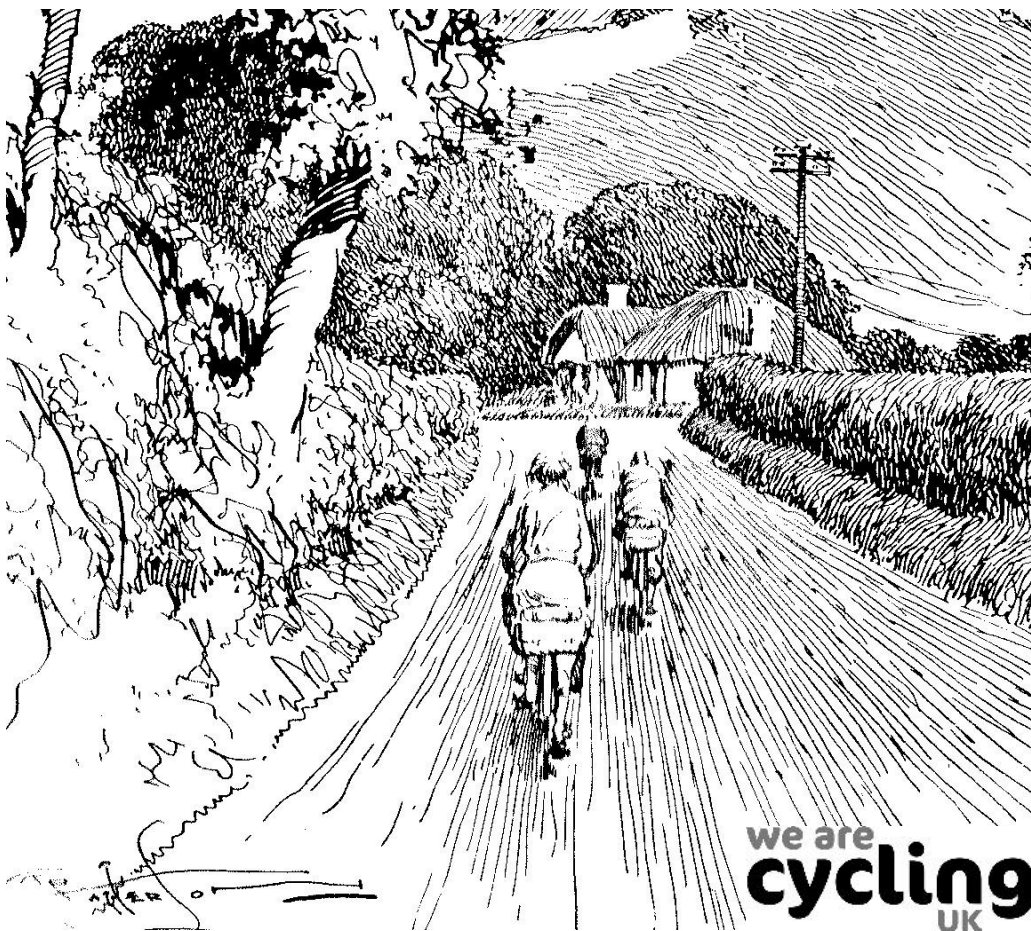


the C. T. C. GAZETTE



Calderdale CTC

April - September 2017



we are
cycling
UK

This magazine is produced twice yearly and distributed free to all CTC members resident in the area. This is made possible through generous support from advertisers and benefactors.

Occasionally there may be changes or additions to activities listed here. Up to date details are available on our web site at: <http://calderdalectc.org.uk>

The Calderdale CTC Gazette welcomes contributions from members and friends. Please contact Chris Crossland
Tel: 01422 832853
email: chris.crossland@halifaxctc.org.uk

Other Cycling Clubs in the Calderdale CTC area

Calderdale MTB

Web-based community of mountain bike riders. Weekly evening rides from Salterhebble
dave@calderdalemtb.co.uk www.halifaxmtb.co.uk

Calderdale Tri Club

Saturday morning training rides from Mytholmroyd
calderdaletriclub+secretary@googlemail.com
www.calderdaletriclub.co.uk/

Condor Road Club

Fast(ish)training runs with a cafe stop
pethorne@yahoo.co.uk
<http://condorroadclub.blogspot.co.uk/>

Halifax Imperial Wheelers *Most types of cycling including road racing, time trialling, touring, social rides, club runs etc.*

01274 604715 andrewmann412@hotmail.com
www.halifaximps.blogspot.co.uk/

PedalSport Cycling Club

01422 361460 mark@pedalsport.co.uk
www.pedalsport.co.uk

Ravenscliffe School Cycling Club

For disabled children and young people. Specialist bikes for all abilities.
Tel: 01422 358621 (term time only)

Shibden CC

Road, Cyclocross & MTB riding for all ages, based in Queensbury. 07752 907444 Garry@shibden.cc
www.shibden.cc

Todmorden Harriers

Cycling and running on the fells and roads
01706 810967 bev@todharriers.co.uk
www.todharriers.co.uk

VS Cycles Racing Team

01484 715230
enquiries@vscycles.co.uk www.vscycles.co.uk

Calderdale CTC Gazette

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Online <http://calderdalectc.org.uk>
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Published by CALDERDALE CTC, the local member group of Cycling UK, the cyclists' champion



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Email: secretary@calderdalectc.org.uk

A WORD FROM THE SECRETARY

Hello and welcome to the Calderdale CTC Gazette for Spring & Summer 2017. Firstly, I would like to introduce myself as I have recently taken on the role of Secretary. My name is Lucy Armour and I have been riding with Calderdale CTC since August 2014. I had wanted to join a cycling club for some time, but I was riding an electric bike back then and thought I might not be seen as a 'proper' cyclist. How wrong could I have been? From the very first phone call I was made to feel really welcome. I went out on a few Thursday evening rides, then when they finished for the season I joined the Autumn Tints on their Wednesday and Saturday rides. I really enjoyed the routes, the camaraderie and the cafes! Soon, I was well and truly hooked and by December I had bought a road bike and switched to being 'fully human-powered'. Nobody gets left behind on our rides, which was useful as I really missed the motor on the numerous hills we are blessed (or some may say, cursed!) with in beautiful Calderdale! When the role of Secretary became vacant, I thought it would be a good opportunity to give something back to the club that has been such an important and enjoyable part of my life in recent years, so here I am!

Since the last Gazette, we have had our usual packed Clubroom programme, with some really fascinating talks and slide shows. Many thanks to John Whiteley for all his hard work organizing this, and also thanks to Geoff and Helen Pearce and all the other people who helped with refreshments and cleaning up.

The Christmas season was a busy one, with the Autumn Tints Christmas Dinner, Clubroom Christmas party and Calderdale CTC Christmas Dinner being very popular and successful events.

We have also managed to get plenty of riding in this season. With the winter being relatively mild, very few rides have had to be cancelled. Both the Sunday rides and the Wednesday and Saturday Autumn Tints rides have been well attended. We were blessed with a beautiful autumn day for the October Audax rides, which brought out plenty of riders from far and wide to enjoy some of our Yorkshire scenery (and hills) as well as the famous spread put on afterwards by Calderdale CTC members led by Jennifer Crossland. To show how their efforts were appreciated, in late 2016 Audax United Kingdom, the national long distance cycling

association, awarded Calderdale CTC its annual Helpers' Trophy in recognition of outstanding support given to riders of Audax events.

