

# Newsletter



## Duty Roster

### 26<sup>th</sup> July Casey Fields (relocated from Arthurs Creek)

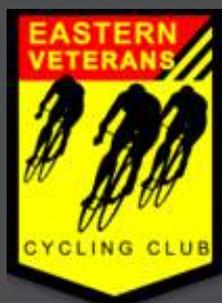
David Hyde, Ian R Smith, Steve Short, Anthony Chandler, Cairan Jones, Ian Gillies, Scott Gillan, Michael Paull, Grant Henderson, Tim Jamieson, Richard Hensey

### 2<sup>nd</sup> August Casey Fields

Steve Barnard, Anthony Lateo, James McArdle

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, [tjtop2@optusnet.com.au](mailto:tjtop2@optusnet.com.au)

Editor: Janita Keating  
[janita\\_todd@bigpond.com](mailto:janita_todd@bigpond.com)



This week's *image of the week* is by Anita Eagle and shows C grade riders Peter Webb and Darren Eagle at the recent Gruyere race.

 **Still looking:** I will be finishing up the role of editor on the 1<sup>st</sup> September and need another volunteer to take over. I have really enjoyed the role, however the balancing of a young family and all is increasingly becoming difficult. The new person would have complete creative freedom. If you took on the current look you would need to be very proficient in Word and good at Excel. Please email with any further questions.



## Race Reports – Gruyere



All Images: Anita Eagle

### B Grade

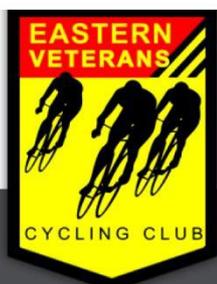


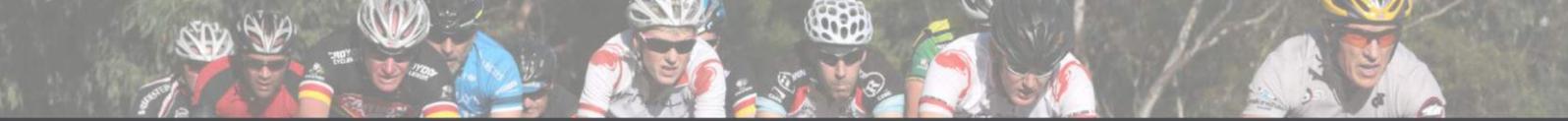
It was a beautiful but chilly day as we descended upon Gruyere, which was a welcome sight compared to the rainfall of the preceding week. It promised to be a good day for racing. It was a large field lining up in B Grade as we rolled out. After neutral zone, the group stayed together until Steve Knight and Peter Bertelsen eased up the road on the back of the course and established a 2 – 3 min break over the next lap or two. There was little interest from the remainder of the bunch so for now the chase was not really on. The usual suspects were about - Ian Smith and Ross Tinkler, though Matt White seemed a little off. Our bunch captain Wal Savini was struggling a little under some back soreness, while Paul Anderson

was riding strong. Marcus Herzog kept finding himself at the head of the group before the descent toward Killara Road along with Kevin King.

By Lap 5, Kev King upped the tempo on the Killara Rd climb and was followed by a handful but it all came back together on the run past the start finish line. Kevie was looking to get across to the break and work with them to stay away. Bring on Lap 7 and Kevie King went again this time with me and Paul Anderson, in hot pursuit about 50m behind. We caught Kevie as he caught the break, both of who looked very happy to see us. Next time up the climb, John Clarkson had rode hard to bridge across as did Ian Smith and a now a very strong breakaway group had formed and worked together to stay away.

