



eastern veterans cycling club

Newsletter January 5, 2002

DECEMBER 15 HANICAPS AND GRADED SCRATCH RACES AFL PARK

The usual cold and windy conditions greeted the 79 riders for the Xmas handicaps and graded scratch races. I wonder if Mirvac realise how cold, wet and windy AFL Park can be?

The first event was the **Ladies Xmas Handicap** with eleven starters. The big question was, would the handicapper get it right? Gayle Pung and Maureen Upston were off limit (2 min) and after one lap Gayle was on her own and with a 40 sec gap to the next bunch, she was going to take a bit of catching and it wasn't until the bell lap that she was caught by the 1 min and 1 min 20 sec bunches that had amalgamated along the way. In the sprint, Kerrie Barratt went with 200 m or more to go and was too strong for Claire Taylor and Stephanie Coulson. The scratch and second scratch bunches had amalgamated and were not far behind. The answer to the question about the handicaps was, that he was pretty right.

The Division 1 for the men, started off as a bit of a fiasco for some reason and was stopped during the first lap. When the race got underway the limit and second limit bunches amalgamated and were able to stay clear. The sprint for the finish involved 15 or more riders and Steve Oberg just won from Greg Molesworth and Ivan Collings.

In Division 2 the field finished up in two groups, scratch and second scratch which came together on the last lap and the other three groups which amalgamated some time during the race. Unfortunately for the back markers the rest were too far in front. New rider Steve Short (1 min) won from Peter Wykes (40 sec), the only rider with a handicap of less than 1 min to finish in the placings with Colin Smythe (1 min 20 sec) third. Steve only joined the Club a few weeks ago and this is what he said in his enquiry about joining:

'I am 47 years old I have never raced and not too sure if I am cut out for it, but I am very interested in learning more about riding, training etc.'

Results Handicaps

	First	Second	Third
Ladies	Kerrie Barratt 1:20	Claire Taylor 1:00	Stephanie Coulson 1:20
Division 1	Steve Oberg 1:15	Greg Molesworth 1:00	Ivan Collings 1:00
Division 2	Steve Short 1:00	Peter Wykes 40 sec	Colin Smythe 1:20

I think after Saturday Steve will be in no doubt as to whether he is cut out for it or not.

The Graded Scratch Races demonstrated the perils of being in a break away. Sometimes the riders forget who is out in front and sometimes the judges. In B Grade John Wilson thought he had won, but then doubts began to creep slowly into his mind while waiting for the presentations, as people started to mention break aways to him. To his chagrin John found out that Brod Taylor and Darryl Annels were both out in front. Anyway John did pretty well, off limit in the Handicap and then promoted to B Grade in the scratch races and a third placing.

In C Grade, Ivan Collings was omitted from the judges placings and it was only during the presentations when the riders behind him pointed out the error to the judges, that everyone was restored to their proper placing, Ivan Collings first, followed by Nick Hainal and Rob Green who has been racing under doctors orders in D Grade; must have had a reprieve to race in C Grade.

D Grade also had a couple of break aways, with Peter Wykes and Graeme Arthur staying clear for half an hour or more, with Peter only being caught with about a lap and half to go. Graeme Arthur, fresh from his Great Vic Bike Ride, was too strong in the sprint, winning convincingly from Clive Wright and Keith Bowen.

Some more glitches occurred during the presentations when some riders were given envelopes without any money in them and others the wrong money. Anyway everything was sorted out in the end and all went home with the right money and happy after a good day's racing and a pleasant conclusion to racing in the year 2001.

We can all hope for better results next year.

Graded Scratch Races

	First	Second	Third
A Grade (9)	Russ Edwards	Phil Thompson	Mark Wallace
I Grade (15)	Brod Taylor	Daryl Annels	John Wilson
C Grade (16)	Ivan Collings	Nick Hainal	Rob Green
I Grade (16)	Graeme Arthur	Clive Wright	Keith Bowen
I Grade (7)	Geoff Cranstone	John Porter	Dominic Schipano
I Grade (5)	Colin Smythe	Mike Fisher	Andrew Ferridge
Womens (11)	Lois Gomes	Alex Reinehr	Angela Cash

Thank You's For Today And 2001

A team of helpers was on the job today to ensure a great day's racing and the food following. Graeme Parker and Jenny Fairbanks did their usual job on taking entries, Lorraine Collings and Vince Di Nuzzo organised and judged the races, J C Wilson as usual ensured that the trailer was there on time, Rod Hay made sure all the corners were swept clean of grass and Dick Fox and John Wilson were as usual providing assistance where required. Steve Fothergill was on the drinks, provided courtesy of the club.

Graeme Parker oversaw everything and did the handicapping. Graeme has done an excellent job as handicapper and general organiser throughout the year, on many occasions not racing and taking entries, judging and everything else involved in running our Saturday afternoon program.

Alan Sandford deserves a special mention for his tireless work as President during the year. Alan has kept the club running throughout the year and has been a tower of strength come Saturday afternoons, taking entries, forgoing races, judging, manning turns and doing whatever has to be done to ensure the rest of us have an enjoyable ride.

Eastern Vets Program

Saturday January 12	2.00 pm	AFL Park	Graded Scratch Races
Saturday January 19	2.00 pm	AFL Park	Graded Scratch Races
Saturday January 26	2.00 pm	AFL Park	Graded Scratch Races
Saturday February 2	2.00 pm	Yarra Junction	Summer Road Race
Wednesday February 6	8.00 pm	Maraoondah Club	General Meeting

Southern Vets Program

Southern AFL Park, 9.00 on every Sunday morning and 6.00 pm Thursday evening. Graded Scratch Races Southern will be racing on December 23, 27 and 30. Racing will continue in January.
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CLUB NEWS

AFL Park

By now you will know that Mirvac has been the successful tenderer for the development of AFL Park. Contact has been made with Mirvac in an endeavour to ensure that we are able to race there as long as possible. Mirvac are likely to take over occupancy of the Park in June/July 2002, so we should be right until at least then and hopefully a bit longer if development takes place in stages and some of the circuits are clear of the early stages. A committee has been formed involving Blackburn, Carnegie Caulfield, Southern and Eastern Veterans to find a new criterium circuit. We will keep you posted.

Thanks from the Editor

A special thank you to all those people who willingly contributed articles for the Newsletter throughout the year. A special thanks to Leon Bishop for his work in keeping the Club's web site up to date. I look forward to receiving your contributions again next year. I am off to Point Lonsdale and then the Alpine Classic, so keep looking in the newspapers for results and on the web site.

A Happy New Year to you all.





eastern veterans cycling club

Newsletter February 2, 2002



**SEE YOU WEDNESDAY NIGHT FEBRUARY 6
AT THE GENERAL MEETING.
MAROONDAH CLUB 8.00 PM.
IMPORTANT MATTERS TO BE DISCUSSED**

JANUARY 26 AFL PARK, RACING CANCELLED

Racing was cancelled last week because of the hot weather. The Club rule regarding hot weather is that:

When the temperature reaches 35°C or more as at 1.00 pm on a Saturday, races will be cancelled. Races may be cancelled in the morning, if the forecast temperature is to be more than 35°C at 1.00 pm. In general a decision will be made before 11.00 am and a message placed on the race day phone 0407 688 154.

NEXT WEEK

No racing next Saturday, but we need you there Sunday morning 9.00 am for the Eastern vs Southern challenge.

Eastern Vets Program

Wednesday February 6	8.00 pm	Maroondah Club	General Meeting
Saturday February 9	No Racing due to the Eastern vs Southern Challenge on Sunday		
Sunday February 10	9.00 am	AFL Park	Eastern vs Southern Challenge
Saturday February 16	2.00 pm	AFL Park	Graded Scratch Races
Sunday February 17	10.00 am	AFL Park	VVCC Criterium Championships

Southern Vets Program

AFL Park, 9.00 on every Sunday morning and 6.00 pm Thursday evening. Graded Scratch Races			
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Northern Vets Program

Sunday February 3	10.00 am	East Trentham	44 km Somerville Handicap
Sunday February 10	9.30 am	Toolernvale	48 km Alan Anderson Handicap
Sunday February 17	9.30 am	Latrobe Univ	Criteriums 1½ hours
Sunday February 24	10.00 am	Trentham	45 km Trentham Hotel Handicap

CLUB NEWS

Alpine Classic

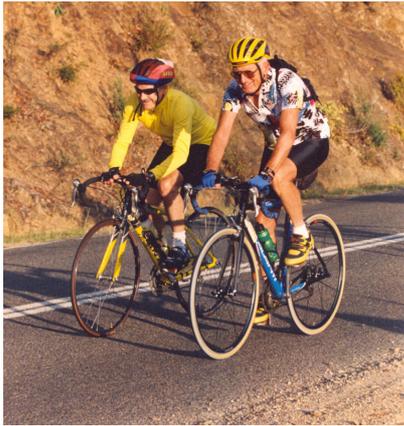
The Alpine Classic was on last weekend and several Eastern riders enjoyed the superb weather and the spectacular scenery of Bright and the nearby mountains. These rides are without doubt the best non competitive rides in Victoria, if not Australia. If you have not done them, make a note of Australia Day weekend 2003. Be warned they are not easy and training on hills (for these rides the 1 in 20 does not count as a hill) is pretty essential. The 200 km ride has 3600 m of climbing, the 130 km 2400 m and the 100 km 1200 m of climbing. There are four different starts (two for the 200 and one each for the others) with a maximum of 300 riders at each starting time. All rides were fully booked, with the consequence that

Bright was overrun with cyclists. Comments of the participants show that we are an optimistic lot, a few hours after the pain is gone many are already planning their next year's assault.

The stars of the 100 km ride were Mario Cordedda, first to finish in about 3½ hours and Kieran Ryan third to finish in 3 hr 32 m. The ride is about 102 km so Mario and Kieran averaged a bit under 30 km/hr. A fantastic effort as the climb up Buffalo is 18.3 km long. After the ride Kieran had this to say: *"This is my favourite cycling event and the most challenging one around. You can ride slowly and socialise, or go*

for a fast time. To top it off, the scenery is magnificent and it is well organised”.

Also on the 100 were Ken Pollard (total time of 4 hr 08 m and riding time of 4 hr 1 m), “A thoroughly enjoyable ride, loved the descent, but need a lower gear (39/25 instead of 39/23) for next year and must train harder, so that I do not collapse in a heap with about 3 km to go”. Keith Bowen did it for the sixth time, and for the first time was slower than previous years, (total time of 4 hr 10 m and riding time of 4 hr 7m), was heard to tell his wife at the finish, “This will definitely be the last time”.



Ken Pollard and Keith Bowen smiling for the camera 5 km into the ride. It would have been a different picture as they approached the end of the climb up Mt Buffalo.

Liz Randall who did the 130 had this to say on the return to Bright: “My time was 6 hr 46 m, (5 hr 42 ride time). I never, ever want to see a hill again. I died big time returning up Tawonga Gap”. The next morning her story had changed: “I’ll pace myself better next year. On the plus side my descending skills have improved immeasurably”.

Ian Smith was also on the 130. “I was pretty relieved that it was it was all over, as my feet were burning at

that stage. Although, after I had some food and some more food and a rest I felt as though I could have made it up Buffalo had I been on the 200 km. We took a drive up Mt Buffalo in the afternoon and I felt a bit guilty seeing all the riders struggling along when I had only done the 130. The ride back up Tawonga Gap was really tough. I was in a 39/27 gear and struggling to keep above a 60 cadence. The legs didn’t want to work after having it so easy for so long on the Falls Creek descent. It was a great ride and I’ll do it again for sure. My riding time was 5 hr 34 m.”

Quentin Frayne did the 200 in a total time of 8 hr 48 m with a riding time of 7 hr 46 m. Even though Quentin’s time was not as fast as his 7 hr 59 m total time last year, he was happy with his time considering the limited amount of riding he has done since the birth of his daughter late last year.

Rudy Joosten, also on the 200, (total time of 9 hr 26 m and riding time of about 8 hr), said; “I’m glad it is over and I might change to the 100 km next year. The hardest part is the climb back up Tawonga Gap in late morning, when there is not much shade and the sun is beating down on your back”.

Alan Cunneen was also there (total time of 13 hr 05 m and riding time of 10 hr 45 m). As he finished about 8.00 pm Alan had this to say: “I totally underestimated this ride. I couldn’t imagine it would be so hard. I have done two Murray to Moynes, all the way, and it makes them seem like an easy ride. I’ll be back next year, but not on the 200”.

Ian De Kam (about 9¼ hours for the 200) “Enjoyed the challenge. I started slowly so that I still had plenty left to climb Mt Buffalo in the afternoon and pass those who had steamed past me in the morning on the way to Falls Creek”.

Also seen at Bright were Kevin Turley (200), John Cordedda (100) and Peter Doonan (130).

General Meeting

The next General Meeting of the Club will be on 6 February, 8.00 pm at the Maroondah Club. The Annual General Meeting will be on March 6, 8.00 pm at the Maroondah Club. All members are welcome.

TRAINING/CAPPUCINO RIDES

Interested in some easy training rides, including a coffee break. Then the following might be of interest.

Sunday Morning

St Kilda to Frankston and return. Starting at the corner of Beach Road and Wentworth Avenue at 8.00 am. Approximate distance 75 km. Enquiries to John Macleod 9722 1522.

Tuesday Morning

This ride is now becoming popular, with 7 or 8 riders. Yarra bike path to South Bank, Port Melbourne, or Botanic Gardens (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013.

Eastern Veterans Cycling Club
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Alpine Classic

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eastern veterans cycling club

Newsletter February 10, 2002

February 2 Yarra Junction Graded Scratch Races

After one fine day on Friday, Yarra Junction returned to its usual overcast drizzly conditions, which meant that only 30 diehards braved the conditions and raced. Continuing drizzle while the riders warmed up persuaded the officials to shorten the race from the usual 2 laps to 1. The rain cleared when the races started and conditions were near ideal, temperature of about 19-20° and little or no wind. The shortened races meant that the pace was on from the start and all grades recorded fast times. Graeme Parker never reached the road and created some sort of record by puncturing twice in the school grounds! New rider Ian Milner missed the start of the combined A/B grade and raced with C Grade, winning easily. This was no surprise to those who ride with Ian of a Sunday morning and are in awe of Ian's prowess on the bike. Ian rode across Australia with Graham Cadd last year and no doubt will return to A Grade next week. Another

new rider, Peter Morris stayed with D Grade without any trouble.

In a combined A and B Grade Michael Pitrun, who seems to win whichever grade he is in, won from Rudy Joosten and Martin Stalder. In C Grade, Peter Wykes, not long up from D Grade and Graeme Arthur in his first road race, followed Ian Milner home. In D Grade Mick Dewdney tried to establish some sort of record by leading the whole way. He took off in earnest at the turn and was in front for about 10 or 11 km before the bunch caught him, mainly due to the hard work of J C Wilson. Alan Cunneen tried to sneak away with about a kilometre to go, but was swamped on the line by J C Wilson, in a well deserved the win, from David McCormack with Leon Bishop and Keith Bowen dead heating for third. In E Grade, John Tunney, who looks too young to be in E Grade, won from 'Mr Consistent' John Porter and Ken Pollard.

RESULTS

	First	Second	Third
A/B Grade (5)	Michael Pitrun	Rudy Joosten	Martin Stalder
C Grade (9)	Ian Milner	Peter Wykes	Graeme Arthur
I Grade (11)	John C Wilson	David McCormack	Leon Bishop/Keith Bowen
I Grade (4)	John Tunney	John Porter	Ken Pollard

OFFICIALS

Helpers today were Alan Sandford, Jenny Fairbanks and Graeme Parker with Glenn Archer and Colin Smythe on the drinks. Thanks very much to you all.

The judges received a pleasant surprise when Gordon Mallett, whose house they were standing outside waiting patiently for the finish, came and enquired what they were up to, on being told, he very kindly brought them a cup of coffee. This is a change from the abuse we sometimes get from motorists and is good to see.

TODAY (Sunday 10 February)

It's the Eastern vs Southern Challenge at AFL Park, one hour graded scratch races starting 9.00 am.

NEXT WEEK

Back to the Park again next week for graded scratch races.

VVCC Championships

The VVCC State Criterium Championships are on Sunday 17 February. Entries close 6.00 pm Monday 11 February. No entry fee, make sure your entry goes in today.

Eastern Vets Program

Saturday February 9	No Racing due to the Eastern vs Southern Challenge on Sunday		
Sunday February 10	9.00 am	AFL Park	Eastern vs Southern Challenge
Saturday February 16	2.00 pm	AFL Park	Graded Scratch Races
Sunday February 17	9.00 am	AFL Park	VVCC Criterium Championships

Southern Vets Program

AFL Park, 9.00 on every Sunday morning and 6.00 pm Thursday evening. Graded Scratch Races

Northern Vets Program

Sunday February 10	9.30 am	Toolernvale	48 km Alan Anderson Handicap
Sunday February 17	9.30 am	Latrobe Univ	Criteriums 1½ hours
Sunday February 24	10.00 am	Trentham	45 km Trentham Hotel Handicap

STUART CAMPBELL AT THE WORLD CHAMPIONSHIPS AUSTRIA 2001

'St. Johann im Tyrol'. For a veteran cyclist it has the same magic ring as Wimbledon for a tennis player, Everest for a mountaineer and The Grand Final for an Aussie Rules aficionado. Once a year this small Austrian town, midway between Innsbruck and Salzburg, plays host to the official World Masters Road Championships. For a week the hotels, cafes and surrounding roads are filled with cyclists of all nationalities and their families and this is the Kingdom of the bike. For a bikie it must be the closest thing to Heaven on Earth - and the great thing is you don't need to be a superstar to take part. I should know, I've been propping up the rear end of the result sheet for over a decade. And how often do you get the chance of combining a holiday in wonderful Alpine scenery (which meets the full approval of the lady of the house) with the opportunity of riding the bike every day.

Living in the UK never presented any problem - after all, in Aussie terms 1000 km was just around the corner and the trip across Europe, taking in the Champagne area of France and Southern Germany's Black Forest was worthy of a holiday on its own. However, the extra distance involved, combined with the important restraint of the time that could be wangled off work, precluded going to the Southern Austrian town of Deutchlandsberg for the preceding weeks World Cup Races until this year.

A trip back to Europe had been planned with St Johann penciled in as one of the aims - especially as an English ex club mate and long time friend, whom we'd be staying with in the UK, was thinking along the same lines and if we were going to Austria why not go the full trip and grace Deutchlandsberg with our presence. Ron Neiwand, whom I had first met at St Johann in 1991, kindly arranged my entries to both Deutchlandsberg and St. Johann and all I had to do was get fit !!! The one downside was that the Hon Newsletter Editor got wind of my plans and made me promise to write an article (I did tell him

that if everything went as in previous years I could do the St Johann section there and then as I knew precisely where I'd be waiving goodbye to the bunch).

The fitness 'master plan' quickly disintegrated as we wine and dined our way around Europe, with the result that the World Cup races were approached with a minimum of kilometres in the legs - but at least I could use those races as preparation for St Johann.

The Preliminaries, Deutchlandsberg

For some reason I'd got it into my head that Ray King, while extolling the virtues of Deutchlandsberg, had told me that the courses were fairly flat compared to St Johann and I foolishly passed this on to friend Geoff who, due to pulled muscles while reinstating his fence (I've been telling Jennie for years that gardening can be dangerous), was even more unfit than me. I can only assume that I didn't have my hearing aid adjusted properly that day, or had been over indulgent in the red wine department.

With the first race the day after our arrival we hadn't had much of a chance to review the course but the 6/7 km ride out to the start confirmed our understanding - hardly any gradient of note. The 70 km course consisted of one and a bit laps of a 30 km circuit and then out past our hotel to Eibiswald, a few kilometres from the border with Slovenia. The circuit wasn't bad - one hill which played havoc with the legs and found us off the back of the main peloton but not alone - and as we passed the hotel and our ever patient wives, what lay ahead didn't overly concern us - how foolish can you get? The last 20 km were a b*****. The temperature was around 30 deg, the hills went on forever and to crown it all severe cramp (from which I normally don't suffer) had me walking up one of the last hills - but at least I did it under my own steam - the guy

in front was pushed all the way by an onlooker. Unfortunately there was no one to render the same service to me. Suffice to say that when I crept over the finish line it was to the complete ignorance of the judges who were disappearing to the local hostelry. The only comment was from a local whose announcement - roughly translated - indicated that the man who 'locked up' had eventually arrived.

