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Internal Life

Cycling is not only a sport but also an opportunity for team building and good social enhancement. Many NRDC-ITA members joined the NRDC-ITA cycling team to be part of a group with common interests and based on clear and sound sports values.

Riding our bicycles on the road has the following meaning: "NRDC Italy is among the community". This is our way to show the flag and to prove that we are fully part of the local environment.

As in all sports, there are some cyclists stronger than others but in our case the most important part is that we always move as a group showing that together we can reach the same objective. This is something strictly linked to our military way of doing things. We join, we gather, we work, we suffer together and we interact with other people to reach our common objectives (team results and unity of effort).

Everyone has his own personal challenges, but, as a group, we reach our unity of effort by taking part to organised cycling activities. Riding long distances or climbing mountains with our bicycles is not an easy mission, but in doing this the team's cooperation always lend us a hand in not giving up.

This is the same feeling we experienced in our military patrols many times, that emotion which helped us in reinforcing our character and our team spirit.

Waiting for the others at the finish line and sit at the same table for a lunch, deserved after a long ride, is our example of comradeship and team building attitude.

Sometimes during your journey, we might meet professional and very strong cyclists and we could realise that, despite the level of training, the common enthusiasm on this exciting and challenging sport is something that remove differences and make you feel as part of a big team.

In any case, when the cycling activity is over you feel that something remains from that experience which helps you in facing the daily challenges with the right attitude.

The NRDC-ITA cycling team can assist you in finding the right dimension and your limitations. We have already taken part to some competition and organised events in Lombardia and Piemonte regions, to show our flag in the region, out of the "Ugo Mara" fences.

Some brave members joined the cycling events organised in Cassano Magnago (VA) by the ASD San Pietro and in Gallarate (VA) by ASD Ciclistica AVIS both of approximately 100 Km riding distance.

The first one started from Cassano Magnago and crossed some of the peaks in Varese area before reaching Brinzio and moving back to the starting location.

The second event took place in a circuit around the Lake Maggiore. We rode along the lake, crossed it by boat and reached the opposite side for moving back to Gallarate.

Surely the most challenging event was the Granfondo Prealpi Biellesi in Sordevolo (BI). The NRDC-ITA participants (only 4 due to leave absences) completed 120 Km with a 2300 m climbing distance in more than 4 hours. But what is important is that we all reached the finish line. It appears that in the area there are only hills because we have been climbing and riding down for many hours barely finding flat terrains. The first hill of 7 Km was just the warm up. We reached after 60 Km (and more climbing) the big challenge, a 18 Km distance that from 450 m led us to the 1500 m of the top. After a long and difficult descent at an average of more than 50 Km/h we realised that it was not over. A demanding series of ups and downs put our legs at stake but we never gave up, even where the gradient reached 15-18%.

The finish line appeared after 120 Km: task accomplished!

Our families were waiting for us at the finish line in a very supportive mode; this is where logistics play a key role for allowing a tired athlete to quickly recover from the effort. A well deserved "pasta party" with a team chat completed the event and this superb cycling day.

Obviously cycling is much more than that: MTB events and competitions, participation to activities with other teams and many others. The NRDC-ITA team organises every week at 1700 hrs a "Tuesday-cycling-all-together event" open to all standards, rendez-vous point outside the "Ugo Mara" barracks.

Therefore, cycling is not only a sport; it is an incredible experience, rewarding and enjoyable passion that gives the opportunity to discover your limitations and helps you in finding your new dimension. ■