



## 5 June 2014

### Duty Roster

**This Week on 7 June: Casey Fields:** Steve Barnard and Richard Abel

**This Week on 14 June: Seymour/Avenel:** Keith Bowen, Steve Short, Darren Smith, Jeff Smith, Kelvin Stagg, James Steward, Roman Suran.

**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](mailto:tiptop2@optusnet.com.au).

C Grade (1): Graeme Bull

## Arthurs Creek 31 May 2014

Some 74 riders faced the starter for another sunny Saturday afternoon ride in the countryside. Arthurs Creek's charms did not inspire so many scribes (keyboarders?) this week but thanks go to James, Kiwi Graeme, Ken, Jim, Louise and Laurie for providing their perspectives on the day's events.

My thanks also go to Neil Cartledge for standing in as Newsletter Editor in my absence for the next 3 weeks.

**A Grade:** James Steward

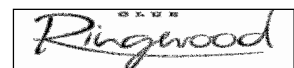
<http://teamadriatic.wordpress.com/2014/05/31/tom-the-gentleman-leaper/>

**B Grade:** No report

What a fantastic mid-winter day for a bike race! Even at the pre race briefing many seeking the shade of the CFA. C Grade with 17 starters, group captain 'missing', off we set for 3 laps of the out and back course at Arthurs Creek, with a couple of small bumps, perhaps the most awkward the longer less steep incline just after the homeward turn.

As usual, a slow start with Mark Trounson providing most of the pace, with a couple of others chipping in. The third lap sped up considerably, and with some casualties. Riding what I thought was mid bunch, turned around and I'm tail end Charley!! At the turn a couple of riders looked like they could rejoin, however those on the front of the bunch made sure we had a reasonably quick departure to home.

About four or five kilometres from home the pace slackened, and being at the back, rather than allowing someone else to dictate tempo, I moved to the front and set to control the speed. Interestingly the bunch seemed to have no issues. Coming to the final hill, the





pace was kept steady until the hairpin corner where the rise steepened appreciably. So hammer down, and be first over the top and then again control the speed to the bottom and final turn.

Things worked out nicely, although the final cone turn was a little messy, with no-one taking any initiative. Then David Brown shot around and tried a long lead out. That's the wheel to be on, next minute time to sprint.....sorry David, got you on the line. Thanks to other racers, apologies don't remember many numbers or know riders.

Most especially thanks to the volunteers and organisers. I will remember my first race win at Eastern for some time.

**C Grade (2): John Neil**

I lined up on the CFA hardstand for my second run in a blue hat with the main object of reassuring myself that I deserved to be there by being in the bunch at the finish. That said, I decided to approach the race much as I would in D Grade, keeping in close touch with the leaders and covering any likely moves.

This proved a reasonably easy task on the first out and back with only tentative testing of the bunch's legs. It all got a bit more serious on the second run up the hill with Tim Crowe winding it up to the crest and over the top. There was a flurry to find the wheels again after we negotiated the sharp left-hander and passed Nankervis Road but it was quickly "grupo compacto". The front guys kept the pace up to the apple processing plant and to the turn with (I think) Mark Trounson, Russell Wheelhouse and Greg Foster prominent.

On the way back the bunch kindly let me lead for a while and my sometime training partner Tony Tonkin came to the fore, pulling a good turn. Back to the hill I was feeling frisky so I pushed the big ring to the top and crested in front, leading down to the turn for the bell. On the climb back up Tim again pushed the pace up with some more willing companions this time.

Another flurry to hook on down the other side and out we went for the final time. Holding position required greater effort as more riders showed interest in staying up near any possible action. Apart from those previously mentioned, David Brown and Martin Stalder started to show greater interest. Around the far end cone I again found myself on the nose (so to speak). There was a trio of riders some metres off the back (including Peter Shanahan and Phil Taylor) – a

frivolous motion whether we should wait was passed in the negative on the voices and we bent to the task.

Tony again stuck his beak into the wind. I sat on his wheel for some time and then took over for a bit. Not wanting to burn too much energy and feeling a little crampy twinge in the legs I eased back into the bunch and sucked a gel (too late?).

Up the hill for the final time I was again up on the pedals pacing it with a seated Martin Stalder who seemed to be spinning two to my one. Down the other side and round the cone the bunch stretched but it was at close quarters in Greens Road. The pace accelerated 50 metres before the turn into the finishing straight.

Round the bend and there seemed to be riders all over the road. I was pushing 60 kph but not making any great impression as the front men crossed the line. Congratulations to Graeme, David, Tim and Greg.

Thanks to the organisers, marshals and First Aid crew (who were not called into action despite some dodgy driving out there).

