



## 31<sup>th</sup> October 2014

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

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### Duty Roster

Nov 1	Casey Fields	Steve Barnard			James Aylmer	David Mayne		
Nov 8	Dunlop Road	Allan Chiong	Steve Short	Neil Cartledge	Andrew Mapstone	Matt Rice	Brian Smith	Anthony Brown
			Peter Shanahan		Ron Chapman	Craig Oliver	Anthony Birkett	Darren Rutherford
					Shane Crowhurst	Geoff Darroch	Dave De Pedro	

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)

### Race Reports

#### Race reports from this week's club championships held out at Avenal Seymour:-

The age group race is interesting to observe. Riders are racing against some riders from their usual grades as well as riders from other grades, higher and or lower. At the registration area it has a different atmosphere to crit races. Some riders can be seen looking at each rider that turns up, trying to ascertain

whether that rider will be in their age group and if so what are their particular strengths and weaknesses. Are they sprinters, climbers or perhaps time trailers? They also count how many in the bunch because for the first time for a man, size does count, the bunch that is.



### **Men 60 - 64: (John Williams)**

I just want to point out that I am not yet 60! Given that the age is taken at 31 December I qualified for the older age group making me the novice of the field and at a distinct disadvantage in terms of years of training in the legs. That's my excuse.

9 starters, and we all knew that Ken Mayberry and Chris Ellenby were the ones to watch, so when neither of them were present when we were called under starters orders, the optimism of the hacks rose. Short lived I'm afraid. Both arrived in the nick of time and we were off at a steady tempo. On the first hill the A graders put in the expected burst, and the rest of us scrambled to get back on. For the remainder of the first outward journey we were going at a couple of notches above tempo. At the turn I saw that one or two were falling off the pace.

On the hills on the return leg, Ken and Chris played the one two again - a fast break and just as we had all got back on gasping for air, they hit with another attack. First time some of us bridged across, but the next time around Chris & Ken were away and from that point on the rest of us were racing for 3rd. It was quickly established that there were 4 left in the chase; Mal Jones, Peter Ransome, Rob De Bernardi and John Williams. We quickly formed a pace-line to try to pull the leaders back, each taking turns and everyone putting in, but they didn't seem to be getting any bigger in front of us. Just before half way, Peter lost contact and at the turn we worked out we were 90 seconds off the leaders and behind us Andrew, Dave, Dave and Peter were riding solo efforts at various intervals.

Lap 2 was a slog. Rob, Mal and John kept the pace-line rolling over, but I began to feel that I was barely hanging on - the other two could drop me whenever they pleased. My mind alternated between 3 plausible scenarios:-

- They are just great guys and they are nursing me to the finish,
- They are just using me up while I have something to offer and will drop me as I falter.
- They are just toying with me the cruel buggers, extending my pain for as long as possible.

After the race, Rob told me he had exactly the same thoughts.

Over the last 5K my thoughts turned from "How can I help my amigos?", to "How can I beat the bastards?". I decided to ensure that I took my turn on the lead right under the road bridge, so that I would not be on the front again before the sprints started. I rolled over to Rob, who perfected the shortest turn on the front

known to cycling, leaving Mal as the bunny on the front and as I hit the pedals in my dash for the line, Mal turned and asked me something about the finish (he hadn't got the bell at the last turn so thought we had another lap to go). Mid-sprint I pointed at the flags and yelled "There's the line", as Rob sprinted past to take the Bronze by several bike lengths.

Well done to Ken who out-foxed and out-sprinted Chris for Gold, and to Chris for a well won Silver with a vow to get his own back on Ken next year.

### ***Thought for the day:***

*Some people say that the wheel was human's greatest invention...*

*I reckon the second wheel was a greater invention - you don't see many folk riding around on unicycles!*

### **Men 70-74: (Neil Cartledge)**

With only 5 riders in our age category it was always going to be a tough ride. I expected to have to contend with somebody trying to get away in the latter half of the race, probably on the sharp rise on the return leg. If that didn't occur then it would finish in a bunch sprint with the renowned sprinters taking the honors.

Much to my surprise we fell into rolling turns like a handicap, right from the start and at a fast pace to boot. We worked constantly together until the final pinch before the bridge. Jimmy (The Pro) Swainston found the speed a little challenging and dropped away at around the 10k mark and Ken (Giveadoga..) Bone started missing a few turns while David (The flying Scotsman) Coull and Dan (The Superman) Ives looked very strong. All the time we were closing on the bunch in front. By the turn we had averaged mid 35k's, not bad for mostly 3 riders taking the turns on the front.

