

Newsletter



Duty Roster

Sat 21st March Yarra Glen

Ian R Smith, Peter Shanahan,
Keith Wade, Andreas Weber,
Geoff O'Loughlin, Louise
Wolfers, Rob Lewis, Daryl
Beovich, Mark Charlton

Tuesday 24th March METEC

Geoff Mackay, Leon Bishop

Sat 28th March Casey

Allan Chiong, Peter Webb,
David Moreland

Tuesday 31st March METEC

Peter Ransome, Steve Short

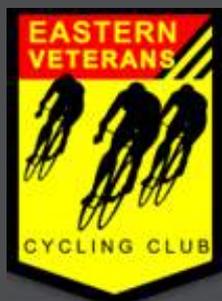
If rostered for duty, you must be at there at least 1 hour prior to start time. It's your responsibility to find a replacement if unable to do your duty, then advise Andrew Buchanan, tjptop2@optusnet.com.au

This week's *image of the week* was taken by Lou Wolfers at the Dunlop Race in C grade which had a massive 29 starters. This image shows the finishing line with Ken Saxton and Colin Doherty fighting it out. Both have submitted race reports, so this should add to the image.

I have created a collage of images from the day, with kind contributions from both Lou Wolfers and Brian Farrell. Thank you.

There is only two weeks left at METEC – I would like to include a roundup of the season and am seeking contributions – what about a sentence (or two) about a highlight/funny incident/moment – maybe an encounter with wildlife; a quotable quote from a fellow racer; something nice someone did for you ☺ ; your highlight moment (say, getting in front of so-and-so); racing in adverse weather; something learnt; appreciation for event organising; complete the sentence “next METEC I'd like to do more and less”. I would be happy to accept your comments anonymously, it's meant to be a collection of METEC racer's experiences to show a roundup of the season

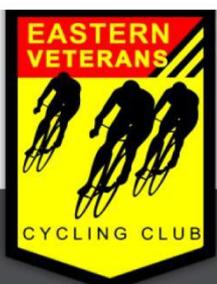
Editor: Janita Keating janita_todd@bigpond.com



Saturday Race Reports – Dunlop



*All images
courtesy Lou
Wolfers*





All images courtesy Brian Farrell

A Grade

After cruising around for a couple of laps, Dave Moreland got the race moving with a lone break off the front, but not much of a reaction from the bunch until Phil Smith and Rob Amos decided to join him, the 3 working well together until Dave decided that he had had enough and dropped back, making it hard work for the other two who were reeled in a few laps later.

Constant attacks by Phil had him in all the moves joined by Rob, along with renown sprinters Russel, Simon Bone, Peter O'Callaghan and Dave Holt building up a big lead until Justin got on the front and dragged everybody back on.

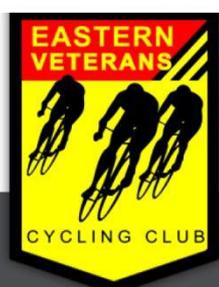
With about 10 mins remaining Phil broke the

chain and got a good gap as he disappeared down the road. With not much of a chase, Rob rode off the front, a lap later Justin came flying past with Guy and Simon on his wheel, Rob having to do a finishing sprint to get on as the bell rung. Poor Phil was caught on the back straight as Justin gapped the others to take the win, in the four man sprint for 2nd Simon got over Guy with Phil holding of Rob. (Rob Amos)

C Grade

It's been close to six months since I've had a placing and written a race summary. The result on Saturday was totally unexpected.

While the sun shone there was a strong northerly wind, similar to last week. I rode to Dunlop Road with little confidence of doing well having been





dropped last week at Casey Fields and having felt off colour for the whole week which had kept me off the bike. My goal was to finish with the bunch.

A big field of 29 riders started and took a few laps to get up to speed. The race was different from the last couple we had ridden at Dunlop Road. Typically there would be someone going off the front, making a break, before the bunch would chase them down. We'd have a short breather before someone would go again.

It might have been the larger numbers or the wind but on Saturday whenever someone attacked the bunch would immediately respond. So rather than dealing with leg sapping surges to catch a break we seemed to have a smoother ride but with a higher average speed.

