

Eastern Veterans Cycling Club

Newsletter, July 12th 2013

Duty Roster

This Week on 13th July – Arthurs Creek: Ian Smith, Neil Cartledge, Ron Chapman, Matt Rice, Ben De Jong, Barry Rodgers, David Phillips, Stephen Seckold, Gavin Plummer.

Next week on 20th July – Yarra Junction: Frank Nyhuis, Phil Pelgrim, Matt Davis, Bruce Will, Steve Fothergill, Peter Ransome, Craig Rothenbuecher.

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

Last Opportunity

Booking for TdF Tickets close Sunday 14th July.

Join your fellow Eastern Vet competitors in an enjoyable social evening. Talk to your grade competitors on Saturday and put a table or two together.

Invite your cycling buddies, they will thank you!

Three course meal. Guest speaker– Trent Lowe. Door prizes and bargains to be had

Tickets available Saturday or contact David at davemacq@bigpond.com

Race reports from Casey Fields July 6th 2013

A Grade (Rob Amos)

9 riders in A grade; the usual strong wind along with the threat of rain meant that this was going to be a tough race, especially with the presence of the two Bike Force riders, Guy & Roy.

The race was on from the start, with many riders having a dig trying to get a break going to improve their odds by getting rid of the sprinters, but nobody was allowed to go anywhere.

An attack by Guy, at about 20klms in, was the first one to get a decent gap. Nobody was too worried about it, as there was still a long way to go and it seemed like suicide in that wind. But everybody knew that they would have to mark Roy for the counter move. Frank, Rob & Clem Fries were keen to get across to Guy, with Steve Martin quick to jump on the moves. A big turn by

Frank almost pulled Guy back, but as the bunch came together and sat up, Guy regained his lead.

As the race got to the hour mark, Guy was showing no signs of slowing; it looked like the race was over as too many in the bunch were not willing to roll turns, with Roy happy to win the bunch sprint. With 2 laps to go Rob had a last dig and got a small gap. Luckily, the strong men left it to the sprinters to do the chasing, which meant Rob stayed away to finish 2nd behind Guy, with Roy winning the bunch sprint for 3rd.

C Grade (Steve Short)

In the car park at Casey. Bloody hell it's windy and cold even sitting in the back of Matt White's car I thought. Matt was the designated team driver, picking up Smithy and myself from our

home . I frantically looked for some arm warmers and a wind vest on the back seat. Do I really want to do this? I was thinking. Weeks off the road bike and my last race was Metec on 8th June, (nobody's fault, just family commitments etc).

Yes, bingo! Even better, a pair of knee warmers as well but bugger, no wind vest though . Lash the liniment on the dodgy knees and on with knee warmers..... "It smells like a bloody footy changing room in here", Matt shouted as he poked his head in the back. Phew! You're right mate! After taking off the front wheel (Mavic Cosmic Carbones) thinking it may have been a bit safer with the wind if I put on a smaller rimmed Mavic. If it's good for Anthony G. to have a big rim on the back its good enough for me. (Not really, just too lazy to change the back one; Smithy and Matt said I should be fine).

A couple of warm up laps to get the legs going, with the last one alongside John Pritchard from B grade. John was looking tired, he had already done a big MTB ride that morning at Smiths Creek.

15 riders lined up for the C grade race. There were not many faces with smiles on them as we all thought about the wind and whether the rain was going to hold off.

We had a good mix of riders; work horses, sprinters and guys who seem adept at both. The first couple of laps I rode at the back of the bunch with Peter Ransome. Further up in the bunch was Ken Bone, Dean Niclasen, Dave McCormack and Dave Casey, one of the guys who can sprint and work hard. I know, because I train with Dave and have seen him win some great races.

Peter and I were trying to work out exactly who was in front of us as we could not recognise all the guys. Bummer! That guy up at the front is Dave Pyne, just behind him there was Frank Tomsic; two strong riders who can work hard and sprint better than me. Oh well, let's just see what happens. Maybe the wind will get up a bit and the bunch may break up.

The pace was on and off and the longer it went the better I was beginning to feel. I started getting comfortable on the bike again. My training over the last month has been on the mountain bike and the race bike felt a bit twitchy when I started.

I started to think the pace was a bit slow so I went up to the front and began to pick it up a bit, sharing a few stabs at the front with a couple of the usual work guys. There were a few of the boys who went off the front but nobody seemed to panic too much until Peter Ransome went off by himself. The front riders did not react too well and Dave McCormack shouted out to remind everyone just how good Peter can be, even when not really fit and how he could stay away. Dave took it on himself to go across to Peter and then that's when the bunch decided to pick it up and keep them under control. I was thinking about having a real crack off the front after checking the clock. Hylton then put in a big surge; Hylton's MTB rides on a Sunday morning paying off for him. (It will not be long before Hylton gets back to his winning ways again). The bunch gave chase then seemed to slow slightly as we came around the left hander off the finishing straight.

