



behind
bars

Newsletter

Eastern Veterans Cycling Club



12th. December 2014

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

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Duty Roster

Dec 13 Dunlop Rd: Andrew Buchanan, Kevin King, Hylton Preece, Thorkild Muurholm, Peter Barnett, Duncan Hansford, Ian Brown, Vince Costanzo, Marcus Herzog, Michael Paull, Anna Davis, Bruce Will, Laurie Gates, Jason Halls and Bruce Hawker.

Dec 20 Casey Fields: Nigel Kimber, Pat Healy and John Hattink.

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

Race Reports

Casey Fields 6/12/14

For the second week in a row at Casey Fields it was a reasonable turn out to try and master the tough conditions. It was windy (perfectly normal) from the start and just got stronger as the racing unfolded. Breakaways were rare and from what is known, only one, E grade, succeeded. Those that tried were left dangling to tire and then slipped back into the bunch through fatigue or as is the case of C grade, a lack of understanding over the bell lap allowed the bunch to sprint and catch the unsuspecting escapee.

The final placing's were decided by bunch sprints with heavy legs. Next week the flat track of Dunlop Road will bring some respite.

A Grade: Rob Amos

With only 5 starters in A grade, the race was turned into a training run, with all 5 swapping turns, hoping not to get the head wind. On the bell it got serious with Roy getting the jump early before the last corner, but dying just before the line allowing Chris to take the win with Steve taking out third.

B Grade: No report

C Grade: Rob Suter

I can't say that I covered myself in glory at the conclusion of the C-grade 65 min + 1 lap crit at





Windy Fields on Saturday (stated to be around 60 at the gun). Voluble expletives as I crossed the line, and storming home because of an error of a volunteer official, a fellow rider like myself, wasn't becoming.

The working week had closed awfully, with the new Dan's-the-'Man' Labour government announcing the second departmental restructure for my group in six months, but without any advice as to which of the 'super-Depts.' that had been created we'd end up in. So, I didn't know where my mind was at heading down late to Windy Fields.

And, blowing it was, from the south - a different quarter to all spring. A day for the strongest, or the canniest (aka K. Bone), and any breakaways would need to be well timed and at the end to succeed.

No warm-up, meant I was nervous about the three strips of water across the first turn, and noticing the wind catching my deep front wheel coming out of that bend. Determined to spin in the little ring as much as possible, and sit at the back until the killer blow, that was my plan, which nearly came off. Willing protagonists pushed hard on the bottom of the circuit in the esses, usually at 40-42 kmh. A period where the water stopped my computer - bugger. A smokey in the field in black with white, sculpted calves: one to watch at the end of the race (at least I picked that one!).

Yarra Glen Ian drifted around the outside towards the bottom straight at about the 30 minute mark - time to stretch my legs; though too early for my liking, but Ian is a strong rider when he sets his mind to it. That led to several reforming/reshuffling breaks pushing hard for a lap until brought back. Not sure which of the next efforts happened first, but they succeeded in damaging the hopes of the less strong:

1. The guy I nickname Andy (a fair likeness of one A. Schleck on the bike) had us stretched out at 49 kmh through the esses - some of the early protagonists were found wanting then.
2. Dave put in a good break and quickly was allowed the length of the straight; no one tried to shut him down, suggesting tiredness was to the

fore, and survival-to-the-finish on most rider's minds.

At the 50 minute mark by now, so I drifted around the outside of the bunch on the 300 degree bend - no one had tried a move there. A gap as I headed into the bottom straight and Dave came up to me powerfully. A hassle getting around two lesser grade riders dawdling in the middle of the track, and we had a good gap. Pushing hard up the finish was too much for Dave, but time to go hard (or go home), for glory, and hope the bell came on time. Thanks muchly for the sling-shot, Dave.

At the 300 degree curve again and still a gap, so past the finish at 61 minutes after two away (5+ k) and shown the E-grade sign and bell. Bugger, again, I muttered to myself. The gap growing, nearly the length of the straights, and Tawful came past me pushing hard off the front of B-grade.

By this stage after pushing with the wind to one side from the front, one side of my back was aching. A little later the ache had switched sides - ouch, this is hurting badly.

Over the line at 65 mins and shown the B-grade sign and the bell (Tawful just ahead of me). The expletive that time was audible to those on the sidelines, but was nothing compared to a lap later. The bunch had awoken, and was chasing hard, and I was tiring, so ease up, call it a valiant effort, and finish with them in 1-2 laps time. Someone on my wheel as we turn into the finishing straight, then they jump past me: B&W calves going for broke on a well-timed attack near the bell, thinks me. Then four others, including the erstwhile Kenny Bone sprint past me in ones and it dawns on me they were sprinting for the finish. No bell, no checkered flag, not even boiled lollies! Bl....y sixth, and not even an opportunity to try to get in the money by salvaging fourth!

