



behind
bars

Newsletter

Eastern Veterans Cycling Club



19th. December 2014

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

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Duty Roster

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

Jan 3 Casey Fields: Dave Hyde Garth Kotnick and Daniel Hulbert

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

Dunlop Rd. 13/12/14

Dunlop Road attracted big entries in all the grades. The supplementary A grade race is proving popular. It is giving some B grade riders an opportunity to step up and try their hand in the ultimate grade while the big guns are racing in the 'A grade Teams' race and trickledown effect was seen in other grades.

All prize money was donated to a very worthwhile charity, the Prostate Cancer Foundation of Australia. The Wednesday racing at the Loop also collected the prize money to create a substantial sum for cause.

A Grade: No Report

B Grade: No report

C Grade: Tim Maffey

I get the usual response when I ask my wife if she would like to come and watch me race at Dunlop Rd. 'I would prefer to sit at home and stick needles in my eyes than watch you and your bum sniffer mates ride around in circles.' The jealousy between the time spent on my bike and her is confirmed when I go to load my bike into my car to find the seat has been removed and she tells me I will ride better without it!! She just doesn't get it.

As I arrive at Dunlop Rd there is an air of excitement around Team Pinnacle with The Diesel and Consto putting themselves up into the





A Grade race. Thank god I was running late or I may have found myself in the line-up. Richard Hensley and myself got a chance to watch the races beforehand. Sounds like Richard will make his long awaited comeback to racing next week. Good luck mate.

We watch on as newly recruited Pinnacle Team member Mike Muscat goes over the line first in D grade and not such a mystery man now Typhoon Tayfun takes out A Grade. The Pinnacle boys put in a great effort.

As this is my virgin ride at Dunlop Rd big Rob 'Hincapie' Feigan rolls around with me for a couple of warm up laps and points out the lay of the land and wind directions.

There is quite a large line up at the starting line with some strong riders in the pack. As the race gets started my aim is to sit in for the first part of the race until I get familiar with the course. After the first 5 laps the pace has started to crank up and I find myself struggling to sit on Hincapie's wheel as he powers up the back straight with several attacks coming from some of the power houses in the pack. One of the Croydon boys is doing a lot of pace making at the front. The race settles down a bit and I get a tap from Big Green Kit who tells me that he is going to attack at the 52 minute mark and he has been told by Paul that he should take me with him. I don't know if that's such good advice considering that I'm struggling to hold on, can't breathe and bloody hot, but I will keep an eye out for this attack.

50 minutes in and Big Green Kit (looks like he's invested in some new Knicks that aren't so see through) is sneaking to the front of the peloton and I can see he is getting ready to launch. Sure enough he lets rip down the main strait and I jump on his wheel, any closer and there could be trouble, so glad for the new kit! Around the bottom corner and the pace is still up, no time to look back and it's now time to do my turn. Head down up the back straight and it's time to have a quick look back to see what's happening. Expecting to see Big Green Kit, I am surprised to see that I am now out on my own. Oh shit, there must be at least 10 minutes left, and I don't think I can hold out that long, I can only hope that

there is no system to the chase behind and they ring the bell early. My little chicken legs are peddling about as hard as they can as I hear the sweet sound of the bell. I am now officially buggered and know that the peloton is making up ground. That was the longest 3 laps I have ever ridden and I now have new found respect for Typhoon Tayfun and his epic breakaways. Well done to Ken Bone and Colin Doherty and all others that placed on the day.

It ends up being another good day for the Pinnacle Cycles Blackburn Nissan team with good representation across all grades. Thanks to the guys from Eastern for putting together a great charity event.

This week's race report was proudly bought to you by Pinnacle Cycles Blackburn Nissan Cycling Team and No Diggity Clothing. Check out www.nodiggity.com.au for some great last minute Xmas stocking fillers.

D Grade: Dean Niclasen

It was a typically hot day at Dunlop Rd, with the wind blowing at a moderate pace out of the North when the D-grade race began. With 23 starters the expectation was for a race with plenty of attacks and surges but given the difficulty of making a break-away stick at Dunlop Rd a bunch sprint was on the cards.

The race started off at a comfortable pace, and stayed that way for the first 20 minutes. Punctures to Graham Parker and at least one other saw riders drop out for a lap and rejoin; however it was all fairly uneventful. Steve Barnard made the first serious attack, riding away to gain a gap of about 50m; however that was soon closed down. The most exciting moments were caused by a semi-trailer trying to park in a driveway on Dunlop Rd, which brought the peloton to a halt, and also the aggressive overtaking by A-grade which was followed by their sitting up in front and slowing D-grade down. And so the pace continued at a comfortable pace, mainly led by Michael Muscat, with Graham Parker doing the odd surprising turn on the front.