At this point the lap counter seemed to be having trouble, as by my count on lap 10, B Grade were given the bell. Not that I was complaining. On the climb up the back of Medhurst Rd, the head of the group were chatting about the lap discrepancy and caught napping when John Clarkson took his chance and put in a mighty attack. He quickly established an unassailable gap of 250m, and with no real chase in earnest, he was likely to





stay away. Perhaps the guys on the front could pull him back on the climb. As we hit the climb we had halved the gap but it was still weighing in John's favour. We were edging closer on the climb but John was over first and away on his search for the finish line. With just 1km to go and Paul Anderson showing just how powerful he can be and he had all the chasers strung out. He was a little cooked with about 350m to go, which forced me to the front, so I opened up the sprint (a little early but hey it was downhill) and Peter Bertelsen pipped me to take second, myself in third, with Paul hanging on for 4<sup>th</sup> and Kevin King 5<sup>th</sup>.

On the warm down lap all commented what a really enjoyable race it was today. *(David Richards)*

### C Grade



Firstly I must apologise for the brevity of this report. It was a cold day that greeted us at Gruyere just up the road from the aptly named town of Coldstream. We set off on our first lap and I found myself on the front and no one seemed to want to join me (must have forgot the deodorant). After we went over the start line someone decided to up the pace and so the race was on.

On the first accent up the hill I went to the front and when I reached the top I had a look around

and only Darren Eagle was there, down the hill we went and turned the corner and still no one was to be seen. I then suggested that we might as well try our luck and keep going. We started to work at establishing a break. This we achieved by utilising our strengths, by me going uphill and Darren, going downhill (he's heavier) and sharing the load on the flats.

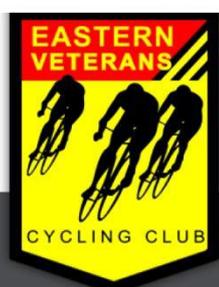
With some help from those on the sidelines we knew how much of a gap we were maintaining which at one stage was 1 minute. With about 2 and 3/4 laps to go I looked back and blow me down we had been caught by one rider who turned out to be David Cheseny. We gave him a bit of time to recover before asking him to do some work. We were still holding a gap to the rest so we pressed on, then on the last climb up the hill. David streaked away and neither Darren or myself could respond. In the last 150 meters I managed to go past Darren and get second. Congratulations to David for being able to bridge across to us and then to fly up the hill and conclusively beat us. Thanks to all the volunteers for standing out on the cold and allowing us to be able to compete safely. *(Peter Webb)*

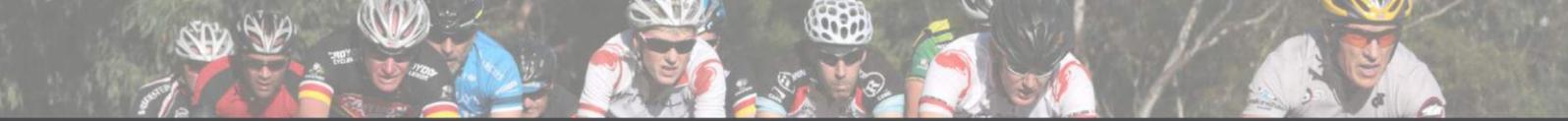
### E Grade



So I thought it about time I contribute to the story telling that is a race report. My decision to race the challenging Gruyere circuit was not one considered at length, I just felt it was time to get back on the horse. Oh yeah and Casey was washed out the previous week so this was it.

Hubby had the day out of tennis, the moon and





the stars aligned so here we go.

All that aside, I was given the go ahead by my physio to get back into racing after a 4 ½ month layoff. Despite rumours to the contrary I did not have surgery on my butt to rival Serena Williams, more accurately a troublesome sciatic needed to be released from its place, wedged firmly on the piriformis region. Plain English = nerve issues round the glute and hip area, resonating down the leg. Simple. Job done, rehab well underway and time to enjoy riding again.

Having spent the previous day soggy and wet and riding in the Dandenongs, I questioned my decision making process in then fronting up for a hilly road race. I also wondered if the handicapper (aka PM) would allow me to start where I left off in March. Only one way to find out.

Thankfully I entered the ranks of E grade, along with eight other combatants. My Garmin showed the ave temp to be hovering around 8.2deg, it was fresh and I ummed and ahhhed about vest or not, knee warmers or not, heavy or lightweight arm warmers. Surveying the other riders, I opted for minimum attire but long sleeve gloves were a must.