This observation comes from first hand experience when Peter Webb led an attack with myself and Colin Doherty in toe. We pushed hard, taking turns but apart from a small initial gap we couldn't break away.

By the three quarter mark I'm rolling around thinking I won't be dropped this week. The day's racing goal gets a tick but more importantly my confidence was growing. For the last 3 or 4 laps a steady pace was adopted as riders readied themselves for the bell lap.

As we approached the bell a couple of guys just exploded from the front. The bunch immediately reacted but was soon strung out in single file along Dunlop Road and the best part of MacDonald St. By now I was around 8th or 10th wheel and feeling OK so on the back section I move little further forward to go around the final corner in 5th or 6th wheel.

Colin accelerated hard out of the corner taking the lead. From about three bike lengths back I slowly closed the gap. Up another gear, out of the saddle pushing as hard as I could brought me along side Colin. I looked across at him as we approached the line. I had nothing left in the tank but knew it was very, very close. Thanks to all the officials for another great day. *(Ken Saxton)*

I generally ride in to Dunlop road from Ringwood and decided to ride today. On my way in I noted whilst on Springvale Road that quite a reasonable north-westerly wind was generating and felt like this may possible assist with the sprint finish.

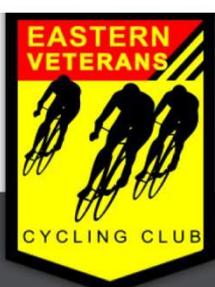
Watching B, D and F grade, they seemed to be assisted by the breeze behind them on the finish straight and this I felt would play to my advantage.

We start off on our neutral lap with a massive field of 29 with a few riding behind from other grades and to me a lot of new faces and others still trying to remember names as I have not long been in C grade. We were off and the pace to me seemed fairly conservative with only a few small and effortless attempts at surges and I felt like opening the lungs so I worked myself up to the front and put in a few hot laps but no one at this stage really wanted to help with maintaining a fast pace so I rescinded back into to the pack and watched closely for the surges.

Being such a large group was quite daunting mid pack, my front wheel was collected twice thus very lucky to stay on-board my S5, as I must apologise to Adam Dymond due to sitting behind this rider (nameless) I was quite anxious to get around him and whilst attempting I came over on Adam's line.

There seemed to be some tactics up the front as certain riders about to surge were whistled back and at this stage I knew Pete Webb was about to mount an attack but he seemed to just maintain the pace.

The bell lap was on and the riders I knew around me would be there for the challenge on the sprint i.e. the likes of Ken Bone, Ken Saxton, Webby, Bob Lewis and the unknowns (sorry). After the first turn a rider went extremely hard up Dunlop Road and I put the chase on going hard right up to the end of McDonalds Lane and eventually found this riders wheel turning onto Geddes Street and thought I would try to recover a little from this effort prior the sprint, Bob came around us just before the final turn and grabbed his wheel





but felt the rest of the pack lunging behind so out I went around Bob leading down the straight and yes the wind had turned and the assistance was no longer an advantage.

With 200 metres to go and out of the saddle I gave it everything I had but Ken Saxton came over the top just before the line and with this I made another massive effort but to Ken's credit, he just pipped me on the line, congrats to Ken and an awesome ride from Bob Lewis and Peter Webb. Another great race at Dunlop Road. (*Colin Doherty*)

Dunlop rd was the venue for this week's racing and the temperature was getting warm so some of us who ride two races decided to give it a miss and wait for the main event. As I watched some brilliant racing in B grade and waiting for our turn I noticed not only was the temp getting up so was the wind.

Our grade had 29 starters which meant plenty of close racing and break aways would find it hard to stay away with so many chasers willing to shut them down. Our race started quite sedately and the first attack was by Hylton Preece and the peloton allowed him a gap of about 100 meters and we left him out there for about two and a half laps, but the wind was getting stronger and changing direction from a northerly to a westerly and we finally reeled Hylton in.

Dean Nicholson broke a spoke and had a lap out, the racing settled into a steady pace with the occasional acceleration, Darren Smith was doing a lot of riding near the front and Gavin Plummer was doing more than his fair share. The usual contenders were having a bit of a dip from time to time these included Peter Shanahan, Martin Stalder and Adam Dymond looking sharp.