The following morning was two-up time trial day. Had we given it more thought Geoff and I could have ridden as a team, but were more than happy to let our respective wives drag us round in the 'Her and Him' category and we even got presented with trophies at the prize presentation - from none other than Italian cycling legend Gianni Motta. Like everybody else he seemed to thoroughly enjoy himself at these daily events where food, drink and 'oompah' music were the order of the day. For me the only remaining event, two days later, was the aptly named mountain race, 3 km in length - 2 down and 1 up. Purgatory with a capital 'P'. As might be expected the crowd were at the top of the climb with an unhindered view down the final kilometre with its 15% gradient. The vocal encouragement was great and sheer pride saw me nipping past two riders almost on the finishing line to drag myself away from the 'lanterne rouge' zone. My particular race was won by Queenslander Chas Matters, with a further four Aussies (including me with hon Aus status!!) in the field of eighteen.

In fact Australia was well represented in most races with a strong contingent of Southern vets in a group organised by Dennis Bowen-Day and over the week were regular visitors to the presentation podium. Debbie Hobbs in particular being left with the enviable problem of wondering how to get the many trophies home. Funnily enough, although having ridden with Southern and Eastern vets for over a year, the first time I actually met Dennis, Debbie, Martin Fluendy, Bruce Will and Kevin Wigham was in Deuthlandsberg's main street outside the best ice cream parlour in town. And when Ray and Dawn King arrived we almost had enough for an AGM !! If proof was needed that the world can be a small place Martin and I discovered that we both lived in the same area of the UK in the early 60's. There were two local cycling club's - he'd been in one and I the other.

The Main Event St Johann

With the end of the week it was a transfer en masse to St Johann. We'd thoroughly enjoyed Deuthlandsberg. The weather had been kind and

the ambience that builds up when cyclists from a multitude of nations get together had been great. St Johann, I knew from previous experience would be good with what I consider to be a more high profile organisation but Deuthlandsberg had a unique 'folksy' kind of appeal - probably because its not such a highly commercialised tourist area. Certainly we were greeted with a genuine friendliness wherever we went and the organisation while slightly 'laid back' couldn't be faulted.

St Johann on the eve of the race week was again exactly as I remembered it. Posters in virtually every shop window left you in no doubt as to what was about to take place. The barriers were in place down the finishing straight and just about every car had a bike rack fitted. The only people looking perplexed were some English coach parties who, on their Tour of Alpine Austria, were probably wondering what they'd stumbled into.

There are two distinct categories of racing at St. Johann, The World Cup, now in the 33rd year and the UCI official Masters World Championships. Sunday - Tuesday are Cup days, Wednesday is the Worlds' Time Trial and Thursday - Sunday the World Road Champs. All races are categorised by age and have big fields. With four groups for the ladies and twelve for the men it gives some idea of the total number of entries. Again, all fields are multi national.



Stuart at the top of the climb.

All races use the same course, covering one, two or three laps depending on age. The first big climb

comes almost immediately the town is left behind and near the top the atmosphere is reminiscent of the Tour de France - big crowds and names on the road. Any idea that the vets will ride themselves in is quickly dispelled as the pace hots up in the neutralised period. As forecast I found myself in my usual place in both road races - the second group, (in the end I finished 74 out of 130) but what the hell, I was on holiday, wasn't going to win anyway and could at least try to out sprint those I was with. As it happened I was second to a Frenchman both times, but at least got the better of various riders from Germany, Austria, Italy, Denmark, South Africa and Australia (I did say it was multinational).

The time trial I will draw a veil over. I always hated them at the best of times and wouldn't normally have ridden, but Ron Neiwand having pre-entered me as an Australian, I didn't want to appear as a non starter. On my standard road bike and surrounded by riders with low profile bikes that were shining examples of the bike construction industries finest, I felt quite self conscious on the starting ramp. More concerned at not falling as I swooped down the ramp (after all this has even happened in the Tour de France), I was pleased to make a 'clean' exit. The course was an out and back 20 km on a totally closed road, with a short climb up to the turn. In fact it was initially quite eerie to be on a completely traffic free road with only the odd rider coming towards you (and two overtaking), but I do wonder how many actually rode the whole 20 km. Twice on looking ahead I was alarmed to see a rider coming towards me on my side of the road almost in the gutter as they cut the corner and one rider overtook me hard in the opposite gutter taking the shortest possible way round the bend. There were referee's cars at points down the course but all starters appeared to get a finishing time so perhaps this is an accepted practice.

Perth's Bruce Hosking was staying in the same apartment building as us and was looking to repeat his success of 2000. Bicycling Australia reckoned he was in with a good chance - unless Eddy Merckx turned up. Well Eddy didn't but a certain Danny Clark put in an appearance and Bruce had to settle for silver. He was obviously disappointed but quite philosophical about the result. However on the following Sunday he did a superb ride to take silver

in the road race with Danny in the bronze medal position and was probably as pleased with that as his time trial win the year before.

Apart from Danny's win the cream on the cake for the Waverley Park regulars was Debbie Hobbs' win in the time trial and second place in the road race - they don't come much better than that. It was with mixed emotions that I heard the road race result for the winner was a fellow Brit, Anne Plant, whom I'd wished good luck the day before. Debbie's problem in getting the cups back to Oz was, like the size of the trophies, increasing but much better she now had a rainbow jersey as well and there's not many of those handed out.

Of the local contingent Bruce Will and Kevin Wigham both managed top twenty places in their road race and picked up trophies, while Martin Fluendy should have got one for bad luck. Looking comfortable as the race hit the last two kilometres he, along with a few others, was delayed when two riders touched wheels and fell. Getting back on probably took his hardest effort of the race but the finish was too near for him to figure in the result. Ray King, looking untroubled from our vantage point on the hill, took 26th in his race, while Dennis Bowen-Day and David Sturt both got top twenty places in the time trial.

All in all a great fortnight, probably the nearest thing to Utopia for a racing cyclist - although I use the term loosely in my case. How often to you get to compete on virtually closed roads, in a multinational field where the ambience doesn't end when the finishing line is crossed. There's the evening prize presentations, the meeting up with friends from previous years and a great holiday place to boot. I've yet to meet anyone whose been disappointed - other than with their actual finishing place of course.

This year Australia was well represented. 2002 might be different with the Worlds Masters Games being held in Melbourne, but then again they're in October which gives you plenty of time to get over the jet lag.

If you want any information on the dates etc. for 2002 I'll be pleased to provide them when available (check out their website site www.masterswm.org).

Stuart Campbell



eastern veterans cycling club

Newsletter February 16, 2002

February 10 Eastern vs Southern Challenge

The weather gods conspired against us again, when miserable conditions at AFL Park resulted in a cancellation of the Eastern vs Southern criterium challenge. This was a great pity as Eastern riders had turned out in force.

This event will be held on Sunday 24 February at 9.00 am. Eastern Veteran's racing will be as usual on Saturday 23 when the Division 1 Madison (A, B and C grades) will be held. Other grades will have graded scratch races. The Madison was a top event last year, with Division 1 being decided on the final sprint of the day.

TODAY (Saturday 16 February)

One hour graded scratch races with intermediate sprints commencing 2.00 pm.

VVCC Championships

The VVCC State Criterium Championships are on tomorrow Sunday 17 February. Starting times are:

- 9.00 am Men 75+, 70-74, 65-69, Women 50+, 45-49
- 10.15 am Men 60-64, 55-59, 50-54, Women 40-44, 35-39
- 11.30 am Men 45-49, 40-44, 35-39, Women 30-35
- 1.00 pm Presentations

NEXT WEEK

Back to the Park again next week for the Division 1 Madison and graded scratch races.

Eastern Vets Program

Sunday February 10	9.00 am	AFL Park	Eastern vs Southern Challenge
Saturday February 16	2.00 pm	AFL Park	Graded Scratch Races
Sunday February 17	9.00 am	AFL Park	VVCC Criterium Championships
Saturday February 23	2.00 pm	AFL Park	Division 1 Madison and Graded Scratch Races
Sunday February 24	9.00 am	AFL Park	Eastern vs Southern Challenge
Saturday March 2	2.00 pm	AFL Park	Division 2 Madison and Graded Scratch Races

Southern Vets Program

AFL Park, 9.00 on every Sunday morning and 6.00 pm Thursday evening. Graded Scratch Races

Northern Vets Program

Sunday February 17	9.30 am	Latrobe University	Criteriums 1½ hours
Sunday February 24	10.00 am	Trentham	45 km Trentham Hotel Handicap
Sunday March 3	9.30 am	Toolernvale	Age Championships
Sunday March 10	No Racing		

TRAINING/CAPPUCINO RIDES

Interested in some easy training rides, including a coffee break. Then the following might be of interest.

Sunday Morning

St Kilda to Frankston and return. Starting at the corner of Beach Road and Wentworth Avenue at 8.00 am. Approximate distance 75 km. Enquiries to John Macleod 9722 1522.

Tuesday Morning

This ride is now becoming popular, with 7 or 8 riders. Yarra bike path to South Bank, Port Melbourne, or Botanic Gardens (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013

Kinglake Challenge

Many of you will have ridden from St Andrews to Kinglake and will know the climb well. For those who haven't done the climb, the road is narrow and winding, with not much traffic. The climb is about the same grade as the "1 in 20" (well, perhaps a bit steeper, but not much) to the "Tanks" (concrete tanks at the side of the road), but it then steepens up quite a bit. From the base of the climb at the road sign and the finish at the Shire of Murrindi sign just before the round a bout at Kinglake, a distance of 7.4 km, Kevin Turley's best time is 21 min 24 sec.

Will be interested if anyone can better Kevin's time (no cheating now). If there any challengers, I will keep a record of best climbs in the various grades. By the way Cadell Evans can do this climb in 17 min 35 sec.

Annual Meeting

The annual meeting is coming up soon on Monday 4 March. Yes we have reverted back to meeting on a Monday. If you would like to have a say in how the Club is run, this will be your chance. Hope to see you there.

Club Trailer

Thanks to Greg Molesworth, the trailer has now been painted and it now has a spare wheel thanks to Nick Hainal. Soon we are hoping to have a sign writer finish it of in the Club colours.

Service Industries Listing

It is up and running on the Clubs website. Calling all carpenters, plumbers, electricians, gardeners, accountants, financial planners insurance agents, computer experts, etc etc, if you are not yet listed, see Leon Bishop or Keith Bowen. Don't take pot luck when looking for a tradesman, this way we can put you in touch with some one you know and can trust (?), a veteran cyclist.

Eastern Veterans Cycling Club
Proudly Sponsored by





eastern veterans cycling club

Newsletter February 23, 2002

FEBRUARY 16, GRADED SCRATCH RACES AFL Park

After a couple of really hot days, Saturday was overcast and drizzly in the morning, but without rain in the afternoon which made for excellent conditions. 59 riders turned up, which was excellent in view of the fact that the Championships were on Sunday. There were a few around who felt that they had a chance on Sunday, taking it easy, the rest thought that there was little point in saving themselves for Sunday.

Russ Edwards won the money in A Grade, with the judges being unable to split Mark Wallace and Brett Morton for second.

I told you a while ago that it doesn't matter which grade Michael Pitrun rides in, he wins. He was at it again today, winning B Grade from Steve

Fothergill, who seems to have found his enthusiasm for racing again and Mario Cordedda.

C Grade had the biggest field and Graeme Arthur second a fortnight ago in his first road race won from Graeme Parker, L Telfer and Steve Oberg.

D Grade had a bit of stop start race as several riders tried to get off the front and then the pace would slow down to a crawl. E Grade managed to pass during one of the 'crawl' phases and stay in front for one or two laps. In the sprint Keith Bowen won from a fast finishing Mark Granland, followed by Tony McKay and Glenn Archer.

E Grade saw Luis Laguna win from John Tunney and the evergreen John Porter.

Results *Graded Scratch Races*

	First	Second	Third	Fourth
A Grade (6)	Russ Edwards	Brett Morton Mark Wallace Eq		
I Grade (8)	Michael Pitrun	Steve Fothergill	Mario Cordedda	
C Grade (19)	Graeme Arthur	Graeme Parker	L Telfer	Steve Oberg
I Grade (15)	Keith Bowen	Mark Granland	Tony McKay	Glenn Archer
I Grade (9)	Luis Laguna	John Tunney	John Porter	

Officials

Our thanks go today to Graeme Parker, Jenny Fairbanks, Jacqui Cordedda, John Merrony, Rhonda Wykes and Chris Pola. Also to the drinks team of Steve Fothergill and Glenn Archer who are now providing a variety of drinks including top shelf stuff.

Tomorrow

Don't forget the Eastern vs Southern challenge. We had a very good turn out a fortnight ago when the races had to be postponed because of the wet weather, make sure you come in the morning and see if we can win the shield back from Southern.

A SPECIAL THANKS

Colin Smythe is progressing well after his collapse while racing on Thursday night. Colin is in the Monash Medical Centre and the medicos are still trying to find out what happened. A very special thanks goes to Gery Egbers, first man on the spot, Bill Upston and to the medical team of Alan Cunneen, Matt Johnson and David Downing who brought Colin back from the brink. Just to show that there is some justice in the world, Alan then went on to win the race.

Unfortunately our medical and paramedical members have been called on too frequently over summer, to provide assistance when there has been a fall. On behalf of all riders I would like to express our deep gratitude to all those who have helped out in these circumstances and in particular, the three mentioned above. It is comforting for the rest of us to know, that in the event of a fall, trained help is at the most, only a grade away.

Eastern Vets Program

Sunday February 24	9.00 am	AFL Park	Eastern vs Southern Challenge
Saturday March 2	2.00 pm	AFL Park	Division 2 Madison and Graded Scratch Races
Monday March 4	8.00 pm	Maroondah Club	Annual General Meeting
Saturday March 9	2.00 pm	AFL Park	Metropolitan Criterium championships
Saturday March 16	2.00 pm	AFL Park	Club Championships
Saturday March 23	2.00 pm	AFL Park	Club Championships

VVCC Championships

Congratulations to Eastern Vet winners and place getters in last weeks VVCC Championships. Ken Woollard first 75+, Alan Sandford first 65-69, Martin Stalder second 55-59, Rob Graham first 50-54, Ian Milner third 35-39. Rob's ride was the ride of the day, breaking away after 10 minutes and increasing his lead to win by more than the length of the straight.

AT LEAST ONCE IN A LIFETIME MICHAEL PAULL AT THE TOUR DE FRANCE 2001

Two weeks before the Tour was to start I was lying in bed on a pleasant Sunday morning and mentioned to Elsie that Simon was going to England to visit his mother and possibly head to across to France to catch a stage or two of the Tour. "Why don't you go", she said and that's what started the ball rolling.

Next thing we know it's off to France, a cyclists dream, not just to catch up with any stage, but the mecca of racing the "Alpe D'Huez".

We landed at Heathrow at 12.30 pm Saturday, 14 July, then the bus to Gatwick to find accommodation for the night before our flight to Lyon. Upon arriving at Lyon we hired a car, Simon navigating and me at the wheel (LHD) in rain all the way to Grenoble which would be our base for the next few days.

After a 1½ hour drive (on the wrong side of the road) we finally arrived at the Grenoble Comfort Inn. Upon checking in we asked if our room had cable TV so we could get a good nightly coverage of the Tour, and you guessed it, we were in luck.

Once the unpacking was finished and making ourselves at home, it was off to familiarise ourselves with the city layout. Life being very quiet on a Sunday afternoon, it was into the one of the many cafes. As we sat down we suddenly realised that the time had come to see how good our school French was. To our amazement it must have worked because we received what we had ordered and yes the French make great coffee. Eventually moving down the road, the rains came again and we ducked into an open doorway which happened to be one of the local bars and to our good fortune Stage 8 was

being televised live right before our very eyes. We ordered a beer and made ourselves comfortable for the final hour, two Australians in a French bar watching

another Australian leading a French race. O'Grady finished 5th, but overall leading the Tour by 4m 32 from Francois Simon.

Both Simon and myself felt pretty good about an Australian leading the Tour, but the rest of the patrons were too under the weather to realise what was happening in the world of cycling.

Finally making our way back to our hotel, completely soaked to the skin, we dried ourselves off, had dinner and then watched a full report of the stage on our wonderful cycling TV.

Monday July 16 Stage 9 Pantarlier to Aix les Bains 185 km

On the road by 8.30 pm and we are off to Aix les Bains, approximately one hours drive north up the freeway. The city is situated at the edge of a very large lake, the site of the finish. We manage to park our car close to the finish area in preparation for the festivities later in the day.

Once again on foot we make our way into town, banners and barriers are being put into place in anticipation of the Tour coming to town. First stop is the news stand to buy "L'Equipe", a French sporting paper, then find ourselves a table outside a bar to partake in a morning coffee, read the sporting highlights and just watch the world go by, page after page full page colour photographs, interviews of all the stars, general classification, points of all riders, from the first to the last, eight to ten full pages of cycling information.

Eventually we make our way back to the finish line by 3.30 pm, by now the crowd has swelled to 3-4 deep, the full length of the straight. We manage to secure a position 50 metres from the finish. The parade begins,

free hand outs from sponsors involved, key rings, hats, tee shirts etc. Jazz bands parade down the road, advertising vehicles of all descriptions, then eventually the team buses and cars carrying spare bikes come as the race draws near.

The excitement begins to build as the race commentary comes over loud speakers and on the big screen in the background. McGee has been in a breakaway with two others for quite some time but unfortunately the pressure has been too much. All of a sudden the crowd comes to life with the sight of Sergio Ivanov coming around the last bend and over the line before David Etxebarria, second and Brad McGee a fantastic third, O'Grady is still comfortably in the yellow ---tomorrow is another day, today was just a warm up.

Making our way back to Grenoble with the rest of the crazy crowd takes time as it seems that even many of the team buses are booked in further out of Aix les Bains.

Tuesday July 17 Stage 10 Aix les Bains to Alpe D'Huez 209 km

Well to say I was excited was an understatement, I didn't sleep well at all, knowing we had to be up early to get a good position on the climb up Alpe D'Huez. Up at 3.30 am and ready to go. Simon was not impressed with my over enthusiasm. I'm sure at first he would have preferred a few extra hours sleep, but at the day progressed his opinion changed.

We headed off into the darkness and stopped at an open bakery to get supplies for the day. Oh! the French know how to bake and we took full advantage of their stock.

5.15 am arriving in the dark at Bourg D'Oisans, the town situated at the bottom of the Alpe D'Huez, we proceed to drive up to find a place to park the car, by the time we came to the second bend in the road, it is clear that parking may not be so easy, there are tents, vans and cars already parked in preparation of the day's events. We drove on to approximately 10 km from the top and parked down a track by a small church which just happened to be next to a café/bar on the main road to the top. It happened also to be open, so in we went for coffee and croissants. We were not the only enthusiasts there at this time of the morning, with us were Germans, Italians and Dutch all waiting with excitement for the day's drama to unfold.

A brisk walk up the Alpe D'Huez to check out the best vantage points and watch the sun rise with the Alps in the background, capped with snow. The further up we went the we realise that it must have been some party been last night. Fires still smoking, bottles, paint cans and brushes all over the edge of the road. The painters had been extra

busy, riders names and national flags were painted all up the road. It was wonderful to see such enthusiasm. No wonder Lance loves it here, this place is bigger than Texas.

We reach the village of D'Huez by 7.00 am, enjoying the view with yet another coffee, what a hard life we travelers have?

Making our way back down we notice a steady flow of traffic is slowly ascending the Col. We grab our day packs, food and cameras and head back to our selected position to view the race, which has a wonderful view of snow capped mountains in the background with the road snaking its way up the mountain, we are able to see approximately 6 km away.

As we make ourselves comfortable, the people begin to arrive in great numbers, next to us a group of seasoned Dutch enthusiasts complete with tables, chairs, umbrellas, music and plenty of food and drink settled in.

