

Newsletter



Duty Roster

22nd August Avenel Seymour Rob Graham ITT

Andrew Buchanan, Dayle Goodall, Bruce Will, Ken Mayberry, Rob Amos, Roy Clark, Ray King

29th August Ballarat/Eureka Tba

This week's image is from the Geelong Advertiser, photographer Mitch Bear, showing Melbourne to Warrnambool riders (left to right): Doris Marr, Justine Barrow, Prita Jobling, **Alison Skene**, Purdy Long, Esther Borg. An article follows.

We have a new editor in another fortnight – Nick Tapp.

A big thank you to Nick for putting his hand up. As a professional editor, I am sure he's going to take it up a notch (no pressure!). The club is very grateful.

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





Race Reports – Gruyere

B Grade

B grade set a modest pace for the first two laps. No heroics on the uphill, Ray Russo occasionally stretching his legs off the front. All very pleasant in the unexpected sunshine. You felt it couldn't last.

Sure enough, turning into Medhurst Rd on lap three, Nick Tapp jumped away up the pinch. By the base of the climb on Killara Rd, Kevin King had led the bunch back onto Nick's wheel, but the quiet afternoon in the sun was over. On the next lap Kevin went away up the road. He remained out there on his own for a good while until some solid effort from Anthony Gullace and the rider in red, among others, closed the gap at the base of the Killara climb on lap 6. Kevin figured the chase would have taken a toll, and immediately attacked again. Anthony indicated displeasure. Nick saw a chance and accelerated. By the top of the hill Nick was across to Kevin's wheel and the pair of them were away.

Kevin laid out the plan: first, put in a couple of hard laps to consolidate the gap. Dave Hyde, on duty at the Gruyere Rd junction at the top of the hill, had put the initial lead at 50 metres. A lap later, he called it 150 metres. After two laps, it was out to half a kilometre: 'They're at the bottom of the hill,' said Dave. 'Now we just need to match them,' said Kevin.

Four laps to go. Each time up the second pinch on Medhurst Rd and around to the right, a glance over the shoulder showed the road behind was empty. Each time over the top, past Gruyere Rd, the same. The pair kept working, and began to pick off stragglers from A grade as well as several from lower grades. On lap 11, Nick pushed up the Killara climb as usual, and suddenly Kevin was not there. Nick eased off; Kevin rejoined him down the hill and around into Cahilton Rd to take the bell.

Up Killara hill for the last time, Nick lifted the pace again, and again Kevin dropped back. This time

Nick was not waiting, and pushed on solo to take the win. Kevin found enough to hang on for a hard-earned 2nd. Behind, after two bell laps rather than the usual one, Chris Ellenby emerged from the bunch with 3rd place. *(Nick Tapp)*

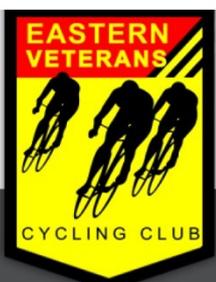
E Grade

Perseverance pays for Hainal.

At the risk of pre-empting the name of the first E grade rider to cross the finish line on Saturday at Gruyere, I think it's appropriate to give this guy heaps of praise for his persistence and perseverance, week in and week out. Since his last win at Yarra Glen in August '14, Nick Hainal has bagged a string of second and third placings at various venues and seems most competitive where there are moderate repetitive climbs. So having announced this afternoon's victor, it might be pertinent to explain how he attained it.

For those riders who attended, Gruyere presented a fine afternoon of weather. No wind, mainly sunny which was great to dry the road surface, making the course corners safe and fast. Eight E grade riders set off for the first of their six (or seven) laps. It's unusual for E grade to have eight starters, which gives the place-getters a chance to accrue some aggregate points. The bunch consisted of the usual E regulars plus Tony Lateo (Up from F grade) and Dean Niclasen (down from D grade while he re-establishes his fitness). All competitors have placed in recent months so on the face it could be anyone's race. The group pace was moderate for the first lap and a half, with everyone showing good strength and skill on the sharp climbs and longer descents.