At about the 40 minute mark myself and Ken Saxton decided to have a crack at getting away as we went up Dunlop Rd and led around the corner and managed about a 100 meter break, but we got chased down pretty quickly and we decided that we better wait for the bell. The peloton was starting to get pretty serious with

about 10 minutes to go with Darren Smith and Steve Short upping the pace every now and then to unsettle the peloton.

With a perfectly timed acceleration Russell Wheelhouse took off just before we got the bell, Gavin rode across to him and the rest of us slowly reeled them in and when they hit the head wind their race was over. I was following Colin Doherty and Ken Saxton came around me as we straightened up onto the main straight, Ken put in a huge push and then Colin responded and I couldn't go with Colin. With about 50 metres to go Bob Lewis came up my inside and Rob De Bernardi was on my right and coming fast. Ken just managed to hold on by the smallest of margins from Colin with Bob Lewis coming third and myself just beating Rob for fourth.

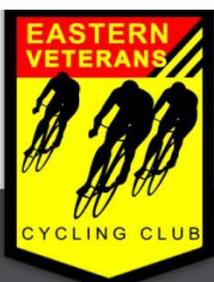
In summary it was quite a tactical race with timing, position and attention being all important. In my opinion our grade rode very well given the windy conditions and didn't move down on lower grades and giving A grade a fair run when passing us. Thanks to all the officials and volunteers for keeping us safe. (*Peter Webb*)

F Grade

Attention all F Graders. Please try and be at Yarra Glen next Saturday. If there are enough entries there will be an F Grade race.

An interesting passenger. Last week I had a Praying Mantis (Dictyoptera) sitting on my handlebars. We rode to Whittlesea and return together. 30 Km. It didn't have much to say but I think it may have enjoyed the ride.

Thirteen starters in F Grade today. Being a bit windy, breakaway attempts were not likely to happen so everybody settled in for a nice easy 50+ minutes. Several riders livened things up on the tail wind section but nobody was interested in keeping things going into the wind. After the bell Tony Lateo caught everybody by surprise by jumping away just after the first corner and gained 50 meters. John Eddy gave chase followed by





Laurie Bohn. John and Laurie just managed to catch Tony at the last corner with Laurie first to the line followed by Tony and John. Thanks all riders and officials for a good safe race.

Wednesday at the Loop at Studley Park. 45 riders lined up last week. If you want a mid week lung busting 45 min workout this is the place to be followed by a social coffee at the Kew Boat House. (Laurie Bohn)

News and stuff



Kerry Harvey; Renee Brogan heading out for another training ride
Image: Start Foundation

Riding from Perth to Melbourne to support the START Foundation – by John Williams

Many of you have read about my Wellington to Auckland adventure in this newsletter, but my wife, Jan has topped me by signing up for Perth to Melbourne starting on 9 April - over 3500 KMs. Whereas my ride was all about self gratification, Jan's is about supporting a very special cause and person, please read on.

Kerry Harvey and The START Foundation

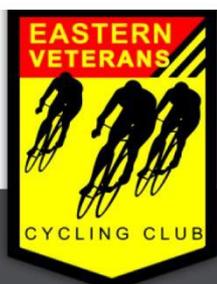
Two years ago Kerry Harvey was riding around South Australia following the TourDown-under. She had a minor accident, mainly gravel rash, but picked up a flesh eating bacteria that almost killed her. She went into multiple organ failure, spent a week on life support and three months in hospital, enduring eleven operations and she survived minus her right arm and shoulder, which had to be amputated to halt the

progress of the bacteria. As bike riders, this could happen to any of us. For a full story of Kerry's battle go to <http://www.startfoundation.org.au/#!/kerry-harvey/c1yr8>

Close friends of ours Chris Harvey and Michelle Jelleff (brother and sister-in-law to Kerry) working with Kerry and her partner Renee, have set up the START Foundation to raise funds for Adelaide Hospital facilities to help treat such emergencies, and also to help disabled people participate in sport. Kerry will be riding from Perth to Melbourne as the signature event of the START Foundation, to raise awareness and funds for these causes. Jan will be joining her and around 20 other riders.

The Target

Jan is aiming to raise \$8,000 for the START Foundation having covered all her costs for the trip herself.



