



behind
bars

Newsletter

Eastern Veterans Cycling Club



28 August 2014

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

Duty Roster

This Week on 30 August: Yarra Glen: Tony Curulli, Nick Hainal, Matt White, Harold Simpson, Nicola Smith, Andrian Zubovic, Phil Cavaleri, Peter Braine, Matthew Davis.

Next Week on 6 September: Casey Fields: Steve Barnard; Gerald McIver (snr); Ben De Jong.

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.

Seymour 23 August 2014

It was a good turn-out for one of the Club's special days in memory of Rob Graham where we find out who can best match it with the infernally unrelenting clock. Neil Cartledge takes us through the mechanics of shaving off seconds and minutes to "beat the clock" while Jean-Philippe Leclercq contemplates the internal battle to synchronise mind and body to perform in a "world" where time determines the outcome.

Thanks go to Neil and Jean-Philippe for their reportage below.

Happy Reading.

Neil Cartledge

Preparation for the time trial commenced about 6 weeks ago. It started with a number of members of

EVCC and others, going to SoulRider where Wes Hurrey trains the riders on achieving high power outputs over significant lengths of time, as is needed for the ITT. He trains to establish the maximum power at the most efficient cadence for say 40-odd minutes. The resulting win of the time trial by Wes is testament as to the efficacy of this program.

At Seymour the warm-up has to be timed to coincide with the start time and is done on the road out to the line. Then you present yourself into the hands of the starter and literally into the hands of Nigel Kimber whose hands rather disconcertingly embrace one's buttocks, but it is for less than 60 seconds. As a result the heart rate rises, the starter counts down and the race of truth begins and Nigel is forgotten.

Up through the gears, down on the bars, check that the heart rate is rising and the effort is not too high too soon. By the time we pass under the bridge the systems have started to stabilize. Speed is increasing along with the heart rate and cadence is in the sweet





zone. Check the body position. Forward on to the rivet with shoulders low over the bars and head down with the eyes up. Grip the TT bars to engage the core muscles and drive the full circle. Push down, scrape, lift and push forward. At about 2k out you nearly ride off the edge of the road. Loss of concentration due to oxygen debt so correct the breathing. Pace lifting, heat rate now at 129bpm, just below max, cadence above my sweet spot so go to the next gear. Bernie Evans is now in view. It is amazing what a hare to chase does to your effort.

The gap is closing little by little then the start of the first rise the gap remains constant until the false flat allows another few metres to be gained. The change in tempo necessitates a gear change and Bernie gets closer. Just before the top of the rise I'm in his wind shadow then beside him. The look on his face tells me he is not happy! Now grabs some gears as the drop is allowing the 50's to come up on the speedo and we can use the 11 tooth for the first time.

The next rise is my usual nemesis but with the heart rate higher than normal it is not the challenge as in past events. Over the top and now we have that long sweeping downhill to the pub. On the way Colin Doherty appears but I don't look at his face. I have already lost one friendship today. A couple of drinkers shout encouragement, or was it abuse? The orange cone is in sight meaning that half the pain is over or perhaps more correctly; the bigger half, if you can have such a thing, is yet to come.

The turn brings the speed down and the effort to get it back up pushes me into the red zone so it is a case of just ease the cadence by 5rpm for maybe 10 seconds then it's back into it, This was practised at SoulRider and now shows it's worth. Over the creek and the climb starts. Geoff Youl goes by heading for the turnaround. Has he gained on me? It must be less than 1 minute for him to get there and back so I'd better lift my game. Colin Mortley's appearance does nothing to improve my demeanour. It's hard for me to judge the time differences under these circumstances.

On the rise away from the creek with only an 11-24 cassette I have to go to the small chain ring to keep the cadence up until the road flattens. My attention is caught by a distant figure that is my next rabbit to catch. I now know what a greyhound feels like. I grab a gel mindful of not coming off the bars or dropping the effort and apart from a little wandering I am successful. Now with the breeze from somewhere behind the road speed increases and I am onto the 11 tooth and still 129 bpm. It wasn't until the finish that I realized that I

was still in the small chain ring. I wonder how much that cost?

The mind now starts to play games. Is the road surface faster in the wheel tracks, or between? I decide that the polished wheel track is the best bet. Paul James appears and I try to encourage him and he does lift his effort for about a km. Then the next bunny is up the road. Ken Saxton started in front of Paul but the jersey was not Ken's. On closing I found it was Charles Lethbridge. My encouragement only elicited a grunt and another friendship destroyed. I can now see the bridge so it is a case of go full gas to the line. For a moment I spot Ken but then he disappears down to the finish. No more hares, rabbits or bunnies, just go for it! Under the bridge cadence is too high, heat rate high 130's which is rare for me, but no more gears, then the line passes under the bike and it's all over for another year!

Thanks to those that did duty. A very big thanks to Croydon Cycleworks and Ian Smith for sponsoring this event. It is really appreciated by all the members.