Looking forward to this year - as well as the regular CTC and Tints rides, we have a full programme of special events lined up, from a 16 mile circuit ride around Norland Moor, to a 600km Audax which takes in three coasts! There is something for riders of all abilities, so if you are not already a member, do come along and give us a try. You can join up to 3 rides as a guest - after filling in a simple form you will be covered by our insurance and can get an idea of the style and pace of our rides. If you wish to continue riding with our group, you will be asked to join Cycling UK which will give you valuable third party insurance cover, as well as a number of other benefits, including discounts on YHA membership and overnight stays, and outdoor products from Cotswold Outdoor.

Tour de Yorkshire fever is soon to hit our area again, with the event itself happening on 28th-30th April. Stage 3 includes three climbs which are well known to Calderdale cyclists - Haworth Main Street, Leeming and Shibden Wall. You can have a go at riding these climbs before the professionals do by joining our Mini Taster ride on the 1st April, 'The Three Cotes' - for more details, see the Events pages.

There has been a lot of work done on our website recently, so I would encourage you to take a look, and also promote it to any friends who aren't yet members who may be interested. The web address is www.calderdalectc.org.uk.

Hope you all have a great Spring/Summer season - see you out on a ride some time!

Lucy Armour
Secretary, Calderdale CTC

CALDERDALE CTC

VACANCY for PRESS SECRETARY

needed from November 2017

To publicise all Calderdale CTC's rides, events, and other activities including by insertion of details throughout the year in The Halifax Courier and other media as appropriate. The cost of buying the Courier will be reimbursed. The present Press Secretary is prepared to give full instructions on any aspect of the job.

Please contact Charlotte Bromley for details
Tel: 07724838837
Email: charlottebromley6@gmail.com

Calderdale CTC

AUTUMN TINTS RIDES

Group cycling for cyclists of any ability, age, or gender

Colin Chapman writes:

Now that Spring is officially sprung, we can, hopefully, look forward to warmer weather & possibly drier, warmer days!

Rides have continued to be well supported, when the weather was favourable, and Wetherspoons when it was not! Thanks & well done to all riders.

Calderdale CTC Autumn Tints has evolved from the original Autumn Tints Cycling Comrades & we now invite cyclists of any ability, age or gender, to join our rides, & promise a warm welcome to all, whether an inexperienced rider or someone who would like to try riding within the safety & camaraderie of a group.

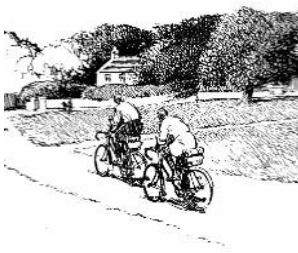
Rides are held every Wednesday & Saturday, at a steady pace &, wherever possible, on quiet & often very scenic routes.

Destinations for all rides are listed below. Should you wish to join us, just turn up, or, if you have any queries, please ring me or the ride leader on the numbers listed or email autumntints@ctccalderdale.org.uk.

Ride Start Points

GB	Godley Bridge, New Bank, Halifax
SHL	Salterhebble Locks (Basin), Halifax
SBB	Sowerby Bridge Baths, Station Rd.
SBL	Sowerby Bridge Library, Hollins Mill Lane
WVGC	West Vale - Garden Centre
WC	Windmill Court, Causeway Foot

DATE	Start	TIME	COFFEE STOP	DESTINATION	LEADER
APRIL					
Sat 1 st	SBL	9:30	Craggies, Cragg Vale	HOLLINGWORTH LAKE	Colin Chapman
Wed 5 th	WC	10:00	Windmill Court	SHIPLEY GLEN CAFÉ	Colin Chapman
Sat 8 th	GB	9:30	High Street Café, Queensbury	BINGLEY Five Rise Locks	John Sutcliffe
Sun 9 th	Lotherton Hall	9:00	GHS RIDES: See above for details		
Wed 12 th	WVGC	9:30	Bolster Moor Farm Shop	MARSDEN Motorman's Café	Colin Chapman
Sat 15 th	SBL	9:30	Watergate, Hebden Bridge	TODMORDEN Morrisons	Carol Hare
Wed 19 th	WC	10:00	Windmill Court	SCAR TOP Granary Tea Room	John Southworth
Sat 22 nd	SHL	9:30	Wetherspoons, Brighouse	TONG GARDEN CENTRE	Colin Chapman
Wed 26 th	WVGC	9:30	Motorman's Café, Marsden	DELPH Edna's Cosy Café	John Schorah
Sat 29 th	GB	9:30	J's Cafe, Scholes	DEWSBURY MARINA	Colin Chapman
MAY					
Wed 3 rd	WVGC	9:30	Morrisons, Waterloo	CANNON HALL	John Southworth



Contacts

Leslie Baker	07580 835265
Colin Chapman	01422 834342
Carol Hare	01422 340638
John Schorah	01422 345170
John Southworth	07791 210922
John Sutcliffe	01422 365420

GHS RIDES commemorating George Herbert Stancer *Sunday 9th April* Lotherton Hall -

Pocklington – Lotherton Hall. Approx. 60 miles in 7 hrs

Meet at Lotherton Hall, 9:00am for registration (£3) 9:00-9:30 start. (Pool transport may be arranged by agreement). Certificates awarded to successful Riders.

York Cycle Rally Weekend - Sat 24th-Sun.25th June. (Site opens Fri. 23rd). We are holding a social Camping/Caravanning weekend at this event and invite all to join us.

Members can pre register at campsite@yorkrally.org using the booking form. Entering "CALDERDALE CTC" under Group Name will ensure all members will be located in same area.

Everyone welcome, so come & chat, socialise, have a beer, wine or coffee, BBQ & even go for a ride! Possible Friday evening meal at the "Fox & Roman". Pre-booking required.

Please contact me should you require further details or have any queries re the above events.

