If you are able to marshal please let Jason know.

Secondly, the Beard Cup takes place on the 18th September. The base for this is the Woolly Knit Café at the base of the climb in Diggle. Check the calendar for more details – [Calendar](#).

The Beginners Ride on the 13th August was something special with one of largest groups turning out in the four year history of the Ride. We all gathered at Rochdale Leisure Centre and comprised a group of 14 riders under the leadership of John Howard and the destination was Hebden Bridge.

The fantastic fact was that the group comprised 50 % women, 50% teenagers and 50% of the group had probably only done a couple of Beginners Rides in the past, and at Hebden we were joined in the café by four more riders from the racing team including Club Member Matt Walls fresh from winning two gold medals at the European Junior Track Championships. What a mix!!

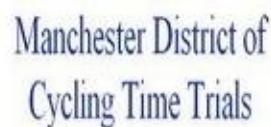


Relaxing at the Café Stop

All through the Ride John reminded us all of his experience and smooth pedalling style by telling the youngsters to get off the big ring to get pedalling!! On the way back the weather was not looking good and we retraced our route out subject only to a little climb to Lumbutts to stretch the legs. A great ride and hopefully a good introduction to the Club and a memorable ride for the newcomers

Last week I helped out as Ride Leader for the Short Ride and I looked at the Calendar and saw it was destined for Cliviger which was ok subject to a change of café. The weather was forecast to be great, so I knew John Howard would be out, and at the Rochdale Leisure Centre about 20 riders gathered for the various rides. The long ride set off for Bolton Abbey with about five riders tackling this nice ride lumpy ride and Andy chatting away as they all disappeared off up the road.

Andy Bateson lead a group of to Tockholes for the medium ride, which must have been at speed because it appears they arrived before the café opened up, disaster! However, having given my 10 rider group a number of options to get to Townley Park, we set off up Whitworth Road at a nice steady pace. We dropped towards





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...AND FINALLY

Articles for the newsletter are always welcome. If you have any news, results, ride reports or anything you think may be of interest to others please email them to me at newsletter@rochdalectc.org.uk. Thanks, Jon

Waterfoot and then climbed up to the top of Deerplay before going over Crown Point and dropping into Burnley and Townley Park for the café stop and regulation beans on toast.



Enjoying the Views On the Short Club Run

At this point we discussed the route back and due to having made good time we considered the Valley road, the Long Causeway or something new for a change!!! I've seen a road many times but only been down it once 40 years ago and I suggested it would be worth a try, but it appeared to be a stiff climb to say the least. The road in question was Carrs Road, which turns off the Valley road at Portsmouth and climbs over the moor to Sourhalls. We all decided to give it a go, and what a climb it was. After a short level and quiet section at the bottom it starts to wind up the hill at a steep gradient before finishing with a straight drag to the summit and the top.

Everyone cracked it, and after a short break we descended into Sourhalls and down Sharneyford before finishing off along the Valley road back to Littleborough and Rochdale. Well done to debutant Chris Lowe and guest rider from Watford Dave Edmundson who both enjoyed the ride. Brilliant ride and Carrs Road is recommended for future rides!

