



behind
bars

Newsletter

Eastern Veterans Cycling Club



4 September 2014

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

Duty Roster

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

Next Week on 13 September: Ballarat, Lake Learmonth: To be advised.

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 30 August 2014

It was back to business as usual this week at Yarra Glen after the novelty (for some of us) of last week's ITT. It was great to have no need to consider wardrobe requirements for a race as the sun shone making the Yarra Valley an idyllic backdrop to the day's event. It was perhaps a reminder that hydration will soon be an even more important consideration in getting race-ready (note to Bernie Evans – your bidon is not optional equipment).

Thanks go to Ken and Jim for their reportage below and to Dave McCormack for providing some snaps of the action on Saturday (see Members Corner).

Happy Reading/Viewing.

**A Grade: No Report.
B Grade: No Report.
C Grade: John Neil**

A change of routine saw me riding around Canberra mid-week, where a pleasant 70kms on the Uriarra Loop was punctuated by the attention of a couple of territorial magpies. It was just the "change of pace" training required in preparation for the inevitable attacks in the early laps at Yarra Glen.

After a gentle enough opening sally up the Glenview Road climb the first "magpie" was Graeme Bull who suggested we get serious on the run down King Street (I thought kiwis were meant to be placid creatures?). My Garmin indicatess the first 20 kms were run at a relatively modest 30+ kph average pace with the second half run at a steadily increasing pace rising to 3-5 kph faster.

I seem to recall Dave Hyde and Peter Flanagan each having a crack early on. Around mid-race Peter Mackie swooped on the climb and I decided to go after/with him. We were allowed a little rope for maybe a lap before we yielded to the inevitable.

I managed to get my gear choices totally askew on the





next climb and found myself in the caboose. I needed to gather myself and see whether I had the resources to get to the finish with a chance of influencing the outcome. With some effort I managed to hang on to the increasing pace and get through a couple of incident-free laps.

With two laps to Stewart Williams insinuated his way through the field and headed off the front. He was not given much latitude and was swallowed on the final climb where Ian Milner and Robert Suter launched themselves. I did not expect this pair to be given much latitude either, so I was surprised when the chase down King St seemed somewhat restrained.

I was about mid-field as we neared the bottom and scrambled to get to the head of the bunch before the final corner. As we rounded the corner it became clear that Ian and Robert had stolen a decent break. I decided to get up and go in what I guessed would probably be a wild goose chase ending in the dance of the dying swan on the ramp to the finish line.

In any event I was committed to getting the chain on to the skinny end of the cluster while hoping there was something left in the tank. Down the straight I made ground on the leading pair, who appeared to be unperturbed by my efforts. I had no notion, nor time, to look back for any chasers.

Approaching the ramp I made one last effort to latch on just as Ian went into sprint mode. My momentum and some frantic pedal strokes took me past Robert but Ian was out of reach as we approached the line. A couple of shadows (Peter Mackie and Rob Giles) flashed by just after I crossed the line with Keith Bowen's congratulatory salutation ringing in my ears.

I had an overall average speed of 32.3 kph with a top just over 60 kph. As usual thanks go to all those responsible for managing and running a safe and competitive race.

D Grade: Ken Saxton

On one of the last days of winter we were blessed with a spectacular day. On the warm up lap, just being on your bike with the sun on your shoulder chatting to guy next to you, life was good. And so it was for the first lap. Peter Webb jumped to the front and to the relief of all 15 riders he kept the pace civilised, unlike a couple of weeks earlier at Gruyere.

For the next couple of laps Dean Niclasen and Ray Watts would leads us down the hill and along the home straight before David Coull would take us up the



hill at a steady tempo.

It was on the fourth lap I decided to increase the tempo just a little up the hill. The plan was to do this for a couple of laps to stretch the bunch and hopefully leave a group of 5 or 6 with an opportunity to break away on lap 7 or 8. The plan didn't work.

Instead of stretching the group, three of us (Peter Webb, a young bloke who I can't recall the name of...sorry and myself) formed a gap. We pushed on the downhill and splintered. With 5 laps to go we needed to stay together so we waited and regrouped on the home straight. What we didn't appreciate at the time was our healthy lead was not due to spectacular burst of speed but rather to the rest of the bunch having to stop at the top corner for a car before they could take up the chase.

A lap later we were down to two and thinking we won't be able to sustain the pace for the rest of the race but another guy appeared from nowhere and helped for a lap before being dropped when we went up the hill for a second time.