Colin Chapman 01422 834342

DATE	Start	TIME	COFFEE STOP	DESTINATION	LEADER
MAY					
Sat 6 th	WC	10:00	Windmill Court	KEIGHLEY Morrison's	John Sutcliffe
Wed 10 th	SBB	9:30	Robin's Nest, Rishworth	HOLLINGWORTH LAKE	Colin Chapman
Sat 13 th	GB	9:30	Baguettes, Wyke	OAKWELL HALL	John Sutcliffe
Wed 17 th	WC	10:00	Windmill Court	OTLEY CC Club Room	Colin Chapman
Sat 20 th	SBB	9:30	Robin's Nest, Rishworth	DELPH Edna's Cosy Café	Colin Chapman
Wed 24 th	WVGC	9:30	Cookhouse Café, Slaithwaite	HOLMFIRTH Corner House Cafe	John Southworth
Sat 27 th	SHL	9:30	Wetherspoons, Brighouse	MIRFIELD Café Nosh	Leslie Baker
Wed 31 st	SBL	9:30	Watergate, Hebden Bridge	HAWORTH Villetette Cafe	Colin Chapman
JUNE					
Sat 3 rd	GB	9:30	J's Cafe, Scholes	DEWSBURY Crow Nest Park Cafe	John Sutcliffe
Wed 7 th	WVGC	9:30	Bolster Moor Farm Shop	MELTHAM Ivy House Cafe	John Southworth
Sat 10 th	SHL	9:30	Wetherspoons, Brighouse	OAKWELL HALL	Colin Chapman
Wed 14 th	SHL	9:30	Café Nosh, Mirfield	NEWMILLERDAM	John Southworth
Sat 17 th	SBL	9:30	Watergate, Hebden Bridge	HOLLINGWORTH LAKE	Carol Hare
Wed 21 st	WC	10:00	Windmill Court	OTLEY CC Club Room	John Schorah
Sat 24 th	GB	9:30	Baguettes, Wyke	TONG GARDEN CENTRE	Leslie Baker
Sat 24 th /Sun 25 th	YORK CYCLE RALLY	- Camping Weekend - Details above			Colin Chapman
Wed 28 th	WC	10:00	Windmill Court	SHIPLEY GLEN CAFÉ	Carol Hare
JULY					
Sat 1 st	SHL	9:30	Wetherspoons, Brighouse	SCHOLES J's Café	John Sutcliffe
Wed 5 th	WVGC	9:30	Motorman's Café, Marsden	DELPH Edna's Cosy Café	Colin Chapman
Sat 8 th	GB	9:30	Baguettes, Wyke	DEWSBURY Crow Nest Park Cafe	Colin Chapman
Wed 12 th	GB	9:30	J's Cafe, Scholes	TONG GARDEN CENTRE	John Schorah
Sat 15 th	WVGC	9:30	Ambry's Community Café, Almondbury	SHELLEY Dearne Lea Café	Colin Chapman
Wed 19 th	WC	10:00	Windmill Court	OTLEY CC Club Room	John Southworth
Sat 22 nd	Car-Assisted PICNIC RIDE to Selby - York cycle path. Details from Colin Chapman				
Wed 26 th	SHL	9:30	Wetherspoons, Brighouse	OSSETT Wellgate Cafe	Colin Chapman
Sat 29 th	GB	9:30	High Street Café, Queensbury	BINGLEY Five Rise Locks	Colin Chapman
AUGUST					
Wed 2 nd	SBL	9:30	Watergate, Hebden Bridge	TOWNELEY HALL Garden Centre	Colin Chapman
Sat 5 th	WC	10:00	Windmill Court	SHIPLEY GLEN CAFÉ	John Sutcliffe
Wed 9 th	WVGC	9:30	Kelly's Café, Birkby	SHELLEY Dearne Lea Café	John Southworth
Sat 12 th	GB	9:30	Wetherspoons, Brighouse	MIRFIELD Café Nosh	Colin Chapman
Wed 16 th	WC	10:00	Windmill Court	OTLEY CC Club Room	John Schorah
Sat 19 th	SBL	9:30	Watergate, Hebden Bridge	HOLLINGWORTH LAKE V.C.	Carol Hare
Wed 23 rd	SHL	9:30	Café Nosh, Mirfield	BRETTON PARK	John Southworth
Sat 26 th	SBB	9:30	Robin's Nest, Rishworth	HEBDEN BRIDGE	Colin Chapman
Wed 30 th	WVGC	9:30	Bolster Moor Farm Shop	MARSDEN Motorman's Café	Colin Chapman
SEPTEMBER					
Sat 2 nd	SBL	9:30	Craggies, Cragg Vale	HOLLINGWORTH LAKE	Carol Hare
Wed 6 th	WC	10:00	Windmill Court	KEIGHLEY Morrisons	John Schorah
Sat 9 th	SHL	9:30	Wetherspoons, Brighouse	OSSETT Wellgate Cafe	John Sutcliffe
Wed 13 th	WVGC	9:30	Cookhouse Café, Slaithwaite	DELPH Edna's Cosy Cafe	Colin Chapman
Sat 16 th	GB	9:30	J's Cafe, Scholes	HECKMONDWIKE Cherry Tree Café	Leslie Baker
Wed 20 th	WC	10:00	Windmill Court	OTLEY CC Club Room	Colin Chapman
Sat 23 rd	GB	9:30	Baguettes, Wyke	TONG GARDEN CENTRE	John Schorah
Wed 27 rd	SBL	9:30	Watergate, Hebden Bridge	TOWNELEY HALL Garden Centre	John Southworth
Sat 30 th	SHL	9:30	Wetherspoons, Brighouse	OAKWELL HALL	Colin Chapman

Calderdale CTC SPECIAL EVENTS

April - October 2017

Saturday 1 April TOUR de YORKSHIRE MINI-TASTER - THE THREE CÔTES: 35 miles of Stage 3 of this year's big pro race. Meet 9:45am at Pavilion Cafe, Centenary Square, Bradford. *Details from Dave Dodwell 07931 284843.*

Sunday 2 April WEST YORKSHIRE CTC LUNCH at Aaddingham Village Hall. Meet 8:45am at Halifax, Bull Green car park *Tea, coffee, cakes etc., provided. Please bring a packed lunch Contact Geoff & Helen Pearce 07881 874713 for details of the lunch, and Martin Bird 07720 350466 for details of the ride.*

Thursday 6 April OPENING THURSDAY EVENING SUPPER RUN to The Navigation, Sowerby Bridge. Meet at 7:00pm at Halifax Pool. *Please book in advance; contact Dave Power 07761 166743*

Sunday 9 April SPRING AUDAX RIDES SPRING INTO THE DALES. 110 km. A test for keen racing, touring and fitness cyclists. Meet at 8:45am **LEAP INTO THE AIRE. 54 km.** Scenic ride for club and leisure cyclists. Meet at 9:45am

Both start at Mytholmroyd Community Centre Contact Chris Crossland 01422 832853

Sunday 9 April GHS RIDES
Meet at 9:00am, Lotherton Hall to commemorate CTC stalwart G. H. Stancer by riding to Pocklington and back. *Enquiries to Colin Chapman 01422 834342*

Sunday 23 April THE RED ROSE RIDE
Classic 200 km. trip through parts of Lancashire that were once in the West Riding, to the Lancashire Coast, and back via Lancashire lanes. *Meet 7.45 am at the Oddfellows Rooms, Unity House, Coleridge Street, Halifax. Contact Dave Dodwell 07931 284843*

Saturday 6 May NORLAND CIRCUIT RIDES
A choice of standard rides to suit cyclists of all ages: 16 miles in 2 hours for newcomers and youngsters, or 36 miles in 3 hours for the more experienced cyclist. *Meet 1:45pm at Norland Town Bus Stop, Clough Road, Norland, Sowerby Bridge. Details from Charlotte Bromley 07724 838837*

Sunday 14 May CAR ASSISTED RIDE for an easy ride to the Coxwold Cyclists' Service. **Meet at 8:15 am at Bethel Street Car Park, Brighouse.** *Please contact Reid Anderson 07763 328804 if you would like to come along.*

Saturday 20 May CALDERDALE CYCLE QUEST
Registration and Starts from 10.00 to 10.30 am at The Spring Rock Inn, Norland Rd, Greetland, Halifax HX4 8PT A navigational challenge; you receive a map showing marked "controls". Use the map to plan your route to visit as many controls in two hours. The rider visiting most points is the winner. *Please email organiser Graham Lloyd to reserve a map: egrahamlloyd@yahoo.co.uk*

Saturday 27 May A choice of 400 km. events for enthusiasts, to be completed in 27 hours.
NOT QUITE THE SPURN HEAD 400 - a flattish 400km ride & **THE OLD 240** - John Whiteley's favourite: a hilly

400km ride. *Meet at Mytholmroyd Community Centre 5:15am. Contact Chris Crossland 01422 832853*

Wednesday 7 June THE TREVOR LEVER MEMORIAL HALIFAX TO SKIPTON & BACK RIDES: Can you cycle 32 miles from Halifax to Skipton and back inside 2 or 2½ hours? **START** at The Causeway Foot Inn, 13 Causeway Foot, Halifax HX2 8X X (approx. 4½ miles North of Halifax on A629). *Contact Chris Crossland 01422 832853*

Sunday 11 June CAR ASSISTED RIDE for an easy ride from Wetherby to Rufforth and back. **Meet at 8:45 am at Bethel Street Car Park, Brighouse.** *Please contact Reid Anderson 07763 328804 if you would like to come along.*

