

Newsletter



Duty Roster

Saturday 28th Feb Dunlop

Richard Dobson, Rob Giles
David Brown, Dayle Goodall,
Lawrence Lee, Craig Peachey,
Tim Gledhill, David Pyne, John
Pritchard, Richard Able, Liz
Randall, Geoff Mackay, Alex
Watts, Barry Rodgers, Dave
MacDonald

Tuesday 3rd March METEC

Dale Maizels, Richard Knight

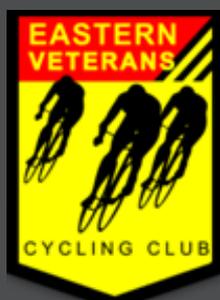
Saturday 7th March Casey

Steve Barnard, David
Thompson, Alison Skene

Tuesday 10th March METEC

Anthony Gullace, David Hyde

*If rostered for duty, you must be at
there at least 1 hour prior to start time.
It's your responsibility to find a
replacement if unable to do your duty,
then advise Andrew Buchanan,
tip2@optusnet.com.au*



This week's *photo of the week* is of Jay Phillpotts competing in the Victorian Veterans Cycling Criterium Championships last weekend. The image was captured by the talented photographer and former EVCC member David Anderson. EVCC performed very well on the day, and David has kindly shared his race images and report in this edition.

A highlight of this week's edition is the reintroduction of the Member Profile. First up is Neil Cartledge – what an insightful and witty contribution. I know you'll love reading it, please be sure to compliment Neil on sharing his story. I have a few more profile requests to follow-up on – please nominate a fellow member you'd like to know more about, as well as providing some targeted questions too.

Editor: Janita Keating janita_todd@bigpond.com



Saturday Race Reports – Yarra Glen

No reports due to hot weather cancellation.

EVCC member profile – Neil Cartledge



Neil Cartledge (2015) Image: Mark Edwards



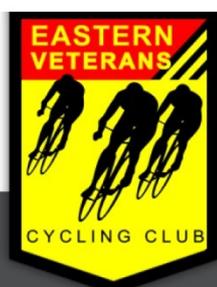
N. Cartledge and Darren Smith Image: Mal Jones

New members who don't know you, may recognise you as the guy wearing the #1 race number every week. What did you achieve to get this prestige and how can I plan to be the person you hand it over to next? What significance does holding the number mean to you?

The club championship is decided on a point system that is based on the first 3 placings in graded scratch races; the 9 (maybe 10) placings in handicap races and a point for just paying your entry fee. I got some placings but I paid a lot of entry fees! Horses wear a saddle cloth and it doesn't change anything for them. As for the number 1 saddle cloth, if there wasn't any club championship, it would be worn by the first A-grader to enter so this is the closest I'll ever get to ride A grade.

Let's get the provocative images out of the way first ... you and Darren look quite buff in the fields there .. it begs the question, what the hell was that all about? And a more suggestive submitted image (censored from publication) shows some distraction at ground level...

It just goes to prove that what happens on the trip stays on the trip, except when you have a "friend" with the camera. As for the censored photo, it most likely was about who has the biggest! That is why we were both looking down at our foot size. Or perhaps the bees were causing some consternation, I can't





remember! In all the Tour de France telecasts, Phil Liggett focuses on the sunflower fields. Mal Jones was doing a photo shoot of our group riding by some sunflowers in an attempt to upstage Phil. He had us riding in a bunch, individually, up, down and every which way. Darren and I just wanted to provide something a little different, after all Eve had a vine leaf, a symbol of chastity, whereas the sunflower is a symbol of fertility. How that ties in with cycling is a moot point.

When I spoke to a few members, there seemed to be a bit of theme – many said that you will often say you feel buggered at the start of the race, yet they are left in your dust as the race progresses! This is to be admired, gutsy effort. What goes through your mind in these instances when you don't feel fresh at the start of a race? How do you turn it around so you are competitive? What are the voices in your head telling you?

I am a slow starter and so I do long warm-ups that are tiring. Even then I don't really get going until well into the race. Perhaps pre-match nerves play a part but whatever it is it makes me realise that I will need to work hard or be dropped early. It is wrong to suggest that I leave riders in my dust. It just doesn't happen, especially given the fine work our marshals do sweeping the track.

I have never ever mentioned, even to my shrink, that I have voices in my head so you must be a mind reader, or do you hear voices too. Now that you have let the cat out of the bag I shall explain what goes through my head. The voice tells me that I must first of all finish the race and if I can do that then the voice tells me I must not be dropped. If I am not going to be dropped I must not be last and if I am not last... and so it goes on. I think that you should also know that I will never answer back those voices. That's the second sign of madness!

