

Newsletter



Duty Roster

Sat 25th April Casey Fields

Andrew Buchanan, Greg Harvey, Graham Cadd

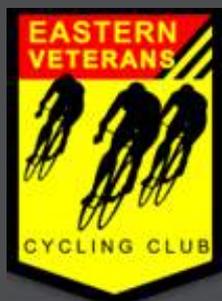
Sat 2nd May Casey Fields

Allan Chiong, Ian Jones, Ron Chapman

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, tiptop2@optusnet.com.au

Editor: Janita Keating
janita_todd@bigpond.com

This week's *image of the week* is by Steve Barnard, showing Lou Wolfers competing in her first CX race. A fantastic report by Lou follows.





Race Reports - Casey

A Grade

Casey again, why not, it's a nice and safe criterium circuit, let's do it guys!!!

We were nine riders on the line and looking at the mix of riders, I knew it would be a tricky race again. So I thought, legs are feeling good today, let's try some tricks I have been learning in my four years with Eastern.

On the neutral lap, I stayed towards the back, was talking to Richard and watching the others doing same. On the second lap, the pace increased straight away with some good accelerations from Phil (Smith), Rob (Amos) and Richard (Abel) to test the others. This time, I thought I would stick to my plan, which was to observe and jump on the opportunity. So for the next 15 min or so I would just let the others chase the attacks. This behaviour was a bit unusual for me as I normally can't help myself to jump on anything moving (only when legs are good !!! when legs are bad, sometimes, I get dropped like a snail on its first bicycle...).

Towards the 15 min mark, things were getting quite tense with successive attacks, then a well timed counter attack by Richard and followed by Rob. I was inside the bunch, almost boxed in when this happened, I was watching and understood straight away the two rider combination was to become a serious breakaway and potentially succeed. Richard and Rob had a good 200m gap within a few minutes. I slowly came towards the front of our little bunch of now seven guys, discretely looked left/right, and suddenly took off. I looked behind quickly and could see the six guys had let me go, now I had to keep on this semi-sprint until I could reach Rob and Richard. Got them, yes !!! They were both pushing hard and rolling, I stayed at the back for

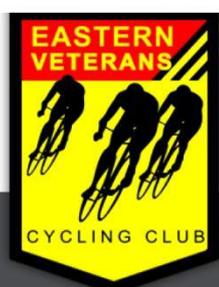
a bit to recover and then started to roll as well. We were working well and getting a good gap from the others. At the 40 min mark, we saw Phil trying to get back on to us three. It was quite impressive to watch Phil using his TT skills as for a while he was getting dangerously closer to us, amazing rider (lucky us he had a bad cold on this day!!!).

On the last lap, it was cat and mouse game between us three, on two occasions we almost stopped. I was staying behind Rob with Richard at the front. Just before the second last corner, Richard took off like a rocket, was well timed again (same as when he initiated the breakaway). Rob and I did not react straight away so Richard had straight away a good 10 meter gap. I thought, no way, I am not going to let this go like this. I passed Rob and chased Richard. On the straight line before last corner, Rob was in my wheel and I was getting closer to Richard (I thought, it's a gamble and I may get done here but let's see). On the last corner, I passed Richard and started to sprint with all I had left, somehow managed to hold it for 1st with Richard 2nd and Rob for 3rd. Was such a good race, and safe!!! (*Jean-Philippe Leclercq*)

C Grade

Unfortunately for those of us who enjoy road racing our programmed race at Arthurs Creek had to be put off because of road works and so we had to venture out to Casey Fields to indulge in a bit more flat racing with a fair amount of wind. It was announced before the race began that we would be having two intermediate sprints for points at about the 20 and 40 minute marks and the final sprint after about an hour.

After our first lap of racing Martin Stalder decided to go off the front, the rest of us watched him ride away and get a substantial gap within a lap. As the first of the sprints was declared Ian Milnar





came past so fast that no one could get on his wheel and he also rode away from the rest of us. Therefore the first two places for the sprint had been filled and the rest of us were left to contest for third place which Adam Dymond took.