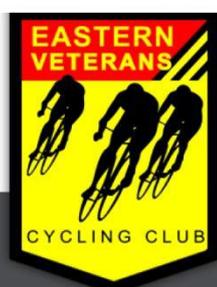


100% of all donations will therefore go to the objectives of START Foundation in full. It's a massive target, quite apart from the significant challenge of cycling almost 3554 km. Jan has been riding for less than two years, having had to give up running due to knee damage.

If you would like to support the cause, please go to <http://www.startfoundation.org.au/#!donate-now/c15k8> Select Jan Williams from the list of riders, make a donation and leave her a good luck message.

METEC Prizes

So, how have you gone in the METEC races so far this season? Croydon Cycleworks has listed the generous prizes below.





The 2014/15 Croydon Cycleworks Series has a massive prize pool.

SUMMER SERIES



TOTAL PRIZE POOL VALUED AT \$2339

1ST Jetblack Whisper drive trainer \$699



2ND Bontrager Shoes Value \$270



3RD Magellan 105HC GPS Computer \$250



4TH Bontrager light pack Ion 700 front Flare R rear \$220



5TH Clothing Voucher Value \$200



6TH Endura gift pack Value \$150



7TH Tifosi sunglasses Value \$140



8TH Bontrager tyre/tube pack Value \$130



9TH Bontrager Starvos Helmet \$90



10TH Lezyne Floordrive pump Value \$80

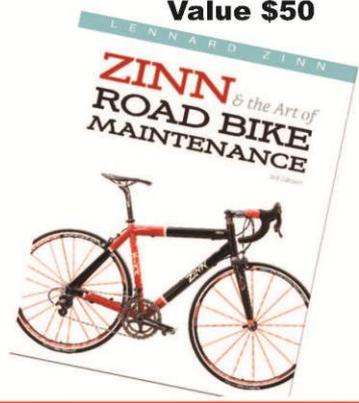


11TH

Travel pump Value \$60



12TH Zinn maintenance book Value \$50

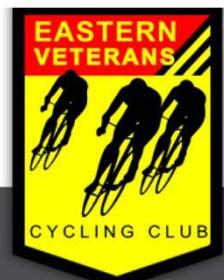


13TH

Sponsor an Armenian goat... \$Priceless



www.croydoncycleworks.com.au



Assistance needed ... STILL LOOKING FOR HELP

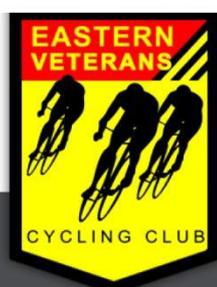


Thank you Dave Hyde for transporting the trailer – all members have benefited from his generosity. Dave is unable to continue to transport the EVCC trailer to races so this vital and essential task needs someone to take on the role. Their car needs towing capacity and also enough space at home to store 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

Race Results

Sat 14 th March Dunlop	1 st	2 nd	3 rd	4 th	5 th
A grade (14)	Justin Davis	Simon Bone	Guy Green		
B grade (20)	Chris Ellenby	Bruce Will	David Hyde	Dave Pyne	Owen Lewis
C grade (29)	Ken Saxton	Colin Doherty	Bob Lewis	Peter Webb	Rob DeBernardi
D grade (18)	Ian Smith	Peter Gray	Geoff Mackay	Colin Johnson	Rob Castellani
E grade (6)	Harry Hibgame	Robin Condi	Phil Jones		
F grade (13)	Laurie Bohn	Tony Lateo	John Eddy		
Wedn 18 th Mar The Loop	1 st	2 nd	3 rd	4 th	5 th
Division 1 (18)	I Clark (n)	T Coulter (n)	P Cavaleri		
Division 2 (11)	R Wheelhouse	P Firth	R Debernadi		
Division 3 (5)	S Coulson	P Griffith (n)	D Page		
Division 4 (8)	M Waterfield	F Lees	B Rodgers		

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





Future Events

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.

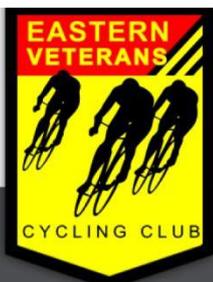
Northern Vets – for more details: <http://www.northerncycling.com/>

22nd March VVCC Handicap Brennah Hall (Warrnambool)
29th March Graded Scratch National Blvd

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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