

Newsletter



Duty Roster

2nd August Casey Fields

Steve Barnard, Anthony Lateo, James McArdle

9th August Yarra Glen

David Hyde, Peter Shanahan, Adrian Dickinson, Harry Hibgame, P Constantinou, Edward Smith, Paul Hutcheon, Rob Birch, Philip Johns, Rob DiBernardi

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



No image this week ... that's a first! Don't forget to submit images for this week's racing at Casey. Featured on the cover is the Mattioli Challenge – a small article follows in the newsletter.

👉 YEP ...Still looking (five editions go to): I will be finishing up the role

of editor on the 1st 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.



MATTIOLI CHALLENGE

ALBERT PARK GRAND PRIX CIRCUIT

12 LAPS
63 KILOMETRES
2 HOURS



CHALLENGE YOURSELF
CHALLENGE YOUR MATES

7.00am | SUNDAY 6 SEPTEMBER 2015

Simply enter promotional code EVCC15%, when prompted during the registration process. This code is exclusive to Eastern Veterans Cycling Club Members and valid until 16th August so jump online and register today.

fathersdaybikeride.org.au



Race Reports – Casey Fields

A grade

Nineteen starters for the teams race with a strong Croydon Cycleworks team, along with O'Mara with Justin Davis, Mark Kinzett and Nigel. TLC were missing two riders whilst BikeGearNow had a full team along with Scope who were missing strong man Phil Smith.

As usual the wind was blowing a gale, but that did not stop the attacks. Nick Kennedy (TLC) was the first to go, but not given any rope. A couple of laps later Richard Abel (Croydon) attacked and was joined by Rob Amos (BikeGearNow), Andy Burmas (Scope) and TLC's Carl Cubit, quickly opening up a good gap before the chases were organised as the bunch split into three groups under the pressure.

In the break, Carl was pulling soft turns so team mate Nick could jump across, Richard attacking a few times trying to drop him. Tom Leaper (Croydon) managed to jump across alone, but would not pull a turn, attacking on the finishing straight, but the other three riders managed to hang on as Andy went off the back. The chasing bunch were now eating into the lead, as Rob tried to negotiate working together. But after a big turn was attacked by Tom with Richard firmly on his wheel, unable to respond as the Croydon tandem pulled away from Rob and Carl they decided to wait for reinforcements in the chasing bunch who were now reeling them in.

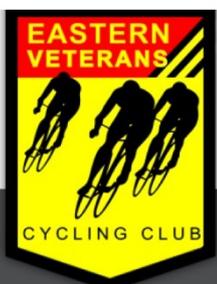
As they got close, JP (Scope) and Mark Kinzett (O'Mara) jumped across to form a four man chase, a lap later Nick (TLC) made it five. A couple of big turns by Carl prevented Jay Philpotts from making it six, as they started to make some time up on the Croydon tandem who had a big lead. With the bell being rang over 10 mins early it was all in vain. With all the sprinters looking at one another and their watches, Rob jumped away on the start line to take 3rd place behind Richard and Tom, with Mark winning the bunch sprint from Carl, JP and Nick (*Rob Amos*)

C Grade

It was so windy at Casey that we saw a chook lay the same egg 4 times! I went out on the warm up and was having trouble controlling the bike due to a Zip 303 rim on the front. I mentioned this to Walter Savini and he kindly lent me a conventional rim. I had considered withdrawing from the race but thanks to Walter I was able to continue.

The first few laps were as per normal with people swapping turns at the front and discovering how hard it was at the front in the conditions that we were confronted with on Saturday, notably Ross Morgans who has returned to racing after a long layoff. On about lap five I decided to up the speed as we went into the block headwind that was blowing up the finishing straight. I managed to create a gap and as I turned the corner of the straight past the club house, I could sense someone on my wheel. It turned out to be Russell Wheelhouse and then we were joined by Ian Milner. Me thinks this is a good group and should be able to work together to extend the gap, but after a couple of laps Russell faltered and I think Ian thought he might be better off going back to the group of chasers and waiting for the sprint. Well, here I am again on my own with no friends. It's now a matter of holding on as long as I can and keeping an eye on whether they were making any ground.

Despite the great encouragement of the officials on the finish line I could see that they were closing in on me and after about six laps I decided I had had enough and sat up with a view of recovering for the sprint. I think there was now about eight of us and we were just waiting for it to be over. When the bell rang Hylton Preece was on the front and slowed the pace to the point that we were nearly track standing (hyperbole). I then hit the accelerator with a view of going hard up the back part of the course into the wind and establishing enough of a break that I could then





smash it down the long downwind back straight and have enough to cross the line in first position. Well, I got that wrong! After my all out effort into the wind I looked around and Ken Saxton, Martin Stalder and Ian Milner where on my wheel. I had burnt all my matches and had nothing left for the sprint. Ken was first to go followed by Martin and Ian. Martin showed great form by being able to get over Ken and hold off Ian. I was just a witness.