By 11.00 am the motor traffic had ceased, but a steady stream of cyclists of all shapes and sizes, old and young, even parents riding up Alpe D'Huez towing baby trailers (no mean feat), people walking carrying children. The weather was perfect, the venue unbelievable, excitement building minute by minute, it is the place to be if you are into cycle racing.

By this stage I was glad to sit for awhile because we must have walked at least 15 km with another 5 km to go back down at the end of the day.

Time went by quickly watching the hordes of spectators taking up their positions on the Col, we also ran into a few friends from Blackburn and Carnegie CC's.

At about 3.00 pm the advertising carnival began slowly ascending Alpe D'Huez handing out all sorts of bits and pieces, drinks, ice creams etc. Then the team buses and support vehicles, the roar of several helicopters and away in the distance a small dot coming up the valley, the first cyclist Laurent Roux surrounded by motor bikes carrying photographers, TV cameramen and police. We could hear the radio reports, who was in front and who was in the chasing bunch. About 5 minutes went by before Roux reached where we were standing. The crowd clapped and cheered, waved flags and encouraged his progress, but he still had about 8 km to go to reach the finish.

Everyone was waiting in anticipation and timing the arrival of Armstrong who had dropped the rest of the chasing group just after the beginning of the climb. A minute or so went by and Armstrong appeared to the roar of the spectators, flags waving, people running along side of him. Such a wonderful sight as he spun that 39 x 23

with such fluency. More time went by, then up came Ulrich, Beloki and Moreau, all with a distinctly different pedalling style to that of Armstrong.

As the riders passed in small groups the crowd applauded their efforts, then the large bunches came through, some with as many of 40 riders, the green jersey of Zabel, but no yellow of O'Grady. Another bunch goes by and struggling just of the back is the courageous O'Grady definitely spent but determined not to give up. Riders came by in ones and twos for the next 30 minutes or more and the crowd cheered every one of them, to be part of this spectacular was something not to be missed.

As the road began to clear the crowd began their exodus back down to Bourg d'Oisans and the road turned into a speedway for all the down hill racers making their way between cars and pedestrians, a great spectacle in itself.

We made our way back down to the Café come Bar to have a few beers while the crowd thinned out before we headed off back to Grenoble, finally arriving back at our hotel by 9.30 pm. A huge day having arisen at 3.30 am, but a fantastic spectacle and a fortune spent on film.

Once back at the hotel, on went the TV to get a full coverage of the days racing, it was a amazing to note the crowds of people, we were on the final climb and the road was full of spectators, but what you don't realise is that there were three climbs that day and all were packed with spectators, as well at every village and town along the route. It is unbelievable the number of people in Europe who spend part of their summer vocation travelling all over France to watch the race.

Wednesday July 18 Stage 11 Individual Time Trial 32 km from Grenoble to Chamrousse

A sleep in at last, breakfast at a leisurely pace, but outside the rain comes down.

Part of the Tour Cavalcade



Equipped with raincoat and camera it was off to catch the tram to the city centre and the famous Grenoble Velodrome, the scene of many six day bike races. The rain eventually stops and the sun appears. We climb the rear steps of the car park to overlook the array of trade buses and team cars covered in bikes, both road and time trial machines. Moving on through the crowd oaf spectators, police and souvenir vendors, we found our way to a bar (yes I know, we spent a fair bit of time in them), with first story windows overlooking the start area. It was a great place for photos, with riders escorted by motor cycle police and team cars pass by at 2 minute intervals. Tearing ourselves away from the bar we make our way further along the road and make ourselves comfortable by taking a few chairs from you guessed it a bar, order a beer and sit by the road with a group of Belgium enthusiasts also enjoying the good weather, beer and the race.

The crowd in the street swells as the big stars begin to appear, Merckx, Borgard, Sevilla, Ulrich, Armstrong, O'Grady and Simon. Reading about these great riders is one thing, but actually being there and only a metre away is something else.

Well our time is up, the last rider has gone past to make his way to Chamrousse approximately 28 km away, the spectators begin their trip home, we pack up our gear and it's off to England once again and then on to the Isle of Man for a few days watching more international racing.

Our little adventure was finally over, but it won't be the last, I recommend it to all of you, if you have the time and few dollars to splash, it's the spectacle of a life time.

Jan Ulrich followed by Beloki and Moreau on the Alpe D'Huez climb.





eastern veterans cycling club

Newsletter March 2, 2002



**SEE YOU MONDAY NIGHT MARCH 4
AT THE ANNUAL MEETING.
MAROONDAH CLUB 8.00 PM.
OFFICE BEARERS TO BE ELECTED
IMPORTANT MATTERS TO BE DISCUSSED.
MAKE SURE YOU ARE THERE**

FEBRUARY 23, DIVISION 1 MADISON

Overcast conditions saw 44 riders taking part in the Division 1 Madison and Graded Scratch Races.

The Madison rules are a bit complicated, 60 laps of the small circuit (500 m), starting with a Grand Prix for 20 laps (both riders participating), with sprints every 5 laps, followed by a 10 lap chase with only one rider on the track at a time and to conclude, 30 laps (one rider on the track at a time) with sprints every 5 laps. Sprint points are 5, 3, 2 and 1 with double points for the last sprint.

Last year the Division 1 Madison was decided in the last sprint when Peter Oziemski won from Steve Di Tullio. This year it looked all over in the first sprint. By the time it came around after 5 laps Mark Mex had a lead of about 100 to 150 m and looked determined to keep it. Keep it he did, winning every sprint in the Grand Prix 20 lap session.

In the second session the gap had opened up to half a lap or more and the spectator's interest was held by wondering whether Mark and his partner Nick Panou, who last year had Peter Oziemski as a partner (Nick knows how to pick them) would lap the field. However the gap opened and closed

depending on whether Mark or Nick was on the

track. Eventually the gap closed with 10 laps to go, through the efforts of Mario Cordedda, Ivan Collings, Matt Johnson and Mark Wallace. By this time Mark and Nick had won every sprint. In the last two sprints they could only manage second. The final result, Mark and Nick 49 points from Mark Wallace and Ivan Collings 22 and Matt Johnson and James Harris 21. Mark and Ivan showed how important the double points for the final sprint were, at that stage they had 12 points compared to Matt and James who had 18. A win to a third for Matt and James gave them second place by a point. Surprisingly no team tried the 'arm sling' on the change, every one seemed to just do the gentle tap as they went past. Watch out next week for Graeme Parker who will sling his partner into action. Last year Graeme and Frank Barlow had the change down to perfection and lapped the field.

After the high speed action of the Madison the remaining riders raced in graded scratch races for 45 minutes. C Grade saw Michael Paull win from Graeme Parker with Peter Wykes third. D Grade continue to share the results around with Glenn Archer winning from John C Wilson and Keith Bowen. In E Grade newcomers in John Tunney, Robert Riley and David Johnson filled the places.

Results

	First	Second	Third
Madison	Mark Mex Nick Panou 49	Ivan Collings Mark Wallace 22	Matt Johnson James Harris 21
C Grade (12)	Michael Paull	Graeme Parker	Peter Wykes
D Grade (12)	Glenn Archer	John C Wilson	Keith Bowen
E Grade (5)	John Tunney	Robert Riley	David Johnson

Officials

Running the Madison requires help from a large number of people, keeping track of laps, judging sprints, keeping the score, the following all chipped in to help and enjoyed it, (you really get to see those who are suffering when you are keeping close tabs on the race), Jenny Fairbanks, Neville Williamson, Steve Oberg, Ken Woollard, Frank Barlow, Graeme Parker and Greg Molesworth all under the watchful eye of Alan Sandford. Thanks also to John C Wilson and son Mark got there early and put out the cones and swept the corners.

Eastern vs Southern Challenge

After the cancellation due to bad weather a fortnight ago, 139 riders including 30 from Eastern raced last Sunday morning. Under the official scoring system the result was a comfortable win for Southern (59 to 12), although if we adopt an innovative scoring system, such as those used in the ice skating at the Winter Olympics we could claim victory. We had 27% of the riders but obtained 35% of the places!!! Congratulations to Southern and the Eastern members who were placed, Michael Pitrun (3rd B Grade), Nick Hainal and John Walker (1st and 2nd C Grade), Mark Granland and Pat Dougherty (2nd and 4th D Grade) and Terry Nicholls (2nd E Grade).

Eastern Vets Program

Monday March 4	8.00 pm	Maroondah Club	Annual General Meeting
Saturday March 9	2.00 pm	AFL Park	Metropolitan Criterium championships
Saturday March 16	2.00 pm	AFL Park	Club Championships
Saturday March 23	2.00 pm	AFL Park	Club Championships
Saturday March 30	2.00 pm	AFL Park	Easter Criteriums

Southern Vets Program

AFL Park, 9.00 on every Sunday morning and 6.00 pm Thursday evening. Graded Scratch Races

Northern Vets Program

Sunday March 3	9.30 am	Toolernvale	Age Championships
Sunday March 10	No Racing		
Sunday March 17	9.30 am	Toolernvale	48 km Handicap
Sunday March 24	10.00 am	Ballan	Autumn Festival

“TOUR DE STRATH “

Veterans and Ladies 65 km Cycling Classic Wednesday January 16 2002 - 10-30 am
Prologue to The Jacob's Creek Tour Down Under (Stage 2 finish in Strathalbyn)

This year I was fortunate enough to join 184 other riders to take part in The Tour De Strath, the largest one day Veterans Cycling Handicap ever staged in the Southern Hemisphere and very well organized by Wolfgang Harder and his team.

The course is an anti clockwise loop starting and finishing in Strathalbyn and incorporates Belvidere -- Milang -- Langhorne Creek --Woodchester -- Strathalbyn. The course is flat and open with three rolling hills near the finish.

Limit was 28 mins, with 13 groups making up the field. I was off 8 mins with a couple of other Mexicans.

After leaving central Adelaide nice and early on race day, pre race nerves got the better of me and I

“got us lost.” Rhonda, my wife/domestique/navigator soon had us back on track, with me a little more relaxed for the 60 km drive to the start, but she would not let me forget for a while that, “I” was the one that got us lost!

Strathalbyn, a beautiful old-worldly town was bathed in sunshine at 9.30 when we arrived. The temp being about 27° and the expected top of 33°. Following a bit of pre race preparation chaos, the race got away to a good start with 81 year old former world champion rider Allan McDonald starting the race. My group consisting of 17 went off 20 mins later.

After turning left out of the main straight (the same course later to be used by the Tour Down Under riders) the pace quickly hotted up to 38 kph. The

danger spots were in the first 2 km - the first left hand turn and the railway lines (2 sets) - later to claim 4 riders in the finishing bunch.

To my amazement the pace soon quickened to 42 km/hr. I tried to stay as close to the wheel in front as we worked under the road. The Lieutenant, Russell Grass telling four riders to work harder or f--- off. We were soon swapping turns (with the non-workers dropping off) and the pace went up to 45/46 kph.

At the 24 km mark my heart rate had finally settled at 165 and I felt good. As we passed through Langhorne Creek I quickly admired the vineyards, then the head was down again and I was back up the front doing my turn of pace. We started to catch a few stragglers at this point who couldn't work and were told to f--- off by Mr Grass. He had us working well, but we still hadn't caught the 10 min bunch.

At 38 km our bunch was caught by the following 6 min 30s and 5 min bunches, the pace quickening again.

At 42 km the 3 and 1 min 30 bunches caught us (73 riders in total)

At 44 km the bunch blew apart and the pace was now well over 48 kph, with me feeling well spent.

I rode the last 12 km with David Hoffman off 6 min 30s. We rounded the home turn some 10 mins after the winner to a welcoming crowd. Rhonda was especially glad to see me as there had been a fall on the railway lines earlier, this being announced over the loud speakers.

M Clasholm also collected the prize for fastest time on the day finishing in 1 hour 23 min 33 sec for an average speed of 46.98 km/hr. An incredible effort and not far short of the speed recorded by the pros later that day when they finished in Strathalbyn.

The race was incredibly competitive and fast with many riders recording personal best times for this distance.

The hardest working bunch, acknowledged by many of the place getters at the presentations, was the 1 min 30 bunch who worked well and kept the scratch riders at bay and came through the field to take the majority of the places.

Peter at the finish.



Race coordinator Wolfgang Harder, and his wife Mary have been acknowledged by the Veteran community and riders in the event for their persistent hard work and impeccable organising to stage the event.

Next year can't come around quickly enough, when hopefully, I'll be a bit fitter to have another go at it.

Hope to see you there.

Peter Wykes.

Results

1st M Clasholm	Whyalla	1m 30s	6th J Giles	Cumberland Park	1m 30s
2nd H Macirdy	Renmark	3m	7th S Collis	Kalgoorlie	13m 30s 1st lady rider.
3rd M Smith	Ballarat	3m	8th D Killian	Mitcham SA	5m
4th G Chivers	Largs Bay	1m 30s	9th K Ferguson	West Lakes	1m 30s
5th E Booraccino	WA	6m 30s			

Peter's brother sent the following email (don't you just love brothers)!

Dear Keith

My brother Pete never ceases to amaze me. While I knew about his efforts in this year's "Tour de Strath", he then turns around and plays the very credible journalist. Well done Pete, and have you thought about teaming up with Phil Liggett? Next time, you might like to add "it was around the 12 km mark when Wykes turned the first pedal in anger and then only after a few choice words in his direction from Mr Grass".

Now, I noticed the mark (8 min) that Pete rode off in the "T de S" and I also noticed his present Club handicap (and how he is nearly always in the money). Do they know something about him in Adelaide, that the handicapper is unaware of in Melbourne?

Cheers

Trevor Wykes

Canberra

Annual Meeting

The next Annual Meeting of the Club will be on 4 March, 8.00 pm at the Maroondah Club. Make sure we see you there, we need your help to run the Club. All members are welcome.

TRAINING/CAPPUCINO RIDES

Interested in some easy training rides, including a coffee break. Then the following might be of interest.

Sunday Morning

St Kilda to Frankston and return. Starting at the corner of Beach Road and Wentworth Avenue at 8.00 am. Approximate distance 75 km. Enquiries to John Macleod 9722 1522.

Tuesday Morning

This ride is now becoming popular, with 7 or 8 riders. Yarra bike path to South Bank, Port Melbourne, or Botanic Gardens (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013.

Kinglake Challenge

Many of you will have ridden from St Andrews to Kinglake and will know the climb well. For those who haven't done the climb, the road is narrow and winding, with not much traffic. The climb is about the same grade as the "1 in 20" (well, perhaps a bit steeper, but not much) to the "Tanks" (concrete tanks at the side of the road), but it then steepens up quite a bit. From the base of the climb at the road sign and the finish at the Shire of Murrindi sign just before the round a bout at Kinglake, a distance of 7.4 km, Kevin Turley's best time is 21 min 24 sec.

Will be interested if anyone can better Kevin's time (no cheating now). If there any challengers, I will keep a record of best climbs in the various grades. Mick Dewdney has accepted the challenge and come back with a time of 20 min 10 sec. Any more challengers? By the way, we think Cadell Evans' time for this climb is 17 min 35 sec.

Summer Points Score

Name	Points	Place
Peter Wykes	35	1
Phil Thompson	32	2
Brett Morton	29	3
John Wilson	28	4

Mark Granland	27	5
Colin Smythe	26	6
Keith Bowen	24	7
John Porter	23	8
Ian Smith	23	8
J C Wilson	23	8



eastern veterans cycling club

Newsletter March 9, 2002

MARCH 2, DIVISION 2 MADISON

Chaos and Confusion at the Park

Again overcast conditions kept our numbers down, with 37 riders taking part in the Division 2 Madison and Graded Scratch Races.

Division 2 (mostly C and D graders) raced under modified Madison rules with 45 laps of the small circuit (500 m), starting with a Grand Prix for 15 laps (both riders participating), with sprints every 5 laps, followed by a 10 lap chase with only one rider on the track at a time and to conclude, 20 laps (one rider on the track at a time) with sprints every 5 laps. Sprint points are 5, 3, 2 and 1 with double points for the last sprint. The new lap counter, kindly supplied by James Harris meant you could always keep track of how many laps were to go

The pace was on from the start with Roman Suran and Mike Tilley leading the charge and soon had the field split into two, C graders out in front with the D graders quickly left behind by 100 m or more by the time of the first sprint. Those at the back soon decided that if they had a rider in the front group there was no point in chasing, those who did not have a rider in the front group likewise decided that bridging the gap was probably an impossible task.

In the Grand Prix session Roman Suran and Glenn Archer cleaned up, winning two of the sprints and coming third in the other one. Colin Morris and Ron Stranks were not far behind, winning one and second in the other two.

The 10 lap chase session was when the 'Master Blaster' madison riders in Graeme Parker and Frank Barlow exerted their authority and showed the rest how it was done. Changing every lap, compared with the rest of the field who changed every two and using the arm sling, they quickly lapped most of the field.

From then on it was a case of chaos and confusion, with riders spread out all round the track, the judges had a nightmare trying to keep track of who had been

lapped and in the end, whether it was by two or three laps and who was in the sprint. Pride prevented anyone from admitting that they were three laps down, so the judges kindly amended the scores so that no one was more than two down. Of course it didn't matter, the Master Blasters lapped every one and also won the most points. Second was the team of Roman Suran and Glenn Archer, one lap down and 16 points (benefitting greatly from those points early in the race) with Mike Tilley and David McCormack also one lap down, but with only four points coming third. For the rest it didn't matter, Michael Paull and Rod Hay won the final sprint and collected 15 points for the day, Colin Morris and Ron Stranks 13 and Greg Molesworth and Domenic Schipano 11.

The good news for Division 2 riders is that in the event of another Madison being held, the Master Blasters have decided to take on the A and B graders. Since they seem to be the only team to have mastered the arm sling change they should do well.

A chaotic, but a totally safe day's racing, the only fall being Glenn Archer in the warm up when he slipped on some mud on the track.

The Madison is a great event, thoroughly enjoyed by the participants and all it requires is sprinting ability and quick recovery. Hopefully, when we get a replacement for AFL Park we will have more.

Following the Madison the remaining riders raced in graded scratch races for 45 minutes. A Grade saw Ross (Russ, what is his name?) Edwards win easily from Michael Pitrun, who must surely by now be a permanent A Grade rider and Northern visitor Michael Sparke. In B Grade Ian Smith and Chris Ellenby did a runner, winning from John Wilson who won the bunch(?) sprint. In the sprint for the line in E Grade, master sprinter Don Ferguson won from Steve Short and David Johnson.

Results

	First	Second	Third
Madison	Graeme Parker Frank Barlow	Roman Suran Glenn Archer	Michael Tilley David McCormack
A Grade (5)	Ross Edwards	Michael Pitrun	Michael Sparke
I Grade (7)	Ian Smith	Chris Ellenby	John Wilson
I Grade (7)	Don Ferguson	Steve Short	David Johnson

Officials

With the spread out field the officials job was almost as hard as that of the riders, well almost. Today's helpers were, Jenny Fairbanks, who is doing a sterling job each week, not only as an official but keeping up the supply of lollies, the humbugs were a great hit Jenny, Steve Fothergill, James Harris and David Johnson all under the tight control of Alan Sandford. Thanks also to John C Wilson who got there early as usual and put out the cones and swept the corners.

Today

It is the Graded Criterium Championships. No prior entry, just turn up on the day and enter.

Next Week

Club Championships start next week and will be held over two Saturday s.

Eastern Vets Program

Saturday March 9	2.00 pm	AFL Park	Metropolitan Criterium championships
Saturday March 16	2.00 pm	AFL Park	Club Championships
Saturday March 23	2.00 pm	AFL Park	Club Championships
Saturday March 30	2.00 pm	AFL Park	Easter Criteriums
Saturday April 6	2.00 pm	Steels Creek	Autumn Road Race

Southern Vets Program

AFL Park, 9.00 on every Sunday morning until March 31 and 6.00 pm Thursday evening. Graded Scratch Races
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Northern Vets Program

Sunday March 10	No Racing		
Sunday March 17	9.30 am	Toolernvale	48 km Handicap
Sunday March 24	10.00 am	Ballan	Autumn Festival
Sunday March 31	No Racing		

CLUB NEWS

OFFICE BEARERS FOR 2002

The following people were elected at the Annual General Meeting on Monday 4 March.