Rounded out a bugger of a week in fine style!

Merry Xmas





D Grade: Neil Cartledge

Andrew Buchanan and JC Wilson led the bunch around for a couple of pedestrian laps then Dean Niclasen went to the front to raise the pace a tad. Neil Cartledge was concerned that a break-away of a couple of stronger riders could stick in these windy conditions so on about lap 3 or 4 he pushed up the finish straight to see who was serious. With the wind now strengthening, the long curve after the club house was fast and the third rivulet caused the front wheel to wash out a little (no pun intended). Then the wind caught the deep front wheel on the turn-in causing a heart-in-the-mouth moment. By the swing to the south the train had wound up and went by signaling the start of serious racing.

Get on or be gone!

Michael Muscat took a long strong turn, Dean and Andrew followed suit and it was crowded trying to sit third or fourth wheel, everybody wanted it. Near the front, but not close enough to get suckered into the front spot when going into the wind.

A about half distance Ron Chapman decided to hurt a few legs by making a strong attack up the finish straight. There was a flurry to try to pull him back over maybe two laps then a slight let up before Ron went again. This time he almost got a break but for a concerted effort by several in the bunch.

B grade had overtaken us and Mackie had made a comment while doing so. Dean decided that he was going to underline a return point by leading a fast surge over B grade and the pace went up again for a spell until B bugged off. Then it was back to racing in grades as it should.

The attacks, surges and of course the wind was by now taking a toll. The pace eased and probably a few gels consumed in anticipation of

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

To Ron Stranks and Peter Mackie for taking entries and to the officials: Referee John Thomson, Gerald Donnelly and Michael Hay. Additional thanks go to Andrew Buchanan for managing the duty roster, JC Wilson for bringing the trailer, Kevin for 1st aid and Dean Niclasen for bringing the drinks.

the bell. For a couple of laps the pace would ease and then pick up on the finish straight only to ease again when confronted by silence, so to speak. Adrian Dickinson was getting anxious and could not contain himself any longer. At the sweeper heading west, Adrian jumped strongly establishing about an 80 metre gap. Michael was on the front of the bunch and nobody was prepared to help him get across to Adrian so the gap remained. Still no bell and a long grind finally relieved Adrian of his suffering. A good attack that might have succeeded, had he got the bell on that particular lap.

The bell did toll and the pace lifted on cue. A couple of hard pushes alternating with the wind and then into the wind led a tight bunch onto the back straight where the usual positioning took place.

Dean was first through the final turn with Gary putting himself on Dean's wheel and Andrew moving up the outside. Michael, David McIndoe and Ron were there looking dangerous. The gears were clicking and the smart riders were holding a line on the left to provide the least shelter for the others. Neil was astern of the bunch and had little choice but to go wide to the right. Everybody held their racing lines. The front 4 or 5, made up of Andrew, Dean, Gary, Ron, the guy in the Pinnacle strip, Andrew Wederburn and possibly David were shoulder to shoulder. Ron eased off but the rest continued accelerating hard. Neil just got the lollies by less than wheel from Andrew and either Dean or Gary. The officials said they could throw a handkerchief over the first 5 riders and gave the minor placing's to Gary in front of Dean.

E Grade: No report

F Grade: No report





Race Results

Results Casey Fields, 6/12/14

Grade	First	Second	Third	Fourth	Fifth
A Grade (5)	Chris Hughson	Roy Clark	Steve Ross		
B Grade (11)	Tayfun Urgrasbul	Phil Thompson	Cam White		
C Grade (17)	Paul Webster	Ken Bone	Peter Ransome	Gary Stopar	
D Grade (12)	Neil Cartledge	Andrew Buchanan	Gary Leroy		
E Grade (10)	Greg Harvey	Rob Devolle	Kym Petersen		
F Grade (3)	Alex Watts	Clive Wright	Ian Jones		

Croydon Cycle Works Summer Series 9/12/14.