Saturday 17 June 600 km. AUDAX EVENTS The 3 Coasts 600 and The East & West Coasts 600.
Meet at 5.45am at Mytholmroyd Community Centre. *Details from Chris Crossland 01422 832853*

Sunday 18 June THE GOOD COMPANIONS 200km.
Audax Meet at 8.15am at Mytholmroyd Community Centre. *Details from Chris Crossland 01422 832853*

Thursday 22 June BLACKST-ONE, TWO, THREE
Three different climbs and descents of Blackstone Edge. **START** Bus shelter by Mytholmroyd Library, Cragg Road, Mytholmroyd. Meet at 7:00pm
Contact: Graham Lloyd egrahamlloyd@yahoo.co.uk

Thursday 13 July 25 MILES IN 2 HOURS STANDARD RIDE Meet 7:00pm at junction of New Hey Road and A643 Brighouse Road, near Ainley Top. *Details from Simon Roberts 07932 974567.*

Sunday 13 August CAR ASSISTED RIDE to take part in the **JOHN RADFORD MEMORIAL RIDE** from Fairburn. **Meet at Bethel Street Car Park, Brighouse. START TIME** to be arranged. *Please contact Reid Anderson 07763 328804 if you would like to come along.*

Sunday 3 September CAR ASSISTED RIDE for a visit to the Yorkshire Dales. **Meet at 8:15 am at Bethel Street Car Park, Brighouse.** *Please contact Reid Anderson 07763 328804 if you would like to come along.*

Sunday 10 September STANDARD RIDES
50 miles in 5 hours Meet at 8:45am
30 miles in 3 hours Meet at 9:15am
Both start at Gooder St. car park, Brighouse
Details from Geoff Pearce 07881 874713

Thursday 28 September CLOSING THURSDAY EVENING SUPPER RUN Details to be arranged.
Contact Dave Power 07761 166743 for details

Sunday 8 October AUTUMN AUDAX RIDES SEASON OF MISTS 105 km. Challenging touring in the Yorkshire & Lancashire hills. Meet 8:45am
MELLOW FRUITFULNESS 55 km. Not quite as hard, really! Meet at 9:45am.
Both start at Mytholmroyd Community Centre.
Contact Chris Crossland 01422 832853

Sunday 15 October 32 miles GROUP RIDE and FREEWHEEL COMPETITION MEET 8:45am at Brig Royd car park, West Vale, by Stainland Rd/Rochdale Rd traffic lights. *Contact Simon Roberts 07817 218128*

Dave Dodwell writes

Welcome to the Calderdale CTC 2017 Summer Sunday rides and weekend rides programme. With the longer days, our regular Sunday rides start 30 minutes earlier than in Winter, and there is the option to stay out for longer.

Start Times

Unless otherwise indicated, for our regular Sunday rides, meet at 8:45am for a 9:00 am start. Note that other events may have different start times and the time to meet is indicated

Start Points

For Sunday rides (unless otherwise indicated)

1. 2nd Sunday of the month: Brighouse Bethel Street car park (opposite Wetherspoons 'Richard Oastler').

2. Last Sunday of the month: Mytholmroyd Community Centre car park.

3. All other Sundays: Halifax Bull Green Car Park (opposite Wetherspoons 'Barum Top').

Duration and Speed

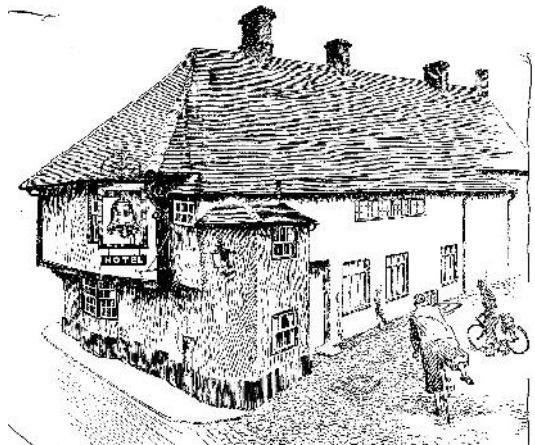
Each ride has a mid-morning café stop; there is the option at this point to return home for around lunchtime under the guidance of an experienced rider. Most rides will carry on to the lunch stop and return by late afternoon, although with agreement we might stay out longer if the weather is kind. Some 'Short Rides' (often when another longer event is also taking place) will turn around after the mid-morning stop. The Tour de Yorkshire is visiting our area in the afternoon of 30 April, so our ride that day will trace some of the route in the morning, and end at the Big Screen in Queensbury for lunch, when riders can decide whether to watch the race on the screen or at a road-side vantage point.

Note: Ride leaders may change the route on the day, depending on the weather and the people on the ride. If you plan to join the ride en route, please phone the leader to let them know.

Follow us on Facebook

<https://www.facebook.com/groups/ctccalderdale/> for the latest information. We tend to average 10-12mph riding speed (depending on hills!), the aim being to chat and enjoy the scenery. We will not leave anyone behind.

NEW RIDERS ARE WELCOME on all our rides; you may want to phone the ride leader to get more



details of the ride (see below), or you can contact me at dmdodwell@gmail.com

Car-assisted Rides

These enable us to visit destinations beyond the range of our normal Sunday ride. Four car assisted rides are planned this year, all with a Brighouse start; these will be joint rides with our friends from Huddersfield and District CTC. We will be riding to the Coxwold Cyclists Church Service in May; to the countryside between Wetherby and York in June; to join the John Radford Memorial rides at Fairburn in August; and to the Yorkshire Dales in September. All welcome, especially if you can offer seats in cars / space for bikes to enable those without cars to participate. These rides feature quiet, fairly flat roads and range in distance between 30 and 40 miles, aiming to return late afternoon. If you would like to participate, particularly if you can offer spaces for riders and / or their bikes, please contact Reid Anderson on 0776 332 8804

Trips away

Included in our calendar are events that we take part in but do not organise. The York Cycle Rally (<http://yorkrally.org>) weekend is on 24/25 June; the Welsh Festival of Cycling (www.ctcchesterandnwales.org.uk) is from 20 – 25 July, and the CTC Birthday Rides (<http://birthdayrides.org>) in the Cotswolds take place between the 7th and 13th August. Members make their own way to the events and book their own accommodation, but if you would like more information, or would like to organise a car-share, contact dmdodwell@gmail.com

Standard rides & Audax events marked ** offer the chance to ride a set distance inside a set time

limit. For more details, see the Calderdale CTC Events Calendar on pp.11-13

START POINT DETAILS

Br	Brighthouse, Bethel Street car park	BrG	Brighthouse, Gooder Street car park
F	Fairburn Village Hall, near Castleford	HP	Halifax Pool
Hx	Halifax, Bull Green car park	I	Illingworth, Morrisons
My	Mytholmroyd, Community Centre	Nor	Norland Town Bus Stop near school
Odd	Halifax, Oddfellows Rooms, Coleridge St.	Otley	Otley Cycling Club, Crow Lane, Otley
SR	Spring Rock Inn, Upper Greetland	WV	West Vale, Brig Royd car park

RIDE LEADERS

For further details concerning a particular ride or event, please contact the designated ride leader or organiser, who will be pleased to answer any enquiries.