President	Alan Sandford 9878 3087	Treasurer/Public Officer	John Macleod milo@alphalink.com.au
Vice President	Ian Smith 9887 1690 seDIRS@alphalink.com.au	Handicapper	Graeme Parker 9728 8087
Secretary	Keith Bowen 9439 8013 keithb@rabbit.com.au	Assistant Handicapper	Alan Sandford 9878 3087
Asst Secretary	Neville Williamson 9427 9750	Club Captain	Steve Fothergill 9730 1644

Summer Points Score

Name	Points	Place
Peter Wykes	35	1
Phil Thompson	32	2
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Ian Smith	23	8
J C Wilson	23	8

AFTER THE PARK, WHAT NEXT?

As we all know, in a few months (the latest advice from Mirvac is sometime after April) racing will no longer be possible at AFL Park Waverley.

Following Jim Taylor's hard work over many months to find an alternative venue, a committee has been formed to continue the work. Known as **BASE** (Bicycle Association of South Eastern Melbourne) the committee is chaired by John Nicholson and has representatives from Eastern, Southern, Carnegie Caulfield, BMX, mountain biking and others. The committee recognizes the importance of keeping everyone informed – we all know how good cyclists are at spreading rumours! This is the first of a series of brief progress reports.

The primary objective of **BASE** is to come up with a venue with sealed tracks suitable for our needs. Obviously these facilities don't exist at present, so interim venues are being investigated. The ideal facility will cost a lot of money, so government assistance is being sought. The State department of Sport and Recreation has funding programs to assist councils and peak sporting associations to provide facilities, but it takes around two years to receive funds after a project is approved. There are a couple of other difficulties, the cost of land is not funded and bucket loads of money have just been thrown at cycling (Vodafone and the new indoor track at Northcote). Our chances of gaining government funding will be vastly improved by proposing a regional facility which caters for different forms of cycling; these can be included at little extra cost (BMX and a mountain bike course). Our needs for racing will be paramount, but welcoming use by the public for recreation will help our cause, as well as introducing new riders to the sport. Briefly, these are some of the things the committee has achieved or is working on:

- Local councils in the region have been contacted to see if they have an interest in providing a suitable site.
- A presentation has been made to one council which has expressed interest.
- We have met with Bicycle Victoria and they have not only given their support, but have also raised our concept with state government.
- Initial concept plans and costings for construction have been obtained.
- Publicity for our needs has been in the local press and ABC radio.
- Contact has been made with the State Minister for Sport asking for an opportunity to meet and discuss our needs.
- Newspapers contacted re publicity.
- Support has been obtained from a very wide range of cycling clubs, national and state coaches and other users of AFL Park.

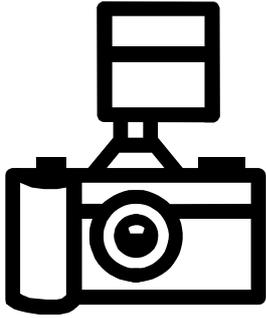
Everyone's ideas and suggestions are welcome, in particular information on possible sites. I may be contacted on 9397 4546 or email me at kegmeg@netspace.net.au.

I will do another progress report soon.

Keep the rubber on the ground!

Kieran Ryan

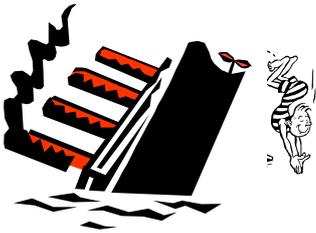
SPEED CAMERA WARNING!!!!



If you travel from the northern suburbs and have abandoned Springvale Road for Middleborough Road and Stephenson's Road, because of the traffic delays, be warned, speed cameras are often located in the stretch of road between Highbury and High Street Roads.

I should know, I have been pinged there twice since Christmas!!!

Yes, I know I am a slow learner, but you have been warned, it is easy to exceed 60 km/hr on this down hill stretch.



Help!!!!

I am running out of articles for the newsletter. If you have any articles, news, race descriptions, members results from non Eastern events, bike bits to sell, pet or regular training rides, advertisements, or anything else that you would like to include, please give it to me on race day, by phone (9439 8013) or by e mail (keithb@rabbit.com.au).

Eastern Veterans Cycling Club
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eastern veterans cycling club

Newsletter March 16, 2002

MARCH 9, METRO GRADED CRITERIUM CHAMPIONSHIPS

In near perfect conditions, rarely seen at the Park for awhile, 85 riders participated in the second Graded Metropolitan Criterium Championships.

I don't know too much about what happened during the races. In Division 1 Rob Graham was in his usual place out in front after 10 minutes or so in an endeavour to beat the sprinters and was later joined by Phil Thompson. They managed to stay away, with Phil winning from Rob and Mark Wallace winning the bunch sprint.

In Division 4 Mick Dewdney continues to give us a hard time and if he ever decides to conserve his energy and not attempt to break away every lap he will cream us. John C Wilson was a deserved winner from David Hill and Mark Granland who is on a bit of a roll third.

The trio of Ken Woollard, Don Ferguson and Luis Luguna took the medals and money in Division 4.

But where were the ladies? Alex Reinehr collected gold in Division 1. Sue Wray and Elaine Parker rode off late in the day for Division 2 with Sue winning the gold.

Results

	First	Second	Third
Division 1 (9)	Phil Thompson	Rob Graham	Mark Wallace
Division 2 (15)	Daryl Annels	Martin Peeters	Brod Taylor
Division 3 (21)	Les Doyle	Rik Wise	Dermot Bulger
Division 4 (18)	John C Wilson	David Hill	Mark Granland
Division 5 (12)	Ken Woollard	Don Ferguson	Luis Luguna
Division 6 (6)	John Donnelly	Jim Taylor	Rod Goodes
Division 7 (4)	Phil Stern	Keith White	Graeme Hocking

Officials

A big team of helpers on the job today, our female supporters, Jenny Fairbanks, Sue Wray, Elaine Parker, Rhonda Wykes and Anne Oberg. In a reversal of the usual roles Ian Smith also cut sandwiches while his wife Stephanie painted the bathroom!!! Strange, but true I believe.

The racing was under the control of Colin Smythe, John Merrony and Ivan Ashton all carefully scrutinised by Graeme Parker and Ian Smith. With the hot weather Steve Fothergill and Colin Smythe were kept busy on the drinks. Colin looked fit and healthy and hopes to get a clearance from the medicos to race again. They are still trying to find out what caused his collapse.

Today

Club Championships start today and continue next week.

Eastern Vets Program

Saturday March 23	2.00 pm	AFL Park	Club Championships
Saturday March 30	2.00 pm	AFL Park	Easter Criteriums
April 1	8.00 pm	Maroondah Club	Club Meeting
April 6	2.00 pm	Steels Creek	Autumn Road Race
April 13	2.00 pm	AFL Park	Autumn Handicap

Southern Vets Program

AFL Park, 9.00 on every Sunday morning until March 31 and 6.00 pm Thursday evening. Graded Scratch Races
--

Northern Vets Program

Sunday March 17	9.30 am	Toolernvale	48 km Handicap
Sunday March 24	10.00 am	Ballan	Autumn Festival
Sunday March 31	No Racing		
Sunday April 7	10.00 am	East Trentham	44 km Pig and Whistle Handicap

A SHORT STORY

In one of his first rides with the Club, Steve Short won the Division 2 Christmas Handicap. In his acceptance speech Steve mentioned something about soccer. Here is Steve's story.

Keith I thought I was going to wither up and die after the Xmas-Handicap on Saturday. I felt really sick at the finish line but I must say I thoroughly enjoyed the challenge. Thank you again Keith for inviting me to join the club and to the entire committee for arranging the races it was a great day. All the members have been very friendly and I appreciated greatly the encouragement I got from the 1st division riders and spectators and especially the congratulations I received from Peter Wykes and Colin Smythe at the end of the race. If I end up half as good a rider as them I will be more than happy.

I am originally from Liverpool England where soccer is more like a religion than a sport. As a young boy my only real dream was to become a professional player like most scousers*. I was taken on by Everton as a school boy which was a dream come true. Unfortunately my dreams never came a reality and they let me go. I played semi professional soccer in England, for teams in the Northern premier league while continuing to study to become design draftsman. Two of my close friends came to Australia to play and in 1977 I was offered a contract to come and join them by a Melbourne club in the state league, so I packed my bags (and boots) and left Merseyside. It was only after three months that I decided this was the place for me and that Melbourne was to be my new home.

I have been very fortunate in my soccer career having played in the state league and national league and being captain of Melbourne Croatia for 5 years winning championships, cup trophies and players awards alike. I have been fortunate enough to represent Victoria against other states and touring sides such as New Cosmos and AEK Athens. During my playing career I took on various coaching Badges and I am a qualified coach. I have coached at a number of levels including coaching the Victorian State sides. I must admit playing for so long has taken its toll on my knees and after four operations I decided enough was enough and my family deserved more of my time.

Now I have a new passion. I have always liked the idea of riding and I would love to ride the Tour De France course just to see how it felt. I admire bike riders so much, they have to do it themselves, you cannot blame anyone if they don't pass the ball properly etc, it's just up to you, you get out of it what you put in. As you know I joined the club to keep fit and stay healthy, I really want to learn about riding. If anyone wants to learn anything about soccer please do not hesitate to ask I would only be pleased to help. Thanks again to the committee and all other members.

Cheers .

Steve Short

* Steve explains the term scouser.

A scouser is someone who is basically born and bred in Liverpool, ie a native of Liverpool. You can usually tell a scouser by their accent straight away "a particular dialect" which is very easy to recognize if you are from any part of England. Scouser derives from the Danish word lobscouse. Lobscouse is the name given to a sailor's dish (meal) of meat stewed with vegetables and ship's biscuit. Liverpool was once the largest and busiest port in England and was often visited by sailors from all over the world. This sailor's dish was frequently served up to visiting sailors in the many bars and taverns within the port along with plenty of ale and some other essentials needed by visiting sailors I would imagine. In Liverpool even today, many homes/families still have the traditional meal of stew served up with plenty of potatoes, which is the influence of the many Irish people who settled in Liverpool.

Cheers

Steve

AGE AND TREACHERY WILL ALWAYS OVERCOME YOUTH AND SKILL.

Glenn Archer sent this one in claiming it reminded him of his early days riding with Eastern Vets.

A farmer goes out one day and buys a brand new stud rooster for his chicken coop. The new rooster struts over to the old rooster and says, "OK old fart, it's time for you to retire".

The old rooster replies, "Come on, surely you cannot handle ALL of these chickens. Look what it has done to me. Can't you just let me have the two old hens over in the corner?"

The young rooster says, "Beat it: You are washed up and I am taking over."

The old rooster says, "I tell you what, young stud, I will race you around the farmhouse. Whoever wins gets the exclusive domain over the entire chicken coop."

The Young rooster laughs. "You know you don't stand a chance old man. So just to be fair I will give you a head start."

The old rooster takes off running. About 15 seconds later the young rooster takes off running after him. They round the front porch of the farmhouse and the young rooster has closed the gap. He is already about 5 inches behind the old rooster and gaining fast.

The farmer, meanwhile, is sitting in his usual spot on the front porch, when he sees the roosters running by. He grabs his shotgun and – BOOM - He blows the young rooster to bits. The farmer sadly shakes his head and says: "Dammit, the third gay rooster I bought this month."

Moral of this story. Don't mess with the OLD FARTS - age and treachery will always overcome youth and skill!!

TRAINING/CAPPUCINO RIDES

Interested in some easy training rides, including a coffee break. Then the following might be of interest.

Sunday Morning

St Kilda to Frankston and return. Starting at the corner of Beach Road and Wentworth Avenue at 8.00 am. Approximate distance 75 km. Enquiries to John Macleod 9722 1522.

Tuesday Morning

This ride is now becoming popular, with 7 or 8 riders. Yarra bike path to South Bank, Port Melbourne, or Botanic Gardens (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013.

Kinglake Challenge

Many of you will have ridden from St Andrews to Kinglake and will know the climb well. For those who haven't done the climb, the road is narrow and winding, with not much traffic. The climb is about the same grade as the "1 in 20" (well, perhaps a bit steeper, but not much) to the "Tanks" (concrete tanks at the side of the road), but it then steepens up quite a bit. From the base of the climb at the road sign and the finish at the Shire of Murrindi sign just before the round a bout at Kinglake, a distance of 7.4 km, Kevin Turley's best time is 21 min 24 sec.

Will be interested if anyone can better Kevin's time (no cheating now). If there any challengers, I will keep a record of best climbs in the various grades. Mick Dewdney has accepted the challenge and come back with a time of 20 min 10 sec. Any more challengers? By the way, we think Cadell Evans' time for this climb is 17 min 35 sec.

Eastern Veterans Cycling Club Proudly Sponsored by
Phone John Walker 9439 5302





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Newsletter March 23, 2002

MARCH 16, CLUB CHAMPIONSHIPS TIME TRIAL

We Are Getting Slower As We Get Older

Again we were greeted with near perfect conditions for the start of the Club Summer Championships, the time trial. Forty four riders decided that a one lap time trial of about 900 m was not too torturous an undertaking.

But shock horror, of the 20 riders who rode the time trial last summer, only 5 improved their times! The big improver was Rudy Joosten (2.69 sec faster), the next best being J C Wilson with a 0.87 sec improvement. The weather could not be blamed, conditions were pretty much the same as last year, warm sunny conditions. Perhaps the course could be blamed, with this year's course being fractionally longer by about 5-10 metres (we started a bit further up the hill last year).

Hard luck stories were Peter Morris who rode off first and took the first left turn. He was not given much time to recover and rode again about 5 minutes later, Michael Paull pulled his foot out just after the start and this obviously accounts for the deterioration in his time from last year, Richard Maggs had to contend with some errant teenage cyclists forcing him to almost come to a stop and John Porter, the second last rider missed the turn and rode an extra

300 m or so. John was not interested in another rerun.

Results

	First	Second	Third
♂ Grade (7)	Peter Oziemski	Michael Pitrun	Dayle Goodall
I Grade (7)	Steve Fothergill	Mario Cordedda	Chris Ellenby
♂ Grade (16)	Colin Morris	Peter Wykes	Nick Panou
I Grade (11)	Keith Bowen	Luis Luguna	Mark Granland
I Grade (5)	Don Ferguson	John Porter	Andrew Ferridge
I Grade (2)	Mike Fisher	Phil Stern	

Officials

Again, thanks to our female helpers Jenny Fairbanks, Sue Wray and Elaine Parker. Without their help a lot of people would not be able to race. The time trial needs helpers and Don Ferguson and Glen Campbell did a sterling job, timing everyone and Geoff Schreppell was there encouraging riders as they struggled to keep up speed as they approached the finish line and judging the scratch races. As usual Graeme Parker made sure everything went according to plan and Steve Fothergill manned the drink eskies.

A scatter diagram of all results is shown below with a trend line. As you would expect, the time goes up as you get older, but you can see how you compare by seeing whether your time is above the trend line (a below average time) or below the trend line (an above average time), sounds complicated but I am sure you can work it out). The stand out performances are the four lowest dots, from left to right, Michael Pitrun fastest on the day, Peter Wykes second fastest, Neil Wray and Ken Woollard. Michael and Ken are about 5 seconds better than the trend and Peter and Neil about 8! Other creditable rides were Phil Thompson and Martin Stalder.

Now for those above the line! No we won't draw attention to you.

Anyway peruse the results and the graph and make up your own story. It is easy to find which dot is yours. Just match you age and your time and compare yourself with the trend. Or, you can calculate it from the following equation:

$$\text{Time} = \text{age} \times 0.3211 + 0.722.$$

The time trial was followed by 45 minute graded scratch races with results as listed below.

Today

Club Championships conclude today with a sprint derby and criterium. In the sprint, riders will be graded according to their time trial times and will ride off in heats, of usually two riders. Winners will advance to quarter, semi-finals or finals, while losers will have a chance of reaching the final through recharge heats. Most riders will get at least two rides.

Eastern Vets Program

Saturday March 30	2.00 pm	AFL Park	Easter Criteriums
Saturday April 6	2.00 pm	Steels Creek	Autumn Road Race
Monday April 7	8.00 pm	Maroondah Club	Club Meeting
Saturday April 13	2.00 pm	AFL Park	Autumn Handicap
Saturday April 20	2.00 pm	AFL Park	Graded Scratch Races (1.5 hr)
Saturday April 27	2.00 pm	AFL Park	Graded Scratch Races (2 hr)

Southern Vets Program

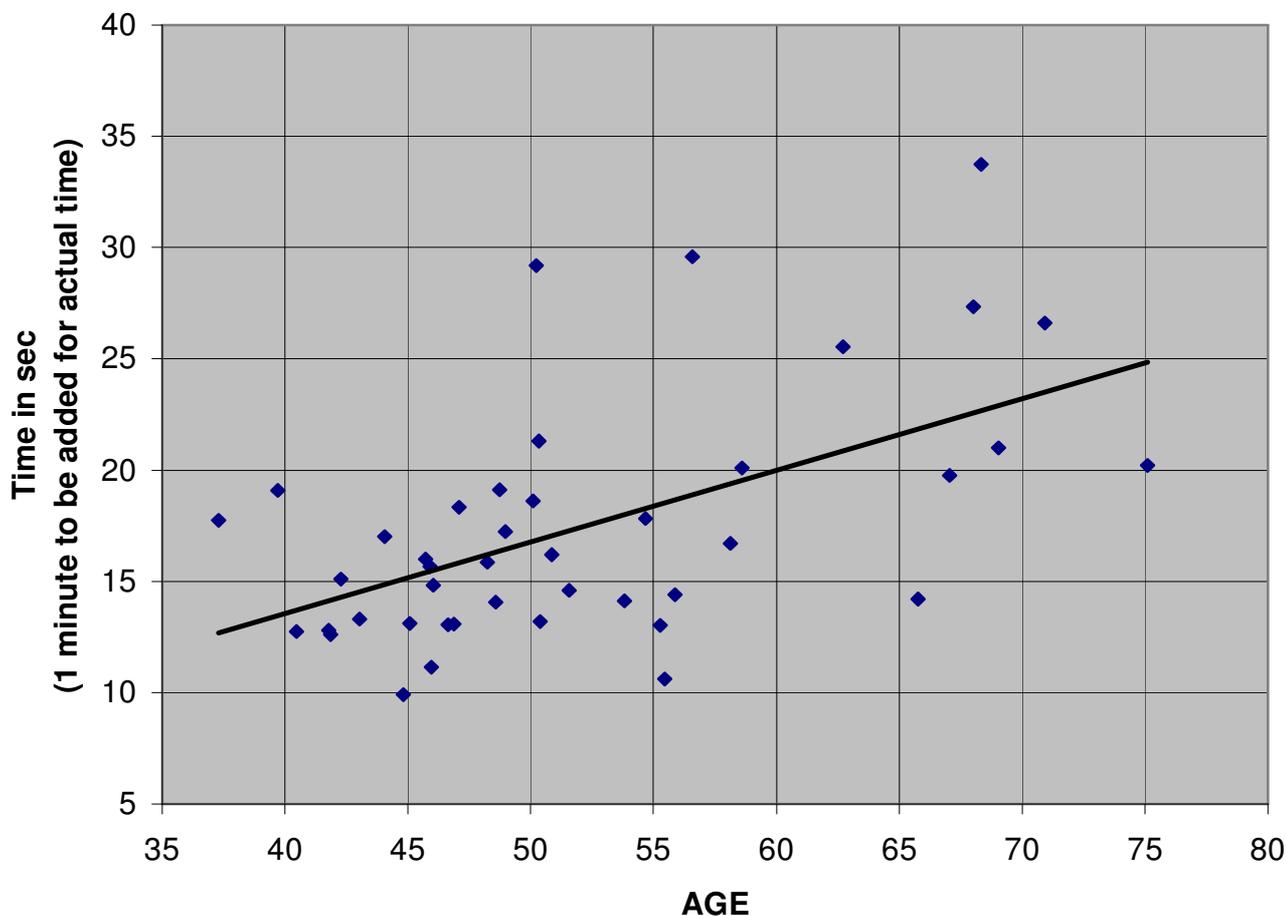
AFL Park, 9.00 on every Sunday morning until March 31 and 6.00 pm Thursday evening. Graded Scratch Races			
Sunday April 7	9.00 pm	Crib Point	Graded Scratch Races
Sunday April 14	9.00 pm	Nar Nar Goon	Graded Scratch Races
Sunday April 21	9.00 pm	Dromana	Graded Scratch Races
Sunday April 28	9.00 pm	Drouin South	Graded Scratch Races

Northern Vets Program

Sunday March 24	10.00 am	Ballan	Autumn Festival
Sunday March 31	No Racing		
Sunday April 7	10.00 am	East Trentham	44 km Pig and Whistle Handicap
Sunday April 21	9.30 am	Latrobe	Graded Scratch Races
Thursday April 25	1.00 pm	Seymour	Benghazi Handicap 64 km

SCATTER GRAPH OF 2002 TIME TRIAL TIMES

For actual time add one minute to the times shown.



