



behind
bars

Newsletter

Eastern Veterans Cycling Club



JUNE 26, 2014

Contents: Duty roster. Race reports. Race results. TdeF night. Training rides. Member's corner.

Duty Roster

This Week on 28th. June: Gruyere: Richard Dobson, Kevin King, Ian R Smith, Frank Nyhuis, Keith Wade, Kay Ward, Alex Watts, Ray Watts, Peter Webb, Michael Waterfield & Andre Webber.

Next Week on 5th. July: Casey Fields: John Thomson, Russell Wheelhouse & Louise Wolfers

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.

Yarra Glen Kermesse 19th June

Another day of good weather for racing when forecasting was for not for such conditions.

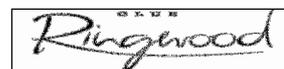
Yarra Glen is a popular course for the members as it is a challenging yet satisfying race for most riders. The hill passing the 'Sticks' winery, the wind from wherever, the quick recovery downhill and then the long flat with a kick to the line all make for interesting racing. There were several mechanical's that is punctures for Dean Niclasen and Phil Taylor as well as a fall for Wes Hurrey. Wes has developed so much power at the SoulRider Spin Studio that he pulled the cleat out of a peddle and it wasn't even in the sprint!

Yarra Glen is also a mecca for horses, courses for horses and horses for courses. As well as courses for riders of those horses. To add to the difficulty of our bike race on our 'horses', the two came together when D grade was dropping a rider on the 'Sticks' rise. One of 3 horses being ridden on the verge took a dislike to the D grade bunch (understandable from the point of view of that dropped rider) and the horserider was challenged. The horse veered onto the road, reared and then proceeded to side step towards that bike rider. Having decided that 6.8kgs of carbon fibre was no match for 500kgs of protein, the not so valiant peddle pusher dismounted with

vim and vigor and took to the undergrowth. Our attractive horsewoman on her not so trusty mount, moved on and the not so attractive biker did the same al be it in opposite directions. The next lap found the horse galloping free and the rider trudging home on foot. As Jim Swainston said, "You have to now put a saddle on your nightmares".

A Grade: Michael Jamison.

A decent size field of 22 started, good numbers ensuring an active race. The slight headwind on the rise gave Tom Leaper his opportunity to clear off and so he did with only Jamie Steward able or wanting to follow. The rest of our race saw fairly constant attacks and small breaks but always coming back together. Lots of riders strong enough to have a dig but not able to stay clear. Guy Green, Phil Smith and Peter Howard being the most aggressive. About halfway the blue jersey of Jamie came into view, Tom proving too powerful and Jamie deciding to head back to the shelter of the bunch. Myself having the luxury of Tom on the team meant just chasing any attacks that didn't have one or two Croydon jerseys. With 1.5 laps remaining, Jamie (Adriatic) and Dave de Pedro (Croydon Cycleworks) slipped off the front. Then on the last lap the bunch split again, and on the straightaway I was relieved to see my team mate Mick Hay





in the bunch ahead of me, and David and Jamie just a little ahead of them. With the finish line in sight, Stef Kirsch (Bike gear now/velo ex) put the hammer down, and dragged our group onto the back of the breakaway group just as we hit the rise to the finish. I followed Roy Clarks wheel as he powered around slower riders but just a little late to get points (we finished 11th and 12th), so it all came back together almost on the line, with Jamie Steward and David de Pedro just surviving for a well-deserved 2nd and 3rd. Amazingly Tom finished over 4 minutes in front riding solo! Croydon Cycleworks well on top today with 1st, 3rd and 6th place earning plenty of points.

A Grade (2) Nigel Kimber

Twenty-two on the start line for the a-grade race, six teams represented; Bike Force and new kids on the block – Bike Me with two, BikeGearNow, Croydon, and Nemesis/Adriatic with full compliments of four, OMara with three and three independents. Twelve laps of five kilometres for a total of sixty clicks plus the neutral roll to the start line. And with mild temperatures, everything in place for a good race, but for the wind, a northerly, blowing down the hill, not normally a concern but with the flat and small undulations after the rise it would add hurt to what would be already painful legs. Add in an inform Tom Leaper – Mick's words not mine, and we were going to be in for a tough race.

