



behind
bars

Newsletter

Eastern Veterans Cycling Club



7th Nov 2014

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

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Duty Roster

Nov 8 Dunlop Road: Alan Chiong Frank Nyhuis Neil Cartledge Andrew Mapstone Matt Rice Brian Smith Anthony Brown
Peter Shanahan Ron Chapman Anthony Birkett Darren Rutherford Shane Crowhurst Geoff Darroch Dave Depedro

Nov 15 Arthur's Creek: Phil Smith Adrian Dickenson Colin Obrien Damiano Ambrosini Simon Bone Rhonda Kennedy Craig
Chamberlain Rob Devolle Lindsay Bridgeford Nathan Dewar Chris Ellenby.

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

Race Reports

Race reports from this week's Graded Scratch Races at Casey Fields:-

B Grade (Walter Savini)

What can we say about Casey Fields that we don't already know? Wind, wind then more wind. However, today's racing also included a lashing of cold wet precipitation. Our officials delayed the start by 20mins or so & decided racing was on. As numbers were on the low side (for obvious reasons) our courageous handicapper decided to place a number of 'C' graders, including himself up into 'B' grade. We got

going and soon after the neutral lap we got into the usual Casey fields yoyo pacing. Hard into the wind & yippee pace with the tail wind. Then the sky decided to open up again. I asked our ref Steve Barnard if racing was still on? He motioned something with his hands so we assumed the race was. We all did our turns and it was great to see Peter Mackie put in some great work (put him up), but the secret here was survival in numbers & no attempts to leave the bunch





was on anyone's wish list until Ian Smith decided to get the tempo up and gave a full on charge out on his own with 2 laps to go. Geoffrey & Martin put in a gutsy effort to reel Ian back to the bunch. Finally the bell lap and again we all fell into safe mode. Last turn up the finish we are all on. Unfortunately without Peter Mackie I'm only dropped in the last lap. I see Peter Shanahan creeping up on my left and I'm sure Ian Smith breathing down my neck with one final desperate push I get over the line. A very close finish of the race by all.

C Grade Report (Team Pinnacle)

It's Saturday arvo again and I look to my wife and ask if she would like to come and watch me race. I get the standard response of, 'Why would I want to come down and watch a bunch of bike obsessed MAMILS ride round in circles sniffing each other's bums and arguing about who is doing all the work?' Some people just don't get it!!

As I arrive at Casey, to my disappointment, due to budgetary restraints there is no Pinnacle Team Bus this week, and due to good form, team captain Paul 'Poppy' Puopolo Consto has been put up into B grade. Note: Due to Paul's Mediterranean appearance and ability to grow a full beard 3 minutes after having a shave has been given the nick name Poppy after Hawthorn goal sneak Paul Puopolo.

Time for a quick team meeting before we start and as usual the plan is that there is no plan! Big black clouds and rain bands are coming but the race gets underway anyway with a field of 12 riders and the chance that we will be called neutral until the rain passes. After the first lap there is some attacks by The Diesel and the guy in Green and white Knicks that are slightly see through. I can only hope he doesn't sit on the front for too long. Voices in my ear piece call for me to get on as this could be a break away. With just a few laps down the rain begins to fall and the pace is steady with no big moves for several laps. To my surprise I turn around to find the bunch has reduced to just 5 riders, myself, The Diesel, Mystery Man (Tayfun Ugrasbul), See Through Knicks, and Mr Time Trial who's name escapes me who is friendly gentleman who is always willing to do strong turns on the front and I am always reluctant to let him breakaway because of his ability to hold it for a long time on his own. There must be only about 4-5 laps left and Mr. Time Trial goes to the front and does 2 strong laps and I can see The Diesel's mind ticking over, 'if we can attack now, there is a chance we can drop a couple more'. Sure enough the attacks come from The Diesel and See Through, I have a little go but not much happening with my Chicken legs. We seem to have dropped Mr. Time Trial and now down to 4 riders. The pace slows and a miraculous effort

sees Mr. Time Trial back with the bunch. Marshals call 2 laps to go. At this point nobody wants to be at the front with another rain band fast approaching. Mystery Man seems to be happy to sit at the front but the pace is not fast. We're now on the bell lap and I go to my ear piece for instructions.

Mr. Time Trial looks strong but will he have enough after a good effort to get back on the bunch. See Through Knicks looks like he has plenty of power and has been hiding for half the race since his early attacks and could be a threat. Mystery Man is a mystery, and The Diesel is always dangerous in a sprint. Pace is building as we hit the back strait and approach the last corner. Voices from my ear piece call out, it's now or never. We head around the bottom corner, put the spinnakers up and the sprint is on with a howling wind behind us. I am listening for the Diesel to come past, he must be boxed in because he's not there. Finish line is upon us faster than usual. Team Pinnacle holds on to First and Third places with Mystery Man second. Thanks to all officials and participants who raced in good spirits in very crappy conditions. Thanks to Pinnacle Team manager 'Poppy' for helping me get my bike into the Team Van (my boot) before it pissed down again!