It was a truly horrible day and my congratulations to all who managed to stay on their bikes. Also a big thanks to all those on duty as I would have been bloody cold standing there for an hour plus. *(Peter Webb)*

It is nearly always windy at Casey Fields and on Saturday the wind can only be described as extreme. Twelve hardy souls lined up at the start but the wind took its toll with only five finishing together.

The race started at a solid pace lead for three laps by Ross Morgan. The solid pace was maintained with turns by Adam Dymond and Ken Saxton for a couple of more laps. It was about 15 minutes into the race when Peter Webb broke away and put a good gap on the bunch. Ian Milner and one other rider rode across the gap and it looked like the trio would stay away comfortably to take the race.

Not so. The rest of the bunch sorted themselves out and started the chase. We all took turns but Martin Stalder would repeatedly go to the front and put in strong turns. Progress was slow but inroads into the gap were gradually being made. However, the pace of the chasing bunch started to take its toll on the group with a rider being dropped every lap or two. About the 45 minute mark two of the breakaway decided it was too hard out front and slipped back to the bunch. Peter kept plugging away but he could see the bunch was starting to seriously eat into his lead. With about two laps to go Peter gave up the solo effort and joined what was left of the punch for a rest before the sprint. We had been whittled down

to five.

Hylton lead the first half of the bell lap, then Peter put in a huge burst of speed up the twisting incline before the back straight. The rest of us barely hung on. We had part of the back straight to recover before the sprint which was lead out by Ken Saxton. With about 30 metres to go Ken's legs started to fade and Martin and Ian rode over him to claim first and second respectively. Hats off to Peter for his remarkable break away and to Martin, a worthy winner after his efforts chasing Peter down. *(Ken Saxton)*

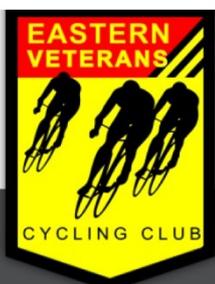
E Grade

Gone With the Wind

A feeling of isolation came over me as I approached Casey Fields last Saturday. There was no football being played, no rugby, no netball or Little Ath's, not even the usual family attendances in the children's play area. Had I transgressed into a 'fourth dimension' between home and Casey, which only contained material objects? The feeling subsided once I sighted Nigel and Nick in the venue car park however it soon became apparent why there were no other humans present. It was too damn windy! Well maybe I'm exaggerating just a little but the usual Casey breeze had outdone its infamous reputation.

E grade departure was delayed a little while Ron Stranks completed his warm-up laps. This was likely to take some time due to the prevailing wind, so 'The Starter' dispatched F grade to get things underway.

Five of the usual E grade contenders set off to battle against an ever increasing northerly. There were several pools of water scattered around the track but at least it remained fine for the remainder of the afternoon, despite threatening cloud formation. The pace after the neutral lap was fairly moderate but then JC Wilson decided to up the ante with a pacey surge, which initially no one countered figuring it was far too early.





This strategy could have paid off as an overtaking A grade imparted some momentum to JC, increasing his gap to 100 or so meters. Zen Gowronski decided this was a bridge too far and proceeded to close things down rapidly. Everyone followed. Nick Hainal, Peter Gray and Ronnie all doing turns on the front despite the arduous conditions. JC and Ronnie were distanced at 'The Twisties' during a surge into a savage cross wind, leaving Nick, Peter and Zen to slog it out for placings.

An ever determined Nick drove the front for several laps, until the bell was rung and then for the majority of the final lap. About half way down the penultimate straight, Zen jumped and led the trio to the final corner with Peter following close behind. The run to the line was not clear of riders from other grades but to their credit those riders parted for the sprinters. Peter managed to time his attack well and overtook Zen prior to entering this congestion, holding a narrow lead to the line in a relatively slow sprint into a cross head wind.

Credit also to all riders and officials who attended what was supposed to be a nice leisurely ride at Arthur's Creek. *(Peter Gray)*

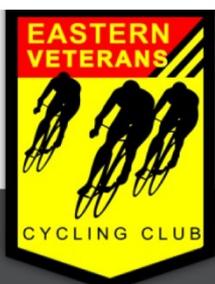
F Grade

Good old Casey lived up to its reputation WIND AND MORE WIND - Wow what a gale!!! Only four hardy riders fronted the start with trepidation today wondering how they would fare in this gale. One thing was for sure, if you lost contact with the bunch you could close the book - end of story.