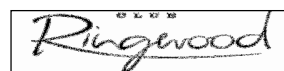
**D Grade: Ken Saxton**

Cool and still conditions suggested a good days racing lay ahead.

I was looking around at the race briefing seeing Adam Dymond and Hylton Preece down from C Grade, thinking they will make us work. There were the regulars David Coull and Colin Mortley who were going to challenge everyone on the hill and Mark Charlton in only his second race with the club.

So I was caught a little off-guard when my name was called out as the Group Captain for the very first time. There were no demands placed on the role as the race proceeded without incident except for a couple of cars screaming at us as they sped past. Something about taking our bikes off the road they were using. However, as the Group Captain there was one incident that I briefly thought about reporting. Adam Dymond crossed the centre line in a passing move. It was a perfectly timed surge 10m from the finish line that gave him a wheel length on me for a classic win.

The race started at a very enjoyable pace with Hylton and I leading the way, talking about his trip to Spain. I can't recall who it was but someone on a green bike shot past to end the social side of the ride. The first 2 laps were at a reasonable pace with Colin, Ken, Mark





and the green bike all taking turns on the front. If anyone was feeling the pinch we were given a few minutes respite when we had to stop for a couple of cars at the turnaround at the Kinglake end.

What was evident on each return leg at the short sharp hill climb David, Colin, Geoff and Mark would increase the pace up the hill to stretch the group. Each time I would be hanging onto the back of the bunch, breathing hard and have to catch-up on the decent to the turn around.

So I'm thinking to myself on the final lap when I've got less left in the tank these guys are going to win the race on the last climb. The question was what to do about it.

We were all together, bar one, at the final turn home so I decided to make the climbers work hard on the return leg and see if that would take the sting out of their legs. So after the first incline I jumped from second wheel and tried to lift the tempo along the return leg. I'm not sure if it stretched the group much but I did have Colin come up beside me at one point asking where the burst of speed had come from. He was feeling the pace, so that was encouragement to keep going.

Sure enough the hill came and the same four took the lead and I slipped back to be 30m off the back of the leading 6 or 7 riders as we reached to top. I caught the group again before the turn around and was on the back as we entered Greens Rd.

I had moved up to 4<sup>th</sup> wheel as we turned into the home straight. Geoff took the lead over Colin and David. I leveled with Geoff and took a wheel length on him. I was focused on his wheel, to my left as he came again and for a split second I thought I've got him and was going to win. That's when Adam came around the outside to take the win. A great day's racing.

### **E Grade (1): Jim Swainston**

Well here I am, bright and early on a Sunday morning. A bit of drizzle and I have just noticed John's email. Didn't know what the hell Zoncolan was so googled it and sure enough there was the wonderful story on Mick Rogers' second stage win. Mick has a dry sense of humour and lives in Italy. When he came to Buninyong for the Aussie titles about 5 years ago he was coming from the European winter and someone said "Have you got a good fitness base Mick?" Mick replied "Yes, I got it down in the basement on the wind trainer!"



Enough, now for the race. An interesting course and one that I have a lot of trouble working whether I am going uphill or downhill once over the hill! Louise Wolfers looked the favourite after her good ride last week and did lots of good stuff again this week.

Our field was pretty even with minimal losses along the way. Dean Niclasen seemed to be enjoying his break from D especially after last week. Louise did, at times, have a suspicion that Ray and Dean could have been "blocking" her from attacking and with 2 magnificent bodies like that there could have been an element of truth in it.

On the way back the last time Ray dropped his well-oiled chain, which seemed to play havoc with his derailleur. This pretty much put him out of business. Geoff McKay had traveled well all day as had Andrew Gartside, whilst Nick Hainal showed his ride in the Omara was no fluke with another solid ride.

Coming up to the crest the last time Louise forced the pace with Nick and me handy. Down the long run to the turn-around hat we had Andrew in a bit of trouble but he regained by the hat. As we did the left to the finish we got the bell but I think it was more to get the adrenalin running than to tell us anything. I took over the pace making about 500 metres out with Louise tacked on. Louise made the right move at the right time but Andrew had a bit more top-end speed and just pipped her, followed by the consistent Nick.

A great bit of weather and countryside to boot. Thanks to all!

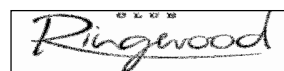
NB Andrew apologized for not attending the post-race presentation and thanked Jim for deputing for him (ed).

### **E Grade (2): Louise Wolfers**

What great day for racing, glorious sunshine and low winds and dry roads!