D Grade (Jim Swainston)

When you have the wind blowing a gale and some sleet thrown in there is a good chance about 50% of the competitors will spend a lonely afternoon at Casey! However it still felt good, when warm and dry in the car, to have spent some energy. Our grade was right on the 50% with 4 riding very strongly and 4 of us spread to the four winds. I found myself alone and looked back and saw "Doc" Cunneen making very steady progress so I waited and we rode together for a fair part of the race. Ahead of us were Adrian Dickinson and Colin Mortley, both alone, and way ahead riding very well was the peloton consisting of Dean Niclasen, Jeff Cranstone, Michael Muscat and Colin Doherty. I enjoyed watching the A grade contest as Nick Kennedy and Ciaran Jones just soft pedaled enough to give Steve Ross a faint hope of getting back on. Steve stuck to his guns alone for most of the race but it was like watching a mouse trying to get the cheese! Toward the end the mouse made a huge effort and closed the gap-a really gutsy ride. I was most impressed with Michael Muscat's ride to take out D. He has shown improved form over the past 4 weeks after battling for most of the road season. His formula seems to be Weight down, Power up and Saturday was an amazing ride as he did heaps of work and then led out for the last lap and just got faster and faster to win from Colin Doherty and Dean. The people who deserve a huge thanks on days like Saturday are the officials and First Aiders.





E Grade (Pat Ruys)

On Friday I heard a pop in my back while lifting a bundle of tyres at work, I dropped the bundle & straightaway went to the floor to do some lumber rolls to stretch my back out. I took it easy for the rest of the day at work.

It was the last day of my goal to ride 1000 km's for the month of October in the Great Cycle Challenge to fight kid's cancer. I did 17 k on the way home that night to finish my challenge. In 20 days I pedalled 1,003 km and raised \$800 to help kids fighting this terrible disease.

So I thank the members for sponsoring me, because without your support I wouldn't have raised so much money for the Children's Medical Research Institute to continue its work in developing treatments and finding a cure for childhood cancer.

Cancer is the largest killer of children from disease in Australia - 3 children die of cancer every single week. But we're hoping to change that.

Please take a look at my fundraising page to view my challenge if you have the time to:

<http://greatcyclechallenge.com.au/Riders/PatRuys/g>

Thanks again, your support is greatly appreciated. I hope you don't mind me putting that bit in; it's a worthwhile cause that inspired me.

Back to the race report;

We had eight riders sign for today's race and by the time we got to the line 7 started. One rider didn't want to get wet. It didn't worry me I just wanted to finish with this quality field. There was myself (Pat Ruys), JC Wilson, Adrian Dickinson, Zenon Gawronski, Ron Stanks, Alex Watts & Michael Paull down from D Grade.

On the first couple of laps JC set an easy pace. I was on the back with Michael when he asked how I was, so I told him that it was my birthday. Straight away he told everyone else then they asked how old I was, I said 51. Then they all said that I should be on the front, but then I said that they were all 51 once. Then there was an echo within the bunch "ONCE" & a little laugh. It was my way to psyche them out, but I've always had a lot of respect for older more experience riders.

It wasn't long before JC, Adrian & Zen were swapping turns on the front. It started to rain a bit then Michael pulled out of the race. Most of the time Alex was on 2nd or 3rd wheel, with Ron & myself on the back. Then Adrian attacked the bunch and he was away. No-one chased, so I did and JC & Zen were on my wheel.

But as we caught Adrian he was cursing to himself; he had punctured and another one was out of the race. Nothing against Adrian but this was a confidence boost for me, the 2 strongest riders out of the race. JC, Zen & Alex kept swapping turns on the front. With the wind behind us I attacked them & they were quickly on my wheel. So I attacked again into the wind and had a small gap before getting caught. I remember saying to Alex that he was riding strong, then JC attacked I chased him down. Then 2 of us were away I just couldn't believe it, but it wasn't too long before Zen & dear old Ron caught us. We had dropped Alex. So then there were 4, for the next few laps we all took turns on the front. But the last couple I just sat on the back.

On the back straight just before the last corner I gave it everything I had left. I believe JC could have passed me but I don't care; I won (Pat Ruys), Ron (who never gives up) came 2nd & JC 3rd Zen 4th .

It was the best birthday present the bunch gave me, but I also put it down to 1000 k's I rode for the kids with cancer. Great to have those k's in my legs and it helped me today.

On a sadder note I hurt my back the day before. After the race on the way home I was sore as hell, just couldn't get comfortable. Went out for dinner that night for my birthday with family, just couldn't get comfortable on my seat. My lower back was quite sore, I took some pain killers when I went to bed to help me sleep.

But they didn't work so Sunday morning at 7am I drove myself to hospital. They could see in my face that I was in a lot of pain. I explained everything that had happened to me the last couple of days, including the pop I heard in my back on Friday. The doctor there said that I had hurt my lower back and I also mentioned that I had tingling and numbness feeling throughout my left leg. The Doctor said that I might have a bulge of a disc in my back and that I should see my GP if the pain continued.

