

behind
bars

Newsletter

Eastern Veterans Cycling Club



Newsletter, July 27th 2013

Duty Roster

This week on 20th July – Yarra Glen: John Thomson, Ken Saxton, David Brown, Rob Amos, Steve Ross, Lawrence Lee, David Coull, Peter Scarth and David Richards.

Next week on 3rd August – Casey Fields: Steve Barnard, Roman Suran, Darren Rowlinson Jo-Anne Sabatini.

Note: Members rostered for marshal or traffic control duties must be at the circuit at least one hour before the scheduled start time to assist with the setting up of the course. (But bring your bike, you just never know). If a marshal fails to turn up for duty, a rider will be balloted to do that duty. If you cannot turn up for duty, you must find a replacement and please advise Andrew Buchanan at tiptop2@optusnet.com.au

Race reports from Rob Graham Time Trial Handicap: (Neil Cartledge)

The race conditions for the Time Trial were wet and cold, but fortunately, no wind to speak of. It was wet for the warm-up if it could be called that and it didn't get any better as each of the 70+ riders made their way out towards Powelltown.

Now, whilst the riders were wet and cold, they were in a position to generate some body heat. It should be acknowledged that the officials also were feeling the cold and were also probably quite wet too. Our race time was on average 40 minutes and less than an hour at the most. Those officials stood out there on the circuit holding their flags, lollypops, watches, pens or maybe just their cold fingers for well over an hour and a half, just so we could safely race. On behalf of

all the entrants, I thank you for doing so. It is very much appreciated and your privations not un-noticed!

As the members have found it difficult to write a report only about themselves, this is the perspective that can easily be attributed to any rider of the Time Trial, some from my own experience and most from what I believe went through your minds prior to and out on that cold, wet and painful 25 kms.

Is the bike set-up correctly? Saddle forward, up a bit with the nose down, check. Tyres pressure? Should they go down because of the wet road? No, there will be no cornering issues here today. Skin suit. No too cold and you can't ride well when wind chill is high.



Over shoes, yes. Froome has them so they must be good for a gain of couple of minutes at least. Computer reset and ready, check. Aero helmet, no, I haven't got one, so easy decision. Team car ready to carry a spare bike, biddons, spare wheels, energy bars and soigneur. No, un-avoidably detained in France. Bugger, there goes first place!

Warming up is a problem. Out on the road it's wet and cold. Undercover, standing next to Steve Short is entertaining but not a real preparation for pushing peddles in the rain. Then along comes the SoulRider, and club sponsor, Wes Hurrey with a good soul and better still, with a wind trainer. Now we can warm up under cover and still be entertained by Steve. Thanks Wes. On the trainer and within a couple of minutes, out of breath and lactic. Self-doubt comes into the mind and the question." How can I do this for 45 minute if I can't handle 3 hard one minute efforts?" In the TdF they stick bits of Kleenex up the noses and that seems to work for them. So that's my problem. No Kleenex? Oh well there are some old lunch wrappers on the floor, that will do. No more self-doubt and I'm ready to go!

We go out to the line and wait our turn. Richard Dobson checks the tail lights and Catrin Harris holds an umbrella (Catrin would probably call it regenschirm!!). The last protection until we get back, thank you Catrin. Finally Peter Mackie grabs my bike and stands far too close to my backside for comfort and I wasn't the only one. That gives me some motivation to get away as fast as possible and catch the guy in front.



Cink, quatre, trois, deux, un, hup. We're off! Get some speed on the descent; avoid those bumps and lumps that we saw earlier this week. The bumps that are now covered in water that I can't see anyway because my glasses are already opaque with water. Don't go out too hard and blow up early! Check cadence and heart rate? Bugger, can't read the computer. Oh well just pace yourself up the first incline and see how you feel (that's got to be an oxymoron).

Gladysdale and already loosing time so I have to go harder. Attack the hills because you spend more time climbing than you do descending. The A grader's are now coming home and look very comfortable. Some yell encouragement, or was it abuse? Three Bridges and legs are feeling a bit better or is it just no feeling at all. Just concentrate, keep the cadence high. I have never seen 3 bridges here, so why call it by that name? A little descent with a longer climb to follow, so attack and carry the momentum up the rise. John Wildes stares at me on his way back He later explained that I looked like I was in trouble and scared. That's normal so I must be going OK.

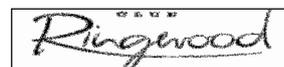
Nearing 12k and my rabbit has made the turn around. Can't read the time so take a marker, that letter box will do, count the seconds in your head, around the cone, thank the marshals and accelerate back to the letter box. About 85 seconds, that means he is pulling away so I have to go harder and get a negative split just to match him.

The return has to be easier. I tell myself that the Yarra runs downhill east to west so going home must also be downhill? The little pinch to the orchard is hurting. Didn't I didn't eat enough apples or train enough? Now there is a longer descent so get some speed, into a big gear and really push hard. This is what you are good at; this is where you make up time. GO.