It's so nice to be given a lift to a race; so I can sit back and relax and not worry about getting lost (thx Paul and Emma)! I had studied the Strava segments on the course (nice little roly-poly hills) and listened to some advice from my fellow racers who had ridden the course previously. Again the first short 'n' sharp "The Hill" just out from Greens Road seemed to be the key to this race.

I was quite nervous at the start and I didn't feel good





until the return section of the first lap when a few of the guys took a few faster turns on the front and pushed up the pace (there were some "unknown" new faces looking pretty good off the front). This improved my focus on the race (pay attention to the race and stop looking at the scenery, cows, flowers 'n' trees) and it reduced my nerves. I was quite happy not to go off the front (just yet) and enjoyed the return first lap in.

On the second lap (at "The Hill") I was enjoying the ascent and I found myself towards the front and thought I might just stand up and push a little harder and test the boys' legs. I enjoyed the fast free ride down that steep hill in first position and decided to hammer for a few kms. I managed to get away a good few hundred metres ahead and they couldn't see me on some of the corners; but I thought they would come (there's no way they'll let me go). After a few kms of higher paced efforts I could see them catching up on a longer straight, so I sat up and waited.

As they passed, Nick Hainal took a longish turn on the front (which was nice for my recovery) and at the turn around point of the last lap we were all together again. Two boys (who shall remain nameless) were nicely (widely) positioned on this very narrow road so that no one could get past (and I was quite happy for the rest anyway) but in the last few kms (before "The Hill") one lost their chain and I moved towards the front, increasing the pace just a bit more.

As we got to the bottom of "The Hill" I tried to keep the pace up, riding at the front of the pack until the last 50m when Nick stood up and passed me. I chased him down the other side trying to minimise the gap at the turn around for the Greens Road finale. I caught Nick just at the start of the Greens Road downhill sprint run (1.1km) and I really tried to push the pace (I sensed they were all coming quickly). I really didn't want to be at the front for the last 1km section; so I slowed down, ever so slightly to get someone to come to the front.

Jim swung past nicely and I grabbed his wheel, with Jim increasing the pace perfectly (Thanks Jim). I

Thanks again to those responsible for organising, officiating, the drinks and the trailer.

waited and waited (it's soooo agonizing to wait) and when I felt everyone about to accelerate; I pulled out and really went for it (about 200m to go - I can see the finish line). It was not enough though, as Andrew Gartside came over and pipped me at the line for first place (by a wheel).

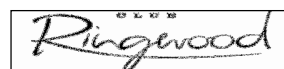
Still I'm happy with second in a sprint finish (its my fastest yet @ max 53.3kph on the line) and I know there's always more training to do to improve! **Thanks to all the Course Marshalls along the way - it's a great day out when we're all well looked after, safe and in good hands!** ☺

**F Grade:** Laurie Bohn

It's 14 months since I moved from hilly Eltham to flat Sth Morang. It's been 12 months since I raced at hilly Arthurs Creek so that's my excuse. I don't know who or what I'll blame when I get left behind on the flat. Anyway to the race. In our grade were Susan O'Keefe, Emma Anderson, new member Bernie Evans (watch out for new riders) myself and JC Wilson!!! JC with a purple hat!!!

After the neutral section JC, Emma and Bernie increased the speed and it wasn't long before I was in trouble. Fortunately Susan slowed things down, which helped me hang on a bit longer. Thanks Susan.

Around the first turn and the pace picked again with JC giving Bernie some in race coaching and Susan and Emma surging up the hills it wasn't long before it was just me and the tail car. Up the big hill for the second time I was so slow I would have had trouble riding out of sight on a foggy night and the trail car was just about stalled when along comes A or B Grade (not sure). Those guys make it look so easy and their heart rates are probably only half of mine. Sorry there is no more mention of my fellow competitors but I don't know what happened after their tail-lights disappeared into the distance. However it was a nice day for a ride and there is always next time. Cheers.







**Arthurs Creek, 31st May 2014**

Grade	1st	2nd	3rd	4th	5th
A Grade (17)	T Leaper	J Steward	A Seen	R. Clark	S. Bone
B. Grade (15)	E. Romano	G. Newnham	M. Rice		
C Grade (17)	G. Bull	D. Brown	T. Crowe	G. Foster	
D Grade (13)	A. Dymond	K. Saxton	G. Darroch		
E Grade (7)	A. Gartside	L. Wolfers	N. Hainal		
F Grade (5)	S. O'Keefe	B. Evans	J.C. Wilson		



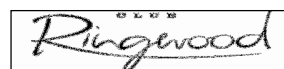
**A quiet moment at Arthurs Creek.** Photographer: Alison Skene

**The Loop 04 June 2014**

	Division 1 (9)	Division 2 (11)	Division 3 (5)	Division 4 (5)
<b>First</b>	R Newnham	J Hasouras	S Bol (N)	B Rodgers
<b>Second</b>	P Thompson	J Williams	B Robertson (N)	L Bohn
<b>Third</b>	A Spiteri-James	O Anstey	R Feigan	F Lees

Another good morning's racing on a dry track – those above profited while the rest of us “enjoyed” 20+ hill sprints for the training log. Barry, Laurie and Frank (Div 4) made life easy for the Newsletter Editor by finishing in the same order as the previous week.