Grade	First	Second	Third
A Grade	Dave DePedro	Guy Green	Andrew Mapstone
B Grade	John Clarkson	David Pyne	Dale Goodall
C Grade	Cam White	Gary Pye	Peter Ransome
D Grade	Colin Doherty	Peter Brann	Gary Leroy
E Grade	Greg Harvey	I Tarrant	Nick Hainal

Croydon Cycleworks marshals November/December

December 17th	Wednesday	Matt Davis	Grant Greenhalgh
December 23rd		David MacDonald	Neil Cartledge

The Loop 10/12/14

	First	Second	Third	Fourth
Division 1 (12)	D Burke (N)	V Condello (N)	P Cullen	
Division 2 (11)	R Wheelhouse	P Webb	R DeBarnardi	
Division 3 (14)	T Curulli	H Simpson	P Taylor	
Division 4 (11)	M Waterfield	P Gray	F Lees	

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

Race Report-The Loop: Laurie Bohn

Another good roll up at the Loop today with 48 riders using the 1.4 Km circuit for a handy 40 min. workout. The ever increasing number of entries is also giving Keith a good workout keeping track of everybody. A slight downside, sometimes there is a shortage of chairs at the Boat House coffee shop but don't let that deter anyone. Also, the end of year Loop championship medals for Div. 1. 2. 3. & 4 will be raced for next week. See you there.

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
Wednesday's	All	10:15am	The Loop, Yarra Bend Park.	2D C7	Graded Scratch Races, all year.
Saturday Nov	29	2:00pm	Casey Fields	134 E10	Graded Scratch Races





Saturday Dec	13	1:30pm	Dunlop Rd	70 K10	Graded Scratch Races
Saturday Dec	20	2:00pm	Casey Fields	134 E10	Graded Scratch Races, Christmas Handicap and BBQ
Saturday Dec	27				No racing.
Saturday Jan	3	2:00pm	Casey Fields	134 E10	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
14/12/14	HCP	47k	Lancefield	10:00 am	Merle Jamieson Memorial Handicap (SS11)
21/12/14					No racing.
					Due to rain the Dave Ryan memorial will be re-scheduled
					2015 Calendar not available

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.	

Member's corner

Christmas offer to Eastern Vets Cycle Club Members.

"A big thank you to Eastern Vets for your continued support in 2014."

Howdy Eastern Vets who ride at SoulRider.

The offer below was in last week's Vets newsletter. By the lack of enquiries regarding the offer I'm wondering if a few Vets missed it! So here it is again.





Great Value SoulRider Christmas offer to Eastern Vets Cycle Club Members.

"A big thank you to Eastern Vets for your continued support in 2014.

As a special offer between now and the 25th of December 2014 SoulRider is offering 20% off 10, 20, 40 and 80 ride passes. That's a \$48 dollar saving on a 20 ride pass, \$92 saving on a 40 ride pass and an unheard of \$168 saving on an 80 ride pass!! Ride passes have a 12 month expiry so you don't need to stress about not using all the visits! The 80 ride pass has a 24 month expiry!!

-Spin classes are great for time poor cyclists who are trying to fit in some quality training during the festive period. SoulRider classes revolve around High Intensity Interval Training and have repeatedly improved cyclist's results in racing and training, just look at performances of Ken Saxton, Paul Anderson, Andrew Buchanan, Colin Doherty, Neil Cartledge, Collin Mortley and many more!!!!

- Passes are purchased online through

<https://clients.mindbodyonline.com/classic/home?studioid=26290hthen> go to the online store screen.

- Just enter evcc14 in the promo code box at the check-out screen to redeem the saving.

- Strictly for Eastern Vets Cycle Club members only!

- Offer available to existing SoulRiders and new riders from Eastern Vets

- Maximum of one ride pass purchased under the promo. code during the period per EVCC member. The offer ends on the 25/12/2014.

Have a merry and safe Christmas from SoulRider.





Interested in an exciting night of track cycling?

The 117th edition of the Austral Wheel race also incorporating the Australian Madison Championships.

Saturday 20th December, at Hisense Arena from 6:30pm

Safety Issue: Alison Skeene

Last week while racing with Northern at Lancefield I suffered a freak occurrence which ruined my race. I thought a word in our newsletter may be warranted. We had just set off when the helmet cover of the rider in front of me blew off in a gust of wind. I had the bad luck of having it land in my front wheel, jamming between the brakes and the tyre and snapping the valve stem. I wasn't injured but my race was over and I had to get a new tyre (tubular). Anyway, even though this was plain unlucky, perhaps it would be prudent to remind people to make sure their helmet cover is on securely, as I know lots pay scant attention to this.

I needed more than luck on the weekend, more horsepower and pain tolerance! Very very tough weekend at Bright. I claimed the Lanterne Rouge in women's B (at least I finished) and so did Roman Suran in masters 6+.

[Watch "Six Day Cycling: The Six Day Grind at Madison Square Gardens" on YouTube](#)

<http://youtu.be/I3Ivf8Zwfas>

Cecil Walker features in this race. Amazing old film. I was going to Cecil Walker's when I was at school. 1953/4.

His wife used to serve in the shop. I'm sure she was American.

He lived in Dandenong Rd Carnegie. I would call him Mr Walker. Terry Davis.