When we recovered from the sprint and Ian Milner had returned to the fold Steve Short decided to organise a chase to try and reel Martin back, Hylton, Steve Short, Neil Cartledge and Bob Lewis doing the majority of the work. We were slowly reeling him in when the next sprint was declared and again Ian took off with such speed it was impossible for anyone to get anywhere near him and this time Peter Shanahan came third to Martin and Ian. Ian kept going with a view of joining up with Martin. Darren Ives who had a long lay-off from racing was in C grade and starting to attack every now and then and was starting to lift the pace. Peter Shannahan took a flyer off the front but was chased back fairly easily, next to go was Steve and away he went, the rest of us were just riding around for the fun of it (not).

As we got to the hour mark I noticed that Ian had

made contact with Martin and now they would consolidate their lead with the two of them working together. I really felt for Steve who was in no-man's-land and as we rode past the officials at least another three times before they rang the bell, and with all the places filled and decided, the remainder took off on the last lap. Darren pulled out near the club rooms, Neil came around and took us nearly all the way to the back straight, up the pace went and Bob came to the front and lead around the corner. As we straightened up Peter Shannahan was moving quickly and Bob ran out of steam, I managed to get over Peter just on the line.

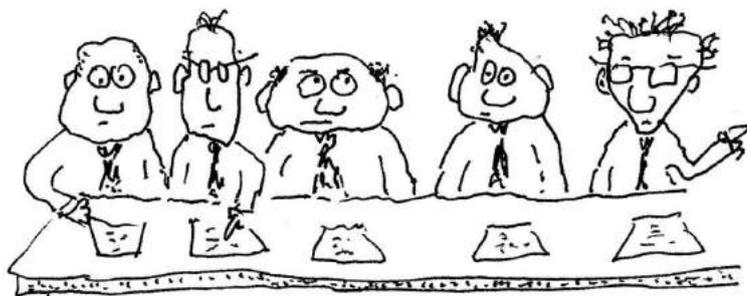
I think we all saw some of the gutsiest riding in a long time, notably Martin and Steve with a very strong effort by Ian to be able to get to Martin and win the sprint. It was a day for us mere mortals to reflect on what could have been if only we had the guts and the ability of those three. Average speed after the neutral lap 34.4 kph with a total of 73 minutes which wasn't too bad considering the wind. (Peter Webber)



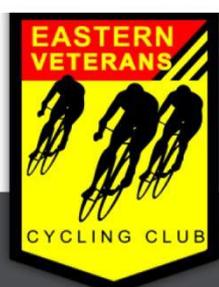
Image: Barry Ellem

News and stuff

AGM



At the Annual General meeting last month, the club executive was returned with no changes; Hylton Preece is president, Juanita Cadd – treasurer and Nigel Kimber – secretary. Keith Bowen and Neil Cartledge share the role of vice president, John Macleod is assistant treasurer, Peter Mackie remains as handicapper & Ron Stranks as





assistant handicapper and safety officer.

The club is still seeking individuals to fill some roles;

- Club Captain & Vice Captain, these are a public face role, a mentor and contact point for new members
- VVCC Delegates – two required, responsibilities involve representing the club at bi-monthly meetings in Geelong (not mandatory), this is an ideal opportunity to see how the organisation is run and to have a contribution to its running.

If you have questions on, or are interested in, any of these roles please contact Nigel for more information or to register that interest.

Traffic Control – you too could look professional like this ...



With membership changes our pool of qualified traffic controllers is diminishing and the club has decided it is time to bolster that pool. Traffic controllers hold a qualification and will need to attain that qualification (full day course – theory & practice), the club will fund the course for interested individuals. If you are interested in assisting by becoming qualified please register that interest with Nigel.

Mark Granlan Image: Barry Ellem

Trailer

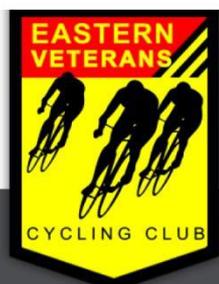
Peter Gray has agreed to assist with the club trailer but we need a few volunteers to assist when Peter is unavailable. The idea is to maintain a register of members who have a vehicle capable of towing the trailer and who are prepared to assist, once or twice through the year, when Peter is unavailable. If you are able to assist please register that fact with me and I will pass your details to Peter who will manage the requirements, or talk to Peter directly at any race meet.

Help send Conor to Junior World's ..

Conor Rowley is a member of Blackburn Cycling club and has been selected by Cycling Australia to represent Australia in the UCI Junior Track World Championships in Astana, Kazakhstan in August this year.