2002 and 2001 Time Trial Times

Name	AGE	2002 Time	2001 Time	Change
35-39				
Morris Peter	40	1.19.1		
Tunney John	37	1.17.74		
40-44				
Cordedda Mario	43	1.13.32	1.13.35	0.03
Granland Mark	44	1.17.00		
Oziemski Peter	42	1.12.60	1.10.32	-2.28
Panou Nick	42	1.12.80		
Pitrun Michael	45	1.9.90		
Smith Ian	42	1.15.11		
Tilley Michael	40	1.12.75		
45-49				
Cunneen Alan	49	1.19.11	1.18.06	-1.05
Edwards Ross	45	1.13.12		
Ellenby Chris	49	1.17.24		
Fell Rowan	46	1.15.67		
Goodall Dayle	47	1.13.05		
Hainal Nick	47	1.13.07		
Joosten Rudy	49	1.14.07	1.16.76	2.69
Molesworth Greg	46	1.14.81	1.12.29	-2.52
Preece Hylton	47	1.18.34		
Short Stephen	48	1.15.85		
Thompson Phillip	46	1.11.16	1.10.86	-0.3
Wilson John C	46	1.16.00	1.16.87	0.87
50-54				
Fothergill Steve	50	1.13.20	1.10.26	-2.94
Graham Robert	52	1.14.60		
McCormack David	51	1.16.20	1.12.74	-3.46
Oberg Steve	50	1.18.60	1.18.31	-0.29
Paull Michael	50	1.29.20	1.16.72	-12.48
Simpson Harold	55	1.17.82	1.14.64	-3.18
Suran Roman	54	1.14.12		
Williamson Neville	50	1.21.30	1.21.96	0.66
55-59				
Cranstone Geoff	58	1.16.70		
Ferridge Andrew	57	1.29.60		
Morris Colin	56	1.14.40	1.13.83	-0.57
Stalder Martin	55	1.13.04	1.12.52	-0.52
Wright Clive	59	1.20.10	1.18.53	-1.57
Wykes Peter	55	1.10.60		
60-64				
Maggs Richard	63	1.25.54		
65-69				
Bowen Keith	69	1.21.00	1.20.74	-0.26
Laguna Luis	68	1.27.35	1.22.99	-4.36
Stern Phillip	68	1.33.75		
Stranks Ron	67	1.19.75		
Wray Neil	66	1.14.20	1.14.98	0.78
70+				
Fisher Michael	71	1.26.60		
Porter John*	72	1.56.00*	1.20.17	-35.83
Woollard Ken	75	1.20.20		

* John Porter took the wrong turn.

CLUB NEWS

MEETING DATE CHANGED

Club meeting will be held on Monday April 8, (not April 1, which is Easter Monday) at the Maroondah Club Ringwood at 8.00 pm. See you there, important matters to be discussed.

ROSTER

Due to the shortage of officials it has been decided to implement an officials roster commencing with the winter road season. More details later.



Congratulations to Angie and Mick Dewdney on the arrival of Silas (the cyclist?) Edgar on Monday 18 March. Mother and baby both well and father thrilled to bits. Young Silas weighed in at 8½ lb. D graders are secretly hopeful that now Mick will be losing a bit of sleep, he might ride a bit more slowly on the front.

TRAINING/CAPPUCINO RIDES

Interested in some easy training rides, including a coffee break. Then the following might be of interest.

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Kinglake Challenge

Many of you will have ridden from St Andrews to Kinglake and will know the climb well. For those who haven't done the climb, the road is narrow and winding, with not much traffic. The climb is about the same grade as the "1 in 20" (well, perhaps a bit steeper, but not much) to the "Tanks" (concrete tanks at the side of the road), but it then steepens up quite a bit. From the base of the climb at the road sign and the finish at the Shire of Murrindi sign just before the round a bout at Kinglake, a distance of 7.4 km, Kevin Turley's best time is 21 min 24 sec.

Will be interested if anyone can better Kevin's time (no cheating now). If there any challengers, I will keep a record of best climbs in the various grades. Mick Dewdney has accepted the challenge and come back with a time of 20 min 10 sec. Any more challengers? By the way, we think Cadell Evans' time for this climb is 17 min 35 sec.

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Newsletter April 6, 2002



**SEE YOU MONDAY NIGHT APRIL 8
MAROONDAH CLUB 8.00 PM.
MONTHLY GENERAL MEETING IMPORTANT
MATTERS TO BE DISCUSSED.
MAKE SURE YOU ARE THERE**

MARCH 30 GRADED SCRATCH RACES AFL PARK

In what may turn out to be the last Club race at AFL Park, 26 riders turned up for graded scratch races on Easter Saturday. Notwithstanding the small fields, the racing was very competitive. Peter Doonan took off in A Grade with two laps to go, but was chased down by Phil Thompson with Michael Pitrun winning the bunch sprint for third. There was another breakaway in C Grade with Peter Burchall winning from Nick Hainal and Nick Panou just

getting third in a blanket finish. D Grade saw a new rider Rob Davis (soon to be in C Grade) winning from Wilf Tampaline and Mark Granland who did his best to get away. E Grade saw John Porter winning from Rod Goodes and Maureen Upston.

Helpers on the day were Graeme Parker, Steve Oberg and Ron Stranks.

MARCH 23, CLUB CHAMPIONSHIPS SPRINT AND CRITERIUM

Phil Thompson and Dayle Goodall Lapped? I'd like to see that!

Strange but true, in the Criterium for the 45 to 49 age group Phil Thompson and Dayle Goodall were lapped. The culprits were John Walker, Nick Hainal and Chris Ellenby. My sources indicated that Rowan Fell was also there, but I can't work out why he didn't feature in the placings. In fairness to Dayle and Phil, they had probably already worked out the points position and knew that they had a mortgage on first and second.

Anyway before the criteriums came on the sprints were held. In the 40 to 44 Michael Pitrun, despite being a doubtful starter because of a bad back, won both the sprint and criterium and took out the

championship with straight wins (beware the injured cyclist!). Despite coming second in both the sprint and criterium, Mario Cordedda went down by one point to the more consistent Peter Oziemski.

In the 45 to 49 sprints, Nick Hainal didn't listen to the starters orders, that the race was neutral to the first corner and took off from the start. Frank Barlow exercised his referee powers and ordered a rerun. This time Nick behaved himself and won in a sprint

from his opponent Steve Short. In the three man final, Phil Thompson looked to be the winner with 100 m to go, but he was just pipped by Dayle Goodall and Greg Molesworth. The final outcome was Dayle Goodall with Phil Thompson and Nick Hainal, following his blistering ride in the criterium coming equal second.

In the 50 to 54 age group Steve Fothergill won every event to take first from Rob Graham and David McCormack.

Peter Wykes almost managed a clean sweep in the 55 to 59 only to be beaten in the criterium by an ecstatic Clive Wright. This win put Clive equal third with Colin Morris behind Peter and Martin Stalder.

The 65 to 69 age group saw another clean sweep with Neil Wray from Ron Stranks and Keith Bowen a point away in third.

In the race for 70+ John Porter won the sprint and Ken Woollard the criterium giving Ken the championship from John and Mike Fisher third.

Results

AGE GROUP	First	Second	Third
40-44	Michael Pitrun	Peter Oziemski	Mario Cordedda
45-49	Dayle Goodall	Nick Hainal Phil Thompson	
50-54	Steve Fothergill	Rob Graham	David McCormack
55-59	Peter Wykes	Martin Stalder	Clive Wright Colin Morris
65-69	Neil Wray	Ron Stranks	Keith Bowen
70+	Ken Woollard	John Porter	Mike Fisher

Officials

Under the management of new Vice President, Ian Smith racing went off without a hitch. Ian had some capable helpers, particularly Frank Barlow, President of Southern who ran the sprints. Frank's help throughout the summer season has been very much appreciated. Also on the job were Jenny Fairbanks, as usual taking entries and supplying the lollies, Sue Wray, John Merrony, Dick Fox and Ron Stranks judging and whatever else was required. Steve Fothergill and John C Wilson as usual was on the drinks trailer duty respectively.

Today

Today will be a warm up for the road season with graded scratch races at the popular Steels Creek course.

Eastern Vets Program

Monday April 7	8.00 pm	Maroondah Club	Club Meeting
Racing suspended until May 4, due to unavailability of AFL Park. For racing on Sundays see Southern and Northern Vets programs below. Any change will be posted on the website.			
Saturday May 4	2.00 pm	Steels Creek	Graded H'cap Royce Bennett Memorial
Monday May 6	8.00 pm	Maroondah Club	Club Meeting

Southern Vets Program

Sunday April 7	9.00 pm	Crib Point	Graded Scratch Races
Sunday April 14	9.00 pm	Nar Nar Goon	Graded Scratch Races
Sunday April 21	9.00 pm	Dromana	Graded Scratch Races
Sunday April 28	9.00 pm	Drouin South	Graded Scratch Races

Northern Vets Program

Sunday April 7	10.00 am	East Trentham	44 km Pig and Whistle Handicap
Sunday April 21	9.30 am	Latrobe	Graded Scratch Races
Thursday April 25	1.00 pm	Seymour	Benghazi Handicap 64 km
Sunday April 28	9.30 am	Toolernvale	Time Trial

CLUB NEWS

AFL PARK UPDATE

By now you will all know that AFL Park became unavailable from April 2. This was a big disappointment because on the Wednesday before Easter we were advised by Mirvac that we could continue racing until at least the 30 June. On the next day we received advice from the AFL, that racing had to cease until further notice! The reason given was that the AFL would be conducting site investigations that entailed the digging of test pits on a 50 metre grid over the whole site and that 20% of these pits would be on the roads. As a consequence Eastern events for the last three weeks in April have been cancelled. We are not sure whether we will be able to race there again, but we will keep you posted.

In the interim both Southern and Northern are racing on Sunday morning (see above for their programs).

BASE (the group involved in looking for a new site) is meeting with the Minister for Sport and Recreation on Tuesday April, 9.

MARYBOROUGH

Congratulations to Eastern members who were successful at Maryborough in particular Liz Randall and Neil Wray.

Elizabeth Randall, 1st road race and time trial, 2nd 300 m sprint and criterium 50+

Neil Wray, 1st 300 m sprint and criterium 65-69.

Alan Sandford, 2nd 300 m sprint, 3rd criterium 65-69

Peter Oziemski, 1st time trial 40-44

Rob Graham, 2nd time trial 50-54

Lorraine Lloyd, 3rd time trial 50+

Daryl Annells, 4th 300 m sprint 45-49

Mario Cordedda, 4th Road Race 40-44.

MEETING DATE CHANGED

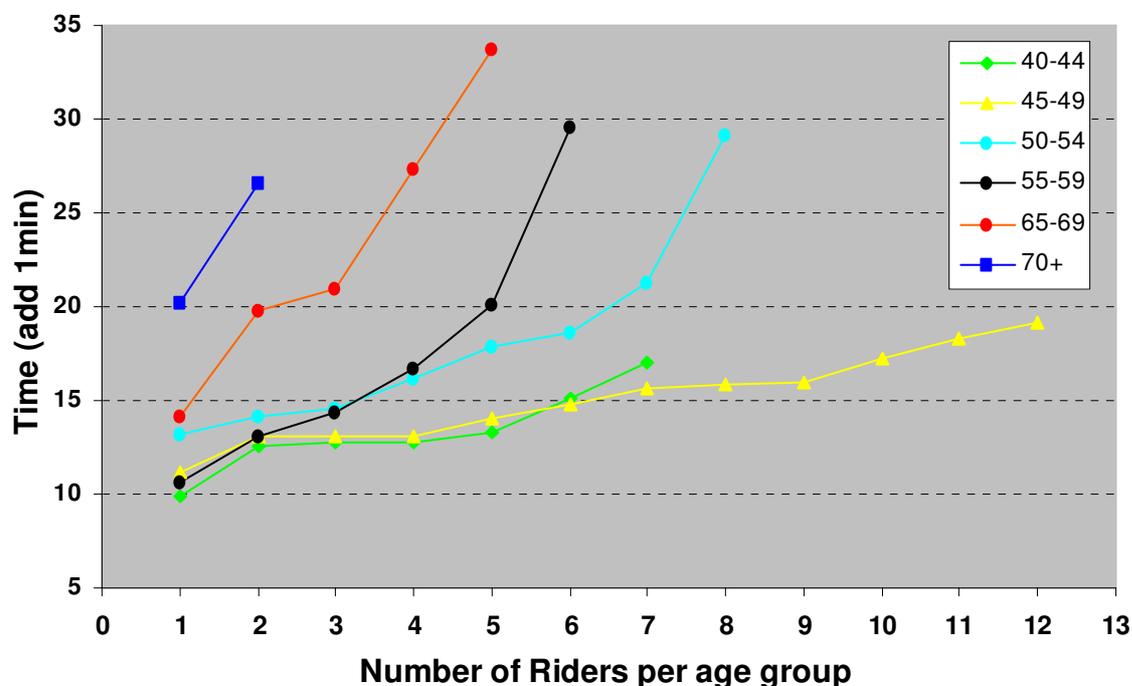
Club meeting will be held on Monday April 8, (not April 1, which was Easter Monday) at the Maroondah Club Ringwood at 8.00 pm. See you there, important matters to be discussed.

ROSTER

Due to the shortage of officials it has been decided to implement an officials roster commencing with the winter road season. More details later.

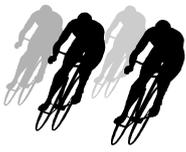
TIME TRIAL RESULTS

Michael Pitrun has been playing with the time trial results from the Club Championship and has come up with the following graph showing the performance in each age group. Conclusions from the graph are, that there is not much to choose between the 40 to 44 and 45 to 49 age groups. The 40 to 44 group is marginally faster, but not by much. By the time you reach the 50 to 54 group you have started to slow down, but trend is reversed for the faster riders in the 55 to 59 group. The fastest two, Peter Wykes and Martin Stalder would have been competitive in the two younger age groups and the next two Colin Morris and Geoff Cranstone in the 50 to 54 age group. Neil Wray and Ken Woollard put in outstanding performances to be much faster than their 'ages' in the 65 to 69 and 70+ groups. Riders in the 35 to 39 (2) and 60 to 64 (1) have been deleted. Their times were slow and spoil a good story! Perhaps they should be inspired by the performance of the older groups. For those who can't match with youth any more, take comfort, you might still be doing better than your age.



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Newsletter May 4, 2002



**SEE YOU MONDAY NIGHT MAY 6
MAROONDAH CLUB 8.00 PM.
MONTHLY GENERAL MEETING IMPORTANT
MATTERS TO BE DISCUSSED.
MAKE SURE YOU ARE THERE**

April 6 Steels Creek Graded Scratch Races

Following an overcast morning, the clouds cleared about 1.00 pm to reveal a perfect afternoon for racing, with the gentlest of a southerly zephyr. In all, 55 riders started in these perfect conditions. It's a while since we have raced on the road and it appeared from the drop outs on the way, that perhaps there had been too much racing at AFL Park and those who had not seen a hill for 3 or 4 months were found wanting.

Ian Milner and Mark Wallace put in a fantastic ride in A Grade, breaking away on the first lap and staying away for 50 km or more. Ian Smith won B Grade from, 'I want to ride C Grade' John Walker and Laurie Baigent. Ian has made remarkable progress in Eastern Veterans. He started racing in E Grade in May of last year, he has now won B Grade and become Club Vice President. The only places he can go are to A Grade and President. Watch this space.

C Grade was one by Nick Panou from Colin Morris in his last ride before the tennis season starts, with Steve Szalla third. There was a strong female contingent in D Grade, as well as a father and daughter combination. For a while in the second lap with Debbie McCoy, Liz Randall and Kayley Ward riding strongly at the front it looked as though they could have filled all three places. Debbie McCoy made the decisive move not long before the turn on the last lap and a bunch of 5 comprising Father Ted (McCoy), Ross Allen (Northern), Keith Bowen and Graeme Parker were able to get away and stay away. Ted and Debbie took off before the bend and were passed by those waiting until the finish line was in sight, before sprinting.

In E Grade, Clive Wright won from the consistent John Porter and John Chadwick. Yes, I know that last week I was writing how Clive was ecstatic about beating A Graders in a sprint in the Club Championships!

Results

	First	Second	Third
A Grade (7)	Mark Wallace	Ian Milner	Phil Thompson
B Grade (10)	Ian Smith	John Walker	Laurie Baigent
C Grade (12)	Nick Panou	Colin Morris	Steve Szalla
D Grade (16)	Ross Allen	Keith Bowen	Debbie McCoy, Ted McCoy (4th)
E Grade (10)	Clive Wright	John Porter	John Chadwick

Officials

Volunteers aplenty today, with Jenny Fairbanks (also supplying lollies as usual, the aniseed rings were all gone by the end of the race and obviously were the most popular lolly) and Graeme Parker taking entries, Mark Granland and father Jack driving the lead car, resplendent with new 'Caution Cycle Race in Progress' sign, Glen Jarvis in the car trailing the field, Colin Smythe turning us around, (Colin seemed to placed a bit closer to the tennis courts than some turning stewards, which was great, as it meant we missed that short bit of very dead road). There was a bevy of judges, Dick Barnes, Gary Binding with Nick Wallace, son of Mark waving the finishing flag. Dick Barnes was

the main man overseeing everything. Steve Fothergill and Glenn Archer as usual were on the drinks. Thanks to you all.

Next Week

Back to East Wandin next week for the first time this year for graded scratch races. The following week is the Hine Hire Classic, so make sure you put your entry in next Saturday to ensure you get the right mark.

Eastern Vets Program

Monday	May 6	8.00 pme	Maroondah Club	Club Meeting
Saturday	May 11	2.00 pm	East Wandin	Graded Scratch Races
Saturday	May 18	2.00 pm	Yarra Junction	Hine Hire Classic Handicap
Saturday	May 25	2.00 pm	Steels Ck/AFL Park	Graded Scratch Races

Southern Vets Program

Sunday	May 5	9.00 am	Somers	Graded Scratch Races
Sunday	May 12	9.00 am	Healey Rd/AFL Park	Graded Scratch Races
Sunday	May 19	9.00 am	Bayles	Graded Scratch Races
Sunday	May 26	9.00 am	Lang Lang	Graded Scratch Races

Northern Vets Program

Sunday	May 5	10.00 am	Seymour	Pat McCallion Handicap
Sunday	May 12	9.30 am	Campbellfield	Criteriums
Sunday	May 19	1.00 pm	Lancefield	Precision Solid Plasterers Handicap 62 km
Sunday	May 26	10.00 am	Puckapunyal	Criteriums

Club News

With no Eastern races over the past few weeks Eastern members had to head off to other clubs to race.

In general club members acquitted themselves well, Ante Sunjo and Colin Morris winning and Rob Graham second to Ante in Northern criteriums at Latrobe University (which looks like a possible course for the summer), Rob fronted again at Northern the next week and streeeted the field in a 16 km time trial at Toolernvale.

At Southern, Greg Molesworth won C Grade at Dromana, Mike Pitrun and Nick Panou won B and C Grades, with Steve Short third in D Grade at Nar Nar Goon. Steve also managed a third at Drouin South.

Ivan Collings had to go further afield getting fifth in a handicap at Central Victorians.