Bugger it, I will go over to Hylton and give him a hand I thought. I gave Hylton a shout and got in front of him to give him some shelter so he could recover.

It's funny how the wind seems to get up stronger when you hit the front. Hylton settled in and we did a time trial around to the finish line. Hylton began to fade but after a few words he dug in again and we managed to stay off the front until we got around to the curves at the top of the far rise. I think it was at this stage I had a quick look behind and we had Neil Cartledge working hard to come across. We backed off a little to get Neil on. Great, with 3 of us we could be in with a shake here. I know both Hylton and Neil will have a go at working to stay away. Another quick look behind and both Hylton and Neil seemed to be struggling slightly and the bunch where nearly on us. I shouted at Hylton to keep on and decided to jump again hoping he would stay with me and that the bunch would sit up when they got to Neil's wheel. Luck was on my side and A grade had passed us not long before, I could see them in the distance and decided to chase them hard and use them as a marker.

The laps just seemed to drag out. Just keep going and see what happens. The first time I looked across to the chasing bunch I saw 'Big Hamish' on the front. They are going to get me now I thought.

The next time I looked across it was Frank Tomsic.

The next time, it was Dave Pyne. I'm definitely going to get caught now. It took me all of my self control not to shout across at them to let me go.

I was laughing to myself, I wonder if they would. Oh Well, it's good training I thought. Fight into the wind, it's the same for them behind me.

Now, change gear with the tail wind and push I kept saying. My training buddy J. Pritchard at the toilet block and the guys on the finishing line kept encouraging me to keep going, which was a great help.

'My friend the wind' I thought. Demis Roussos sing your heart out! The bunch are letting me have it. The bell, a quick look behind from the toilet areaI think you have this Shorty!

But don't stop now. Just keep going. Ignore the dead legs. You know what those good sprinters are like - white line fever and all that. Bike racing; all you need sometimes is to be in the right place, get in a break and have things go your way with some fellow riders who may appreciate what you're going through being out on there on your own. Thanks lads for a good safe race. We have a great club with a great bunch of people.

Apologies to anyone who I may not have mentioned that had some bearing on the race.

D Grade (Peter Mackie)

As per usual, windy at Casey, plus cold and grey clouds hovering. Nonetheless, the sprinters turned up – Paul James, JC, Jimmy Swainston, John Dunlop etc, obviously hoping the wind would keep the pace at a reasonable tempo and allow them to contest a sprint finish.

Well, for the first 20-30 minutes the sprinters were having their way; JC, Paul, Jim and even John D doing a turn at the front. David Brown wasn't too keen on the tempo so he did a couple surges with nobody chasing, but eventually David would come back to the bunch.

Peter Mackie too grew impatient and wasn't going to sit and wait for a sprint finish. So as Jim sat at the front into the wind, Peter surged up the slight incline at Casey and couldn't notice any shadows following him. Going around the swooping left corner he noticed one or two trying to bridge the gap with the peloton further back.

Peter was joined by David and John Neil, and there was still a gap back to the bunch.

The 3 leaders soon became 2 as Peter looked for assistance in sharing the lead; John, not sure he could keep up with the pace being set by David & Peter, decided to drop back to the pack. Jim tried to get the bunch to roll turns and work together, however it appeared most weren't keen on working into the wind (bloody sprinters!). David & Peter worked well together sharing the lead and were looking to establish a comfortable gap before easing up. Once the desired gap was established David & Peter were wondering when the bell was going to sound, as the legs were starting to feel the pinch.

Jim was unsuccessful in getting the group to work and close the gap, which was noticed by the two leading, as their gap surprisingly increased.

Adrian was heard yelling by the leaders but they were unsure if he was yelling encouragement to them or yelling at the bunch to work.

In the end David and Peter got the bell and began the final lap. Prior to the back and finish straights

David suggested '*a sprint finish*' to Peter, however, without time to tell David what he thought, Peter was left in David's wake. David comfortably getting his first win in D grade, Peter stumbled over the line in second (cramping) and third was left to the sprinters. Surprise! Surprise!

It was Paul James leading the way, with JC, Jim and John chasing him, but Paul proved too good taking out third.

D Grade (John Neil)

After a few hilly races Casey Fields offered its usual but different challenge of managing the wind and staying on the pace when someone cracks the whip.

Things started steadily enough with the likes of Jim Swainston and JC Wilson (inter alia) riding to the fore and testing their legs into the wind down the finishing straight. The average speed escalated by 2 kph each 5 kms in the first half hour without any serious (or should I say, obvious?) damage.