The first neutral lap confirmed that things were going to be tough, with Alex and John on the front. After this lap things settled down to a steady rotation with Alex doing a fair majority of the work (he said he thought he was home in Yorkshire) with the wind.

No suicidal attacks (in these conditions) were made as everyone was hoping to survive until the bell. After about forty five to fifty minutes the referee showed mercy and rang the bell. Alex was on the front and seemed happy, John attacked in the back straight just before the last left hander with Rod in pursuit and Clive chasing Rod. These positions remained to the line with 1st John Eddy 2nd Rod Goodes 3rd Clive Wright.

Many thanks must go to Alex for the bulk of the work that he did into the wind. Great to see Alex fit and well again and back on the bike - Great news. *(Rob Goodes)*



News and stuff



THE JASCO Research & Training Excellence T IT'S HOW WE CONNECT

FATHER'S DAY BIKE RIDE 2015
BROUGHT TO YOU BY MELBOURNE SPORTS HUB

JASCO TELSTRA
FATHER'S DAY BIKE RIDE

A fun, family-friendly cycling event
at the Albert Park Grand Prix Circuit.

SUNDAY 6 SEPTEMBER 2015

CLICK HERE FOR MORE INFORMATION AND TO REGISTER

Unlike other mass participation bike rides which require participants to cycle 50, 100 or even 200 kilometres, this ride allows participants to complete as few or as many laps as they would like within the programmed timeframe. Each lap of the Grand Prix Circuit is 5.3 kilometres around the picturesque Albert Park Lake.

The organisers are looking to get together with cycling clubs such as Eastern Veterans Cycling Club to promote this event. **Eastern members will receive a 15% discount on the registration cost when they use the code EVCC15%. Valid till 16.8.15.**

There are two rides as a part of this event:

THE MATTIOLI CHALLENGE: This commences at 7.00am and is for experienced cyclists over the age of 15 who wish to participate as an individual or in a group, club or corporates team. Cyclists are being challenged to ride 12 laps of the circuit in two hours and raise money for one of the Jasco-Telstra Father's Day Bike Ride aligned charities (beyondblue, Movember Foundation, OzChild).

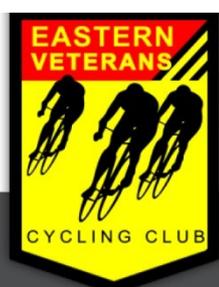
THE FAMILY BIKE RIDE: This ride commences at 9.30am. This is a family-friendly ride and there is no expectation about the number of laps you complete or the time it takes to get around the circuit. This is about getting out on your bike, enjoying the day and showing your support for some very worthwhile charities.

<http://fathersdaybikeride.org.au/>

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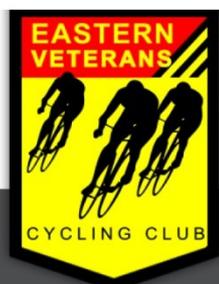
Results

Casey Fields, 25th July 2015

Grade	1st	2nd	3rd	4th	5th
A Grade (19)	Richard Abel	Tom Leaper	Rob Amos	Mark Kinzett	Carl Cubitt
B Grade (16)	Kevin King	Steve Foster	Ian Smith	Ray Russo	
C Grade (12)	Martin Stalder	Ian Milner	Ken Saxton		
D Grade (7)	Dave Worland	Sam Bruzzese	Greg Harvey		
E Grade (5)	Peter Gray	Zenon Gawronski	Nick Hainal		
F Grade (4)	John Eddy	Rod Goodes	Clive Wright		

Wedn 29 th July The Loop	1 st	2 nd	3 rd	4 th
Division 1 ()	F Short	G Donnelly	T Coulter	
Division 2 ()	R Suran	R deBernardi	G Plummer	
Division 3 ()	P Gray	S Lee	Kym Petersen	
Division 4 ()	Paula McGovern	S Murphy	B Rodgers	

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://eastervets.com/roster/>

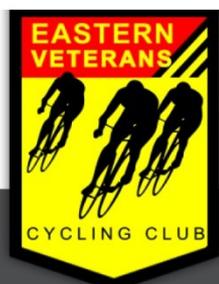
Note: Graded Scratch Race entries are accepted on the day up to 15 minutes before the advertised race start time. Handicap entries close the Tuesday before the race. Riders entering a handicap MUST pay the entry fee regardless of participation. Fees are due on race day; entrants will NOT be allowed to 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/>

2nd August Bradley Family Memorial Handicap Avenel
9th August 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.	
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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