Reid Anderson	07763 328804	Martin Bird	07720 350466	Chris Boulton	01132 672929
Charlotte Bromley	07724 838837	Chris Crossland	01422 832853	Craig Cutts	07815 321296
Dave Dodwell	07931 284843	Peter Howells	07761 850192	Graham Joyce	07713 242345
Graham Lloyd	07570 123811	Geoff Pearce	07881 874713	Simon Roberts	07954 176928
Keith Robinson	07802 923547	Alan Simpson	07443 895430	John Southworth	07791 210922

Date	Start	Time	TEA/COFFEE STOP	LUNCH DESTINATION	LEADER
APRIL					
2	Hx	8:45**	KEIGHLEY	ADDINGHAM	Martin Bird
for WEST YORKSHIRE CTC / HUDDERSFIELD CTC RIDE-OUT LUNCH					
<i>12 noon, Addingham Village Hall</i>					
9	My	8:45**	SPRING INTO THE DALES 110 km. Audax	<i>**Entries to (Chris Crossland</i>	
9	My	9:45**	LEAP INTO THE AIRE 54 km. Audax	<i>(Chris Crossland</i>	
9	Lotherton Hall		**CAR ASSISTED RIDE to GHS RIDES - POCKLINGTON		
<i>**Enquiries to Colin Chapman</i>					
16			EASTER DAY - NO ORGANISED RIDE		
23	Odd	7:45**	THE RED ROSE RIDE	<i>**Entries to Dave Dodwell</i>	
23	Hx	8:45	MARSDEN	Short Ride	Martin Bird
30	My	8:45	HAWORTH	QUEENSBURY (Big screen for Tour de Yorkshire)	Reid Anderson
MAY					
6 Sat	Nor	13:45**	NORLAND CIRCUIT RIDES 16 & 36 miles		<i>** Charlotte Bromley</i>
7	Hx	8:45	OTLEY	KIRKSTALL	Alan Simpson
14	Br	8:15	CAR ASSISTED RIDE	COXWOLD	Reid Anderson
20 Sat	SR	10:00**	CALDERDALE CYCLE QUEST		
21	Hx	8:45	STEETON	BOLTON ABBEY	Dave Dodwell
27 Sat	My	5:15**	THE OLD 240 400 km. Audax	<i>**Entries to (Chris Crossland</i>	
27 Sat	My	5:15**	NOT QUITE THE SPURN HEAD 400 km. Audax	<i>** (Chris Crossland</i>	
28	My	8:45	TOWNELEY HALL	WADDINGTON	Reid Anderson
JUNE					
4	Hx	8:45	SCAR TOP	EARBY	Peter Howells
11	Br	8:45	CAR ASSISTED RIDE	RUFFORTH	Keith Robinson
17 Sat	My	5:45**	The 3 COASTS 600 km. Audax		<i>** Entries to (Chris Crossland</i>
17 Sat	My	5:45**	The EAST & WEST COASTS 600 km. Audax		<i>** (Chris Crossland</i>
18	My	8:15**	THE GOOD COMPANIONS 200 km. Audax		<i>** (Chris Crossland</i>
18	Hx	8:45	TOWNELEY HALL	RIBCHESTER	John Southworth
23,24,25			YORK CYCLE RALLY at The Knavesmire, York		
25	Hx	7:30	TADCASTER	YORK	<i>Enquiries to Colin Chapman</i> John Southworth
JULY					
2	Hx	8:45	IMPROMPTU RIDE	Short Ride	Martin Bird

Date	Start	Time	TEA/COFFEE STOP	LUNCH DESTINATION	LEADER
<i>JULY continued</i>					
9	Br	8:45	GUISELEY	HARROGATE	Keith Robinson
16	Otley	7:45**	YORKSHIRE MIXTURE	200 km. Audax	Entries to (Chris Boulton
16	Otley	8:45**	OVER JORDAN	100 km. Audax	(Chris Boulton
16	Hx	8:45	SHELLEY	Short Ride	Martin Bird
<i>20-25</i>					
23	Hx	8:45	CASTLEFORD	SHERBURN-IN-ELMET	Craig Cutts
30	My	8:45	HOLLINGWORTH LAKE	UPPERMILL	Reid Anderson
<i>AUGUST</i>					
6	Hx	8:45	EMLEY MOOR	LANGSETT	Graham Joyce
<i>7-13</i>					
13	Br	TBA**	CTC BIRTHDAY RIDES	MORETON-IN-MARSH in the Cotswolds	
			CAR ASSISTED RIDE to Fairburn for JOHN RADFORD MEMORIAL RIDE**		Reid Anderson
20	Hx	8:45	GUISELEY	BURNSALL (TdY Route)	Peter Howells
27	My	8:45	RAWTENSTALL	RIVINGTON	Reid Anderson
<i>SEPTEMBER</i>					
3	Br	8:15	CAR ASSISTED RIDE to Yorkshire Dales		Reid Anderson
10	BrG	8:45**	50 miles in 5 hours STANDARD RIDE		**Geoff & Helen Pearce
10	BrG	9:15**	30 miles in 3 hours STANDARD RIDE		**Geoff & Helen Pearce
17	Hx	8:45	RISHWORTH	DELPH	Graham Joyce
24	My	8:45	SCAR TOP	FOULRIDGE	Reid Anderson
<i>OCTOBER - Advance Notice</i>					
1	Hx	9:15	STEETON	SKIPTON	Dave Dodwell
8	My	8:45**	SEASON OF MISTS	105 km. Audax	**Entries to (Chris Crossland
	My	9:45**	MELLOW FRUITFULNESS	55 km. Audax	** (Chris Crossland
15	WV	8:45**	32 miles Group Ride and Freewheeling Competition		**Simon Roberts



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Calderdale CTC

THURSDAY EVENING Rides

DATE START DESTINATION LEADER

APRIL

6	HP	Opening Supper Run <i>to The Navigation, Sowerby Bridge. Details from Dave Power 07761 166743</i>	MB
13	EB	JAGGER GREEN	DP
20	SX	NORWOOD GREEN	MB
27	KX	MIDGLEY	JS

MAY

4	EB	KRUMLIN	MB
11	SB	CRAGG VALE	DP
18	SX	SUNNY VALE	AS
25	EB	RAGGALDS	MB

JUNE

1	I	ST. IVES	DD
Wed 7	**STANDARD RIDE to Skipton and back: 32 miles in 2 or 2½ hours. <i>Meet 6:45pm Causeway Foot Inn</i>		CC
8	KX	CASTLE CARR	DP
15	HP	MEMORIALS RIDE	AS
22	My	BLACKST-ONE-TWO-THREE **STANDARD RIDE: 3 different ascents of Blackstone Edge, and 3 descents.	GL
29	EB	CASTLE HILL	MB

JULY

6	SB	HUBBERTON	DP
13	**STANDARD RIDE to DENSHAW via BUCKSTONES and back: 25 miles in 2 hours. Meet 7:00 pm at Junction of New Hey Road & A643 Brighthouse Road, near Ainley Top		SR
20	SX	THORNTON	DD
27	SB	HALIFAX LANE	DS

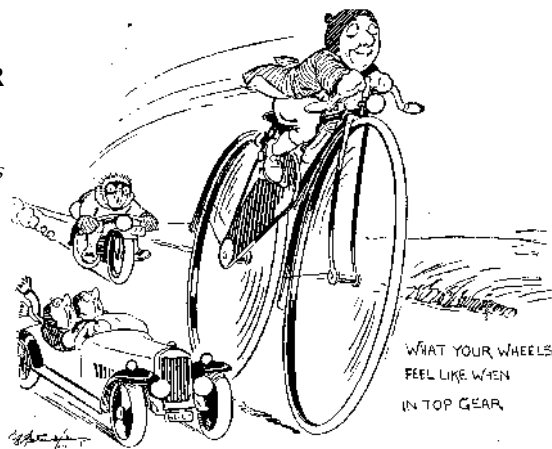
AUGUST

3	I	BLACK MOOR	MB
10	EB	RESERVOIRS RIDE	DP
17	KX	LUDDENDEN DEAN	PH
24	HP	NORTHWRAM	AS
31	EB	SCAPEGOAT HILL	MB

SEPTEMBER

7	KX	BOULDERCLOUGH	DP
14	EB	SCAMMONDEN	PH
21	SB	BAITINGS	GJ
28	HP	Closing Supper Run <i>Details from Dave Power 07761 166743</i>	DP

***Denotes a ride/event in the CALDERDALE CTC Events Calendar. More details on pp. 11-13*



These rides use the longer evenings to explore roads, lanes, and sometimes tracks within an easy distance of Halifax. While we aim to finish the rides during the hours of daylight, we do sometimes get carried away so please remember to bring some lights with you.