The best result was in the Benghazi on Anzac Day. There was a strong contingent of D Grade Eastern riders in the 22 minute bunch and with help from others in the bunch managed to take out the money. J C Wilson, first, Ken Woollard second, Richard Maggs fifth, Alan Cunneen sixth and Liz Randall first lady.

In contrast to the wet miserable conditions experienced in Melbourne, conditions were perfect for the Benghazi. If you haven't done this race before make a note to do it next year. Big fields and a flat course means that the bunches for the most part work well together. All you have to hope for is a good mark.

Summer Points Score

In the Summer points score Peter Wykes was able to hold on to his lead over Phil Thompson. Keith Bowen and Ian Smith were the fast finishers coming from seventh and eighth at the end of February to finish third and fourth.

Wykes Peter	43	1
Thompson Phil	41	2
Bowen Keith	37	3
Smith Ian	35	4
Granland Mark	34	5
Porter John	33	6
Morris Colin	32	7
Edwards Russ	32	7
Wilson John C	32	7
Wilson John	31	10
Morton Brett	30	11
Tunney John	29	12
Fisher Mike	28	13
Wallace Mark	27	14
Smythe Colin	26	15
Wright Clive	25	16
Oberg Steve	25	16
Parker Graeme	24	18
Pitrun Michael	24	18
Stalder Martin	24	18



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Tuesday Morning

This ride is now becoming popular, with 7 or 8 riders. Yarra bike path to South Bank, Port Melbourne, or Botanic Gardens (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013.



Help!!!!

I am running out of articles for the newsletter. If you have any articles, news, race descriptions, members results from non Eastern events, bike bits to sell, pet or regular training rides, advertisements, or anything else that you would like to include, please give it to me on race day, by phone (9439 8013) or by e mail (keithb@rabbit.com.au).

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Newsletter May 11, 2002

May 4 Steels Creek Royce Bennett Memorial Handicap

Absolutely glorious conditions for our first Royce Bennett Memorial Handicap. Eighty six riders started in what was probably a record field for an Eastern Handicap. The preceding week was not without its dramas, with entries flooding in the original concept of a single event had to be abandoned with the prospect of 50 or more riders sprinting for the finish on the narrow road. To avoid the consequences of such a finish a decision was made to split into two divisions and to enlist the aid of the police in closing the road for the sprint. The benefits of this decision were evident in the sprint for first in Division 1 in particular with 15 or more riders spread across the road.

With a number of new riders there were several adjustments to handicaps prior to the start to try and even up the groups.

In Division 1 (50 riders) the two C groups amalgamated early in the second lap and with several riders doing strong turns on the front looked to have the race won. In the sprint Gary Snell won from Graeme Parker and Hylton Preece. A and B Grades who were about 2 minutes behind joined on the last lap with Dayle Goodall winning the sprint and John Rathberger the fastest time from Mark Wallace.

36 started in Division 2. After the first lap by which time the eventual winner Andy Ferridge was in front, the question was whether he would be caught?

Russell Ward looked as though he might, but decided to call it a day during the last lap and left Andy winning by about 2 minutes. The amalgamated D Graders although closing on a strong E Grade were not able to bridge the gap. Terry Nicholls in his first ride for a while winning the sprint for second from Liz Randall and Kevin Mills in his first race with Eastern. Another first timer in Kerry Ryan won the sprint for fastest time from David De Gama.

Unluckiest prizes went to Ted McCoy, puncturing on the last lap and leaving his bike in the bushes to be collected later, because he did not have a spare tube. Ted thought it was only 8 km out so there was no need for a spare. I guess he won't do that again. In Division 1 it went to Roman Suran, who got lost on the way to the race, was awarded first place by the judges in B Grade, only to lose it when the riders corrected the placings.

In Division 1 Gary Snell averaged about 35.5 km/hr, the scratch bunch 39 km/hr. In Division 2 Andy Ferridge 30 km/hr (a very creditable time for a solo ride of more than 30 km) and the winning bunch about just under 33 km/hr.

This race was an outstanding success and the record turn out was a fitting tribute to memory of Royce Bennett.

RESULTS

	First	Second	Third	Fourth	Fifth	Fastest	Time
Division 1	G Snell 9 min	G Parker 9 min	H Preece 11 min	G Schreppel 9 min	M Paull 11 min	J Rathberger scr	1:14:55
Division 2	A Ferridge 11 min	T Nicholls 5 min	L Randall 5 min	K Mills 5 min		K Ryan scr	1:28:58
Fastest	A D Goodall	B N Skewes	C S Szalla	D D De Gama	E L Lugana	F M Fisher	
Fastest over 50 Div 1	H Simpson		Fastest over 65 Div 2	R Stranks	Fastest lady Div 2	L Randall	

Officials

Today was the first test of our officials roster and it passed with flying colours. All the designated officials turning up or organising a replacement, although Daryl Annels did choose a pregnant woman as his stand in!

Helpers were, in no particular order, Graeme Parker, Lorraine Lloyd, Gary Binding, Dick Fox, Keith Bowen, Jenny Fairbanks, Barry Rodgers, Brendon Rodgers, James Harris, Jacqui Kennedy, Ian Milner, John Macleod, J C Wilson, Steve Fothergill and Glenn Archer. A special thanks to Kayley Ward and Margaret Bennett for the BBQ

and to Steve Fothergill who made the trophy. The grand master of it all was Alan Sandford. Alan's masterful organising skills made the day the great success that it was.

Next Week

Back to East Wandin next week for the first time this year for graded scratch races. The following week is the Hine Hire Classic, so make sure you put your entry in next Saturday to ensure you get the right mark.

Eastern Vets Program

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Saturday	May	18	2.00 pm	Yarra Junction	Hine Hire Classic Handicap
Saturday	May	25	2.00 pm	Steels Ck/AFL Park	Graded Scratch Races
Saturday	June	1	2.00 pm	Yarra Glen Toolangi	Le Tour Classic Handicap

Southern Vets Program

Sunday	May	12	9.00 am	Healey Rd/AFL Park	Graded Scratch Races
Sunday	May	19	9.00 am	Bayles	Handicap
Sunday	May	26	9.00 am	Lang Lang	Graded Scratch Races
Sunday	June	2	9.00 am	Crib Point	Graded Scratch Races

Northern Vets Program

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Sunday	May	19	10.00 am	Lancefield	Precision Solid Plasterers Handicap 62 km
Sunday	May	26	10.00 am	Puckapunyal	Criteriums
Sunday	June	2	9.30 am	Latrobe	Criteriums

Club News



CHANGE TO RACE PROGRAM

CHANGE OF VENUE Caribbean Gardens instead of AFL Park

Permission has been obtained to race at Caribbean Gardens. We will be racing there, instead of AFL Park on those days when AFL Park is shown as an alternative venue on the program. First race will be on May 25 and subject to approval of riders, on June 29, July 20, August 3 and September 21. Enter from FernTree Gully Road, go in behind white anchors Melway 72G7. For these who haven't raced there it is an excellent criterium course, free of traffic, good surface, excellent parking, clean toilets and a great venue to bring the children.

CALLING ALL NATIONAL SERVICE MEN (It will help if you can remember your number)

Steve DiTullio has his ear close to the ground at the St Kilda Road Barracks.

I recently heard of the National Service Medal that has been released in recognition of the contribution to the Australian Defence Force by those people who did national service, I made some enquiries at work with the thought that some Eastern members maybe entitled to this medal and don't know anything of it.

Anyway, what I have found out is that it has now been officially released and anyone who fulfilled their obligation to National Service is entitled to it. The guy who I spoke to said any evidence that people can provide with the application form will

definitely help especially if people can remember their National Service number, that will ensure that records can be tracked very quickly. The downside is that currently there is 50 000 applications sitting in the Honours and Awards section at Victoria Barracks in Melbourne and they are processing them as fast as they can, along with the normal days work they have to do, so it maybe a while before you see anything.

When we get a form we will have some copies available on race days or you can download it from the website.

Royce Bennett Memorial Handicap, Saturday May 4th 2002

Anatomy of an overconfident

I had had a very enjoyable summer of Thursday evening racing at Waverley Park, with steady progress from the back of E grade in November to the midst of the D Grade sprint group in March. The secret had been consistent training with a strong partner (thanks Anthony), and regular outings on the track to get the hang of this "racing thing". As you may have gathered I am quite new at racing, and I am proud to say that it was through Royce Bennett's kind encouragement and obvious enthusiasm, that I became an Eastern member a couple of years ago. My past cycling experience had been very meagre, and I only had a couple of seasons of Audax riding behind me before I rang Royce up one evening and asked him if he thought I had any chance of hanging onto the back of an E grade bunch. Without hesitation Royce encouraged me to come down to Dunlop Road, and I joined in my first criterium.

Due to pressures of work and so forth, over the last 18 months I have only made it out to a couple of Eastern criterium events, and a steady but sparse sequence of Southern's Thursday summer nights. With the closing of Waverley, and the announcement of the Royce Bennett Memorial Handicap for May 4th, I found a great reason to get over to Yarra Glen, and give the Steels Creek Rd course a try.

On the day I felt good. I had done an Audax 400 km event the weekend before and rested all week, so I felt fresh and confident. Some familiar names from Thursday nights were on the list with me, and I was looking forward to giving them some curry in the sprint again. I think the technical racing term for this thought is "putting the cart before the horse". If I need to spell it out, this was my first outing in a road event. Oddly, you don't know what you don't know, so it didn't occur to me that this was a drawback of any sort. I've ridden the Alpine Classic, I know what a hill looks like, and Steels Creek didn't seem to have any to mention. The technical term for this level of (mis)-observation is "green as".

So on the starters order (in D reserve 2 min ahead of scratch) off we went. The group captain was soon calling for a bit of work ethic to be shown, and I was happy to be near the front bunch, looking for a chance to show my colours. At first others seemed reluctant to move around the group, and I found myself over running the riders in front, particularly on down hills. This was rapidly to become my downfall. Only about 5 km out from the start I was running down hill away from the group, propelled only by adrenaline, and soon found out by the next rolling uphill. A couple of those rises going out are steeper than they first seem, aren't they? After the captain expressed his displeasure with my stupidity, my adrenaline bubble was burst, and the next rise saw me drifting off the back of the bunch, never to regain touch again.

Still, as I dug in for a 40 km chase, I had high hopes of grabbing the back of the scratch bunch as they inevitably went past later on. Despite Alan Sandford's encouragement as I rounded the 16 km mark this thought was also overly optimistic as I only held onto the rapid bunch of scratch men for a few hundred metres as they went steaming past (and I thought Dick Fox had a bad back?).

The only other moment of excitement was when the Division 1 finishers overtook me a few kilometres before their chequered flag, and I would have loved to take a tow from them, but that's not cricket is it? I quietly called it quits at the end of my second lap, as I wasn't sure if I was allowed to turn through for another lap with the excitement of the Division 1 finish still in the air (but thanks to the lovely girl who waved the chequered flag at me anyway).

So I am very sorry Royce. I went in over confident, under experienced and under trained for the event and paid the price. But I am happy to report that I learned something, and that my enthusiasm continues. Thanks to the officials and members of Eastern for another enjoyable afternoon of racing that Royce Bennett hoped I would have many of.

Derek Dawkins.



Bikes for Sale

Cecil Walker 54 cm frame (gios blue) Reynolds 531. Ultegra headset and ITM Goccia quill stem (110 mm) ITM Anatomic 330 bars 42" Anodised Seat post.

All 12 months old. Value new at least \$800

Will sell at \$385 ONO

Geoff Diamond Business Tel: 03 9928 3743 Mobile: 0403 047 449

Paconi 55 cm road bike, Sora group set, 105 8 spd levers, Velocity wheels. Everything new, \$945. Also Alex 32 hole wheels, Tiagra hubs, Vittoria tyres \$280. Terry Nicholls, 9436 6268

Wanted

I am a member of the Blackburn Cycling Club and still riding on equipment some 15 - 20 years old. BUT, I have broken a crank and am now having some trouble finding a replacement. I need a "straight" left hand 172.5 road crank that would be able to replace a Sugino Super-Mighty. Hoping you can help. Alan Barnes Secretary Blackburn Cycling Club

TRAINING/CAPPUCINO RIDES

Interested in some easy training rides, including a coffee break. Then the following might be of interest.

Sunday Morning

St Kilda to Frankston and return. Starting at the corner of Beach Road and Wentworth Avenue at 8.00 am. Approximate distance 75 km. Enquiries to John Macleod 9722 1522.

Tuesday Morning

This ride is now becoming popular, with 7 or 8 riders. Yarra bike path to South Bank, Port Melbourne, or Botanic Gardens (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013.

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Newsletter May 18, 2002

May 11 East Wandin Graded Scratch Races

Again absolutely perfect conditions for our first outing at East Wandin. Although road contractors were on the job revamping the intersection on the fast left hander on the descent to the sharp left hand bend. All groups negotiated the intersection safely and a special thanks to the workers on the job who cooperated to ensure that there was minimal interference to our race.

In all there were 61 starters, which is probably a record for East Wandin including three new members who signed up on the day.

In A Grade eight were left in the sprint with Phil Thompson winning from Brett Morton and Roger Byrnes.

B Grade winner Laurie Baigent was seen warming up on a wind trainer before the start won from Nigel Letty who very kindly donated his prize money to a

good cause of our selection and Chris Ellenby who broke a spoke just before the start and borrowed a wheel from Ian Smith.

The biggest field was in C Grade with 19 starters and there were probably a dozen or more still left at the finish. Greg Molesworth who has been in good form winning at Southern a couple of weeks ago winning form new rider Kerry Ryan, Ian DeKam and Peter Ransome.

Numbers were down a bit in D Grade and it looked as though our female riders in Liz Randall and Angela Cash would take the money, but Kevin Mills, another new rider, was too strong in the sprint.

Vic Harney won E Grade from evergreen John Porter and Glen Campbell.

RESULTS

	First	Second	Third
A Grade (10)	Phil Thompson	Brett Morton	Roger Byrnes
I Grade (11)	Laurie Baigent	Nigel Letty	Chris Ellenby
C Grade (19)	Greg Molesworth	Kerry Ryan	Ian DeKam (3rd) Peter Ransome (4th)
I Grade (12)	Kevin Mills	Angela Cash	Liz Randall
I Grade (9)	Vic Harney	John Porter	Glen Campbell

Roster System Works Like a Charm

Racing was under control of the "B team" today comprising Ian Smith and Keith Bowen. They waited in trepidation before the start to see whether the roster system would work and the appointed officials turned up. They needn't have worried. Notwithstanding that three of them, Michael Buckley, Russell Lewis and Paul Robotham had not raced with Eastern this year, they arrived on time to do their duty. The fourth member Steve Oberg worked night shift, but still turned out. So far the roster system is an outstanding success, I wonder who will be the first to miss their turn?

Thanks also to Ian Milner for stopping the traffic so we could use all the road in the sprints. In the place of Steve Fothergill and Glenn Archer, Colin Smythe (the medicos are still trying to find out why Colin collapsed earlier this year) did a sterling job on the drinks.

The Phantom Line Painter

Have you ever wondered who paints the finishing lines on the road, certainly not VicRoads, nor the shire council, but it's Norm Sykes. Norm has been out during the past few weeks refurbishing the finish lines and out early at East Wandin last Saturday sweeping corners. Thanks Norm.

Eastern Vets Program

Saturday	May	25	2.00 pm	Caribbean Gardens	Graded Scratch Races
Saturday	June	1	2.00 pm	Yarra Glen Toolangi	Le Tour Classic Handicap
Saturday	June	8	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	June	15	2.00 pm	Yarra Junction	Graded Scratch Races

Southern Vets Program

Sunday	May	19	9.00 am	Cora Lynn	Handicap
Sunday	May	26	9.00 am	Lang Lang	Graded Scratch Races
Sunday	June	2	9.00 am	Crib Point	Graded Scratch Races
Sunday	June	9	9.00 am	Healey Road	Criterionums

Northern Vets Program

Sunday	May	19	10.00 am	Lancefield	Precision Solid Plasterers Handicap 62 km
Sunday	May	26	10.00 am	Puckapunyal	Criterionums
Sunday	June	2	9.30 am	Latrobe	Criterionums
Sunday	June	9	10.00 am	Seymour	Tom Stewart Handicap 64 km

Next Week



CHANGE TO RACE PROGRAM

CHANGE OF VENUE Caribbean Gardens instead of AFL Park

Permission has been obtained to race at Caribbean Gardens. We will be racing there, instead of AFL Park on those days when AFL Park is shown as an alternative venue on the program. First race will be on May 25 and subject to approval of riders, on June 29, July 20, August 3 and September 21. Enter from Fern Tree Gully Road, go in behind white anchors Melway 72G7. For these who haven't raced there it is an excellent criterium course, free of traffic, good surface, excellent parking, clean toilets and a great venue to bring the children.

There was a stuff up in the production department for the Newsletter last week. The printing staff failed to read the final copy with the result that page 2 was printed twice and the following article by Derek Dawkins missed out.

Royce Bennett Memorial Handicap, Saturday May 4th 2002

Anatomy of an overconfident

I had had a very enjoyable summer of Thursday evening racing at Waverley Park, with steady progress from the back of E grade in November to the midst of the D Grade sprint group in March. The secret had been consistent training with a strong partner (thanks Anthony), and regular outings on the track to get the hang of this "racing thing". As you may have gathered I am quite new at racing, and I am proud to say that it was through Royce Bennett's kind encouragement and obvious enthusiasm, that I became an Eastern member a couple of years ago. My past cycling experience had been very meagre, and I only had a couple of seasons of Audax riding behind me before I rang Royce up one evening and asked him if he thought I had any chance of hanging onto the back of an E

grade bunch. Without hesitation Royce encouraged me to come down to Dunlop Road, and I joined in my first criterium.

Due to pressures of work and so forth, over the last 18 months I have only made it out to a couple of Eastern criterium events, and a steady but sparse sequence of Southern's Thursday summer nights. With the closing of Waverley, and the announcement of the Royce Bennett Memorial Handicap for May 4th, I found a great reason to get over to Yarra Glen, and give the Steels Creek Rd course a try.

On the day I felt good. I had done an Audax 400 km event the weekend before and rested all week, so I felt fresh and confident. Some familiar names

from Thursday nights were on the list with me, and I was looking forward to giving them some curry in the sprint again. I think the technical racing term for this thought is "putting the cart before the horse". If I need to spell it out, this was my first outing in a road event. Oddly, you don't know what you don't know, so it didn't occur to me that this was a drawback of any sort. I've ridden the Alpine Classic, I know what a hill looks like, and Steels Creek didn't seem to have any to mention. The technical term for this level of (mis)-observation is "green as".

So on the starters order (in D reserve 2 min ahead of scratch) off we went. The group captain was soon calling for a bit of work ethic to be shown, and I was happy to be near the front bunch, looking for a chance to show my colours. At first others seemed reluctant to move around the group, and I found myself over running the riders in front, particularly on down hills. This was rapidly to become my downfall. Only about 5 km out from the start I was running down hill away from the group, propelled only by adrenaline, and soon found out by the next rolling uphill. A couple of those rises going out are steeper than they first seem, aren't they? After the captain expressed his displeasure with my stupidity, my adrenaline bubble was burst, and the next rise saw me drifting off the back of the bunch, never to regain touch again.

Still, as I dug in for a 40 km chase, I had high hopes of grabbing the back of the scratch bunch as they inevitably went past later on. Despite Alan Sandford's encouragement as I rounded the 16 km mark this thought was also overly optimistic as I only held onto the rapid bunch of scratch men for a few hundred metres as they went steaming past (and I though Dick Fox had a bad back?).

The only other moment of excitement was when the Division 1 finishers overtook me a few kilometres before their chequered flag, and I would have loved to take a tow from them, but that's not cricket is it? I quietly called it quits at the end of my second lap, as I wasn't sure if I was allowed to turn through for another lap with the excitement of the Division 1 finish still in the air (but thanks to the lovely girl who waved the chequered flag at me anyway).

So I am very sorry Royce. I went in over confident, under experienced and under trained for the event and paid the price. But I am happy to report that I learned something, and that my enthusiasm continues. Thanks to the officials and members of Eastern for another enjoyable afternoon of racing that Royce Bennett hoped I would have many of.

Derek Dawkins.

