



**July 10, 2014**

**Contents:** Duty roster. Race reports. Race results. Future events. Training rides. Members' corner.

### **Duty Roster**

***This Week on 12 July: Gruyere:*** Tony Curulli, Walter Savini, Andrew Neilsen, Owen Anstey, James Aylmer, Terry Murdoch, Daryl Beovich, Rob Lewis, Julian Paynter, Peter Bertelsen.

***Next Week on 19 July: Eildon:*** Nigel Kimber, Hylton Preece, Kevin King, Thorkild Muurholm, Leo Webb, Neville Williamson, Dave Worland, Robin Condie, Garth Kotnick, Clive Wright, David Moreland.

**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).

### **Casey Fields 5<sup>th</sup> July**

What could have been more attractive than riding a push-bike in windswept Cranbourne on a cold winter's day?

Looks like most of us decided to save ourselves for the three week haul of late nights/early mornings that is the Tour de France (as seen down under). I also hear that snow is plentiful in the mountains. Nonetheless Peter expects those absent last Saturday to bring an excuse note from their Mum or a medical certificate to gain entry this week at Gruyere.

**Non-race report:** Neil Cartledge

On arrival it was overcast, cold and, of course, windy

yet dry. After all, it was Casey Fields! The removal of the bike from the rack triggered the first light shower. This cleared fairly quickly and a warm-up was attempted by Peter Mackie, keen to get an excuse to put himself up to C grade.

The next shower brought 50% of riders (Neil) into the shelter of the clubroom veranda but Peter stayed out. A lone tri-athlete was practising his change-over's from ride to run but this weather change introduced the swim leg as well!

After some time the rain cleared and a few more die-hards had arrived to watch Peter circulate - fast down the back straight but elsewhere like a tired sprinter on the Stelvio. The decision whether to race was delayed until 1:45, not because of the rain, but through insufficient riders to race. We had less than 20 including the marshals, and Peter kept riding. Finally



Peter came in to do his duty of race handicapper but the committee called off racing to the disappointment of most and Peter returned to the track.

The sun came out which induced about half of the attendees to reluctantly throw their legs over and venture out to chase down our Peter. Once on the circuit and warmed up, relatively speaking of course, the training ride was enjoyable with several doing up to 2 hours of training so Peter was not lonely.

Following a comment by Peter that Neil was old, Peter rode his bike home, the others left in dribs and drabs

and a caring father with his 8 year old daughter demonstrated what they can do on a cold, windy but dry Casey while the tough racers sat at home.

**A Grade:** No report

**B Grade:** No report

**C Grade:** No report

**D Grade:** No report

**E Grade:** No report

**Thanks to the officials/helpers.**

Peter Mackie and Ron Stranks for taking entries and the duty officials: John Thompson, Russell Wheelhouse and Louise Wolfers Also thanks to Andrew Buchanan for managing the duty roster, Zen Gawronski for bringing the trailer, Kevin and Shelly for 1<sup>st</sup> aid and Dean Niclasen for bringing the drink refreshments.

**The Loop 09/07/2014**

With threatening skies all around and the radar not offering much hope for staying dry for long, the riders opted for a couple of casual races “til the rain comes”. Dibs 1 and 2 combined to provide a field of about 9 riders and the second bunch comprised about 7 with Laurie Bohn putting in a solo effort in a division of his own. The racing in both groups was quite willing and the rain surprisingly skirted the circuit allowing riders to get in a solid 40 minutes.

In Bunch 2 Mark Collins and Paul Griffiths had put in an effort to get a small break at the 30 minute mark. After some confusion around which was the bell lap, Mark put in his sprint a lap early and pulled up, leaving Alan Cunneen to take the bunch sprint from Neil Cartledge and Paul.

In the first bunch there were multiple attackers with only Ray Russo staying out front for any length of time. In the end, however, it came to a bunch sprint with Phil Thompson out pointing David Willet and Daryl Beovich.

Laurie Bohn led his division in.

**Future events:**

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

	Date	Time	Location	Melway Ref	Event
Friday July	11	7:30pm	Club Kilsyth		TdF Night
Saturday July	12	2:00pm	Gruyere	282 F10	GSR – Kermesse (A Grade teams race)
Saturday July	19	2:00pm	Eildon	910 U8	GSR
Saturday July	26	2:00pm	Arthurs Creek	510 N12	GSR
Monday July	28	7:30pm	Club Ringwood	50 C3	Monthly GM

*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
13/07/2014	No Racing				Mid-year break.
20/07/2014	No racing				Mid-year break.
27/07/2014	Time Trial	TBD	Balliang Hall, Balliang	9:00 am	Bike Force TT Series Race 2

**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/#>

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





## Book Review

### Climbs and Punishment by Felix Lowe

Some may recall that late last year I wrote a couple of articles on my fortnight riding in Europe. In my second week I joined a group who were in the midst of an odyssey from Barcelona to Rome “in the footsteps of Hannibal” (Barca the Third Century BC Carthaginian General not Lecter the charming cannibal with a Welsh accent).

Felix Lowe, blogger and pro-cycling reporter for Eurosport, was a member of this group and has recently published his account of the trip. Prior to this trip and despite nearly a decade of reporting on the professional peleton, Felix had not been an avid cyclist – he had to beg/borrow a decent bike to train for the journey. He is a tall, lanky, pallid Pom, who while not carrying any excess weight does not present on first sight as a natural athlete.

With his tongue planted mostly in his cheek Felix recounts his experiences in preparing for and undertaking the journey, mixing personal foibles/prejudices/peccadilloes with the history of the Punic Wars and tales of famous bike races which took place in the geography he traverses (including more information about Greg Lemond’s toilet habits than was strictly necessary). His appetite for racking up kilometres in the saddle is more than matched by his enthusiasm for the food and wine of every region on the route and he is not averse to the odd diversion to take in some sight/site of interest.

He approaches the journey as an opportunity to test himself on the terrain that the professional peleton races over in the Vuelta, the Tour and the Giro. At times he goes to extreme lengths to replicate the pro-experience, for example, by attempting a double ascent of Alpe d’Huez (over the Col de Sarenne) on a showery afternoon/evening (having ridden sixty-some kilometres in pouring rain that morning I settled for a single ascent and had the sag wagon waiting in the car park at the summit). I admired Felix’s willingness “to have a go” (even if I thought it foolhardy).

Felix’s writing style is fluid and journalistic so, despite the title, “Climbs and Punishment” is no Russian novel. The book is an engaging and amusing read if you forgive Felix a certain naivety about the implications of age for athletic activity/performance (he thinks 31 is late to come to cycling!), a tendency to hyperbole in describing his own efforts compared with those of his companions and an arguable double standard with regard to drug-taking which is referenced on each occasion he discusses the professional peleton past and present (he admits to liberally ingesting pain-killers on a daily basis to address knee pain).

I earned a mention or two under the epithet “Melbourne John” and probably should take comfort that he underestimated my age by a decade (p112).

Felix can be found on Twitter as Blazin’ Saddles (@saddleblaze).

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