To take part, meet at 7:00pm for a 7:15pm start, except for Wednesday 7 June when meet 6:45pm for a 7:00pm start at The Causeway Foot Inn, 13 Causeway Foot, Halifax HX2 8XX (approx. 4½ miles North of Halifax on A629). Yes, this ride is still on a Wednesday.

Dave Power

MEETING POINTS

EB	Elland Bridge
HP	Halifax Pool
I	Illingworth - Morrisons Service Station
KX	King Cross - One Stop supermarket
My	Mytholmroyd Library, Cragg Road
SB	Sowerby Bridge Market, Wharf Street
SX	Stump Cross Inn

LEADERS

AS	Alan Simpson	07443 895430
DD	Dave Dodwell	07931 284843
DP	Dave Power	07761 166743
DS	Dave Scott	07455 907270
GJ	Graham Joyce	07713 242345
GL	Graham Lloyd	07570 123811
JS	John Southworth	07791 210922
MB	Martin Bird	07720 350466
SR	Simon Roberts	07954 176928

CALDERDALE CTC Cycling Events 2017

As usual, the cycling events in this programme cater for riders of all abilities, and are open to all, whether CTC members or not. Standard Rides and Audax events offer the opportunity to complete non-competitive touring rides over a variety of distances inside usually generous time limits. Audax events are organised under the rules of Audax United Kingdom, the long distance cyclists' association, and are part of a national calendar, attracting riders from all over the country. Standard Rides are local events offering a little more informality but with a similar sense of achievement. More details can be obtained from the organisers or the Events Secretary. Contact details are on Page 12.

Sat 1 Apr **10.00am**

TOUR DE YORKSHIRE MINI-TASTER - THE THREE CÔTES (35 miles)

START *Pavilion Café, City Park, Bradford BD1 1LA*
ENTRY FEE £5.00 ORGANISER Dave Dodwell
Ride part of the Stage 3 Route before the professionals do, including three of the Race climbs ("Côtes").

Sun 2 April **12.00 noon**

WEST YORKSHIRE CTC / HUDDERSFIELD & DISTRICT CTC RIDE-OUT MEET

at *Addingham Village Hall*
ORGANISER *Geoff and Helen Pearce*
Soup, tea, coffee, cakes etc., provided. Please bring a packed lunch. Details from 07881 874713
Join the Calderdale CTC group cycling there at 8.45 am at Halifax, Barum Top (by Wetherspoons pub).

Sun 9 April **9.00 am**

SPRING INTO THE DALES 110 km. Audax
START *Mytholmroyd Community Centre*
ENTRY FEE £5.00 ORGANISER Chris Crossland
110 hilly km with 2 café stops, taking you from the heart of West Yorkshire into the foothills of the Dales and back again, with a generous time allowance based on a minimum speed of 12 kilometres per hour.

Sun 9 April **10.00am**

LEAP INTO THE AIRE 54 km. Audax
START *Mytholmroyd Community Centre*
ENTRY FEE £4.50
ORGANISER Chris Crossland
54 hilly km with 2 café stops, taking you from the Pennine centre of Hebden Bridge into Airedale, and back again, with a generous time allowance based on a minimum speed of 8 kph.

Sun 9 April

GHS RIDES at Pocklington 60 miles approx.
Join Calderdale CTC riders to take part in these long established rides honouring historic CTC stalwart G. H. Stancer. For details of car-assisted ride to start at Lotherton Hall:
CONTACT: Colin Chapman 01422 834342

Sun 23 April **8.00am**

THE RED ROSE RIDE 200 km. Audax
START *The Oddfellows' Rooms, Coleridge Street, Halifax*

ENTRY FEE £6.00 ORGANISER Dave Dodwell
To the Lancashire coast. via the trough of Bowland

Sat 6 May **2.00pm**

NORLAND CIRCUIT RIDES
START *Norland Town Bus Stop near church/school*
ENTRY FEE 50p
ORGANISER Charlotte Bromley
16 miles in 2 hours, or 36 miles in 2½ or 3 hours

Sat 20 May

CALDERDALE CYCLE QUEST *Registration and Staggered Starts 10.00 am-10.30am*
START *The Spring Rock Inn, Norland Rd, Greetland, Halifax HX4 8PT*
ENTRY FEE £2.00 ORGANISER Graham Lloyd
A Cycle Quest is a navigational challenge. Use the map you are given at the start to plan your route to visit as many of the marked controls as you can. All controls are worth 10 points. The rider who collects the most points is the best Cycle Quester! (and wins a prize!) *Please email organiser to reserve a map: egrahamllloyd@yahoo.co.uk or post on the CTC Calderdale Facebook thread when that is posted*

Sat 27 May **5.30am**

A choice of 400 km. events: The Old 240 is scenic and challenging, the Spurn Head less so unless the wind blows.

THE OLD 240 – 400 km. Audax
START *Mytholmroyd Community Centre*
ENTRY FEE £8.00 ORGANISER Chris Crossland
One of Audax UK's toughest and most scenic events, climbing its way through classic Pennine landscapes
NOT QUITE THE SPURN HEAD 400 km. Audax
START *Mytholmroyd Community Centre*
ENTRY FEE £8.00 ORGANISER Chris Crossland
The road and café at Spurn Point have gone, but the event remains, and the Isle of Axholme replaces the sand and pavé.

Wed 7 June 7.00pm
pastoral and much flatter Vale of York; return via lower Wharfedale

THE TREVOR LEVER MEMORIAL

HALIFAX TO SKIPTON & BACK RIDES

32 miles in 2 or 2 ½ hours

START The Causeway Foot Inn, 13 Causeway Foot, Halifax HX2 8XX (approx. 4½ miles North of Halifax on A629)

ENTRY FEE £1.00 ORGANISER Chris Crossland (In association with Halifax Imperial Wheelers)

Sat 17 June 6.00am

A choice of 600 km. events

START Mytholmroyd Community Centre

ENTRY FEE £10.00

ORGANISER Chris Crossland

THE 3 COASTS 607 km. Audax

Stage 1 (383 km): to Bridlington, then back to base.

Stage 2 (224 km): to Blackpool & Glasson Dock, then to the weighvers' seaport of Hollingworth Lake; returning home on England's longest continuous downhill road.

THE EAST & WEST COASTS 603 km. Audax

Like The 3 Coasts but more time in the Fylde, less time in the hills, and only 2 coasts!

Sun 18 June 8.30am

THE GOOD COMPANIONS

200 km. Audax

START Mytholmroyd Community Centre

ENTRY FEE £5.00 ORGANISER Chris Crossland

Join the riders of the 3 Coasts 600 km. events as they are on their last legs on the last leg of their ride.