What was your first cycling experience? There are so many sports to choose from, why did you choose cycling; I mean there are cheaper sports, like badminton, walking and darts?

I tried to ride my cousin's bike when I was about 4 years old. It was probably a 28 incher and I put one leg through the frame to the far peddle, the other leg on the near peddle then with suppleness that deserted me many years ago, I contorted the body around the top tube so as to reach above to those up turned handle bars. It all ended in grief. The chain acted as the first human driven chainsaw and started to amputate my leg. The pain dictated that I stop peddling and no peddling means no forward motion when gravity, according to Mr Newton, suggests that the apple should fall to the ground. But apples don't end up with skun knees. It wasn't all bad. It was hard to see the blood through the chain grease, grime and gravel. It was on a farm so there was probably chook and dog poo to act as antiseptic. My Grandmother then bought me a little Malvern Star (with girls handle bars much to my enduring embarrassment).

Tell me about your move from recreation to race cycling – what motivated you, and what were your first racing aspirations? Did you achieve these? When did you join EVCC and why this club?

I tried several other sports, none team orientated, probably because I didn't like the responsibility of not letting the team down. I liked rowing and was reasonable at it but then I left school and came to the big smoke. Alpine skiing was the major sport from 9 years of age until when I was in my mid 40's when we





*adopted our kids. Motor sport overlapped for some 15 years and then I went to **FAT**, big time. Heart attack was on the horizon so I started fun-runs, but that was not my forte. A friend gave me an old clunker of a bike, I bought one of those stack hats from K-mart and started riding down to Portsea. I entered the first or second "Around The Bay" and my friend decided he wouldn't come with me unless I bought some better gear and some Lycra. We trained every weekend then one day at Mt Elisa, He said he had an appointment and couldn't wait for. He just rode away from me! Now I am sure you know how that affected me. I bought a new bike with skinny tyres and gears and brakes that worked and a saddle that was long and narrow and... I trained and kicked his arse! The next year we again entered ATB together but this time he hid in the crowd and he didn't start with me. I was first to the ferry at Queenscliff, around 8:15, before they had set up the lunch counter and in the first bunch of five or so to the finish around 12:50. My friend took up running and never rode with me again.*

From that humble beginning I went on to ride the Alpine Classic and then started qualification for the Paris-Brest-Paris. The 400k qualifying ride unearthed some medical issues brought on to some degree by dehydration so I didn't complete all the qualification rides in that year, or any other for that matter.

I met Steve Short at a spin class in the local Gym, we got talking and he suggested I give vet racing a go. The next week I went to Dunlop Rd, had a look and joined up. My first race along with Andrew Buchanan was at Metec in D grade the following week. Some bloke by the name of Rob Amos, coming back from injury was also in D grade. Rob hit the front early in the race and soon after, I hit the grass on the left hander following the bump. I had a hard time the following week contemplating if I was up to this racing stuff. I still hate being dropped! Racing aspirations? Pass the bike in front, drop the bike behind, work well together in a handicap until the last few metres and go up a grade.

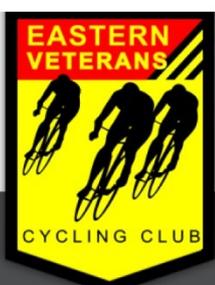
What makes you come back week after week to race, even if you have been dropped or raced poorly the previous week? What support/camaraderie does EVCC provide?

Now that's a lot of bull! What I mean to say is that I'm a Taurus and they are stubborn. I don't like to let myself down which I feel would be the case if I just gave in and didn't come back. You don't have to win a race to get a kick out of racing. If you feel that you have done your best on the day and you still got dropped, then you can feel proud of yourself. Convincing yourself that you couldn't have done any better is the real difficulty.

Riding and more so racing with others in the club can generate a desire to better your adversaries but it also provides the pleasure of sharing an experience with like-minded interesting people that come from diverse walks of life.

Tell me about a really memorable cycling experience. Can you share a 'cycling career highlight'?

For a long time completing the 2007 Alpine Classic 200k in a little over 8 hours for a poor climber, was something that stood out. The ride was easier than the weeks of training that included 5 times up Donna Buang per day twice a week. But it wasn't a race.





In a road race at Yarra Junction, after being dropped as usual on the 'Bump' and chasing the bunch up until the last several hundred metres and then sprinting to third place against sprinters, is something I remember.