We set off for our six lap jaunt, me joking that it'd be stupid for me to sit on the front until at least the first lap was completed, given my lack of navigational ability! I was quite happy to see the course in its entirety from the safety of the bunch. That was until JC decided to stretch his legs up the first little rise and I thought to myself, hang on, climb = effort, this may hurt a bit! We went with him and then continued through the first lap of undulations until the first proper climb of the day. Thankfully JC had calmed down and there would be no more displays of heroism from his corner!

We all settled in for what I thought would be a nice little warm up but of course Nick had other ideas. Nick always seems to have other ideas. I was tapping out a nice rhythm and then thought I should pull a turn at the front so rolled through and led the bunch up the hill. A great little descent

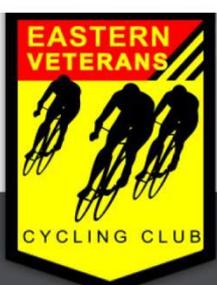
back to the registration area, a fast left hander that led into the flat finishing kilometre and it would appear that the bunch had spread out behind. I was happy to continue to the next corner and we sailed past the finishing line to continue onto lap two.

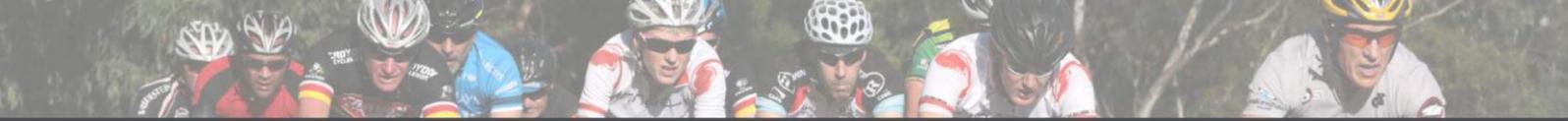
Somewhere around the next few rolling hills we managed to string the group out and then steadily make a nice break, myself, Nick and Emma. I never actually looked behind to see when/where this happened but was happy that our pace was high enough to create some uncomfortable moments in the group - sorry guys! Emma wasn't feeling the best and really who could blame her after doing a double stint at SoulRider in the morning! She mentioned that she'd be pulling in after lap 2, and even though we lost contact with her shortly after this time, I was wrapt to see her soldiering on and eventually placing 3rd. Gutsy.

Nick in his usual fashion pulled some awesome turns, particularly on that climb. This man is great to be in a break with. I always feel like I am never doing enough, just when I rolled through, I'd feel a little whoosh to my right and there he is again! Who said chivalry is dead?

The race continued in this fashion for many laps and we kept a strong, even pace to ensure we stayed away. With two to go, I thought, right, I'm getting hungry I reckon I can last two more then nail that sandwich sitting my car that was meant to be eaten pre-race. Expecting the bell as we near the line, instead I see that red number two sign glaring at me. What's going on? I can see a bell but no one is ringing it. Am I imagining it? No. A Garmin never lies. Instead I voiced my concern (aka gave a spray) to the volunteers who so kindly gave up their time this fine Saturday. I may've even reiterated my comments to Neil, who was located a good way past the finishing line. Just to get it out of my system, I later mentioned (apologised) to him.

So two more it was to be, two more climbs and by now a grumbling stomach that was hard to ignore. We continued to roll turns and I always knew it'd





come down to the finish. Just as we hit the 1km to go, a bunch of C graders edged past us when they were promptly told we were on the bell. A funny moment when they dropped back, and a comment was made along the lines of letting us sprint to which Nick says, we are sprinting, this is E grade! We were neck and neck that whole last km and I really don't know how they separated us on the line as I truly thought it to be a draw. I did try to throw the front forward as I crossed the finish and in my mind I looked graceful and skilful and Andrei Greipel-like but the reality I am sure was a lot different!

A truly enjoyable return to racing, thanks to all for competing on the day and to the marshals but a big thanks to Nick, my partner in crime on the day. What a pleasure it is to race with you.