There is always trepidation before the first climb, would somebody attack and if so would I be able to respond or would my legs let me down and see me off the back before the race even started. Being at the back of the bunch has its pros but also its cons, with few miles in the legs I was determined not to see (or feel) the wind and to avoid temptation the back was where I planted myself arguing the little chase out of the corner would be good for me. Fortunately the first ascent was sedate enough, a mild increase in pace easily dealt with.

Once over the top racing started in earnest, the wind though maybe making those who sought early fame reconsider. The first lap saw no solid moves, just some serious increases in pace that all were able to meet and it was the full complement given eleven laps to go – like we needed to be told that. Having survived the first ascent and feeling fairly comfortable the confidence was there to stay the next. Three-quarters the way to the top a glance up the road revealed two riders alone – no need to guess who they were, even if it wasn't for the long lean Sidney Nolan'esque profiles it could only have been gentleman Tom (Croydon Cycleworks/Pick-a-Part) and ole skinny guts himself (Nemesis/Adriatic). It was way too early in the race to let a break go and this break was unlikely to come back of its own accord. There was very little I could do but I wasn't going to not try and I wasn't going to let some crystal-cranking teammates allow the pair an easy escape - with fortune I might encourage others to assist. Making my way up the bunch to do something another two separated from the bunch, the black and white of BikeGearNow/VeloEx rider Peter Howard and the yellow and blue of the French Bulldog – Jean Philippe Leclercq (OMara cycles). 'Nice' I thought as I slipped in behind the soft pedalling leaders of the bunch.

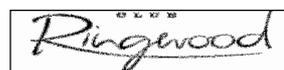
Peter and JP gapped the bunch seemingly easy but they still lost ground to the two ahead – Tom was really putting the hammer down. The gaps eventually stabilised and lap two finished with the chasers mid-way between the bunch and the leaders. And so passed the third lap albeit that the chasers were a tad closer to the bunch and the leaders were further afield. On the fourth JP and Peter were reintegrated into the fold and racing resumed with no sign of Tom or James Steward. There were attacks, there were moves, some look settled but as soon as team 'the other' tried to enhance their odds in the break by bridging a rider a response was mounted by the masses and it was all back together once more. Croydon were aggressive; Mick, Mick and David dePedro making their presence felt, JP was aggressive as only a miss-typecast cliché could be. Phil Smith was also happy to mix it and dish out some suffering. The sprinters in the bunch did what they had to do to stay in the race and the grunts laboured up the hill and did what they could and what they thought best to support those they cared about.

Around lap ten, or maybe it was nine, I don't know they all tended to blur one into the other by this stage, an auditory hallucination indicated that James was back in the bunch, or was he really there, or was he really there – had we been lapped? Lifting my nose from the head-stem I was relieved to see I wasn't losing it and his response that he thought he'd come back to be with friends indicated that we hadn't been lapped – yet, Tom was still out there, somewhere, on his own, turning running into chasing (spoiler alert – we didn't see Tom till after the finish).

Looking forward to just one more ascent after this one the mind was (obviously) no longer on racing but on surviving as three shadows slipped off the front – a little bird informs that the likely suspects; Guy Green (Bike Force & instigator), James Steward and David DePedro pulled a gap that was never to be closed. Tired legs and lack of support meant the three unrepresented teams had to make the decision – waste themselves trying to bring the three back or ride for the remaining points – I voted option two – by default. The rest weren't the only ones suffering tired legs, the effort by Guy Green to break the shackles cost him more than he had and a surge by James saw him alone and returning to the fold.

The wash; Tom easily (minutes) from James who'd allowed David dePedro the honour of leading out the sprint for the minor places before accelerating to a clear second. The big bunch (and it was big, everybody was still in it) split neatly on the last climb. The first half never getting too far ahead, the second half never getting too far behind some jokeing in the last 200m gave the second half a glimpse of opportunity only to have it dashed as JP started his traditional early bolt for the line and forced the remainder to respond. JP faded as the mass of the first half of the remainder descended upon the officials at the finish, Colac rider Nick Kennedy (Nemesis/Adriatic) won the bunch kick from Peter Howard and half the rest of the field.

Figures:





C Grade: Mal Jones.

Yarra Glen has become a favourite course for some, especially those types that don't mind a bit of a hill up, a bit of a hill down, some nice straights and a few turns thrown in... Except, there can always be the matter of wind blowing into your face going up the back straight and climb. On Saturday it wasn't bad, but still seemed to spook some into tending to do plenty of hiding when the back section of the course came into view.

