

# behind the bars

## Newsletter

Eastern Veterans Cycling Club



July 17, 2014

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

### Duty Roster

**This 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. # NB 1:30 pm start – registration by 1:15 pm.

**Next Week on 26 July: Arthurs Creek:** Phil Smith, Ian M Smith, Charles Lethbridge, Geoff Youll, Rob Birch, Andy Burmas, Dave Birznieks, Ken Budin, Craig Chamberlain, Ramon Cardosi.

**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).**

### **Gruyere 12<sup>th</sup> July**

Given weather forecasts and the flat-trackers' disdain for this course the turn-out of 55 riders seems reasonable, even if roughly 40 percent were A Graders drawn out by the teams event.

Many thanks are due to the officials and helpers who made racing possible, especially Martin Peeters, Mark Granland, Glenn Newnham and Mark Trounson who responded to Andrew Buchanan's late call for help. Nick Hainal deserves special thanks for his track inspection armed with a leaf blower to clear debris from the corners and it is good to see his efforts rewarded directly with a win in E Grade.

Thanks also go to Phil, Dale, Bernie and Jim for their reportage below.

**A Grade:** Phil Smith

Despite weather reports of rain & hail, we were lucky again at Gruyere with overcast but cold conditions. A Grade looked strong with Leaper, Depedro, Green, Clarke, Howard, Steward, Kennedy and Leclercq expected to be the front-runners for the race.

First Lap and all the main contenders were staying at the front expecting early attacks and breaks to form. Up the hill I found myself in oxygen debt up the hill and this was a concern, but this was probably caused by Tom keeping a fast tempo up the climb - easy for him but hard for everyone else! Corners were greasy and everyone was very cautious for the first few laps.





Lap two and again everything steady until the hill, where gaps started appearing again due to a solid tempo rather than any real attacks. Pete Howard was riding a good tempo and looking like another potential threat. At end of lap two I was not looking back, but I think that the bunch was altogether.

Lap three and it was here that Tom and a few others opened up a bit of a gap when climbing the hill. I was caught out a bit by being mid bunch and had to bridge. I was surprised that no one followed my wheel and when I joined the Leaper Bunch I communicated "we have a break". The break consisted of all the favourites: Jean-Philippe Leclercq, Nick Kennedy, Guy Green, and Tom Leaper but I think a few other riders might have charged down the descent and rejoined us on the flat.

Lap four was where Tom Leaper slipped away for a bit of TT practice. His pace up the hill was just too fast for the rest of us mere mortals. So at end of lap four we had two significant breaks form; Leaper solo, and a solid group of Guy Green, JP, Nick Kennedy, and myself. Looking further back I was pleased to see Jamie joining us - he must have done something special to bridge without dragging up any wheel suckers! Our group became 5 and with strong riders it appeared that we would be uncatchable if everyone worked together, and this is how it panned out. Everyone shared the workload to consolidate the break to ensure no one else could join us.

Team Adriatic was in the enviable position of having 3 riders in the second break and this meant that good teamwork was required to maximise our final placings for points. As such our bunch riding became a "keep it together" ride rather than multiple attacks and "last man standing" tactics that are typical for Gruyere!

On the last lap there was a bit of chatter going on and rather than be part of this, I made the call to put in a couple of attacks to mess up the sprinters plans! Thanks to assistance from others, I managed to create a gap on the last time up the hill and to hold this until the finish line. James, Nick, Guy and Jean-Philippe finished closely behind me.

Accolades to Tom for brilliant ride - lapping most of A Grade and he backed it up with a strong TT win on Sunday!

**B Grade:** No report

**C Grade:** Dale Maizels

We usually get about 20 turning up for C Grade, so 12 was a little light on. After about 1.5 laps someone said "where are the rest of them", so I looked around and there were only 6 of us left out of 12.

The pace stayed pretty strong the whole race without any real attacking. Mal, Andrew, Tim, Graeme Bull, David Watts and I all did some good turns at the front, however Graeme did more work at the front than the rest of us and also climbed well. Tim and Mal also looked like they were climbing easily.

The lap counting confused us a little, as we got two "4"s and two "2s" and no bell. We do appreciate how hard it is for the officials counting laps for many grades at once and it didn't bother us too much. When we got the second "2" laps to go, instead of the bell, we discussed it and decided that we would go by what the officials put up and would do the extra lap (so 10 laps it was for C Grade this time).

I was at the top of the last climb just behind Graeme and Tim and caught them on the descent and last corner and knew Mal was there also. Setting up for the sprint was then on my mind. Graeme went around Tim, I sat on Tim's wheel nice and close and just waited for either Tim or Mal to take off.

Mal came around me on the right and said "get on". "Mal, I was going too anyway haha". So I jumped on Mal's wheel and still had Tim on my left. Closer to the line I then jumped off Mal's wheel in between Mal and Tim and thought I had enough pace to win the sprint seated, but unfortunately Mal just pipped me and I was second and Tim third. Lesson learnt don't assume - and get your arse off the seat and sprint properly Dale - Mal probably would have still pipped me, but I will never know.

**D Grade:** No report

**E Grade (1):** Bernie Evans

The weather forecast looked bleak with predictions of showers and hail. However despite the forecast conditions were pretty good as long as you ignored the cold. With no F Grade, E Grade's ranks were swelled by some extra riders.