Time is nigh for 'hell ride'

May 17 2002

Victorian police say a public forum next Monday night (Felix Café, 43 Fitzroy St, St Kilda at 6.30) will be the last chance for a Melbourne cycling tradition known as "The Hell Ride".

The weekly training session is under scrutiny because it attracts large groups of cyclists who often ride at high speed and sometimes flout road rules.

Police, cyclists, VicRoads and four local councils will take part in the forum to discuss the ride, which starts at 7am every Saturday from the bayside Melbourne suburb of Black Rock.

While cyclists admit there are problems with the Hell Ride, they also want to use the forum to encourage better awareness among motorists of riders' rights.

The ride, which takes about 90 minutes, can attract more than 200 cyclists in the summer and world-class professionals such as Stuart O'Grady, Scott McGrory and Anna Millward join in when they are in town.

The Hell Ride started in the 1970s and is a victim of its own success, with some riders treating it as a race to the extent where they ignore red lights and at times even ride on the wrong side of the road. The bunch, sometimes larger in number than the field for the Tour de France, can reach speeds of more than 60 kph as it rides around the bay to a loop at Mt Eliza and back.

Senior Sergeant Brad Hanel, the officer-in-charge at Mordialloc station, said local police had been monitoring the ride for several months.

"We want it to continue, but we also want riders to totally comply with road legislation and for it to be safe," he said. "This is the last chance for the ride."

Sen Sgt Hanel wants the bunch to regulate itself and said if problems continued, police would crack down issue fines.

Jodie Buckey, from the St Kilda cycling club, said motorists as well as cyclists needed to be more sensible.

"Roads are getting busier, noisier, angrier and more dangerous," she said.



eastern veterans cycling club

Newsletter May 25, 2002

May 18 Hine Hire Classic Handicap

The perfect conditions of recent weeks disappeared and it was a return to the cold, windy and potentially wet conditions, that seem to be par for the Yarra Junction course. Nevertheless 48 riders decided to brave the conditions. Fortunately the rain held off and the decent down the hill was surprisingly dry after the rain later in the week.

In the following car you do not get to see too much of the race except those who are dropped off. First to go was, no I won't name you.

By the turn it seemed clear that the scratch bunch, who were not far behind, with a race distance of 66 km and with the strong headwinds on the way back, would feature in the finish. Bret Morton, Peter Doonan and Rob Graham were flying up the hill and they shared the places and fastest time with the remnants of the 3 and 6 minute bunches. We are not sure about Rob's time, there might have been a glitch in the system.

RESULTS

First	Second	Third	Fourth	Fifth	Sixth	Fastest	Time
B Morton Scr	P Doonan Scr	N Letty 3 m	N Skews 6 m	M Peeters 3 m	M Stalder 6 m	R Graham scr	1:43:25

Officials

Officials today were Jenny Fairbanks and Joan Cranstone on the catering, Jenny also was taking entries as usual and supplying the lollies, Michael Paull and Ken Woollard manned the turn, David DeGama drove the lead car and Keith Bowen the following car, Jacqui Cordedda helped with the judging and kept an eye on the second scratch bunch and our friendly local, Gordon Mallet kept the judges warm with tea and coffee while they waited for the riders. Graeme Parker was responsible for the handicaps and David DeGama organised access to the school. Again Alan Sandford did a masterful job of overseeing everything and making sure everything went to plan. A special thanks from the riders to the above people, without whom racing would not be possible.

Next Week

Another handicap next week, the Le Tour Classic from Yarra Glen to Toolangi and return. Make sure your entry is in today or by Tuesday to either Alan Sandford, Graeme Parker (don't forget Graeme gets up at 4.00 am each day, so no calls after 8.00 pm) or by email to Keith Bowen at keithb@rabbit.com.au.

Eastern Vets Program

Saturday	June	1	2.00 pm	Yarra Glen Toolangi	Le Tour Classic Handicap
Monday	June	3	8.00 pm	Maroondah Club	Club Meeting
Saturday	June	8	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	June	15	2.00 pm	Yarra Junction	Graded Scratch Races

Southern Vets Program

Sunday	May	26	9.00 am	Lang Lang	Graded Scratch Races
Sunday	June	2	9.00 am	Crib Point	Graded Scratch Races
Sunday	June	9	9.00 am	Healey Road	Graded Scratch Races
Sunday	June	16	9.00 am	Nar Nar Goon	Graded Scratch Races

Northern Vets Program

Sunday	May	26	9.30 am	Latrobe	criteriums
Sunday	June	2	9.30 am	Latrobe	criteriums
Sunday	June	9	10.00 am	Seymour	Handicap
Sunday	June	16	9.30 am	Toolernvale	Graded Scratch Races

CLUB NEWS

EMAIL CONTACT

I have about 50 email addresses for club members. I am sure that there are others out there that are connected to the internet. If you haven't contacted me recently by email, send me one (keithb@rabbit.com.au) so that I can add you to my list. I will keep you up to date on changes to programs, coming handicaps etc.

DID YOU KNOW?

If you are entering into any of the open events entries must be made through the Club Secretary. No longer can entries be made direct to Harry Tams or the secretary of the club running the event. The best way, but not the only way (verbal or telephone messages are OK) is by email, that way I can forward them on to Harry Tams.

BICYCLE VICTORIA

Application forms are available for the following Bicycle Victoria events.

- **Around the Bay in a Day**, Sunday October 20. Get in early and ensure you get the direction of your choice.
- The **Great Victorian Bike Ride**, 30 November to 8 December. Warrock (35 km north west of Casterton) to Sunbury. Visit Casterton, Hamilton, Halls Gap (rest day), Stawell, Maryborough, Daylesford, Hanging Rock.
- The **2003 Great Tasmanian Bike Ride**, 11 January, 2003. 530 km ride down the east coast of Tasmania.

Forms are in the Club trailer or you can enter through the net at www.bv.com.au.

View from the back - Leon's race

An occasional series

Hine Hire Handicap - Yarra Junction

The weather radar showed no rain, but the forecast was for showers, hail and snow on the surrounding hills later in the day. They wouldn't go over the Powelltown hill would they? "The bump" as the more laconic of the older riders like to call it.

Choice - watch TV, muck around on the computer, or go racing.

I haven't been on the bike all week. My training this week involved lounging about in the gym pretending to do weights and riding the stationary bike for 25 minutes. It would prove to be too little, too late. As I knew it would.

Getting the bike out of the car Glenn Archer approached me saying, "How come you always get such a good mark out here?" The answer to his question would be revealed by the end of the afternoon - because I can't ride hills. Too heavy, too lazy, give up too quick.

Setting off, I was the youngest in my group of four, giving nearly 30 years to John Porter who always amazes me with his dogged determination and his turn of speed. It was John, Dick Maggs, Geoff

Cranstone and me.

"You guys have got a good chance," said Sandy as we waited on the line.

We worked well along the rolling hills to Powelltown, everyone doing a nice smooth turn and I was feeling good. But when we crossed that little bridge and headed up the hill the group work was over.

"We've got a chance if we stick together," said Dick.

"I'll work for a while," was my reply, "but I won't be able to hang on."

"You're doing well," he said encouragingly.

My 'while' was about 2 minutes and the group disappeared up the hill.

It wasn't long before I was starting to blame the bike. Is that the lowest gear? (I must have looked down 4 or 5 times.) Surely I'm dragging a brake. How long since I've had this thing serviced? Maybe the bearings are stuffed.

After that I started blaming my lungs, my legs, my genetic background, my job, the weather; everything except the real culprit - too much eating and not enough training.

I was roused from my daydreaming by the familiar voice of Graeme Parker, "Stay left Leon, riders passing." This was the first in a parade - how could my 13 minute start have disappeared so quickly?

Somewhere down the other side I tagged on the back of a group with my old workmate Nic Skewes, who showed me the same amount of respect as he did when I was his boss - none.

If I could only hang on there till the turn around, maybe I could catch some of those yellow hats who had got away on the hill. Alas, I got dropped.

Harold Simpson appeared and invited me to sit on as he powered past. I could only do that for a few minutes.

After the turn, it was a succession of riders passing. The A grade riders caught up and I hung in the back of the group for about 500 metres. How can those guys go so fast and look so relaxed about it?

It looked like a long lonely ride home until I caught up with Sue Pretto in only her second ride for the club.

"Why do I do these things to myself?" She asked.

We shared turns all the way back and complained together every time the gradient went up. I lost her on the big descent but she caught up quickly. (Watch her move up through the grades in the next few months.)

Homeward bound, I could only think of three things; eating, a hot bath and Sunday morning under the doona. Just to make things easier the wind came up and blew in our faces.

Back at the car park, everyone looked happy and warm. I had to leave. I was going out to dinner and that hot bath was calling me. I resolved to lose weight and train harder. By the time I got to Launching Place, however, I had convinced myself that a Snickers bar wouldn't hurt. I'll start dieting tomorrow.

Now, of course, I should be out riding but it's nice here in front of the fire drinking coffee, eating toast and fooling around with the laptop computer.

Next week it's flat and short. Why train now? Yesterday's hard ride should be enough.

Shouldn't it?

Hell Ride forum update Leadership on the road.

21/5/02 - Melbourne cyclists will develop and sign on to a code of conduct to take more responsibility for road rules and safety - that's the first step to come out of the "Save the Hell Ride" forum hosted by St Kilda Cycling Club at the Felix Bar in St Kilda on Monday.

Riders have committed to observe an informal code of conduct to take personal and collective responsibility for lights, lanes and language while a more formal code is developed.

A number of other practical suggestions for councils, motorists and VicRoads were proposed at the two-hour debate attended by 170 people, and featuring a panel representing Bicycle Victoria, Victoria Police, CycleSport Victoria and both a cycle and motorist representative.

Victoria Police have undertaken to follow up and develop the wide variety of medium to longer-term solutions tabled by involving the broader stakeholder community, including SKCC members.

More details to come.

Joke Corner

Thanks to Liz Randall for the following contribution. (Unfortunately Liz is out of action at the moment, having the misfortune to have a car clean her up and her bike. Liz is training hard for the World Championships and we hope she is back in action soon).

The Washington Post publishes a yearly contest in which readers are asked to supply alternate meanings for various words. The following were some of this

year's winning entries:

1. Coffee (n.), a person who is coughed upon.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), describes a condition in which you absent mindedly answer the door in your nightie.
7. Lymph (v.), to walk with a lisp.
8. Gargoyle (n.), an olive-flavoured mouthwash.
9. Flatulence (n.) the emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.), a rapidly receding hairline.
11. Testicle (n.), a humorous question on an exam.
12. Rectitude (n.), the formal, dignified demeanor assumed by a proctologist immediately before he examines you.
13. Oyster (n.), a person who sprinkles his conversation with Yiddish expressions.
14. Circumvent (n.), the opening in the front of boxer shorts.
15. Frisbeetarianism (n.), The belief that, when you die, your soul goes up on the roof and gets stuck there.
16. Pokemon (n), A Jamaican proctologist.

Bikes for Sale

Cecil Walker 54 cm frame (gios blue) Reynolds 531. Ultegra headset and ITM Goccia quill stem (110 mm) ITM Anatomic 330 bars 42" Anodised Seat post.

All 12 months old. Value new at least \$800

Will sell at \$385 ONO

Geoff Diamond Business Tel: 03 9928 3743 Mobile: 0403 047 449



Paconi 55 cm road bike, Sora group set, 105 8 spd levers, Velocity wheels. Everything new, \$945. Also Alex 32 hole wheels, Tiagra hubs, Vittoria tyres \$280. Terry Nicholls, 9436 6268

Wanted

I am a member of the Blackburn Cycling Club and still riding on equipment some 15 - 20 years old. BUT, I have broken a crank and am now having some trouble finding a replacement. I need a "straight" left hand 172.5 road crank that would be able to replace a Sugino Super-Mighty. Hoping you can help. Alan Barnes Secretary Blackburn Cycling Club



eastern veterans cycling club

Newsletter June 1, 2002



**SEE YOU MONDAY NIGHT JUNE 3
AT THE MONTHLY MEETING
MAROONDAH CLUB 8.00 PM.
HAVE YOUR SAY ABOUT THE SUMMER
PROGRAM
IMPORTANT MATTERS TO BE DISCUSSED.
SEE YOU ARE THERE**

May 25 Graded Scratch Races Caribbean Gardens

Cold, but sunny weather greeted the 54 riders trying out Caribbean Gardens circuit for the first time for a year or more. The general consensus seemed to be that the circuit, particularly in view of the pleasant surroundings and absence of cars, was a good one and subject to agreement of the management we should continue to race there. The only drawback in my opinion is the narrow stretch where both sides of the road are used. At least you can see what is going on in other groups.

The rides of the day, although they were unplaced at the end, were by Ante Sunjo in A Grade and Nigel Bemrose in C Grade. Both are tall strapping types and seemed to be in front of their grades all day. This was only Nigel's second race and I guess he will soon learn that winners seldom do

all the hard work during a race.

The intermediate sprints sorted the field out in some grades, with several dropping off and a few, perhaps thinking that they had no hope at the end, putting in a big effort to go home with some winnings. Norm Sykes with two firsts and Martin Stalder with a first and third were the only riders to feature in both results.

Due to insurance problems the management of Caribbean Gardens will not give us permission for any further races. On race days where AFL Park is shown as an alternative venue, racing will take place on the road circuit listed, not at Caribbean Gardens.

RESULTS

	First	Second	Third
A Grade (7)	Dayle Goodall	Phil Thompson	Mark Wallace
I Grade (9)	Daryl Annells	Nick Hainal	Martin Stalder
C Grade (17)	James Harris	Neil Wray	Graeme Parker 3rd, Hylton Preece 4th
I Grade (10)	J C Wilson	Rod Hay	Eq Leon Bishop Mark Granland
I Grade (7)	Andy Ferridge	John Porter	Eq Ron Stranks Phillip Johns
I Grade (4)	Norm Sykes	Rod Goodes	

Sprints

A	B	C	D	E	F
Ante Sunjo	Martin Stalder	Nick Panou	Geoff Cranstone	Tony Curulli	Norm Sykes

Officials

Thanks to Colin Tessier who kindly donated the prize money for the sprints and to the officials of the day; Liz Randall, Jenny Fairbanks, Tony McKay as judges, Neville Williamson, J C Wilson and son Mark put out the witches hats, Mark and Alan Sandford did a good job on the broom sweeping corners, Rob Graham ensured there were no short cuts taken at the turn, and Glenn Archer and Colin Smythe sold the drinks as usual. Alan Sandford continues to do an outstanding job as the master mind of it all.

Next Week

Graded Scratch Race's at Steels Creek.

Eastern Vets Program

Monday	June	3	8.00 pm	Maroondah Club	Club Meeting
Saturday	June	8	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	June	15	2.00 pm	Yarra Junction	Graded Scratch Races
Saturday	June	22	2.00 pm	East Wandin	Graded Scratch Races

Southern Vets Program

Sunday	June	2	9.00 am	Crib Point	Graded Scratch Races
Sunday	June	9	9.00 am	Healey Road	Graded Scratch Races
Sunday	June	16	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	June	23	9.00 am	Cora Lynn	Graded Scratch Races

Northern Vets Program

Sunday	June	2	9.30 am	Latrobe	Criterion
Sunday	June	9	10.00 am	Seymour	Handicap
Sunday	June	16	9.30 am	Toolernvale	Graded Scratch Races
Sunday	June	23	9.30 am	Toolernvale	Handicap

CLUB NEWS

Caribbean Gardens RIP

Due to insurance problems, the management of Caribbean Gardens will not give us permission for any further races. On the race program, where AFL Park is shown as an alternative venue, racing will take place on the road circuit listed, not at Caribbean Gardens which is what we had been hoping for.

EMAIL CONTACT

I have about 50 email addresses for club members. I am sure that there are others out there that are connected to the internet. If you haven't contacted me recently by email, send me one (keithb@rabbit.com.au) so that I can add you to my list. I will keep you up to date on changes to programs, coming handicaps etc.

WORLD MASTERS GAME UPDATE

Jim Taylor has kindly provided the following information on the program for the World Masters Games. These times and distances are still tentative as the final timetable will depend on entry numbers.

Registration will take place at federation square on thursday and friday prior to racing ie 3 and 4 october.

Remember that riders 30 and over are eligible for these games, so you need to add one to the class you are currently in, eg riders 35 to 39 will be M2 and so on.

CRITERIUMS at Docklands (yet to be finalised as a venue).

Saturday 5 October: M1, M2 and M3 commencing at 8 am with 2 heats of 40 mins for each group with 20 riders into the final. M4 and M5, 12 noon for 35 mins with 2 heats and 18 riders into the final.

Finals for M1 to M5 will be for the same racing time as for the heats, commencing at 2.20 pm and concluding at 5.30 pm.

Sunday 6th October:- W1 to W3 will race for 30 mins. commencing at 8.00 am, no heats just one race.

M6 to M9 (and maybe an M10) will race for 35 mins commencing at 9.30 am and concluding at 11.50 am.

NOTE:- All riders must be ready to start at least 15 mins before starting time.

ROAD TIME TRIAL Friday 11 October, Ballan Road, Werribee. Commencing at 8.30 am in the following order: W3, W2, M10, M9, M8, M7, W1 (should start approximately 9.50 am), then M6 through to M1 with the last rider starting at approximately 2.30 pm. The distance for all groups will be 20 km owing to the large numbers of riders expected.

ROAD RACE at the Botanical Gardens. Approximately 4 km per lap, starting at the reception centre in Birdwood Ave.

Saturday 12 October commencing at 7.30 am with M5 (70 km), M6 (70 km), 11.00 am M7 (60 km), M8 (60 km), M9 (50 km) and M10 (30 km). W1 at 3.15 pm (40 km), W2 and W3 (35 km)

Sunday 13 October commencing 7.30 am M4 (80 km), M3 to M1 (100 km) with M1 starting at 2.40 pm.

TRACK final details for Vodafone Arena will be available after 4 June. However the following will apply.

Pursuit October 7 commencing at 7.30 am with M1 through M10, then W1 to W3. The finals will be that night finishing late.

Sprints and Individual Time Trials October 8 commencing at 7.30 am.

Sprint Finals and Scratch Races (some heats will need to be held) October 9.

Training rides
Caribbean Gardens
Medals



eastern veterans cycling club

Newsletter June 8, 2002

Geologist Hits Pay Dirt in the Le Tour Classic Handicap

Geologist and regular Tuesday morning 'Southbank Cappuccino' rider, Peter Morris got his first big pay out in the Le Tour Classic Handicap last Saturday. Ian Smith won this race last year from limit or near limit and is now in B Grade. Peter may well emulate Ian's efforts!

With the closure of the Melba Highway due to an accident and the Black Spur for road works, the normally quiet Chum Creek Road was a veritable freeway. Never, I am sure have we raced with such heavy traffic. Nevertheless, it all went off without a hitch with the officials at Toolangi (Kerrie Barratt and Kevin Turley) and at the Healesville roundabout (Phil Stern and Ken Woollard) only receiving the occasional message 'teach your cyclists to ride in single file'.

Peter, hotly pursued by ultimate second place getter Phillip Hadfield, steamed up the hill to Toolangi and caught the leaders of F Grade just before the turn. Ted and Debbie McCoy and Greg Dight who were riding very strongly, had left the rest of D Graders behind and at the turn it looked like the winner would be one of these five riders. On the return Peter was able to maintain his lead and win comfortably by about a minute. Ted led Phillip across the line, but unintentionally cut him off in the sprint and was demoted to third.

For the fast 'descenders', the ride back from Toolangi must have been a frustrating one because of the slow traffic. One rider, was seen to pass three four wheel drives on the wrong side. The drivers nevertheless seemed to be happy with his manoeuvre as there was no tooting of car horns.

Despite the inclement overnight weather there was an excellent turn out with 54 starters. Particularly pleasing was the very low proportion of those entering and not starting and the small numbers of those entering on the day.

Hard luck stories were James Harris who found he had a broken frame just before the start (some would say it was good luck to find out before the start of the race and not on the descent at speed) and Kerry Ryan who had two punctures and was waiting patiently beside the road on the way down the hill for a spare wheel from James Harris.