The return leg was into a slight breeze and the turns were longer and as a result the pace dropped. David led up the rises and then Dan and Neil (Neil's on wheels) Cartledge would take over on the flat, nobody was inclined to ride too hard. I felt I had a choice. Follow the lead of the others and ride tempo or take longer turns on the front at a quicker rate. I selected the later because I felt it would take the sting out of their legs before mine. Anna Davis went by making us look and feel our age! Anna is known as Lizard because every time she goes near her fans, they cry out "Go Anna!" (Courtesy of Peter Webb).

At the finish cone for the first time, which is half distance there was still the 4 of us together. I wondered if I could last another 30 odd kms with these guys. It was time for a gel!





Again the outward leg had a speed increase but not to the level of the previous effort. I tried a couple of surges to see what transpired. They chased and showed no sign of any ill effects except for a lack of interest in reciprocating.

The final rounding of the far cone had the following group come over us, and then it was get ready to fly home. It was about then that my left leg started to cramp. The climbs up the rises after the bridge were interesting to say the least. I was trying not to show my discomfort for fear they would attack me! Once on the flat again I could push the pace again but the cramps were now in both legs. The rest was a bit of a blur. Taking turns with the others until I could see the bridge up ahead. I knew I would not be able to sprint so when SuperDan finished a long turn I rode off the front imagining that they would sit on my wheel to the finish and then come round.

I'm not sure what happened but they didn't jump on. I started to severely cramp and took a free wheel to stretch my legs and then just gradually lifted the speed, going up through the gears to keep the cadence down. Under the bridge I was suffering and the distance to the flag appeared much further than in previous races, a distance that I questioned I could cover quickly enough without being swamped. It was about here that I took a look under the armpit expecting to see a wheel tucked in behind but none was there. A look over the shoulder revealed open space and I was able to ease up a little until the line.

Dan and Ken contested the final placings with Dan holding off Ken and David fourth.

Thanks guys for a good race with great riders! They say in training, 'it doesn't get easier, it just gets faster'. I think with age, 'it gets harder, but it also gets slower'.

**Thanks to the officials/helpers at this week's club championships;**

To Ron Stranks and Peter Mackie for taking entries and to the officials:-

**Men 65-69: (Tony Tonkin)**

Last year we had nine starters for the 65-69 age group road race Club Championship. To my surprise this year we only had four starters. However, given the standard of the riders; Martin Stalder, John Thomson and Bruce Will this in itself created challenges such as the chance of making and holding a lone break.

And so it played out. Bruce took the race out at 35kph+ and held it ,until Tony took over to the first turn around. Then Martin and John did their turns taking us back to the start/finish line. I guess at this stage we were 'feeling' each other out with no real challenges taking place.

This abruptly changed when John attempted a great break from behind a few kms out from the start/finish line and gained some distance before being reeled back in. The pace had picked up to around 40kph as we all did our turns at the front before Tony attempted a break on the 'bump' some 8kms from the finish.

Again this was covered and we all knew then that the race was going to be decided by a sprint finish.

The pace dropped as we took turns at the front to about 1km from the finish. Tactics and strategy were coming to the fore and the pace according to my Garmin got as slow as 17kph only some 700m from the finish.

John could take no more and started the sprint. Martin and Bruce followed closely establishing a small break. It was now all on the line and we all gave it our all with the speed getting up to 55kph into a slight headwind. Tony was lucky enough to just get over Martin by no more than 10cm on the line followed very closely by John and Bruce. Congratulations to all for a very close race.

Date	Venue	Referee	Traffic Control	Marshals
25-Oct	Avenel - Seymour Club Champ Road	Dave Hyde	Rob Giles	Gary Wishart Ross Tinkler Darren Woolhouse Michael Cosgrave Cameron White Sean Wilkinson

Additional thanks go to Andrew Buchanan for managing the duty roster, David Hyde for bringing the trailer, Kevin for 1<sup>st</sup> aid and Dean Niclasen for bringing the drinks.

Thanks also to Tuesday's referee/marshal John Thomson & Marcus Thiele.





## Race Results

### The Loop 22/10/2014

	First	Second	Third
Division 1	Not received		
Division 2			
Division 3			
Division 4			

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

### Club championship at Avenal- Seymour on 25th Oct 2014

Age Group	First	Second	Third
35-39 Male	Richard Abel		
40-44 Male	Darren Woolhouse		
45-49 Male	Ciaran Jones	Peter Howard	Peter Mackie
50-54 Male	Roy Clark	Guy Green	Mick Hay
55-59 Male	Rob Amos	Nick Tapp	Rob Suter
60-64 Male	Ken Mayberry	Chris Ellenby	Rob DeBernardi
65-69 Male	Tony Tonkin	Martin Stalder	John Thompson
70-74 Male	Neil Cartledge	Dan Ives	Ken Bone
75-79 Male	Ron Stranks	Laurie Bohn	
80+ Male	Frank Lees		
40-44 Women	Petra Niclasen		
45-49 Women	Anna Davis	Pauls McGovern	
55-59 Women	Rhonda Kennedy		