By now we had a pattern in place. I would lead on the downhill pulling Peter along and Peter would lead on the hills. With two laps to go and the gap closing we did discuss slipping back into the bunch but we had expended so much energy holding the gap we weren't going to simply give it up.

The bunch was no more than 100m behind us on the bell lap. They had steadily been chipping away at our lead and looked certain to catch us. One final push up the hill was enough to maintain a gap, albeit a bit smaller, as we arrived at the top corner. Eureka, downhill to the finish and a win. Thanks Peter, a great ride. There's a lesson in there somewhere because it hurt much more than it should have but after the race life was very good again.

E Grade: Jim Swainston

It was a relief to get a shot at redemption after putting in a shocker in the previous week's time trial! Neil's article was an absolute ripper and the reference to Nigel K caused me to think of him as being "The Forgotten Man" and the section of the old Hume Highway as "The Avenue Of Lost Friends". I can vouch for 4 lost friends in my case, as that is how many people caught and passed me.

A lovely day brought out a goodly number of starters



on Saturday and great to see an "F" grade. We had 8 in E with Adrian Dickinson making a welcome reappearance and Paul James being passive. We stayed intact for the first couple of laps treating the rise with respect but it wasn't to last. Alan Sandford, down from Kyneton, was tucking away out of the wind but I think we lost him on lap 3 as Leon stretched his legs. We seemed to lose JC shortly after however Susan was being her determined self and battling back on whenever she was in trouble. Leon continued to apply pressure on the rise being supported by Adrian who was improving as the journey wore on.

Zenon was showing plenty of interest despite not having raced since Eildon and, as always, got value

for his entry money. As we got the bell there were 5 left but the rise told its tale with Leon and Adrian getting a break and holding it down to the line where Leon proved victorious again. Zenon and myself got a bit tangled up with D Grade in the run to the line where Zen proved a bit short of a gallop and I picked up 3rd.

Thanks to all who performed their duties and made the day possible.

F Grade: No Report

Grade	1st	2nd	3rd	4th	5th
A Grade (11)	David DePedro	Simon Bone	Peter Howard		
B. Grade (18)	Glen Newnham	Phil Thompson	Nick Tapp	Ross Tinkler	
C Grade (20)	Ian Milner	John Neil	Peter Mackie	Rob Giles	Graeme Bull
D Grade (15)	Ken Saxton	David Coull	Bernie Evans		
E Grade (8)	Leon Bishop	Adrian Dickinson	Jim Swainston		
F Grade (3)	Ron Stranks	Alex Watts	Petra Niclasen		

Thanks to the officials/helpers.

Thanks to Ron Stranks and Peter Mackie for taking entries and to the officials: Tony Curulli, Nick Hainal, Harold Simpson, Andrian Zubovic, Phil Cavaleri, Matthew Davis, Dale Maizels and Dave McCormack. Additional thanks go to Andrew Buchanan for managing the duty roster, JC Wilson for bringing the trailer (and Dave Hyde for taking it), Kevin and Shelley for 1st aid and Dean Niclasen for bringing the drinks.

.The Loop 03/09/2014

	First	Second	Third
Division 1 (10)	C Jones	F Short (N)	T McDonough (N)
Division 2 (12)	A O'Neill	C Ellenby	J Williams
Division 3 (7)	P James	N Cartledge	A Cunneen
Division 4 (4)	S O'Keefe	D Drew (N)	L Bohn

Thanks go to Keith Bowen for managing this popular mid-week social race.

Future events:

Eastern Vets Program: www.easternvets.com/

	Date	Time	Location	Melway Ref	Event
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	Casey Fields	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!

NB Croydon Cycle Works Tuesday Night Races commence on 7 October – marshals are required. If you can help through the season please let Peter Mackie know.

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

Date 2014	Race	Dist.	Venue	Time	Event
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	Criterium
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, 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. 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 DST) Main Yarra Trail (meet under Burke Road overpass)	Main Yarra Trail to Southbank via Yarra Boulevard and bike paths along the river and return.	Social, bike paths & roads, Coffee @ Southbank.	Keithb33@optusnet.com.au
Sunday Morning – 8:00am Beach Road Ride Meet : Peanut Farm Reserve.	Ride Beach Rd to Frankston. 10 min stop. Then back to St Kilda. (approx. 65 km)	Social Ride – Coffee @t St Kilda	



Cnr Blessington St. 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, items for sale etc.

Images from Saturday:



C-Grade approaching the start/finish line



First-aider Shelly, keeping an eye on the riders



A stretched out e-grade crosses the line to end another lap



And b-grade go around once more

John Neil (jaybeenesq@gmail.com)