The trip to the Pyrenees and riding many of the TdF mountain stages with some great people and in front of the most encouraging spectators from many parts of the world must rank as one of the greatest highlights for an aging cyclist, apart from those specific photos of course!

What's your cycle/racing history? Did you have the benefit of any other sports prior that you feel helped you become the competitive cyclist you are today? How did they influence you?

I started cycling late in life and even later as a competitor. I do regret not starting much earlier as I feel I may have become a reasonable rider if I had done so. I think being competitive is a natural instinct that we all have. We start being competitive in the home before school, not just in sport but in the playground and in the exam room. It continues into our working life and beyond. Winning is a different story. We have to learn how to win and not to be frightened of winning, not to be satisfied with second best and to believe in ourselves. That I am still learning.

What does a typical training week/month look like for you – do you plan your training around mileage; intensity; time availability; season; goals?

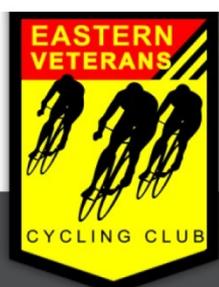
Training is a science that I know little about. Suffice to say my training is not structured and changes to suit my mindset at any one time. When I was working, the regimentation and time availability dictated that training had to fit in with all the other demands of the week. Ride to and from work, at lunch time etc. With retirement came a lot of free time and I became wasteful with it. Training would be done when the weather was fine, when I felt like it and as a result my form has dropped off. A couple of medical issues have also interrupted my training. Currently I have a long ride on Monday's, race Tuesday's and Wednesday's, intervals on Thursday's, rest day Friday's, race Saturday's and a recovery ride on Sunday's. I have an easy week every 5 weeks. This will change for the winter season with more hills and ergo classes.

In terms of pre, during and post-race nutrition, how do you prepare?

Pre-race I will have an energy gel and a banana, maybe a gel during the race and a protein shake after racing. I have trouble eating before and after racing for some reason. I sweat quite a bit so hydration is important. I can shed 3 kgs an hour if I work hard so drinking is important. The Shiraz doesn't count!

Given you have a very small sports car, a member would like to know how on earth does the bike fit in? Any mods?

It is very simple. Remove both wheels and the saddle from the bike as well as the seat from the car. With the bike inverted, the handle bars go in the foot well and the saddle stays sit against the rear boot separation panel. The wheels sit on either side of the bike frame. I must remember to take my Allan keys for the saddle clamp otherwise...??



Is there anything that you're willing to share with us that you think would surprise us to know?

I don't know what would or would not surprise anybody but here are some things that may do so. I like to paint. I am pleased that I can speak a second language even though billions of other people can speak more than two and do so every day. I started as an apprentice and over 50 years, became the company's MD. I have worked for several years in Switzerland in an industry associated with watch making. I kick started an export business in manufacturing that continues to this day to supply components to medical, aerospace and high tech businesses in the United States at a time when successive federal governments decided to abandon manufacturing in our country. I have designed and built devices that are used in dentistry and other professions around the world. I achieved two Victorian Championships in motorsport, I also won the Victorian Tourist Trophy last competed for and won by Stirling Moss in 1958. My name sits below that of Stirling.

Finally, what do you do with your winnings?

For years I threw my unopened envelopes into an old shoe box. Then our 40th wedding anniversary was coming up and Ruby is the stone that is traditionally connected. I had chosen the ring and put a small deposit down but needed much more. Rubies don't come cheap and my good wife handles the banking, so the credit card was out of the question. Cash of that amount was even harder to accumulate, so what to do? Then at the 11th hour it hit me. My winnings! I grabbed the shoe box and went to the jeweller. It took about 45 minutes to open the envelopes, flatten all the \$5 notes and count them. The next main anniversary is Diamond so I had better start winning! Peter, can I please ride F grade from next week?

News and stuff

2015 VVCC Criterium Championships

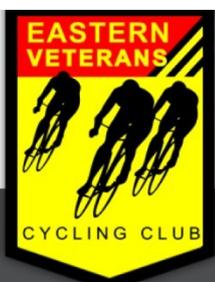
Former EVCC member David Anderson has kindly shared his images and an abridged race report below. I would encourage you to view the full report via his blog at: <https://gobravedave.wordpress.com/>. David also seems to be pretty keen on burgers, reviewing burgers, photographing burgers ... so if this is your thing too, especially post race, then subscribe to David's blog!