So, with 18 C graders lining up to test the legs, hearts and minds, it looked like it would be a race destined to finish in a bunch sprint, that is unless some hardy, brave or just plain crazy soul was prepared to test his or her strength and endurance to chance a break on the 3.5 kilometre kermesse course.

After Ian Milner's courageous efforts at Yarra Glen in March, the question was asked of his condition before we'd even hit the course proper. "Nah, not today, just had an arthroscopy on the knee 5 weeks ago;" Just in case I checked which knee it was – figured if I had to nobble him I knew which one to work over...

The first few laps were put in at a reasonably sedate pace, with no one really troubled by the wind, climb or descent. There was lots of swapping turns off the front, with Ian Gillies, Dale Maizels fresh for her Giro tour, Martin Stalder and several others sharing the load.

The back section of the course was proving interesting though, with plenty of heavy breathing heard as the top of the little climb was reached. That effort was quickly put into perspective when Tom Leaper and Jamie Steward came blasting past up the hill. If you're on Strava, check out Tom's numbers. They are a fabulous reality check for us mere mortals.

It was really comforting to know that with our laps taking around 8 minutes, the finish wasn't going to be too far away. Five, four, three, two laps to go and the pace remained much the same as it had – easily manageable by most. Beaut, bell lap, and finally some action, with the increase in speed leading to a bit of a scramble to hang on up the back over the hill, and then some jockeying for position down King Street and into the turn.

As expected, the line out started towards the inevitable bunch sprint as the loooooong straight opened up ahead of us. You look up and think how far away that tiny little chequered flag is, but then, it's the same for everyone. As the flag got closer the pace went up and up, making it harder for anyone to jump out and start the sprint. It came down to the bottom of the rise before the flag, with 2 of us (Mal and Russell

Wheelhouse) opening it up off the front.

It seemed like an eternity to get to the flag, a quick look under the arm, okay; clear, so Mal, this is yours for the taking. Still waiting, waiting to be swallowed up, but no, made it home for a maiden win at Yarra Glen. Just a half wheel away in second was Paul "Consto" Constantinou, Ian Gillies not far further back in third and Dale Maizels rounding out the top four.

Special mention to Alison Skene, the other of our 2 ladies having her first C grade road race. She finished a creditable seventh, and can only improve on that result as she continues her training under Allan Iacuone.

To wrap up, a day of quality, event free racing, so well done to all – and I'm still in awe of Tom Leaper!

C Grade (2): Alison Skene, 'The poet'

"hairpins and gravel,
musty grapes down the back straight,
last lap, wind it up"

D Grade: Ken Saxton.

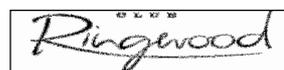
Fifteen riders started in D Grade. Conditions were pleasant, with 16 degrees and a head wind to add to the effort required climbing the hill.

Dean Niclasen led the way for the first couple of laps before he punctured at the foot of the hill. From then on several riders took turns at the front to keep the pace up for 8 laps.

Peter Mackie stormed past on several occasions but each time the bunch would either catch him or Peter would sit up and wait for the bunch to catch him. Except for the bell lap!

On the last lap Peter exploded up the hill to make a clean break from the bunch. The move split the bunch into 3 chasing groups. Ken Saxton chased Peter down catching his wheel at the top of the first rise. The two then started sharing the work to hold the gap. Peter Webb rode across the cap to be with them on the final downhill section of the course.

Ken carried good speed through the final corner to lead them into the home straight. From then on it was head down to hold the gap. Ken held on for first while the first of the chase groups reeled in the two Peter's giving second and third the David Coull and Keith Wade respectively.





D Grade (2): Keith Wade.