The A Graders shot off like rockets while we patiently waited our turn. We stayed together for the first couple of laps but the long hill tested a few out and soon we were down to three - Nick, Colin and myself. The A Graders swept by and Mr Leaper leaped by, but we kept plugging along. We spread out on the hill on the last lap, but as we rode along the road towards the finish line a tractor decided to do a three point turn in





front of us!!!

I had beaten Nick last time on this circuit, but he turned the tables on me and crossed the line first with a well-judged sprint. Colin was breathing down my neck for a well-earned third. Thanks to all the officials but no thanks to that tractor driver!

**E Grade (2): Jim Swainston**

Amazing how you can get a half decent day out of something that looks pretty ordinary. A terrific job of volunteering by all those who stood in as officials.

We thought we had got off to an uneventful start but appearances can be deceiving! We had all forgotten Ronnie! Ronnie was last seen heading for the Warburton Highway at a great rate of knots and then we forgot about him. Our pace was steady to begin with as I hoped to keep Petra in touch so as to minimise the amount of time she had to spend on her own. Colin Doherty lifted the tempo just prior to the hill

but we had 5 intact the first time up. Second time up much the same story but we lost JC around this time. Third time up I had a feeling I might be in trouble and I was right! Nick, Bernie and Colin controlled the race from this point on with the ever honest Nick Hainal going on to win from Bernie and Colin.

With a bit less than a lap to go I caught Petra and eased a little and chatted to her until the hill. As I went over the top JC caught me and shot past heading for the finish.

As it turned out we were able to have our own little race for 4th with Petra going on gamely and finishing her last lap. It is incredible how many little groups of riders start to appear on this circuit as it takes its toll. It never ceases to amaze me how hard some of our members are in their judgements of their own performance. Just be glad to get out there and belt around and don't beat yourselves up because you didn't do whatever!

Grade	1st	2nd	3rd	4th	5th
A Grade (21)	Tom Leaper	Phil Smith	James Steward	Nick Kennedy	Guy Green
B. Grade (7)	Emilio Romano	Chris Ellenby	Craig Oliver		
C Grade (12)	Mal Jones	Dale Maizels	Tim Crowe		
D Grade (8)	Hylton Preece	Alison Skene	Peter Mackie		
E Grade (7)	Nick Hainal	Bernie Evans	Colin Doherty		
F Grade (0)					

**Thanks to the officials/helpers.**

Thanks to Peter Mackie and Ron Stranks for taking entries and the duty officials: Tony Curulli, Walter Savini, Martin Peeters, Owen Anstey, Mark Trounson, Martin Stalder, Glenn Newnham, Peter Webb, Mark Granland, Rob Lewis, and Daryl Beovich. Thanks also to Keith Bowen and Nick Hainal for their voluntary input.

Additional 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 16/07/2014**

	First	Second	Third
Division 1 (7)	Phil Thompson	Alex Spiteri-James	Daryl Beovich
Division 2 (7)	Owen Anstey	Martin Stalder	Geoff O'Loughlen
Division 3 (8)	Shane Dwyer	Peter Webb	Neil Cartledge

A wet track did not prevent racing this week, albeit after additional safety instructions from the starter prohibiting overtaking of any kind in the bottom corner. All riders appeared to be conscious of the conditions and ceded the racing line as necessary. Susan O'Keefe was 1st unplaced female racing up a division (too few starters for Div 4) and staying with the bunch to the bell shepherded by Peter Webb (at least until he made a last gasp uphill sprint from the back through the bunch for second). Did you forget your coffee money, Webby? Many thanks to Steve Barnard (and his chauffeur, John Caddy) for standing in as race organiser while Keith Bowen is sunning himself somewhere North.





## Future events:

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

	Date	Time	Location	Melway Ref	Event
Saturday July	19	1:30pm	Eildon (Riverside Drive)	910 U8	GSR
Saturday July	26	2:00pm	Arthurs Creek	510 N12	GSR
Monday July	28	7:30pm	Club Ringwood	50 C3	Monthly GM
Saturday Aug	2	2:00pm	Casey Fields	134 E10	GSR - Criterium
Saturday Aug	9	2:00pm	Yarra Glen	266 J11	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
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
03/08/2014	Handicap	64 kms	Avenel Rd, Seymour	10:00am	Tom Stewart Memorial
10/08/2014	GSR	1hr+bell	National Boulevard (Ford)	9:00 am	Criterium

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

Registrations are 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/#>



### Tour de France Night –

By all accounts a great night was had by all, the guest speaker a winner, keeping even a bunch of cyclists engaged for the whole of his presentation. Also presented on the night were championship medallions,







## 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.

Bike mounted cameras look likely to change the way we see bike races in the near future. Dave McCormack has provided this preview of what we might expect from the recent Tour de Suisse:

<https://www.youtube.com/watch?v=QE97iUvSHk0#t=68>

Those that stay up into the wee hours watching the TdF will be familiar with Gabriel Gate's "Taste of the Tour" segments on SBS where he rarely puts enough butter in his recipes. The link below is to a relatively old piece (2012?) made for the now-defunct Adam Hills Show. If the link does not work simply google "Tour de Frankston" (best not if you live in that salubrious seaside suburb).

[www.youtube.com/watch?v=o8LK9pLZsi8](http://www.youtube.com/watch?v=o8LK9pLZsi8)

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