Around the half hour mark, Peter Mackie decided to show his hand, sliding up the outside

of the group into the wind and taking off. After some looking around, John Neil and David Brown (and others?) decided to take the bait and set out in pursuit. John was quickly wishing he had jumped when Peter initially slid past. David rounded John quickly and bridged up to Peter leaving John hanging out for the best part of a lap. John appeared to latch on at the turn into the wind, but when Peter and David pressed on John was summarily dismissed. John struck a few more matches only to see the wind blow them out before putting the box back in his pocket and waiting for the bunch to gather him up.

John went right to the back and spent several laps hoping his heart rate would return to something sustainable and counting down minutes and laps to the bell. There was little opportunity to rest as the bunch was spinning its pre-explosion average pace of 32kph. Peter and David were away and despite a solid effort from the bunch it seemed clear that third place money was the only prize on offer.

When the bell rang for the bunch the "sharks" started to gather near, but not on, the front. It did not require much imagination to bring to mind the theme from "Jaws" as Jim Swainston and a somewhat rejuvenated John Neil dogged JC's rear wheel, who in turn had a pilot fish in his sights. The pace picked up as the bunch turned into the back straight with everyone still watchful. Paul James made an early dash around the front group and grabbed a break before the final turn into the finishing straight with JC, John, and Jim in warmish pursuit. Paul held his position to the line with Jim out-gunning John (and JC?).

Apparently, David had earlier broken through for the win after a long run of seconds. There was some speculation amongst the also-rans whether David and Peter would look good in blue next week.

Thanks to organisers and officials for another well-managed race and to the weather gods for not chucking it down during the race.

Vets in the news

Fellow Eastern Veteran cyclist Michael Waterfield has been featured in an article for the Herald Sun, published on 5th July 2013. Well done Michael.



Life cycle: Michael Waterfield is still a keen cyclist, despite recently turning 90.
Inset: Michael as a younger cyclist.
 Picture: MICHAEL KLEIN

Still the mettle to pedal

WHILE most seniors would happily mark their 80th birthday with a meal at the local, Michael Waterfield decided he'd head off for a casual bike ride. To Sydney.

"It wasn't so casual," the retired anaesthetist said.

"We rode through the Snowy Mountains and it was blowing a gale."

But the ride to New South Wales was just another adventure for the

Aaron Langmaid

cycling enthusiast. Dr Waterfield was been spinning his wheels for the past 70 years and most recently has returned from a cycling trip in Peru.

His passion for cycling started early but has continued throughout his distinguished medical career and into retirement.

He clocks up more than 150km a week competing

with the Eastern and Northern Veterans' competitions. But Dr Waterfield says there are plenty of others his age who give him a run — or ride — for his money.

"There are a few other riders in their 80s who could beat me," he said. "There is one fellow in particular who regularly does."

Nor has his love for road cycling come without injury. He has two

shoulder plates after bike falls, a plate in his right arm and a dodgy shin thanks to a collision with a four-wheel-drive.

Dr Waterfield will compete at the Masters Games in Geelong later this year. Thousands of competitors from across Australia and overseas are expected to compete in 54 events.

The games will run from October 5.

Results: Casey Fields 6th July 2013.

	First	Second	Third
A-grade(9)	G Green	R Amos	R Clark
B-grade (11)	C Vennix	A Gullace	P Thomson
C-grade (15)	S Short	P Ransome	K Bone
D-grade (13)	D Brown	P Mackie	P James
E-grade (8)	P Taylor	H Werner	R Watts
F-grade (5)	K Bowen	R Goodes	S Jenkins

Thanks to the officials

Last Week on 6th July – Casey Fields: Peter Mackie and Ron Stranks for taking entries; referee Nigel Kimber and marshals Peter Ballas, Russell Newnham and Colin Mortley.

Also thanks to Andrew Buchanan for managing the duty roster, J.C 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.

Results: The Loop July 10th 2013

	Division 1	Division 2	Division 3
First	A Mapstone	B McCann	J Neil
Second	P Cavaleri	Jason Williams	B Farrell
Third	D Holt	O Anstey	B Rodgers

Future events:-

Eastern Vets Program: www.easternvets.com/

July
Sat	13	2:00pm	Arthurs Creek	510 N12	Graded Scratch Races
Sat	20	1:00pm	Yarra Junction	288 G10	Rob Graham Memorial TT - Handicap Club Champ
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
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 viae-mail to the handicapper or on any race day prior to the event.

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

14/7/2013	MID WINTER BREAK		NO RACING
21/7/2013	MID WINTER BREAK		NO RACING
	VVCC Handicap	Paraparap	
28/7/2013	MID WINTER BREAK		NO RACING

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

21/7/2013	10:00am	Geelong Open (Geelong Vets)	Paraparap	61k	16/7/2013
11/8/2013	10:00am	Goulburn Valley Open (GVVCC)	Kialla	55k	6/8/2013

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.

Thank you to all the contributors for this week's newsletter.

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