Time: 1:22, Distance 37.57kms, Ave speed 27.5km/hr. 1 x Strava downhill QOM lol (*Kym Petersen*)

## JUST HORSIN' AROUND

Eighty plus starters wasn't a bad turn-out for Gruyere, considering we're not yet midway into winter. The weather was pretty kind, presenting a 'crisp' but mainly sunny afternoon with little breeze. You could classify the track as officially dead. After a couple of warm-up laps, one could dispense with the layers of additional clothing which had become common place at racing venues over recent weeks.

Gruyere is known for cheese, wine and fruit produce. Not so many would be aware of its abundance of equestrian activities; that is until this afternoon's event. It's not uncommon to be passed by vehicles towing Horse Floats however on this day a horse was reportedly heard amongst the E grade bunch. According to several ear-witnesses, horse like blurring sounds was being emitted throughout the race. Had our racing clashed with some local equestrian event as occurred a few years ago at Yarra Glen? Or had 'The famous Mr Ed' decided to hang up his clip-clops and take up cycling. (Please read on)

Nine E grade riders waited patiently in the

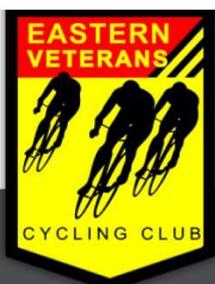
mounting yard while the higher graded bunches were dispatched. Although most have raced against each other many times, it was refreshing to have Kym Petersen return in her first competitive appearance since surgery in March. Emma Anderson's inclusion into the pack also added a degree of uncertainty. We were all pleasantly surprised to see that Raymond Watts had arrived in time for departure. The group was underway once Ronnie Stranks had returned from his warm-up, then starter Tony released the gates.

The first lap was an easy canter, with no rider wanting to occupy the front position for too long. JC Wilson, Nick Hainal, Kym and Emma doing equal proportions of the pacing work. The first climb of 'Gruyere Hill' saw Kym surge effortlessly from the rear to the front of the bunch and it looked like she was preparing for an early attack. Things settled a little toward the peak but the pace had lifted significantly prior to the second lap which put a few riders under stress. Dean Niclasen returning from a few weeks off, Michael Paull and Ronnie were distanced over the subsequent lap and unable to rejoin.

With most riders handling the majority of the circuit pretty well, it soon became evident that a break-away group would establish on the climb. Just who the stayers might be was the big question. Nick, Kym and Emma established a small gap on the second climb and despite a valiant effort by Peter Gray to bridge during the third lap, the number one trio galloped on unchallenged for the ultimate placings. (Read more in Kym's report) Peter was rejoined by JC and Ray on lap four but the pursuers' attempt, although interesting within itself, did not make headway into closing the leader's gap.

The incessant horse sound continued to dominate the chasers. It became obvious the noise was being deliberately generated by Peter who as we discovered later, was experimenting with a novel method of increasing his blood / oxygen content. Hmmm, must be quieter ways to do this!

As lap five was completed, the chasing group was confused when for the second time in as many





Gruyere events, the Laps remaining was quoted as two. Despite belated remonstrations, the group continued on what they considered was their final lap. However their sprinting efforts were quashed as the Bell rang just as they passed the finish line. Another lap to go!? In the end it made no difference to the eventual outcome and as Nick said later, "We got a lap for free".