Conor Rowley Image: Richard Morton





This is a huge honour for Conor and is the result of a lot of hard work over the last few years. He's extremely proud to be chosen and is looking forward to competing at the world level.

This follows on from his recent success in the U19 category of the Australian Track Championships in January where he won 3 medals (2 Gold and 1 Silver), and from the Oceania Track Championships in October where he also won 3 medals (1 Gold, 1 Silver and 1 Bronze).

Conor's been racing since he was 10 and has represented Victoria in each of the U15, U17 and U19 age categories at the Australian Track Championships.

Conor needs to raise \$7,000 to cover the cost of his trip. Any support / donations you can provide to help him meet this goal would be greatly appreciated.

The link to his fundraising campaign is :
<http://www.gofundme.com/conorrowley>

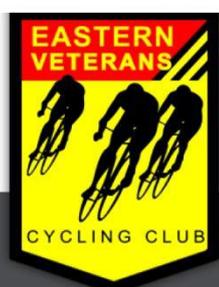
Points Scoring at Casey



With the Nillumbik Council making racing at Arthurs Creek impossible by spreading tar and screenings along a kilometre section of the road, racing last Saturday had to be moved to Casey Fields. This means we will be there three weeks in a row and to ensure a bit of variety to racing there, points score races were held for B, C and D grades. Next Saturday will be the turn for A, E and F.

(Keith Bowan)

Rough surface at Arthur's Creek Image: Keith Bowan



SoulRider – now even easier to book your spin class via smartphone app



As the weather is getting a little more wet and dark, you might need that extra bit of motivation to stay fit. Soulrider runs spin classes, which you can find out more about via: www.soulrider.net.au. A new app called 'Mindbodyconnect' is a great addition to the studio, where you can quickly and easily book and pay for a session. Imagine, sitting at a meeting at work, unmotivated, time-poor, lamenting your sluggish race performance ... with a few clicks, you could commit yourself to an after work spin session!

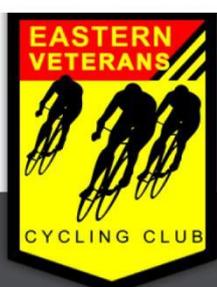


A CX Race Report by Louise Wolfers

A slightly different race report for the readers; on Sunday 19th April I did my first ever Cyclocross race out at Fields of Joy - Essendon Fields (on the steep slope at the end of the Northern runway of the airport). I have always loved Mountain biking and dirt riding and I used to race in the 1990's (was it really THAT long ago)? Some of you know I regularly ride my road bike (yes my "race" machine) in the dirt roads up and around Mt Dandenong and when I saw a really good deal on a Cyclocross bike (I decided to buy one in February this year. It's a Specialized carbon S'Works with 700c full carbon wheels and tubular tyres. It is as light as my road race bike @ <7.5kg. It is an amazing bike, its light, stiff and it yet handles beautifully on rough dirt tracks. It has a longer wheel base for improved handling. I have spent the last few months training in Doongalla Reserve at the foot of Mt Dandenong which I note has improved my overall strength in road racing too.

I was pretty nervous heading out to Essendon Fields and i note the weather was forecast to be pretty gloomy at <15 deg, wind, rain and hail. It hailed on the way there and I heard Brenton Jukes (A grade) was caught in the hail in his first CX race and has a nice lot of red spots to show for it.

Sure enough its windy, it's been hailing, it's raining and its bloody cold at 10deg. Am I mad or what (yes) doing this. I did a nice warm up mainly riding on the grass around the course. I see there are 16 ladies entered in B Grade and ive no idea where I am at race wise. Because it's so wet and boggy I ran my tyres at 30psi; the lower the better as tubulars provide exceptional grip for off camber, wet and muddy tracks! The start of a CX race is a mass start event with A, B and C grade (Womens races) going all together; it's an absolute sprint for the first corner before heading down the narrower trails of the course. The gun goes and everyone rides like crazy. I didn't bother hammering for the corner as everyone gets bogged down anyway; there are so many twists and turns. My first race is a test of nerves and will power and I wanted to go at my own pace. There were a few things I was worried about: a big curvy Big Dipper, the Woop-De Doo humps and the Sand Pit. The big curves and woops were great, no crashes and I got faster with each lap. I was dreading riding through the sand pits but it was damp and the boys had said just hit it fast, sit back on the bike and let the front end float through freely: this really works and I absolutely loved it! The hardest part of the race was the hill climb (yes it's intentionally made to be unrideable and is probably between 15 and 20% slope, very wet and muddy. Anyway the bike goes up on the shoulder and I walk (fast) up this hill several times during the race; its agony (I had not trained my legs for bike carrying at all)! I now have a





nice big bruise on my shoulder from bike carrying (bring back the 1980's shoulder pads I say).
The things to improve on include; riding faster on off camber surfaces, running up hills, clipping in and out of pedals faster and of course getting faster!