Stephanie Coulson; Dale Maizels Image: D Anderson



JP Leclercq, Richard Abel (Croydon), Kos Samaras (Kosdown) and the Team TLC-Nemesis trio of Phil Bramich, Michael Borwoski & Darren Roberts. Image: D Anderson





Jay Phillipott crashes

Image: D Anderson

For the last couple of years, Northern Cycling have been hosting the Victorian Veteran Cycling Criterium Championship where male veteran cyclists from around the state converge on The National Boulevard, Campbellfield to contest for the championship title. And this year, the event took a huge leap forward in gender equality by introducing a Women's Criterium Championship race to the agenda.

The inaugural VVCC Women's Criterium saw 8 women line up with the Championship Title to be decided over 15 laps of the 1.75km Campbellfield circuit. A Sprint Queen would also be decided by 4 intermediate sprint primes and the final sprint finish.

The ladies rode strongly with everyone doing their fair share on the front. The sprint laps were hotly contested with Dale Maizels and Christine Foster sharing points.

Jenny Miller in her bright fluoro colours stood out as she was often on the front setting the pace. Eliza Bergin, was an early retirement on the 6th lap courtesy of a rear puncture caused by a big rusty staple.

Stephanie Coulson was looking strong after a solid block of training over Christmas which included return rides to Sorrento.

Dale won the fast downhill sprint with Christine Foster pushing her all the way to the line and Stephanie rounded out the inaugural women's criterium championship podium. Dale also took out the Sprint Queen prize.

In the spirit of "Build it and they will come" it would be great to see bigger fields and bigger prizes in the years to come. Well done VVCC and Northern Cycling for getting behind Women's racing.

The 30 lap men's race consisted of 34 riders predominately from Northern and Eastern plus we had Ray Jarratt from Hume and Dean Ashton from Central Vets. Team TLC-Nemesis had strong representation with 5 riders; 3 Bikeforce riders and Croydon Cycle Works with two. Other than that it was pretty much





independents.

Paul Logan was keen to get things going and was looking to set up an early break. Impressive as it was, no one took him up with the offer and after a lap and a half Paul was back into the pack. There were a number of other break away attempts, however it was not until the 24 minute mark where six riders managed to make it stick. This group included the Frenchman JP Leclercq, Richard Abel (Croydon), Kos Samaras (Kosdown) and the Team TLC-Nemisis trio of Phil Bramich, Michael Borwoski and Darren Roberts.

Jay Phillpotts attempted to bridge solo across to the group, however the gap proved to be allusive and found himself in no-mans land for a couple of laps before he too returned back to the pack.

At the 34 minutes mark, Kos and the TLC guys powered on and were holding a 40 second gap to the main bunch. It was around this point where JP and Richard lost contact and could only look on as the break of four rode away.

Vaughan Bowman was doing plenty of work driving the chase group where the time gap hovered around 40 seconds and at one point maxed out to just over a minute. As the laps ticked down, the urgency of the bunch lifted. Glenn O'Rourke smashed out some big efforts and with the help from Vaughan and Jay split the chase group. Team TLC-Nemisis riders Carl Cubitt and Nick Kennedy made the split and were keeping a watchful eye on the proceedings in case it did all come together.

On the bell lap the gap had been reduced back down to 11 seconds and it looked like the catch was remote possibility.

However the break was committed and with the support from his team mates, Dean Roberts was able to show a clean pair of heals to win the sprint and to add the VVCC Criterium Championship to his impressive palmares. Kos valiantly held on for 2nd and as an added bonus picked up the Sprint King award. Michael Borowski and Phil Bramich came in 3rd and 4th respectively looking very pleased with their efforts.

The sprint for the remaining places was not without incident as Jay came down trying to jump on the back of the fast finishing Carl. Carl survived the fright and went on to place 5th with Nick 6th making it a very successful day for TLC.

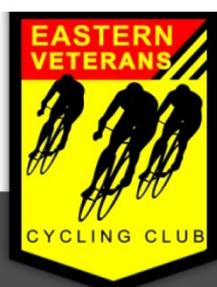
Post-race update by Jay:

I am recovering well, the major concern of the day was the big whack to the head, I had a big concussion and had no idea where I was or when it was so I spent 5hrs at the The Royal Melbourne Hospital to have a CT scan of my head and neck to make sure there was no swelling or bleeding, they even found a brain. A couple of stitches to the eyebrow and dressings on every limb and I was on my way home for some R&R. The loss of skin on my right hand is the main thing holding me back at the moment as it was a deep wound and will take some time to heal, I will be trying myself on the trainer this week, slowly slowly though as I'm still a little bruised and sore all over. I'll be back racing as soon as I'm all healed up.