Kevin the first-aider is beside the high speed turn. At least if I come down here, Kev can pick me up. Up the next incline, out of the saddle, push hard you have a slight decline after the corner to recover. John Dunlop passes on the way out and yells something. I hope he was being nice! How can he talk at a moment like this? I am about to die but can't decide whether it



Bayswater





should be through heart failure, asphyxiation or just plain exhaustion. I have never been decisive and need to work on my weaknesses!

Past the fire station and I'm passed by a truck going slowly. I try to get a draught but it's gone too quickly. That would be cheating anyway, wouldn't it? The dead piece of road in front of the school in Gladysdale has always been a point of contention in my mind so I use the better surface in the parking lane, then the incline out of the town has to be attacked. This is where time can be lost, or found. So out of the saddle and push hard to the top, it flattens for a while then there are some undulations that seem to take forever, before the sprint to the line. Keep clear of the broken road surface, we don't want to waste any more time.

You see the Yarra Junction sign before you come around the curve and then you look up at the finish line and wonder why it is so hard to get there. There is really not much of a rise but, it feels like you are attacking up the 'Wall' at Monbulk for the umpteenth time. It takes a life-time to ride those couple of hundred metres while the lactic acid rises in the legs and the lungs scream 'enough' The cross street on the left is the usual point to start the sprint but I can't even get out of the saddle. Talk about leaving nothing in the tank! I feel I have even consumed the tank as well.



Dean Niclasen

There are some forlorn figures clustered by the road side. They are not moving and doing nothing, they must be council workers. So, where is that bloody line? The chalk must have washed away. One of the council workers calls out "smoko" or was it "well

done"? It's over for another year. Next year I'll train harder, lose some weight, get a TT bike, pull 2 minutes off my time and better con the handicapper. I will also be older, so I shall need to be fitter.

Thank you to all that made this race possible. Congratulations to all those that rode the race, and especially the place getters in both the handicap and age divisions. Some riders had serious problems with hypothermia and were forced to leave early. Kevin King the winner of the handicap was one and Peter Gray another. Hope you all recover quickly.

Sitting in my warm office with a hot cup of coffee, 4 days after the pain and suffering, I can say I really enjoyed myself, but if you want me to be really honest...



Louise Wolfers

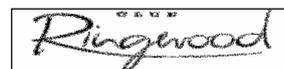
Rob Graham ITT :(Louise Wolfers)

This was it! My first proper Time Trial with a decent distance of 25km. I had done a mini 8km one at the Vic Emergency Services Games in April as an SES member. Reading the weather report for the week leading up seemed to be getting worse and worse. Come race morning thoughts of sleeping in were constant; but out of bed and I've gotta stick to my routine: Porridge, fruit and coffee before a race (no matter what time of the day). I had my lunch at breakfast time instead!

Driving to Yarra Junction, it's getting colder, wetter, and darker with low cloud and I'm still trying to talk myself out of it. Arriving in the rain, a few bike



Bayswater





trainers were already out and I find I'm to be last in the event = #84 so there's an hour and a bit wait after the first starter! Laughing, my thoughts were "would the boys still be there when I got back or would they have packed up and gone home" (it's just too bloody cold to wait for a girl). I had checked the bike and gear the night before; all good! The tri bars were on but it was a major dilemma when the carbon handle bars say tighten to 5 newtons and the tri bars say 8 newtons. My solution was to add some carpet glue at the joint and it worked awesomely (sticky but removable = no sliding bars or over tightening).

After a good warm up of 40min on the trainer I head out to queue up. I've been renumbered to 75 and no appearance by 74 so I've got 2 min to wait! Now I'm really feeling nervous, legs quite shaky! My Garmin says its 4 deg, light rain, windy = you idiot what am I doing. No, my "Aries" stubbornness will keep me going (no retreat/no surrender). I knew it would hurt but I really wanted to control my effort on the way out.

Off and running and the first downhill start was nice but that didn't last long. I'm really glad I did a recon ride a few weeks earlier, but it was nice'n dry back

then! Now there were puddles everywhere and my prescription glasses were instantly wet and totally obscured. So the glasses came off and into the back pocket! What a "genius" idea; I couldn't see anything so in my mind I couldn't see they were hills or pot holes. This is not so bad I thought: ah but I couldn't see how deep the puddles were either; I hit a few and prayed! Two passed me in a blur; I jokingly asked for a push but only got strained laughter as they passed.

During the race I really concentrated on keeping a steady heart rate and keeping the cadence high. I really hadn't noticed that my feet and legs were soaked and totally numb and my shoes weighed a ton with water. On the return journey, I pushed a bit harder on each little hill and was dreading that last climb to the finish line. I gave it a good push at the end; my heart rate skyrocketing up to 176.

I'm pretty happy for my first "proper" time trial: Ave 28kph, Ave HR 166, Ave RPM 95, approx. 54min!

A very big thank you to Peter Ransome for his support and encouragement as well as looking after me during my race prep!

First Female Louise Wolfers: 54:42

Fastest Time: Tom Leaper: 35:58

Results: Rob Graham Time Trial Handicap, 20th July 2013.