Jean-Philippe Leclercq

Seymour Trial Time, there was a long Time... Warming up for the ITT and getting the body and mind ready. The mind was all good but I could feel the legs were not responding well or should I say, not in good synchronization. Oh well, I thought... On the starting line, Nigel was kindly holding my bike, 3,2,1 and here I go. I was gone in the "time world" of the Seymour Time Trial for 26 km, but for how long... This is how it feels for me, space time adventure, JP against JP and time for jury. Legs were still not doing well, and this head wind was not helping at all. The bike was going side to side and I knew this was not a good sign... However, I carried on to push hard, still trying to get those legs and body to respond, was not working and sounded like someone was sleeping (sleepy head). Half way, at the cones was the time of truth. Rider ahead of me was going away and the one behind was getting on to me. I thought: this cannot be happening. I pushed harder and with a bit of tail wind the legs felt a little bit better, a bit more responsive (felt like I was missing some nerves and sensors!!!). The way back went better and more in tune with this time world. Gave it all in the last few kms, maybe to prove my point so this body would remember this mind did not agree with this sleepiness state. Cooling down, I rode at random into Seymour streets, like a no-man's land, was a sleepy town too... Then, VIP time, drinks and presentation at the local pub with good crowd of people. Very inspirational speech from Ronnie, everybody was obviously touched by his sensible words. Hopefully,





this journey reminded us that it's not only about the bike...but about the time too...click, click, click...oh well...

Seymour: Rob Graham Memorial Handicap Time Trial

Position		Time (corrected)	
1st	Wes Hurrey	30:55	
2nd	Rob Birch	31:22	
3rd	Neil Cartledge	31:40	
4th	Dale Maizels	31:42	
5th	Mick Jamison	31:58	
6th	Ian Smith	32:34	
7th	Gerard Donnelly	32:38	
8th	Phil Smith	32:39	
9th	Sean Wilkeson	32:46	
10th	Rob Amos	32:57	
Fastest	Tom Leaper	34:45 (actual)	

TT Club Championships - Seymour, 23rd August 2014

Age	First	Second	Third
Men 35-39	Tom Leaper (34:45)	Brenton Jukes (40:37)	
Men 40-44	Sean Wilkeson (36:46)	Wes Hurrey (38:55)	James McArdle (42:26)
Men 45-49	Jean-Philippe Leclercq (39:43)	David Chesney (43:53)	
Men 50-54	Phil Smith (36:54)	Mick Jamison (37:58)	Phil Cavaleri (38:38)
Men 55-59	Gerard Donnelly (36:38)	Rob Amos (40:27)	Nick Tapp (44:03)
Men 60-64	Ken Mayberry (41:23)	Rob Birch (42:52)	David McCormack (44:32)
Men 65-69	Martin Stalder (42:42)	Brian Farrell (55:07)	





Age	First	Second	Third
Men 70-74	Neil Cartledge (44:40)	Geoff Youl (46:54)	Dan Ives (48:26)
Men 75-	Ron Stranks (52:02)		
Women 45-49	Dale Maizels (42:12)	Anna Davis (42:59)	Alison Skene (46:12)
Women 50-54	Susan O'Keefe (51:40)		

Thanks to the officials/helpers.

Thanks to Ron Stranks for taking entries and all the officials:. Additional thanks go to Andrew Buchanan for managing the duty roster, Dave Hyde for bringing the trailer, Kevin and Shelley for 1st aid.

The Loop 27/08/2014

	First	Second	Third
Division 1	T McDonagh (N)	R Newnham	A Giromondo (N)
Division 2	M Stalder	A Jenkinson	C Ellenby
Division 3	A Dumaraos	H Simpson	N Cartledge
Division 4	J Eddy	R Maggs	B Rodgers

Thanks go Keith Bowen for his role as organiser/handicapper and to Steve Barnard for stepping up in Keith's recent absence.

Future events:

Eastern Vets Program: www.eastervets.com/

	Date	Time	Location	Melway Ref	Event
Saturday Aug	30	2:00pm	Yarra Glen	266 J11	GSR - Kermesse
Saturday Sept	6	2:00pm	Casey Fields	134 E10	GSR - Criterium
Saturday Sept	13	2:00pm	Ballarat, Lake Learmonth**	927 A3	GSR – A Grade Teams Race
Sunday Sept	14	10 am	Ballarat, Lake Learmonth**	927 A3	VVCC Open Handicap
Saturday Sept	20	1:30pm	Eildon	910 U8	Graded Scratch Races
Saturday Sept	27	2:00pm	METEC	51 D8	GSR - Criterium
Monday Sept	29	7:00pm	Maroondah Sports Club	50 A7	Monthly General Meeting
Saturday Oct	04	2:00pm	Casey Fields	134 E10	GSR (Crit) – A Grade Teams race

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.





Special Event

Ballarat Weekend 13/14 September 2014

On Saturday 13 September the regular EVCC graded scratch races will be held at 2:00 pm on the Lake Learmonth course at Ballarat and on Sunday 14 September at 10:00 am the VVCC Open Handicap will be held on the same course. Put it in your diary – a weekend not to be missed!

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

Date 2014	Race	Dist.	Venue	Time	Event
31/08/2014	Scratch	60/81km	Lancefield	9:30 am	Lancefield/Pastoria
07/09/2014	GSR	1hr+bell	National Blvd (Ford)	9:00 am	Father's Day
14/09/2014	Handicap		Ballarat, L Learmonth	10 am	VVCC Open Handicap
21/09/2014	Handicap		Benalla		VVCC Open Handicap
28/09/2014	GSR	1hr+bell	National Blvd (Ford)	9:00 am	Criterion
05/10/2014	Handicap		Geelong		VVCC Open Handicap

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, Criterion 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. NB Entries close at midnight WST on 12 September 2014.

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 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

Roy Clark and a couple of other Australian vets (Ray Jarratt and Steven Fearless) is currently racing in Austria in the unofficial (former) Masters World Championships in St Johan.



A third place, Ray and Steve top ten



Another third with Steve Fearless first



On the big screen with the podium girl



A first, Ray and Steve top ten

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, items for sale etc.

John Neil (jaybeenesq@gmail.com)