The early front drive was supplied by Zenon Gawronski and Peter Gray with JC Wilson demonstrating his phantom attacks. The second climb to Gruyere Rd saw the beginnings of what was about to unfold. Nick initiated the first surge near the summit followed by Robert Lackey and Zen. Peter, who was caught behind JC, missed the surge and had to work hard on the descent to





bridge the gap. Unfortunately Ray Watts, JC, Dean and Tony were unable to do so.

go expecting Rob to power past however the established gap was sufficient to go unchallenged. Congratulations Nick. *(Peter Gray)*

Each successive lap saw Peter getting dropped on the climb a little bit earlier and taking longer to rejoin the leaders, eventually losing contact on lap five. As occurred at Yarra Glen, it was looking like Rob might dominate and power on to the finish although Zen has shown some strong performances on this course. Nick continued surging on the climb, putting both Zen and Rob into the 'Red'. He descended toward the 1km to

News & Stuff

THE MELBOURNE TO WARRNAMBOOL CYCLING CLASSIC 2015



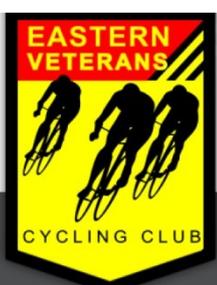
SOME of Victoria's best women riders were in Geelong on Saturday to train for the 100th edition of the gruelling 279km Melbourne to Warrnambool Cycling Classic race in October.

This year's race will boast the biggest ever female field to compete in the event, which began in 1895.

Known as one of the longest running one-day cycling races in the world, the M2W is widely renowned for challenging parours, or routes, and tough conditions and is often raced into strong cross and headwinds and rain.

In preparation for the event, the women put in a full day in the saddle. They started off with a session at the Belmont criterium on Saturday morning ahead of riding to Meredith, where they took part in a Geelong Cycling Club race, then headed back, racking up around 150km.

The riders included Justine Barrow, 36, Prita Jobling, 36, Alison Skene, 47, Esther Borg, 26, Doris Marr, 48, Purdy Long, 33, and National Road Series stage winner Crystal Wemyss, 35, who returned from injury at





the weekend.

Barrow said one reason she entered the race was to pave the way for other women cyclists. “We all want to get a finisher’s medal, which is awarded to all riders who finish within 100 minutes of the first rider across the line,” Marr said.

Cycling Australia executive member Monique Hanley said the women were enthusiastic, talented and committed. “Many of them have also completed the Everest Challenge, which involves cycling up 8848m, the height of the mountain, in one single ride,” she said. Hanley’s delighted that there are 26 women currently entered in the Classic.

“The Warrny requires a year-long preparation, and untimely injury, illness or life events can disrupt those preparations.”

“We have over 100 riders on the waiting list, many of whom are women, so we hope this will open up opportunities for more women to be added.”

As part of the 100th running of the M2W, she said Cycling Victoria had shown great vision in announcing a new project to facilitate a big jump in the number of women participating in the race.

“A number of women have already signed up, including 2015 Australian Road champion Peta Mullens and previous finishers Nicole Whitburn and Nadine O’Connor,” Hanley said. The 100th edition of the Melbourne to Warrnambool Classic will be held on Saturday, October 17.

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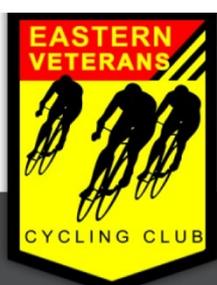
Missing helmet covers



Three Blue helmet covers were returned. A big thank you to C Grade.

One white and one green still missing from Casey.