Thursday 22 June 7.15 pm

BLACKST-ONE, TWO, THREE

Standard Ride of 26 miles in 2½ hours, with three different ascents and descents of Blackstone Edge

START Bus shelter by Mytholmroyd Library, Cragg Road, Mytholmroyd.

ENTRY FEE £1.00 ORGANISER Graham Lloyd

Contact: egrahamlloyd@yahoo.co.uk

(In association with Halifax Imperial Wheelers)

Thursday 13 July 7.00 pm

25 MILES IN 2 HOURS Standard Ride

To Denshaw and back via Buchstones

START Junction of New Hey Road & A643

Brighouse Road, near Ainley Top

ENTRY FEE £1.00 ORGANISER Simon Roberts

Sun 16 July 8:00am

YORKSHIRE MIXTURE 203 km. Audax

START Otley CC Clubhouse, Crow Lane, Otley

ENTRY FEE £6.00 ORGANISER Chris Boulton

A ride of 2 halves, the first quite hilly through the eastern Yorkshire Dales, followed by the more

Sun 16 July 9:00 am

OVER JORDAN

100 km. Audax

START Otley CC Clubhouse, Crow Lane, Otley

ENTRY FEE £5.00 ORGANISER Chris Boulton

Through Nidderdale and over Jordan Moss

Sun 13 August

JOHN RADFORD MEMORIAL RIDE

START Fairburn Village Hall, near Castleford

Organised by Huddersfield CTC.

For details please contact

Peter Charnley 01484 539715

Sun 10 September

30 & 50 miles STANDARD RIDES

9.00am 50 miles in 5 hours

9.30am 30 miles in 3 hours

START Gooder St. car park, Brighouse, by bus station

ENTRY FEE £1.00

ORGANISER Geoff and Helen Pearce

Sun 8 Oct 9.00am

SEASON OF MISTS 105 km. Audax

START Mytholmroyd Community Centre

ENTRY FEE £5.00 ORGANISER Chris Crossland

Challenging Autumn touring in the Yorkshire and Lancashire hills.

Sun 8 Oct 10.00am

MELLOW FRUITFULNESS 55 km. Audax

START Mytholmroyd Community Centre

ENTRY FEE £4.50 ORGANISER Chris Crossland

Autumn touring in the Yorkshire & Lancashire hills.

Sun 15 October 9.00am

32 Miles GROUP RIDE & FREEWHEEL

COMPETITION

START West Vale, Brig Royd car park by Stainland

Road/Rochdale Road traffic lights

ENTRY FEE £1.00

ORGANISER Simon Roberts

OTHER DATES TO NOTE

YORK CYCLE RALLY 23-25 June

at the Knavesmire, York <http://yorkrally.org/>

WELSH FESTIVAL OF CYCLING 20-25 July

at Ruthin, Denbighshire

www.cttchesterandnwales.org.uk

CTC BIRTHDAY RIDES 7-13 August

at the Fire Service College, Moreton-in-Marsh

<http://www.birthdayrides.org/>

CONTACT DETAILS

Calderdale CTC Events Secretary Chris Crossland, 14 Stanley Street West, Sowerby Bridge, West Yorkshire HX6 1EF Tel: 01422 832853 Email: chris.crossland@halifaxctc.org.uk

Other Organiser Details

Charlotte Bromley 07724 838837
Chris Boulton 01132 672929
David Dodwell 07931 284843
Graham Lloyd 07570 123811
Geoff & Helen Pearce 07881 874713
Simon Roberts 07932 974567

Email: charlottebromley6@gmail.com
Email: chris.boulton@lineone.net
Email: dmdodwell@gmail.com
Email: egrahamlloyd@yahoo.co.uk
Email: sgeoffreypearce@btinternet.com
Email: simonroberts4713@gmail.com

For more details of West Yorkshire CTC and Calderdale CTC Audax events, including route sheets and ride photographs, look at <http://www.westyorkshiresr.org.uk>

Advance entries for Audax events are appreciated and can be made on the Audax UK website by browsing to <http://www.aukweb.net/events/> and selecting the appropriate event.

West Yorkshire-wide Awards Scheme

This is open to Cycling UK members resident in the former West Yorkshire CTC area as defined at 1 Jan 2017 (roughly Bradford, Calderdale, and Leeds) and makes awards to its members who complete any events in this calendar based on the points system below. Taking part in an event automatically enters you in the scheme.

Award	Min. No. Rides	Min No. Points
Medal	3	25
Plaque	4	40
Gold Award	5	55
Special Award	6	70

Points are awarded for each completed event at the rate of 1 per 10 miles or 16 kilometres rounded to the nearest whole number, with half point rounded up, e.g. 50 miles in 5 hours – 5 points, 32 miles in 2 or 2½ hours – 3 points. West Yorkshire CTC permanent Audax events also earn points, but at the abbreviated rate of 1 point per 100 km. or part thereof to the nearest whole number as above.

Other events where a distance is not specified may also earn points, e.g. FREEWHEEL COMPETITION - 3 points. Most of the Audax events, as well as a few others, can also be ridden as “Permanent” events, i.e. they are available to ride all year round at the rider's convenience. For most enjoyment, it is of course better to ride with others on the day of the event. There are more details on the above website. Event organisers events receive points as if they had successfully completed the event on application to the Events Secretary. Only actual points earned by riding will count for trophies.

President's Cup: Senior members (i.e. over the age of 16 on Oct 31st in year of event) must complete two of the following Association rides:-

- (1) The Red Rose Ride 200 km. Audax **or** Yorkshire Mixture 200 km. Audax **or** The Good Companions 200 km. Audax
- (2) Spring Into The Dales 110 km Audax **or** Leap Into The Aire 58 km. Audax
- (3) Season of Mists 105 km. Audax **or** Mellow Fruitfulness 55 km. Audax

plus at least 4 other events. The rider amassing the most points will win the President's Cup. In the event of a tie the other rides completed will be taken into account - the highest number of points from the minimum number of rides until the tie is broken.

The Centenary Cup will be awarded to the junior member, aged 16 years or under on Oct 31st in year of events, with the highest tally of points under the Awards Scheme.

Calderdale CTC Awards Scheme

This applies to Cycling UK members resident in the Calderdale CTC area as defined at 1 Jan 2017, and other members participating regularly in Calderdale CTC rides and activities. There is a variety of awards based in varying degrees on points gained in events in this calendar as well as participation in member group rides and activities.

Full details of either or both awards schemes are available on request from the Calderdale CTC Events Secretary Chris Crossland. Email chris.crossland@halifaxctc.org.uk

This events programme is published by Calderdale CTC, part of Cycling UK

The Bike!

David Power searches for meaning

I can remember my first bike, a blue and white trike being wheeled into a very early birthday celebration. My first two wheeler, a red Raleigh, came a few years later. After that it was a three speed, drop barred heavyweight as a 12 year old in Germany. It saw a lot of action in the three years I had it. Sadly, it went astray in transit on return to the UK.



Following that I was bikeless for many years until I bought a nice little road bike to commute in London. You'd think it would be pretty safe in a block of Police flats wouldn't you? Nope – some people have no shame. Between my 20's and 50's, I was the owner of two more bikes, the second of which got me around the Ring of Kerry, my first experience of touring. Otherwise, it would be fair to describe my cycling as intermittent and of the low mileage variety, getting out a bit with my kids when they were younger but not much more. As with so many people my solitary bike spent more time in the garage than anywhere else!