The race was only 8.5kms long but took just under 40 minutes and it was one of the hardest workouts I have ever done; it makes hiding in the Peleton during a Crit race feel like such a breeze.
I finished 8th place out of 16 "B" Grade Women on the day and I'm pretty happy with that!

I know a few of the EVCC boys now have CX bikes; come and give CX racing a try, you'll love it!



Overview of the main part of the course

Image: Lou Wolfers



Image: Steve Barnard

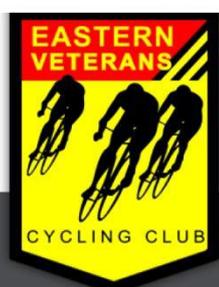
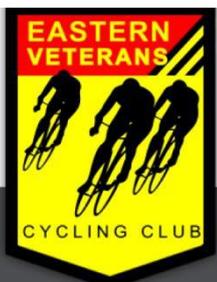




Image: Steve Barnard



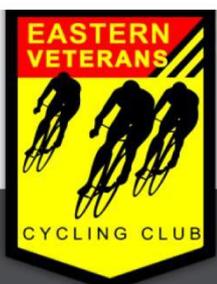
Image: Steve Barnard



Results

B Grade										
	Sprint 1				Sprint 2				Sprint	
	R Clark (N)	3			R Tinkler	3			P Peters	3
	R Tinkler	2			R Clark (N)	2			R Clark (N)	2
	M Peeters	1			M Peeters	1			R Tinkler	1
1st	R Clark (N)	7								
2nd	R Tinkler	6								
3rd	P Peters	3								
4th	M Peeters	2								

C Grade										
	Sprint 1				Sprint 2				Sprint	
	M Stalder	3			M Stalder	3			I Milner	3
	I Milner	2			I Milner	2			M Stalder	2
	A Dymond	1			P Shanahan	1			G Mclver	1
1st	M Stalder	8								
2nd	I Milner	7								
3rd	A Dymond, P Shanahan, G Mclver									





D Grade									
Sprint 1			Sprint 2			Sprint			
	G Harvey	3		G Harvey	3		G Cranstone	3	
	I Smith	3		I Smith	2		G Harvey	2	
	P Gray	1		G Cranstone	1		N Williamson	1	

1st G Harvey 8

2nd I Smith G Cranstone

Scratch Races

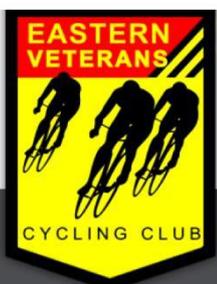
A Grade JP Leclerq, R Abel, R Amos

E Grade G Miller, R Stranks, L Bohn

F Grade P Niclasen, B Effem, C Wright

Wedn 22 nd April The Loop	1 st	2 nd	3 rd	4 th
Division 1 (16)	R Newnham	F Short (n)	T Perry (n)	R Russo
Division 2 (14/8)	A Grech	P Firth	D Maizels	J Williams
Division 3 (8)	G Darroch	S Barnard	N Cartledge	S Dwyer
Division 4 (7)	L Bohn	B Effem	F Lees	

Thanks to Keith Bowan for 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 event.

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

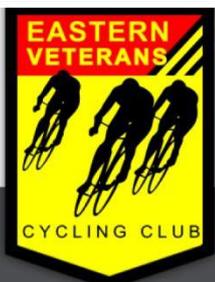
25th April LADCOM Benghazi Open (Lancefield)

26th April Graded Scratch, National Boulevard (Ford)

3rd May Open Club and Age Championships (Lancefield)

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.	
Saturday mornings (7.30am) and Sundays/Public Holidays (8.00am) Meet at Ringwood Clock towers, Maroondah Hwy, Ringwood	Maroondah Hwy to Carlton for coffee, then return	Fast social	





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