Given the slightly late start, I was expecting a shorter race than usual, and was tossing up at the 45min mark whether to move forward or wait one more lap. Luckily I made the move, because we got the bell earlier than anticipated, no doubt catching a few riders unprepared for the early finish.

Michael Muscat set the pace up Dunlop Rd, with Graham Parker moving around the outside to take second wheel and inviting me to sit on his wheel. I sat behind Graham down the back, until not long before the last corner Rob Devolle did a nice job of muscling me off Graham's wheel. Graham moved aside, leaving Michael, Rob and then myself to round the last bend. Michael was putting the pace on early, and Rob couldn't hold

his wheel around the bend and ran quite wide, taking me with him. Seeing Michael start to pull away, I took off from behind Rob earlier than I would have liked and started the sprint from a long way out. Half way down the straight it looked like Michael had a winning break, however there was no time to let up as with 20+ riders behind there were sure to be plenty chasing hard. As the line approached the gap to Michael started to shrink, however he crossed the line for what seemed like a comfortable and well-earned win, with myself in second place and Neil Cartledge in third.

E Grade: No report

F Grade: No report

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

To Ron Stranks and Peter Mackie for taking entries and to the officials: Referee Richard Dobson, Andrew Buchanan, Kevin King, Thorkild Muurholm, Peter Barnett, Duncan Hansford, Ian Brown, Vince Constanzo, Marcus Herzog, Michael Paull, Anna Davis, Bruce Will, Laurie Gates, Jason Halls and Bruce Hawker.. Additional thanks go to Andrew Buchanan for managing the duty roster, Dave Hyde for bringing the trailer, Kevin for 1st aid and Dean Niclasen for bringing the drinks.

Race Results

Results Dunlop Rd, 13/12/14

Grade	First	Second	Third	Fourth	Fifth
A Grade (13)	Tayfun Ugrasbul	Craig Oliver	Ray Russo		
B Grade (17)	Dave Hyde	Dean Jones	Walter Savini		
C Grade (23)	Tim Maffey	Ken Bone	Colin Doherty		
D Grade (23)	Michael Muscat	Dean Niclasen	Neil Cartledge	Greg Harvey	Gary LeRoy
E Grade (13)	Peter Gray	Robin Condie	Phil Tomaszewski		
F Grade (14)	Tony Lateo	Clive Wright	Jeff Smith		
A Teams (25)	Justin Davis	Gerard Donnelly	Darren Roberts	Andrew Mapstone	David Holt

Croydon Cycle Works Summer Series 18/12/14.

Grade	First	Second	Third
A Grade	Andrew Mapstone	Richard Abel	Duncan Hansford
B Grade	David Morland	Dayle Goodall	Leo Webb
C Grade	Peter Ransome	Cam White	Gary Stopar
D Grade	Michael Muscat	Colin Doherty	Gary Leroy
E Grade	Andrew Komac	JC Wilson	Peter Gray

We are missing race numbers from last night # 32, # 38, additionally # 39 has been missing for several weeks. Can you please let me know when you'll return these as they are required for racing on Saturday's as well as Tuesday nights. Peter Mackie.





Croydon Cycleworks marshals November/December

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

The Loop 17/12/14

	First	Second	Third	Fourth
Division 1 (10)	I Clark (N)	T Coulter (N)	R Russo	
Division 2 (11)	R Wheelhouse	M Stalder	P Webb	
Division 3 (10)	P Taylor	P Griffiths (N)	L Wolfers	
Division 4 (8)	C Wright	F Lees	L Bohn	

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

The Loop Report: Laurie Bohn

Another near perfect day at the Loop this week. Racing today was for the end of year Loop championship medals which were ably won by Ian Clark from Northern, D1. Rob Wheelhouse, D2. P Taylor D3. and Clive Wright D4. Barry Rodgers won the yearly aggregate. \$128.00 was raised on the day to be added to last Sat. Charity event for prostate cancer.

Many thanks to Keith Bowen and Steve Barnard for taking entries etc. and many thanks to Barry Rodgers for transporting the race equipment. Have you ever wondered who clears the rubbish off the bottom corner each week, thanks Barry. Racing will be held next week (24th).

Also thanks to Alan Cunneen who frequently gave up the opportunity to race and took on the roll of safety officer so the remainder of us could race.

Merry Christmas and a happy New Year to all.

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	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
Saturday Jan	10	1:30pm	Dunlop Rd	70 K10	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
21/12/14					No racing.
					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

Vale John Wilson

Long term Eastern members will be saddened to hear of the passing of former member John Wilson. John was a long time member and generous sponsor of Eastern Veterans, before moving to the Peninsula several years ago. Our deepest sympathy is extended to John's family. Whatever sprinting ability I had, is due to John's training up the Manor Hill at Westerfolds Park. In a big gear and rolling start at the bottom, out of the saddle and flat out to the top of the hill. Roll around to fully recover and repeat four of five times.
Keith Bowen

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.