So, on Cup Day I went to see Dr Alan Cunneen. Alan confirmed that I had a bulging disc at L4 & L5 and sciatica. Since Sunday morning I've been walking with a stick like an "OLD MAN" & have been in a great deal of pain. But like everything else I will bounce back and become fitter & stronger on and off the bike.

In hindsight I still believe I did the right thing by riding on Saturday, I felt great on the bike. If I stayed home it could have happened while pulling weeds out of my garden. We never know when these little setbacks in life will hit us and I've never been a big believer in staying at home wrapped in cotton wool.





Thanks to the officials/helpers at this week's criterium;

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

Ref: Stephen Barnard and marshals James Aylmer and David Mayne.

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

Thanks also to Tuesday's referee/marshal Charles Lethbridge and David Chesney.

Race Results

Results Casey Fields criterium 1/11 /14

Grade	First	Second	Third
A Grade (5)	Nick Kennedy	Ciaran Jones	Steve Ross
B Grade (7)	Walter Savini	Peter Shanahan	Ian Smith
C Grade (12)	Tim Maffey	Tayfun Ugrasbul	Cameron White
D Grade (8)	Michael Muscat	Colin Doherty	Dean Niclasen
E Grade (8)	Pat Ruys	Ron Stranks	JC Wilson
F Grade (4)	John Eddy	Laurie Bohn	Clive Wright

Croydon Cycle Works Summer Series 4/11/14.

Grade	First	Second	Third
A Grade	Guy Green	Steve Ross	JP Leclercq
B Grade	David McDonald	Grant Henderson	Marcus Herzog
C Grade	Chris Norbury	Tayfun Ugrasbul	Cam White
D Grade	Colin Doherty	Michael Muscat	Dean Niclasen
E Grade	Rob Devolle	Alan Hicks	JC Wilson
F Grade	Phil Tomaszewski	Harry Hibgame	

The Loop 5/11/2014

	First	Second	Third
Division 1	S Baxter	R Russo	P Cullen (N)
Division 2	R Wheelhouse	N Tapp	R Debernadi
Division 3	R Dobson	A Cunneen	M Allen
Division 4	A Hocking (W)	L Bohn	C Wright

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
Tuesday's	All	6:00pm	Metec	51 E7	GSR Summer Series
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/

Date 2014	Race	Dist.	Venue	Time	Event
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
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 Mornings 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

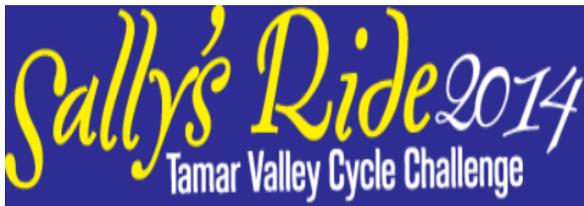
In addition to race reports, every Member is invited to submit cycling-related material of possible wider interest including favourite rides, best or worst cycling experiences, brushes with fame (or the infamous), cycling holiday snaps, items for sale etc.

This article is courtesy of Eastern Vet Adam Dymond who rode Sally's ride last year and recommends it to members.

Sally's Gran Fondo - Take the ultimate challenge.

Sally's Ride now offers the new **Sally's Gran Fondo**, a full 160 km (or 100 mile) ride starting from Launceston's Royal Park; up the Finger Post hill before travelling down the beautiful East Tamar Valley; crossing the iconic Batman Bridge and then on to Greens Beach before returning through Flowery Gully and back to Launceston via Rosevears. This is one of Australia's best Gran Fondo courses, destined to become a "must do" ride on every bike riders "bucket list". Entry is only \$50.00 Click here to enter now: <https://www.rccl.org.au/sallysride/Enter.aspx?AspxAutoDetectCookieSupport=1>

Note: It's now only 5 weeks to go, Sally's Ride is on Sunday 7th of December. Don't you miss out! <http://www.sallysride.com.au/>



Sally with Adam Dymond

Breaking news

Some great news today, it has been confirmed that both Richie Porte & Chris Froome will be participating in the Stan Seijka Launceston Cycling Classic in Launceston on the same day as Sally's Ride in Launceston as part of the Launceston Cycling Festival.

<http://www.examiner.com.au/story/2674747/tour-champion-chris-froome-to-race-in-launceston/?cs=96>

It is rumoured both Richie & Chris may do a warm up ride in Sally's Ride on Sunday morning, most probably the 45 km ride to the "fish shop", described by Richie as one of his favourite local rides.

Also be aware that the organisers of the Stan Seijka Launceston Cycling Classic will allow Victorian Vets to ride in the Masters Criterium on Sunday afternoon starting at 3.40pm. Enter via the Cycling Tas Web site.

<http://www.tas.cycling.org.au/Home>

<http://www.tas.cycling.org.au/Portals/16/2014%20-%20Launceston%20cycling%20festival%20poster.pdf>

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