In conclusion, it was a competitive, tactical and safe race. Congratulations to the place-getters.  
*(Peter Gray)*

## News and stuff

### EVCC TdF Night and Presentations

*All images kindly contributed by Matt White, titles by Ian Smith, presentation by John Beasley Jnr unless otherwise*



*Ron Stranks 80-84 Crit Championship winner*



*Rod Goodes 85+ Crit Championship winner*



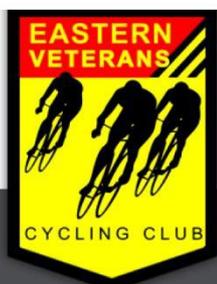
*Mick Jamison from Cycle Works presenting 2<sup>nd</sup> place to Guy Green for the CCW Summer Crit Series*

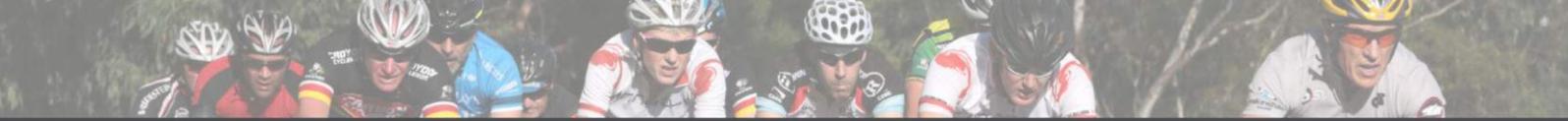


*Mick presenting 1<sup>st</sup> place in the CCW summer Crit Series to Colin Doherty*



*Lawrence Lee 40-44 3<sup>rd</sup> place*





*Chris Ellenby 60-64 3<sup>rd</sup> place*



*Anthony Gullace 45-49 2<sup>nd</sup> place*



*Paul James 60-64 2<sup>nd</sup> place*



*Neil Cartledge 70-74 2<sup>nd</sup> place*



*Daniel Hulbert 35-39 Crit Championship Winner*



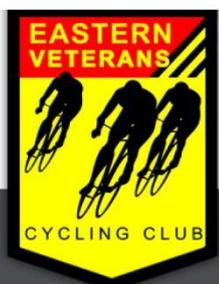
*Roy Clarke 50-54 Crit Championship winner*



*Rob Amos 55-59  
Crit Championship winner*



*Steve Short 60-64  
Crit Championship winner*



## Results

### Gruyere, 18th July 2015

Grade	1st	2nd	3rd	4th	5th
A Grade (9)	Nick Kennedy	Jean-Philippe Leclercq	Lawrence Lee		
B Grade (19)	John Clarkson	Peter Bertlesen	David Richards	Paul Anderson	Kevin King
C Grade (14)	David Chesney	Peter Webb	Darren Eagle		
D Grade (8)	Nathan Dewar	Sam Bruzzese	Leon Bishop		
E Grade (9)	Kym Peterson	Nick Hainal	Emma Anderson		
F Grade (0)					

Wedn 22 <sup>nd</sup> July The Loop	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
Division 1 (14)	C Jones	R Newnahm	P Bertelsen	
Division 2 (9)	R Wheelhouse	R Debernadi	B Will	
Division 3 (5)	S Barnard	D Drew (n)	P James	
Division 4 (5)	C Wright	J Eddy	L Bohn	

Thanks to Keith Bowen for Loop race organising and Neil Cartledge and Dave McCormack for 'behind the scenes' newsletter support.

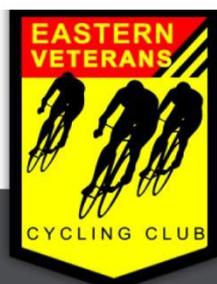
## Future Events

### 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/>



26<sup>th</sup> July  
2<sup>nd</sup> August

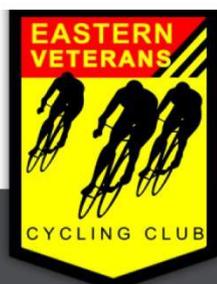
Eagle handicap  
Bradley Family Memorial Handicap

Lancefield  
Avenel

## Training Rides

Day/Time/Place	Route	Style	Contact
<b>Tuesdays</b> 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
<b>Sunday Mornings</b> Beach Road Ride. <b>Leave 8.00 am sharp.</b> 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.	
<b>Saturday mornings (7.30am) and Sundays/Public Holidays (8.00am)</b> Meet at Ringwood Clock towers, Maroondah Hwy, Ringwood	Maroondah Hwy to Carlton for coffee, then return	Fast social	

## Sponsors



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