Found at Gruyere – black jacket (imitation leather). Recover at Seymour or email Peter at petergray.ebserve@gmail.com





Cycling tips – punctures



I guess every cyclist has experienced the heartache and/or inconvenience when one punctures. Chances are that the flat tyre which ruined your time trial or breakaway win, was established many weeks or even months ago. Although nails, tacks and screws are an obvious and immediate cause, more often tiny shards of glass, metal or stone become embedded into the tyre. As the tyre wears and is pounded by terrain, the shard works itself deeper into the tyre until it pierces the tube.

How did that #\$\$@k% happen again!?

Regular inspection of the tyre periphery with an illuminated magnifying lamp and removal of the perpetrator(s) with a fine jeweller's screwdriver, can eliminate those fateful moments. The hole can be filled with adhesive if it is significant. Magnifiers are available from Jacar from around \$10 to \$120. You can even fit a magnifying lens to an iPhone camera and send a pic of your averted puncture to the guy who came second. *(Peter Gray)*

Maybe you have a tip that you'd like to share in future newsletter editions? Please share.

Cyclers Guild – a new initiative



> ABOUT THE GUILD

CyclersGuild is a simple but elegant emblem to UNITE CYCLISTS NATIONALLY, PROMOTE CYCLING IN GENERAL and most importantly PROMOTE DRIVER AWARENESS to improve road safety.

The ultimate goal is to surprise drivers with just how many cyclists they actually share the roads with and hopefully convert more people to take up cycling. Every time someone takes up cycling the world becomes that little bit better.

Cyclersguild is an emblem to unite all cyclists, promote cycling in general and promote driver awareness to increase road safety.

Cyclists are a proud bunch and most are not aligned to an official club. Aside from the obvious awareness benefit I also wanted a common emblem proud cyclists nationally could unite under. Just like sports club supporters proudly display their emblem. It shouldn't matter if you race a \$15k bike or just commute 1km to work on a bike with a basket. That's why we have Road, Flat Bar, MTB and BMX options.

Show your support and display one proudly.

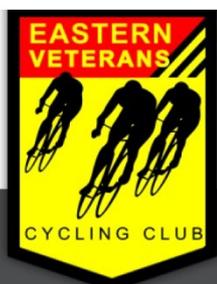
The sticker is purposefully generic and not aligned with a brand/organisation or stand for anything other than Passion > Belonging > Awareness.

More than just a sticker... well kind of just a sticker.

I drew all the Vinyl decals and spent months testing suppliers to get it right. I designed the packaging and marketing myself. I wrote, designed and built the website. I package each sticker by hand and deliver it to my local postbox.

For the first 25 orders over \$10 get 30% off – use the promo code EVCC

<http://cyclersguild.com.au/>



Results

Gruyere, 15th August 2015

Grade	1st	2nd	3rd
A Grade (11)	Ciran Jones	David DePedro	Jean-Philippe Leclercq
B Grade (12)	Nick Tapp	Kevin King	Chris Ellenby
C Grade (19)	Paul Firth	Steve Short	Tim Crowe
D Grade (8)	David Halliday	Andrew Wedderburn	Geoff Youll
E Grade (8)	Nick Hainal	Rob Lackey	Zenon Gawronski
F Grade (0)			

Wedn 19 th August The Loop	1 st	2 nd	3 rd	4 th
Division 1 (14)	C Jones	F Short	S Lane	TMcDonough
Division 2 (15)	R deBernardi	M Stalder	R Giles	R Suran
Division 3 (4)	D Drew	D Page	S Murphy	
Division 4 (4)	J Stumbles	J Eddy	M Waterfield	

Thanks to Keith Bowen for Loop race organising and Neil Cartledge and Dave McCormack for 'behind the scenes' newsletter support. Thanks also to Stephen Barnard for helping while Keith is away.

Future Events

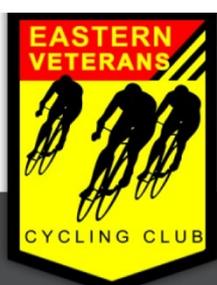
Eastern Vets

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/>





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	

Sponsors