Summary Race Results:

2015 VVCC Championships Results Men		Women	
Darren Roberts	1 st	Dale Maizels	1 st
Kos Samaras	2 nd	Cristine Foster	2 nd
Michael Borowski	3 rd	Stephanie Coulson	3 rd
Phil Bramich	4 th	Jenny Miller	
Carl Cubitt		Tamara Riddell	
Nick Kennedy		Allison Watt	
Tony Giuliano		Jo Read	
Glen O'Rourke		Eliza Bergin	
Vaughan Bowman			
Trent McCamley			
Richard Abel			
Marco Bramucci			
Emilio Romano			
Peter Mazzarella			
David Hughes			
Darryl O'Keefe			
Trevor Perry			
Steve Ross			
Scott Riddell			
Ray Jarratt			
Peter Ferrie			
Tony Quick			
Dean Ashton			
Michael Hartman			
Peter Cooper			
Jean-Phillippe Leclercq			
Garry Wishart			
Paul Logan			
Jay Phillipotts	DNF		
Guy Green	DNF		
Anthony Zanella	DNF		
Shayne Kirby	DNF		
Roy Clark	DNF		
Maurice Rizzo	DNF		



Assistance needed ... STILL LOOKING FOR HELP ...



Thank you Dave Hyde for transporting the trailer – all members have benefited from his generosity. Dave is unable to continue to transport the EVCC trailer to races so this vital and essential task needs someone to take on the role. Their car needs towing capacity and also enough space at home to store the trailer. As compensation for the effort and extra petrol costs the club subsidises the volunteer's race entry fee. Please contact Nigel to offer your assistance: nigel.kimber@virginbroadband.com.au

AGM reminder

ANNUAL GENERAL MEETING

The Club's AGM is coming on March 30th. At this meeting, all positions (except that of secretary) will be open for filling. Nomination forms for positions are available for positions from <http://easternvets.com/documentation/> and are due to Nigel one month prior to the meeting. nigel.kimber@virginbroadband.com.au

Strava Safety – bike theft

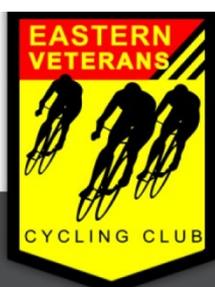


Noworries Insurance issued a warning recently highlighting that police in the UK have linked Strava to bike theft. Three key things you can do to protect your bike from organised crime:

- Set privacy zones which hide your home, office or any other location where your bike may be stored
- Select enhanced privacy mode which will require your approval before a person can follow you and see your activities on your GPS app
- Manage existing followers – review your existing followers and remove or block those who you don't know

Race Results

Tuesday 24 th Feb METEC	1 st	2 nd	3 rd
A Grade (15)	D DePedro	R Amos	C Hughson
B Grade (20)	P Webster	O Lewis	D Hulbert
C Grade (13)	J Thomson	P Peeters	G Stopper
D Grade (14)	P Brann	D Casey	G Leroy
E Grade (11)	K Peterson	Z Gawronski	JC Wilson





Wedn 25 th Feb The Loop	1 st	2 nd	3 rd	4 th
Division 1 (16)	S Miller	I Clark	A Burmas	
Division 2 (9)	R DeBernadi	G Plummer	P Webb	
Division 3 (7)	S Lee	N Cartledge	S Bol (N)	
Division 4 (6)	I Brown	B Rodgers	F Lees	

Thanks to Peter Mackie and Keith Bowan for METEC and Loop race organising and Neil Cartledge for 'behind the scenes' newsletter support.

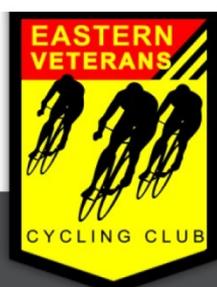
Future Events

Northern Vets www.northerncycling.com					
Date 2015	Race	Dist.	Venue	Time	Event
1/3/15	Handicap	55/64 km	South Gisbourne	9.30am	Alan Anderson Memorial Handicap
8/3/15	Handicap		Woodstock (Central Vets)		VVCC Handicap

Eastern Vets

Please refer to page 1 of this newsletter, or go to <http://easternvets.com/roster/>

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.



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.	

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