The winter solstice was upon us so what better way to celebrate then to slog your guts out on this lovely little circuit behind Yarra Glen. Fifteen starters in D Grade which settled down to a gentle first lap. My legs were feeling OK so I tried to up the tempo the second time up the hill but all I did was to open up a small gap over the field, and even though I didn't wait for them, they easily caught me at the bottom of King St

And so it was for most of the race with flurries here and there that were all brought in, but dropping the numbers down to about 8 or 9 riders entering the last lap. But then all hell broke loose on the last ascent. The sprint started 3.5km out from the finish when Peter Mackie (alias "The Cheshire Cat" because he appears from nowhere) went flying past. Ken Saxton put in a huge amount of power to get on his wheel followed by Peter Webb (I think). I put everything into chasing but even at 25kph on the steepest part of the hill I wasn't closing in, but at least I opened up a gap on the rest of the field. The trio kept going away as all energy drained out of my legs and I could see a small pack pursuing me. But with leg muscles screaming in agony I kept going, passed the Cat and Peter Webb in the final straight who obviously thought they had already crossed the finish line, and dreamed of second

as ahead, Ken climbed like a missile up the little hill to the finish line. Tectonic plate movements in the ground suddenly made that last little hill a veritable mountain and David Coull swept past me to take second with me just hanging on for third.

That was fun.

E Grade: Bernie Evans.

This was my first race at the Yarra Glen circuit and my first ride in E grade. I followed the rest of the boys around to the start line. Is the start line always miles from the registration point? Then it was game on. Zenon and Robert were surging on the hill and Ray was sprinting down the other hill. This made for an interesting and exciting competition as the laps were reeled off. We were lapped by some of the A graders and then got caught up with a big bunch from the other grades. We wisely sat down the back and let them go.

Three horses approached us on one corner but were pulled up just in time by their riders. There were still four of us together on the last lap . Zenon rode a very well judged sprint to the line for a well earned first place and I hung on for second with Ray close behind for third

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

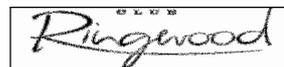
Yarra Glen: 21/6/2014

	First	Second	Third	Forth	Fifth
A Grade (22)	Tom Leaper	James Steward	David DePedro	Nick Kennedy (C)	Peter Howard
B Grade (19)	David Moreland	Darren Woolhouse	Ray Russo	Emilio Romano (N)	
C Grade (18)	Mal Jones	Paul Constantino	Ian Gillies	Dale Maizels	
D Grade (15)	Ken Saxton	David Coull	Keith Wade		
E Grade (5)	Zenon Gawronski	Bernie Evans	Ray Watts		
F Grade (5)	Susan O'Keefe	Robin Condie	Ron Stranks		

Thanks to the officials Last Week: Yarra Glen.

Nigel Kimber and Ron Stranks for taking entries, John Thomson (referee), Adrian Dickinson, Franc Tomsic, Peter Shanahan, Jim Swainston, Emma Anderson, Nick Tapp, Phil Thompson, Tony Tonkin and Marcus Thielle for marshalling duties. Also thanks to Andrew Buchanan for managing the duty roster, Zen Gawronski for bringing the trailer, Kevin and Shelly for 1st aid and Dean Niclasen for bringing the drink refreshments.

The Loop June 25th. No racing.





Future events:

Eastern Vets Program: www.easternvets.com/

	Date	Time	Location	Melway Ref	Event
Saturday June	28	2:00pm	Gruyere	282 F10	GSR - Kermesse
Monday June	30	7:30pm	Club Ringwood	50 C3	Monthly General Meeting
Saturday July	5	2:00pm	Casey Fields	134 E10	GSR- Criterium
Saturday July	12	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.

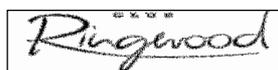
Northern Vets Program: <http://www.northerncycling.com/>

Date 2014	Race	Dist.	Venue	Time	Event
29/06/2014	Criterium	1hr+Bell	National Blvd (Ford)	9:00 am	Winter Crit Series Race 3
6/7/2014	Criterium	1hr+Bell	National Blvd (Ford)	9:00 am	Winter Crit Series Race 4
13/7/14	No Racing				Mid-year break.

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/#>





1 week to the start of

Le
de TOUR
FRANCE

2 weeks to the
Eastern Vets

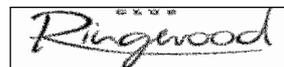
le Tour de France Night

Friday 11th July 2014

7:00pm for 7:30pm start
The Kilsyth Club

Secure your Tickets Now!!!

Email David on davemacq@bigpond.com





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 Beach Road Ride 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 favorite rides, best or worst cycling experiences, brushes with fame (or the infamous), cycling holiday snaps, etc.

*Neil Cartledge (neil.cartledge1@bigpond.com)
For John Neil, Newsletter Editor*

