



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.64 February 2021

Welcome to February 2021 La Gazzetta

The Newsletter will try and feature a wide range of articles and information for members. If you have any submissions or requests, please contact newsletter@rochdalectc.org.uk



In Memoriam

Mark Riley

As many of the longer standing members have discussed, Mark Riley, a fellow ELRC member recently passed away

Mark joined the East Lancs RC in the 1980's in what we think was his first cycling club

Having learnt his craft with the East Lancs, In 1989 he left to join the ABC Centreville where he stayed for approximately 10 years taking part in time trials and track racing at the Velodrome, before taking a break from cycling.

Typical of Mark, when he subsequently returned to cycling he became a Sky Ride Leader taking rides out from the velodrome to introduce people to cycling

When the East Lancs reinvigorated itself in 2012, Mark returned to the Club where he started his cycling and he took on the role of looking after club runs and latterly then becoming the Club Treasurer.

During this time, he also returned to riding on the velodrome and rode in several time trials

Eventually he past the role of Treasurer on and drifted away from the Club in 2017 and shortly afterwards he started joining in rides with the Bury Clarion CC

Mark was a nice man, with a natural shyness, but he didn't have a bad word for anyone and he will be greatly missed by those who knew him

Mark Riley RIP





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.64 February 2021

Dates for your Calendar

Reliability Rides

At the January Committee meeting, it was felt that despite the lockdown announcement, the club should still try to deliver its calendar as expected, this should help members schedule rides and do what preparations they need to take part. Below are the dates of the core rides and dates (all rides are Sundays).

| | |
|--------------------------|---------------------------------------|
| Presidents Ride | 7th March 2021 |
| 50 Mile Ride | 28th March 2021 |
| 100 Mile Ride | 9th May 2021 |
| 150 Mile Ride | 13th June 2021 |
| 250 Mile Ride | 11th July 2021 |
| 7000ft Climb Ride | 26th September 2021 |
| Ruff Stuff Ride | 10th October 2021 |

TIME TRIAL NEWS

It's all change for the 2021 Events being promoted by the East Lancs RC, (Covid restrictions permitting)

The Club transferred to the North District of Cycling Time Trials in 2020, and in 2021 we will be organising Time Trials in the North Area for the very first time

We have secured the two fastest courses in the District for our events.

10m TT:

Jon Preston is organising our 10m time trial Saturday evening on the 17th April 2021 starting at 6pm and we are using the superfast L1015 course based upon the Levens bypass.

Photo Gallery



25m TT:





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.64 February 2021

Jack Millar is organising our 25m time trial Sunday morning on the 18th July 2021 starting at 7am and for this event we are using the superfast L2524 course which again is based upon the Levens bypass.

Two Stage Hill Climb:

Mike Coulter is again organising our Two Stage Hill Climb which is on Sunday 3rd October 2021 and is based upon the Huddersfield Road and Buckstones Road climbs, HQ likely to be in Denshaw.

Spring Road Race:

Despite having a regular slot upon the Bashall Circuit, British Cycling have a clash of events, and they have offered us an alternative circuit for our Spring Road Race.

We are going to use the Norland Road Race circuit which is located at the top of Ripponden Bank,

This course is 3.9 miles long and the riders will do 13 laps to complete a 50 mile race. Each lap will take approx. 13 minutes and so it will be a better watch for spectators and marshalls.

Jon, Jack, Mike and myself [Dave Trippier] are going to put a lot of time into organising our Events and we can only do it with the support of members from the Club.

The Marshalling programme was sent out by email which includes all the above events, and shows where we need help for each event

There are BAR Points awarded to everyone who volunteers to marshal on our club events, to ensure that no one is penalised in the BAR competition for helping out

So, please sign up and help the Club with our events.

For the avoidance of doubt, you can sign up and help with as many events as you like.

Please let me know if you wish to help and I will populate the attached schedule and circulate it regularly so you can see how its filling up

Thanks in anticipation of your help

Dave

David Trippier





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.64 February 2021

ZWIFT Training Rides during Lockdown



ZWIFT RIDES ARE STILL ON

Rides are still taking place on ZWIFT for those who are able to train indoors via Turbo Trainers

Rides are organised
Thursday evenings and Saturday Mornings

For more information and to join, follow **Michael Coulter** on ZWIFT and send Michael a message.

You can also get updates on the ELRC Whatsapp group about rides

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While winter is often a trickier time to stay active due to the cold weather and short days, it's a vital tool for safeguarding our physical and mental wellbeing during what is set to be another challenging few weeks ahead. Although the restrictions have been tightened, riders are still very much encouraged to get out and enjoy some fresh air – whether that's for daily exercise or essential journeys – so here's our three-point plan for getting through the lockdown.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.64 February 2021



Keep local: Under the new guidance it's important to stay local, but that doesn't mean that rides need to be boring. See it as a time to explore new roads, parks and trails right on your doorstep, and if you're riding as a family you can take the opportunity to discover more about your community along the way.