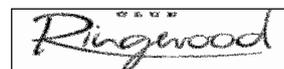
Pl.	Name	H'cap Time	Act. Time	Pl.	Name	H'cap Time	Act. Time
1	Kevin King	32:30	37:50	6	Bill Gordon (N)	32:45	35:40
2	Rob Birch	32:39	45:34	7	Neil Cartledge	32:53	45:53
3	Jean-Philippe Leclercq	32:39	39:59	8	Guy Green	33:02	38:12
4	David Phillips	32:42	39:37	9	Colin Blackey	33:05	40:35
5	David DePedro	43:44	37:26	10	Wes Hurrey	33:14	41:09

Thanks to the officials

Last Week on 20th July – Yarra Junction: Peter Mackie and Ron Stranks for taking entries; referee Richard Dobson and marshals Frank Nyhuis, Lance Wearne, Craig Rothenbuecher, Michael Paull and John Neil.



Bayswater





Also thanks to Andrew Buchanan for managing the duty roster, JC Wilson for bringing the trailer and to Dean Niclasen for the drinks. Special thanks to those that replaced rostered officials at short notice and of course thanks to all the riders for making the day safe and enjoyable.

Results: The Loop July 17th 2013

	Division 1	Division 2	Division 3	Division 4
First	Daryl Beovich	John Hasouras (N)	Neil Cartledge	Juanita Cadd
Second	Doug Reynolds	Andre Webber	David Halliday (N)	Laurie Bohn
Third	Phil Thompson	Rus Wheelhouse	Shane Dwyer	Barry Rodgers

The Loop aggregate to 24/7/23.

Place	Name	Points
1	Phil Cavaleri	30
2	Shane Dwyer	25
3	Andre Weber	25
4	Brian Dew	21
5	Alan Cunneen	19
6	John Williams	19
7	Peter Gray	18
8	Tony Curulli	17
9	Russell Newnham	16
10	Daryl Beovich	15

Future events:-

Eastern Vets Program: www.easternvets.com/

July		Time	Venue	Map ref.	Event
Sat	20	7:30pm	The Kilsyth Club	51 D10	Tour de France night
Sat	27	2:00pm	Yarra Glen	266 J11	Graded Scratch Races Kermesse
Mon	29	7:30pm	Ringwood Club	50 C3	Monthly General Meeting
August Sat	3	2:00pm	Casey Fields	134 F9	Graded Scratch Races
Sat	10	2:00am	Gruyere	44 G4	Graded Scratch Races Kermesse
Wednesday's		10:15am	The Loop	44 G4	Graded Scratch Races

Note: Graded Scratch Race entries are accepted on the day up to 15 minutes before the advertised race start time. Handicap entries close the Tuesday before the race. Riders entering a handicap MUST pay the entry fee regardless of participation. Fees are due on race day; entrants will NOT be allowed to start in any EVCC race until fees have been paid. No late entries will be accepted for either scratch races or handicaps. Entries to handicaps can be submitted via e-mail to the handicapper or on any race day prior to the event.

Northern Vets Program: <http://www.northerncycling.com/>

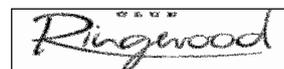
4-8-2013	Tom Stewart Memorial. Winter crit R6	9:00am	National Boulevard.	64k
11-8-2013	Age Championships	10:00am	Pyalong Rd Seymour	Various
18-8-2013	Graded scratch races	9:00am	National Boulevard	1hr+Bell
25-8-2013	Lance Graded scratch races	9:30am	Lancefield/Pastoria	60/81k

Victorian Veterans Cycling Council program: www.veterancycling.com.au/

11-8-2013	Goulburn Valley Handicap	10:00am	Kialla, 55k	Entries not open
8-9-2013	Open Handicap, Eureka Vets	10:00am	Learmonth Yacht Club, 58k	Entries not open



Bayswater





Note: Entries are to be on the appropriate VVCC Open entry form (available on VVCC website) and are to be accompanied by the requisite fee.

TdF Night

Eighty eight members and friends attended the 4th annual Eastern Vets TdF Night last Saturday. Master of ceremonies Darren Smith kept the evening rolling and entertained the members with his auctioneering style trivia questions.

Guest speaker Trent Lowe presented an insight into the life of a pro cyclist, and can you believe a certain TdF rider was afraid to ride his bike 'no hands'. Question time was lively, a little too lively for the chef who was getting very anxious about getting dessert out to the tables. After about the tenth question from Dave Casey, the MC stepped in and thanked Trent for an excellent presentation. Interesting stat for the night, Dave Casey's table depleted the bars supply of White Rabbit Beer!

We must thank the sponsors for the evening **Bike Gear Now** , who also supplied the trivia prizes for the night, and **Soul Rider Spin Studio**.

Bike Gear Now – Supplier of Quality Custom Clothing, Hasus Cycling Shoes, VeloEx wheels & accessories. Bike Gear Now is the supplier of the Eastern Vets Cycling Kit, at \$130 a kit, every member should have one, and be proud to ride in the Clubs colours.

Soul Rider Spin Studio, Nth Ringwood – If you look closely at the results of our members attending the studio, you will see they are all improving and all having a big input into the racing at Eastern, which is a terrific endorsement for the studio. So get along and book a session.



Ronnie receiving his championship medallion from Trent Lowe



Bayswater