Thanks to Keith Bowen, Laurie Bohn, Barry Rodgers and Steve Barnard who are crucial to running this popular event





## Future events:

### Eastern Vets Program: [www.easternvets.com/](http://www.easternvets.com/)

	Date	Time	Location	Melway Ref	Event
Saturday June	7	2:00pm	Casey Fields	134 E10	Graded Scratch Races - Criterium
Saturday June	14	1:30pm	Seymour/Avenel	90 M5	Royce Bennett Memorial Handicap
Saturday June	21	2:00pm	Yarra Glen	266 J11	GSR – Kermesse – A Grade teams race
Saturday June	28	2:00pm	Gruyere	282 F10	GSR - Kermesse

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 eve.

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

February 2014	Race	Dist.	Venue	Time	Event
08/06/2014	No Racing				
15/06/2014	Criterium	1hr+Bell	National Blvd (Ford)	9:00 am	Winter Crit Series Race 1
22/06/2014	Criterium	1hr+Bell	National Blvd (Ford)	9:00 am	Winter Crit Series Race 2
29/06/2014	Criterium	1hr+Bell	National Blvd (Ford)	9:00 am	Winter Crit Series Race 3

### AVCC National Championships PERTH 26-29 SEPTEMBER 2014

Registrations are now open for the AVCC National Championships to be run in Perth, Western Australia from 26th to 29th September 2014. There will be two track championship events, road, criterium and 25km time trial championships. The track at the Speed Dome, Midvale, will host individual time trial and pursuit championships - road bikes will be allowed for these events.

A link to img's event desk can be found on the West Coast Masters CC 'Nationals' web page at: <http://www.masterscycling.asn.au/nationals/nationals.htm> There is also a guide to the process available through a link on that page, or directly at: <http://www.wcmasterscycling.asn.au/nationals/2014RegistrationGuide.pdf>

The event is also listed on the AVCC web page at: <http://www.ausvetcycling.com/#>



*Ringwood*



# Royce Bennett Memorial Handicap

Proudly presented by  
Eastern Veterans Cycling Club

**Saturday, 14 June 2014**

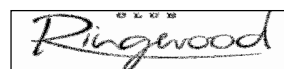
**60 km Handicap**

**Avenel Road, Seymour**

**Starting 1.30 pm**

**EXCELLENT PRIZE MONEY PLUS TROPHIES**

Entries close 10 June: [peter.mackie@parmalat.com.au](mailto:peter.mackie@parmalat.com.au)





## *Eastern Vets*

Le  
de TOUR  
FRANCE  
Night

**Friday 11<sup>th</sup> July 2014**

**From 7:00pm till Late  
The Kilsyth Club**

Corner Canterbury & Colchester Rds. Bayswater Nth.

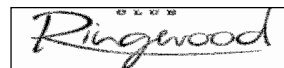
**Guest Speaker – Keith Flory PhD.**

**Director of Performance – Drapac Professional Cycling Team**

**& formerly**

**Education and Training Manager - UCI World Cycling Centre  
Switzerland**

**Mark in your Diary, Not to be Missed!!**







### Training Rides

Day/Time/Place	Route	Style	Contact
Tuesdays 9:30 am (9:00 am during DST) Main Yarra Trail (meet under Burke Road overpass)	Under Burke Road on Main Yarra Trail to Southbank via Yarra Boulevard and bike paths along the river and return.	Social, bike paths and roads, coffee @ Southbank.	Keithb33@optusnet.com.au
Sunday Morning <b>Beach Road Ride</b> Leave 8.00 am sharp  Meet at Peanut Farm Reserve. Cnr Blessington & Chaucer sts. St Kilda.	Ride along Beach Rd To Frankston. 10 min stop. Then ride back to St Kilda. (approx 65 km)	Social Ride - Coffee back at St Kilda	

### Members' Corner

In addition to race reports, every Member is invited to submit cycling-related material of possible wider interest including favourite rides, best or worst cycling experiences, brushes with fame (or the infamous), cycling holiday snaps, etc.

*John Neil (jaybeenesq@gmail.com)  
Newsletter Editor*