### Croydon Cycle Works Summer Series 28/10/14.

Grade	First	Second	Third
A Grade	G Green	D de Pedro	R Amos
B Grade	J Clarkson	J Halls	L Webb
C Grade	P Constantinou	T Maffey	D Couzens
D Grade	D Niclasen	A Dymond	C Doherty
E Grade	JC Wilson	A Komac	N Hainal
F Grade	R Hensey	P Gray	P McGovern

## Future Events





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

	Date	Time	Location	Melway Ref	Event
<b>Tuesday's</b>	<b>All</b>	<b>6:00pm</b>	<b>Metec</b>	<b>51 E7</b>	<b>GSR Summer Series</b>
Saturday Nov	01	2:00pm	Casey Fields	134 E10	Graded Scratch Races
Saturday Nov	08	1:30pm	Dunlop Rd	70K10	Graded Scratch Races
Saturday Nov	15	2:00pm	Arthurs Creek	510 N12	Graded Scratch Races
Saturday Nov	22	1:30pm	Dunlop Rd	70K10	Graded Scratch Races

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: [www.northerncycling.com/](http://www.northerncycling.com/)

Date 2014	Race	Dist.	Venue	Time	Event
2/11/14	GSR	1hr+bell	National Blvd (Ford)	9:00 am	Criterium
4/11/14	GSR	1hr+bell	National Blvd (Ford)	9:00 am	Criterium Melbourne Cup Day
9/11/14	GSR	45/57k	South Gisborne	9:30 am	Criterium
16/11/14	GSR	45/57k	Broadford/Pyalong	9:30 am	Criterium

### Training Rides

Day/Time/Place	Route	Style	Contact
<b>Tuesdays</b> 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
<b>Sunday Mornings</b> 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 favourite rides, best or worst cycling experiences, brushes with fame (or the infamous), cycling holiday snaps, items for sale etc.

## **Safety Notice (brought up at EVCC monthly meeting) - Dogs at EVCC race venues.**

Last Tuesday at Metec a dog was allowed to run free beside the track while racing was in progress. This was not the first occasion that this has occurred. An unrestrained dog of any size creates a danger to the riders as well as to the animal. Neither is likely to fare well in a collision at any speed let alone race pace! If you or your associates insist on taking a pet to the circuit, please ensure the animal is **securely restrained** while riders are on the circuit. If an animal is on a hand held leash please make sure that the leash is firmly held and not in the care of a small child that lacks the strength and judgment to handle these conditions.

## **See the 2015 Tour de France with Croydon Cycleworks.**

Have you dreamed of cycling the French countryside in summer, of pushing yourself on the mountain climbs famous in tour folklore? How about enjoying the food, wine and culture while being immersed in the excitement of the Tour de France?

### **TOUR DE FRANCE CYCLING HOLIDAY July 15th to July 27th 2015**

Cyclists all agree France is truly the mecca for road riding. Magnificent scenery, great roads, friendly motorists and great food/wine not to mention the cycling history all go towards making it a once in a lifetime (or more) trip for cycling enthusiasts. The 2015 Tour de France is shaping up to be a battle between Froome, Nibali, Contador and Quintana, and there is a whole new generation of Aussies who are capable of shaping the tour. Certainly the 2015 Tour de France promises to be exciting right up to the penultimate Alpe d'huez stage finish. It is sure to be a fascinating and engrossing race, and you can be there to experience the tremendous energy of the world's biggest sporting event, while riding the roads and mountains that are part of the Tour de France folklore. This will be our ninth trip to France, and we believe our tours get better every year!

Here are some key features of our 2015 tour.

- We will see a minimum of 2 race stages up close, including at least one mountain stage.
- Our 12 day tour includes 5 days in the serenely beautiful Provence region followed by 7 days in the spectacular Alps.
- We will ride the toughest mountain passes famous in tour history, such as Mont Ventoux, Alpe d'huez, Col du Galibier and many others.
- A French speaking guide and mechanic will be riding with you at all times
- Our schedule is designed to minimize transfers and driving, most days you will ride from the front door, making for more time to ride and also more time to relax and enjoy the other aspects of holidaying in the French countryside. We are also more flexible with our schedule than other tours; and you are always free to do your own thing if you wish.
- All breakfasts, some picnic lunches and snack food are included. We arrange evening meals which are either catered or at a local restaurant (at your cost)

You can download the full 2015 itinerary





These guys never miss a photo opportunity!



Max on the Tourmalet



Celebrating at the summit of Mont Ventoux



The lavender fields of Provence



Everyone is a winner on our tours!



About to enjoy a well-earned lunch.

Edited by David Brown (Sub-editor) on behalf of Neil Cartledge currently away.