Keep riding: It may be cold, wet and windy, but whatever the weather you'll always return from your ride with a clearer head, a smile and a renewed motivation to keep going. Getting out of the door is always the hardest part, so take a look at our guides for riding in the dark, keeping warm and being seen. If you're new to cycling, that's great! Our cycling basics will get you on your way. <https://www.britishcycling.org.uk/>

Come back smiling: During the first lockdown last spring it was amazing to see the cycling community come together to support each other in an hour of need. After almost a year of restrictions that spirit is going to be even more important this time around. That means checking in with your friends, getting together virtually or buddying up with a less experienced rider to help them to keep the wheels turning. They'll appreciate the support!

Castleton Bee network Consultation

<https://consultations.rochdale.gov.uk/research/castleton-phase-1-beenetwork-walking-cycling/>



Members are welcome to click on the above link to participate in the public consultation of the Castleton Bee network consultation which is looking to make changes to the Manchester Rd between Castleton Railway Station and Kingsland Rd (just Past Nixon St)





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.64 February 2021

Sportive News

MANCHESTER TO BLACKPOOL

Sunday 04 Jul 2021- Leaving from The Piazza, MediaCityUK, Salford, M50 2EQ

60 miles (approx) Total climb 1800ft

£24.50 Entry Fee

The famous Manchester to Blackpool ride is a very popular event - 60 miles from Salford Quays to a great finish with music, food and beer tent on the South Promenade in Blackpool. Lots of refreshment stops along the scenic country lanes of Lancashire, with marshals, cycle mechanics, first aid and pick up vehicles looking after you. The Christie charity team will welcome you over the finish line, then join your friends and families with music and refreshments.



<https://www.bike-events.co.uk/Ride.aspx?id=674&n=y>





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.64 February 2021

MANCHESTER 100 KM/ MILE BIKE RIDE

16 MAY 2021 - MANCHESTER, GREATER MANCHESTER

100 km or 100 miles Total Climb on 100 mile ride 3200ft

Entry from £24 additional £3 parking fee.

A great 'Century' ride - a 100 mile route along beautiful lanes through a wide sweep of Cheshire, helping to raise funds for the Christie Hospital. Starting and finishing at Wythenshawe Park, Manchester, the route heads first to Northwich, taking in Delamere Forest and Nantwich (the half way point) for lunch before heading back through Middlewich to the Finish.



<https://www.bike-events.co.uk/Ride.aspx?id=689>





La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.64 February 2021

Club Kit for Sale

In addition to the Bio-racer Kit members were able to order recently, the Club also has some surplus kit for members to purchase

If you would like more information regarding **Prices and Sizes**, please get in touch with **Jason Codling**

Cycling Cap

This item is one size and is made from similar material as the club cycling kit





La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.64 February 2021

Arm Warmers

Warm winter arm warmers made of thick fleece lined material, features gripper dots to keep these in place





La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.64 February 2021

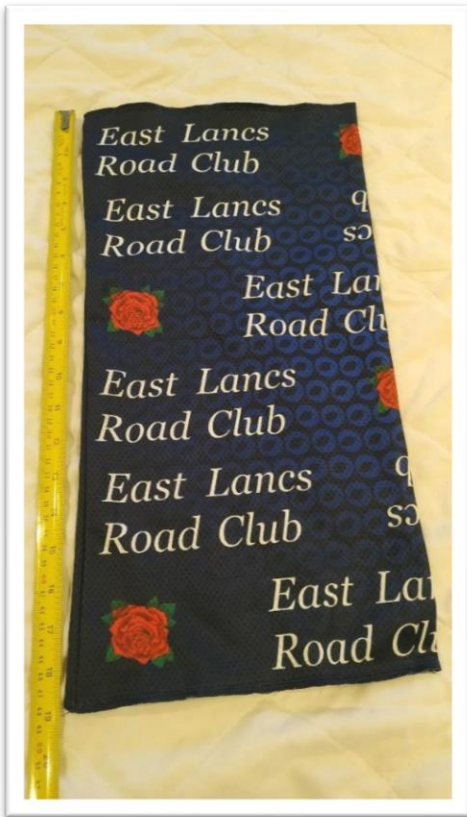
ELRC Snood

Keep your neck warm on those early rides

Measures 19x9 inches

ELRC Waterbottle

ELRC Umbrella





La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.64 February 2021

ELRC Summer Jersey with mesh panels in armpits (this is a lighter material than the smooth jersey)



ELRC Socks comes in both Pink and Blue panels

These socks are a mixture of Lycra material on the ankle area which feature rubberised gripper section.



If you are interested in purchasing any of the ELRC kit. Please contact Jason Codling for sizes and prices