Fast forward to retirement and relocating to God's Own County. We'd made the move, settled in, had the holidays. What am I going to do now? Help was close at hand in the shape of the numerous lycra clad cyclists who would regularly make their way up and down the greenway which ran past the front of our cottage in Mirfield, many of whom seemed to be about my age. Eureka! In between bikes at the time I hot footed it down to the local bike shop and purchased a Gary Fisher off road hybrid. A short time later I teamed up with my local section of CTC and the rest is history.

Ten years, four bikes and many thousands of miles later it is fair to say that cycling has become the main focus of my life outside the home. With others of a similar disposition I've often asked, 'Why The Bike and what are the parts that other pastimes just don't reach?' The word 'encompassing' sums it up nicely. It's not one thing, it's a whole multitude, combining to form not just a lifestyle, but a way of looking at life and embracing it. As the man said, 'it's a lot more than just going out for a pedal!'

Let's cover the obvious first. Fitness, tied in with mileages and feet climbed, not to mention the fresh air. The more we do the happier we are with life. It's a way of getting and keeping fit. Once upon a time I'd ride miles just to avoid a climb, but now I know I can do it. In Yorkshire you can't avoid them, so embrace them. But it's more than that. We've just got to get those miles in. It's something that has to be done. Is it about competing with others? Yes, to an extent; witness all those bods addicted to Strava, fighting it out with people they've never met. And how often do we say to each other 'Have you been out this week?' How many miles did you get in?' Competition!

Moreover though, I'd suggest that we're competing with ourselves, setting targets, keeping diaries with mileages ridden and feet climbed. Maybe I'm more obsessed than I think but I'm always working towards something and if I don't get there, something's missing. Whether it's achieving a certain mileage, getting to the top of a climb before anyone else or completing a tough ride for the first time, that competitive urge is one of the things The Bike brings out in all of us at one time or another.

Then there's simply getting out and about. On moving to Yorkshire I didn't have a clue when it came to local knowledge. The Bike has sorted that for me. I must have ridden most of the roads and lanes within a 25 mile radius of where I now live, together with many more further afield. My wife Heather, who is Yorkshire born and bred, and who has lived here most of her life, knows only a fraction of the cafes that I do!

Being a stranger to the area, local knowledge has brought with it a sense of belonging and affinity with my surroundings. If people were to ask what it is about Yorkshire that I most value, the answer is clear: the people and the landscape. On The Bike you meet people and you go places! I know I'll never be 'proper Yorkshire' but I know where I am and where I'm going a lot more than I have done in the past. The Bike as much as anything has led me to think of Yorkshire and the North as home in every sense of the word. Loyalty and belonging. Southern by upbringing, Yorkshire courtesy of The Bike!

It has to be said that most of the folks I go out with are a certain age. We're all pretty much retired. In the wrong hands that could be a recipe for disaster.

What are we going to do with ourselves? How are we going to keep some structure in our lives? It can be the end of life as we know it or a whole new chapter. Financially secure, young and fit enough to make the most of it, I was up for the new chapter option.

The Bike has done that for me. Increasingly it has filled the career gap in terms of interest, focus and weekly structure, and now provides me with everything work did in terms of socialisation and camaraderie. I am part of a community that otherwise wouldn't be there. Unlike work there's absolutely no grief either! Some I know have even seen it as a lifeline. We care about each other and even with cyclists we don't know there's always that imperceptible nod of the head when we pass each other on the road or the offer of help when somebody is roadside with a mechanical. The Brotherhood of The Bike.

I've mentioned The Bike as being a focus of interest, not to mention passion. There are the local day to day rides and club outings, but I'm now starting to build up a folio of longer touring rides that wasn't part of my horizon when I started out: London to Paris on the Royal British Legion's Pedal to Paris, The Way of The Roses, and touring the Munnar Hills of Kerala with my daughter, being major highlights. Tours and cycling holidays in the Scottish borders, Northumberland, the Peak District, Majorca and Portugal, Kenya's Great Rift Valley and riding the beaches on South Carolina's Isle of Palms. All life affirming.

It's a passion that extends to following the world of road and track cycling. Before I got into The Bike myself I just didn't get it. The Peloton – what's that all about? I understand now. Each team has its own priority with each domestique having a particular function in order to achieve that goal. The Tour de France is essentially a 21 day rolling game of chess and once you appreciate that, the whole thing has a unique fascination, likewise the tactics involved in the various track races. And those riders are so tough, how can you not admire them? I once witnessed a crash on the Volta ao Algarve where a rider came off at speed and bounced twice on the tarmac before coming to a stop. I thought that was him done for the day if not the race. Albeit he could hardly walk, the medics had him bandaged and back on his bike within five minutes of the peloton passing through AND he went on to finish 14th for the day.

There is also something that more than a few have shared with me: a sense of the spiritual. If it was just me I might be thinking that I was being a little too deep. But it's not just me; cycling is good for your soul. Think of spirituality as being at one with our inner selves, as opposed to the simple here and now. It doesn't happen all the time, just occasionally when everything is in total harmony; the landscape, the weather, our bodies, that wonderful feeling of physical well-being. A 14km descent on the last day of the Munnar Ride, going back in time with the forts of Hadrian's Wall on the old Military Road, having the beach to myself on The Isle of Palms, being one of nearly 300 riders rolling through the countryside of Picardy en route to Paris are moments that spring to mind. Others will have had similar experiences. Just think of the rides that meant the most to you and ask yourself why. Somewhere in there your inner self was saying something. That's your soul coming out, the 'parts that other pastimes don't reach.'

There we have it folks. For myself at least, I've provided a few answers to those eternal questions and I'm thinking that more than a few heads will be nodding in agreement. One minute it's just something you do every now and then, but somewhere it starts to take over and becomes a definitive part of our lives, of who we are. The man was right. It really is a lot more than just going out for a pedal!

Come and join us on the

Calderdale CTC

Spring Audax Rides

Our most popular events
(usually attracting about 200 riders)

Spring Into The Dales

9.00 am start

110 hilly kilometres with 2 cafe stops
and

LEAP INTO THE AIRE

10.00 am start

54 hilly kilometres with 2 cafe stops

Sunday 9 April 2017

**Start: Mytholmroyd Community Centre,
Caldene Avenue, Mytholmroyd**

Details from Chris Crossland Tel: 01422 832853

Email: chris.crossland@halifaxctc.org.uk

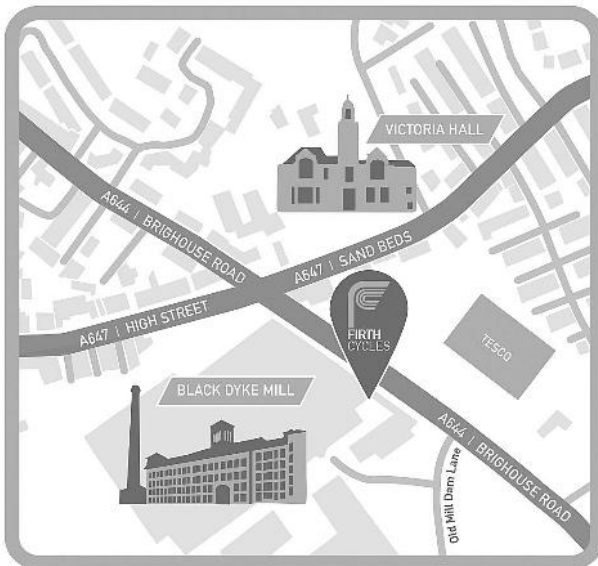
Web: www.WestYorkshireSR.org.uk

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