Unfortunately Peter was involved in a nasty fall at Southern on Sunday and apart being battered and bruised is otherwise OK. David Hill who was also involved in the fall was not so lucky, suffering a broken collar bone and fractured ribs. David has been in the wars lately and we wish him a speedy recovery.

RESULTS

	Overall	A	B	C	D	E	F
1	P Morris	B Morton	L Baigent	G Parker	G Dight	G Cranstone	T Hall
2	P Hadfield	A Sunjo	I Smith	S Szalla	D McCoy	M Dickinson	G Lipple
3	T McCoy	D Reynolds	J Walker	G Molesworth	L Bishop	R Stranks	S Pretto
	KOM	Liz Randall					

Officials

The officials had a hard time of it today with all the traffic, none more so than Phil Stern and Ken Woollard who manned the roundabout at Healesville. Not only did they have to cope with cyclists and traffic, but also provide directions for lost motorists diverted off the Melba Highway and trying to find their way to all points north and south. The lead (Michael Pitrun) and tail (James Harris) car drivers also had a hard time of it all protecting cyclists and trying not to unduly impede the traffic. Kerrie Barratt and Kevin Turley were the 'outriders' turning the riders and judging King of the Mountain at Toolangi, although I did think they might have gone a tad further up the hill than usual. Jenny Fairbanks did her usual excellent job of taking entries, running the raffle and providing the food, while Steve Fothergill was back on the drinks. Alan Sandford was again the 'Grand Pooh Bah, and ensured everything went off like clock work under very difficult circumstances.

A special thanks goes to Stephen Chan of Le Tour Cycles for his sponsorship of the event.

Next Week

Graded Scratch Races at Yarra Junction.

Eastern Vets Program

Saturday	June	15	2.00 pm	Yarra Junction	Graded Scratch Races
Saturday	June	22	2.00 pm	East Wandin	Graded Scratch Races
Saturday	June	29	2.00 pm	Yarra Glen	Graded Scratch Races
Monday	July	1	8.00 pm	Maroondah Club	General Meeting
Saturday	July	6	2.00 pm	Yarra Junction	Delmont Hospital Handicap

Southern Vets Program

Sunday	June	9	9.00 am	Healey Road	Graded Scratch Races
Sunday	June	16	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	June	23	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	June	30	9.00 am	Healey Road	Graded Scratch Races

Northern Vets Program

Sunday	June	9	10.00 am	Seymour	Handicap
Sunday	June	16	9.30 am	Toolernvale	Graded Scratch Races
Sunday	June	23	9.30 am	Toolernvale	Handicap
Sunday	June	30	9.30 am	Latrobe	Graded Scratch Races

CLUB NEWS

WEDNESDAY RACING IT'S BACK

Under the skilful management of Jenny Fairbanks, Ken Woollard and Alan Sandford, Wednesday racing has started at the Loop circuit on the Yarra Boulevard (Melway 44G 4), followed by cappuccino at the Studley Park Boathouse. Races start at 10.00 am. Parking is limited near the circuit, so park at the Boathouse and ride up.

Unfortunately there was a fall last Wednesday involving Alan Sandford, Brian Peckham and Ollie Kelly. Two were taken to hospital by ambulance but were discharged by the end of the day. We are extremely fortunate that Alan Cunneen is a keen racing cyclist and is always on hand to administer medical attention when there is a fall. We were doubly lucky on Wednesday, in that Mark Wallace was on standby with his MICA ambulance nearby and was able to give immediate attention to the fallen riders.

NATIONAL SERVICE MEDAL

As advised a few weeks ago, the Anniversary of National Service Medals 1951 – 1972 (ANSM) are now available. For those former National Servicemen who qualify and are interested in their medal I have the relevant application form.

NEW TRAINING RIDE

Wednesday morning easy training rides on road or mountain bikes to the north east of Melbourne. Beautiful scenery and quiet roads. Starting Diamond Creek at 9.00 am. Ring Kevin Turley 9438 1412 before 8.00 pm on the Tuesday night.

MASTERS GAMES MOUNTAIN BIKE TRAINING AND FAMILIARISATION RIDE

Kerry Ryan will be leading a familiarisation and training ride around the mountain bike course at Officer which will be used for the Masters Games. The ride is a 'must' to those who have entered for the MTB event for the Masters Games, but all are welcome. It is planned to do a few 'leisurely' laps to become familiar with the course, following which if you wish you can do some in earnest. There has to be some advantage to local riders, so here is your chance to get the drop on your competition.

Date: Sunday June 23, 9.30 am, meet at the Officer Recreation Reserve Melway 214 J10. (The course is at the Anderson Scout Camp Melway 212 J10, so if you are late make your own way there). The ride will be postponed if conditions are too wet, check your email before you leave home).

NEW CLUB JERSEYS SPONSORS REQUIRED

The Club is considering the purchase of new jerseys and is looking for support from sponsors to reduce the cost of the jerseys. If you would like to be a sponsor and gain additional exposure for your business, then this is your opportunity. The cost of the jerseys represents a considerable outlay for the Club and to get an idea of how many would be purchased, give your name to Stephen Szalla if you are likely to be interested.

More importantly for the moment, if you would like to be a sponsor, contact Stephen on a race day or by phone; 9841 0265, 0419 392 867, or by email to smszalla@hotmail.com.



eastern veterans cycling club

Newsletter June 15, 2002

Winter Arrives for Graded Scratch Races at Steels Creek

The forecast all week had been for cold, windy and wet (rain, sleet and hail) day on Saturday, fortunately the forecast was wrong on the wet account, but dead right for the cold (coldest day of the year) and windy part. Nevertheless, 37 riders thought racing was the better option than watching World Cup soccer in front of the heater. Even Steve Short, our resident soccer guru decided that racing was the better option. Steve tells me that he has watched every match so far through a combination of taping and late nights.

All grades had 6 riders, except for D Grade with 13. In A Grade, Rob Graham put his time trialling skills to the test and was well off the front for at least a lap and a half, until he was run down by the ultimate first and second place getters Brett Morton and Mark Wallace, with Doug Reynolds coming third.

B Grade seemed to stay together with Steve Fothergill

returning to form winning from a consistent Martin Stalder and Ian Smith.

Dave Leversha demonstrated his triathlon talents and was off the front for some time, but was eventually brought back to the fold. Hylton Preece won from Colin Morris, having a holiday from tennis and Jim Harris sporting a new bike following his cracked frame of last week.

Liz Randall showed she has fully recovered from her argument with a car a couple of weeks ago winning D Grade from J C Wilson and Glenn Archer. That was a top effort Liz.

In E Grade new rider Tim Hall and Ron Stranks were too strong on the last half lap leaving the rest of the field behind. Tim Hall in only his second ride again winning this grade from Ron Stranks and Keith Bowen coming third.

RESULTS

	First	Second	Third
A Grade (6)	Brett Morton	Mark Wallace	Doug Reynolds
B Grade (6)	Steve Fothergill	Martin Stalder	Ian Smith
C Grade (13)	Hylton Preece	Colin Morris	Jim Harris
D Grade (6)	Liz Randall	J C Wilson	Glenn Archer
E Grade (6)	Tim Hall	Ron Stranks	Keith Bowen

Officials

Rudy Joosten had the best job, driving the lead car. The rest of the officials had to stand out in the cold waiting patiently for the riders. Roman Suran on his Ducatti speed machine manned the turn, but next time Roman, don't go quite so far out, the course was about 2 km longer than usual and that dead surface past the tennis courts was a killer into the wind. Others on the job were Gary Binding, Steve Oberg, Nick Skewes and Peter Morris. Both Steve Fothergill and Glen Archer were on the drinks, but isn't it amazing that on such a cold day riders still drink beer after a race. Ian Smith and Graeme Parker were the men in charge and ensured everything went off smoothly. Thanks to all of you.

Next Week

Graded Scratch Races at East Wandin.

Eastern Vets Program

Saturday	June	22	2.00 pm	East Wandin	Graded Scratch Races
Saturday	June	29	2.00 pm	Yarra Glen	Graded Scratch Races
Monday	July	1	8.00 pm	Maroondah Club	General Meeting
Saturday	July	6	2.00 pm	Yarra Junction	Delmont Hospital Handicap
Saturday	July	13	2.00 pm	Steels Creek	Teams Event

Southern Vets Program

Sunday	June	16	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	June	23	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	June	30	9.00 am	Healey Road	Graded Scratch Races
Sunday	July	7	9.00 am	Somers	Graded Scratch Races

Northern Vets Program

Sunday	June	16	9.30 am	Toolernvale	Graded Scratch Races
Sunday	June	23	9.30 am	Toolernvale	Handicap
Sunday	June	30	9.30 am	Latrobe	Graded Scratch Races
Sunday	July	7	9.30 am	Toolernvale	48 km Handicap

CLUB NEWS

INSURANCE POLICY

A copy of the insurance policy has recently been received. The following is a **layman's** interpretation of the policy regarding sports injuries. There is also Public Liability cover to \$10 million and Professional Indemnity to \$5 million.

Insured Persons riders, office bearers, committee members, voluntary workers, automatically up to the age of 79. Any riders over 80 must obtain written approval of the insurance company.

Scope Competition and training, world wide.

Coverage 75% of non Medicare expenses and where a claim can be made on a private insurer, the amount by which the expenses exceed the amount paid by the private insurer, up to a maximum of \$1000. Note that non Medicare expenses includes cost of ambulance hire, but not dental treatment unless the injury is to sound and natural teeth.

Loss of income (where the injured person is an income earner) 80% of income up to a maximum of \$300 per week for 52 weeks.

Domestic help (where the injured person is not an income earner) 80% of cost of domestic help up to a maximum of \$300 per week for 52 weeks.

Benefits Maximum of \$50 000 for death grading down to 1% of \$50 000 for loss of use of a toe.

Injury Caused fortuitously and independent of any known or unknown pre existing conditions. Does not include injuries as a result of heat stroke, any cardiac, pulmonary or cerebrovascular incident notwithstanding that they may have been caused by or accelerated by injury.

The message in all this. If you are unfortunate to have a fall, don't expect too much help from your insurance policy. With a maximum of \$1000 for non Medicare expenses, Ambulance cover would seem to be essential (it only costs \$40 per year single or \$80 per family).

WEDNESDAY RACING IT'S BACK

Under the skilful management of Jenny Fairbanks, Ken Woollard and Alan Sandford, Wednesday racing has started at the Loop circuit on the Yarra Boulevard (Melway 44G 4), followed by cappuccino at the Studley Park Boathouse. Races start at 10.00 am. Parking is limited near the circuit, so park at the Boathouse and ride up.

MASTERS GAMES MOUNTAIN BIKE TRAINING AND FAMILIARISATION RIDE

Kerry Ryan will be leading a familiarisation and training ride around the mountain bike course at Officer which will be used for the Masters Games. The ride is a 'must' to those who have entered for the MTB event for the Masters Games, but all are welcome. It is planned to do a few 'leisurely' laps to become familiar with the course, following which if you wish, you can do some in earnest. There has to be some advantage to local riders, so here is your chance to get the drop on your competition. Allow about 3 hours for the ride, so some lunch after would be a good idea.

Date: Sunday June 23, 9.30 am, meet at the Officer Recreation Reserve Melway 214 J10. (The course is at the Anderson Scout Camp Melway 212 J10, so if you are late make your own way there).

The ride will be postponed if conditions are too wet, check your email before you leave home).

NEW CLUB JERSEYS: SPONSORS REQUIRED

The Club is considering the purchase of new jerseys and is looking for support from sponsors to reduce the cost of the jerseys. If you would like to be a sponsor and gain additional exposure for your business, then this is your opportunity. The cost of the jerseys represents a considerable outlay for the Club and to get an idea of how many would be purchased, give your name to Stephen Szalla if you are likely to be interested.

More importantly for the moment, if you would like to be a sponsor, contact Stephen on a race day or by phone; 9841 0265, 0419 392 867, or by email to smszalla@hotmail.com.



eastern veterans cycling club

Newsletter June 22, 2002

Graded Scratch Races at Yarra Junction

An excellent turn out of 40 riders considering the fairly bleak conditions in Melbourne. In contrast, the conditions at Yarra Junction were relatively mild, sure it was overcast with some drizzle, but hardly any wind and no need for leg warmers. If you had a chance to look, there were some magnificent cloud formations hanging around the peaks of the mountains. This has to be one of our best courses, a bit of dead road for a few kilometres at the start, but a very fast return to the finish.

In the middle of winter, the turn just past Powelltown makes the race just that bit too long (60+ km) for the lower grades and there were great sighs of relief when D, E and F grades were told at the end of the first lap that they would be turned before Powelltown. Thanks Alan.

Brett Morton continued his good form in A Grade winning from the consistent Phil Thompson and Ian Milner. Ian must have put in a bit of a blinder because when they passed us on their way to the finish he was off the back.

B Grade stayed together for the whole race and the consistent duo of Martin Stalder and Rudy Joosten

winning from Ian de Kam, who would be pretty happy with his effort in B Grade.

As usual C Grade had the biggest field with 10 riders. Nick Panou who is becoming a bit of a master sprinter just got up to win from Hylton Preece who is also having a good patch and Kerry Ryan, who is gradually coming to grips with the differences between racing mountain bikes and road bikes.

Our web master Leon Bishop in a good solid ride won C Grade from Alan Cunneen and J C Wilson.

E and F Grades rode together but in separate races. There is not much difference in the ability of these two grades and they stayed together all day. Tim Hall won for the third week in a row, timing to perfection when to go a kilometre or so from the finish. Ron Stranks came second and Su Pretto easily won F Grade although she was third over the line overall. Su can say goodbye to F Grade and Tim should be thinking what it will be like to ride D Grade.

Results

	First	Second	Third
A Grade (8)	Brett Morton	Phil Thompson	Ian Milner
I Grade (8)	Martin Stalder	Rudy Joosten	Ian de Kam
C Grade (10)	Nick Panou	Hylton Preece	Kerry Ryan
I Grade (7)	Leon Bishop	Alan Cunneen	J C Wilson
I Grade (4)	Tim Hall	Ron Stranks	Keith Bowen
I Grade (3)	Su Pretto	Mike Fisher	Colin Smythe

Officials

We are grateful to the following people for officiating at last week's races: David De Gama and Clive Wright fresh from an appendix operation manned the turn, Peter Doonan the and Ken Pollard drove the lead and following cars respectively, Jenny Fairbanks and Alan Sandford took the entries and got back in time to judge the finish of the races, after turning D, E and F grades early on the second lap, assisted by Ken Woollard who decided that one lap was enough.

Alan Sandford will be missing for a few weeks while he heads north for a holiday and to compete in the AVCC championships. We trust he enjoys his holiday and along with Ken Woollard, who is also competing comes back with a swag of medals.

Next Week

Graded Scratch Races at Yarra Glen (Toolangi course).

Eastern Vets Program

Saturday	June	29	2.00 pm	Yarra Glen	Graded Scratch Races
Monday	July	1	8.00 pm	Maroondah Club	General Meeting
Saturday	July	6	2.00 pm	Yarra Junction	Delmont Hospital Handicap
Saturday	July	13	2.00 pm	Steels Creek	Teams Event
Saturday	July	20	2.00 pm	East Wandin	Graded Scratch Races

Southern Vets Program

Sunday	June	23	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	June	30	9.00 am	Healey Road	Graded Scratch Races
Sunday	July	7	9.00 am	Somers	Graded Scratch Races
Sunday	July	14	9.00 am	Dromana	Graded Scratch Races

Northern Vets Program

Sunday	June	23	9.30 am	Toolernvale	Handicap
Sunday	June	30	9.30 am	Latrobe	Graded Scratch Races
Sunday	July	7	9.30 am	Toolernvale	48 km Handicap
Sunday	July	14	9.30 am	Campbellfield	Criterionums

CLUB NEWS

INSURANCE POLICY

I might have misled you last week regarding the payments for non Medicare expenses when I implied that up to \$2000 could be paid for non Medicare expenses. The paragraph should have read:

Coverage 75% of non Medicare expenses and where a claim can be made on a private insurer for non Medicare expenses, the amount by which the expenses exceed the benefit paid by the private insurer, up to a maximum of \$1000. Note that non Medicare expenses includes cost of ambulance hire, but not dental treatment unless the injury is to sound and natural teeth.

WEDNESDAY RACING IT'S BACK

Under the skilful management of Jenny Fairbanks, Ken Woollard and Alan Sandford, Wednesday racing has started at the Loop circuit on the Yarra Boulevard (Melway 44G 4), followed by cappuccino at the Studley Park Boathouse. Races start at 10.00 am. Parking is limited near the circuit, so park at the Boathouse and ride up.

NEW CLUB JERSEYS: SPONSORS REQUIRED

The Club is considering the purchase of new jerseys and is looking for support from sponsors to reduce the cost of the jerseys. If you would like to be a sponsor and gain additional exposure for your business, then this is your opportunity. The cost of the jerseys represents a considerable outlay for the Club and to get an idea of how many would be purchased, give your name to Stephen Szalla if you are likely to be interested.

More importantly for the moment, if you would like to be a sponsor, contact Stephen on a race day or by phone; 9841 0265, 0419 392 867, or by email to smszalla@hotmail.com.

TRAINING/CAPPUCINO RIDES

Interested in some easy training rides, including a coffee break. Then the following might be of interest.

Sunday Morning

St Kilda to Frankston and return. Starting at the corner of Beach Road and Wentworth Avenue at 8.00 am. Approximate distance 75 km. Enquiries to John Macleod 9722 1522.

Tuesday Morning

This ride is now becoming popular, with 7 or 8 riders. Yarra bike path to South Bank, Port Melbourne, or Botanic Gardens (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013.

Wednesday Morning New Training Ride

Wednesday morning easy training rides on road or mountain bikes to the north east of Melbourne. Beautiful scenery and quiet roads. Starting Diamond Creek at 9.00 am. Ring Kevin Turley 9438 1412 before 8.00 pm on the Tuesday night.

Kinglake Challenge We Have Sorted Out Where The Finish Is

The confusion over the finish to this ride has now been clarified. The finish is at the 'Welcome to Kinglake' sign just before the round a at bout Kinglake.

Many of you will have ridden from St Andrews to Kinglake and will know the climb well. For those who haven't done the climb, the road is narrow and winding, with not much traffic. The climb is about the same grade as the "1 in 20" (well, perhaps a bit steeper, but not much) to the "Tanks" (concrete tanks at the side of the road), but it then steepens up quite a bit. From the base of the climb at the road sign and the finish at the Welcome to Kinglake sign just before the round a bout at Kinglake, a distance of 7.4 km, Kevin Turley's best time is 21 min 24 sec. Ante Sunjo and Rob Graham have bettered this time and Mick Dewdney has a 20 min 10 sec. Chris Ellenby started at St Andrews, several kilometres from the start, and marvelled at the times of others. Will be interested if anyone can better Kevin's time (no cheating now).

MASTERS GAMES MOUNTAIN BIKE TRAINING AND FAMILIARISATION RIDE

It's On Tomorrow

Kerry Ryan will be leading a familiarisation and training ride around the mountain bike course at Officer which will be used for the Masters Games. The ride is a 'must' to those who have entered for the MTB event for the Masters Games, but all are welcome. It is planned to do a few 'leisurely' laps to become familiar with the course, following which if you wish, you can do some in earnest. There has to be some advantage to local riders, so here is your chance to get the drop on your competition. Allow about 3 hours for the ride, so some lunch after would be a good idea.

Date: Sunday June 23, 9.30 am, meet at the Officer Recreation Reserve Melway 214 J4. (The course is at the Anderson Scout Camp Melway 212 J10, so if you are late make your own way there).

The ride will be postponed if conditions are too wet, check your email or the race day phone 0407 688 154 before you leave home).



Bikes for Sale

Mountain Bike Giant ATX 890. Excellent condition--never raced. Deore XT and XTR components. Rock Shox Judy SL forks, computer. A high quality extra light bike. \$1500

Wind Trainer Minoura mag turbo with variable resistance. Near new, \$250. Contact Keiran Ryan 93974546 or 0407817273.

Eastern Veterans Cycling Club Proudly Sponsored by
Phone John Walker 9439 6431

**VICTORIAN STATE
HOME LOANS**



eastern veterans cycling club

Newsletter June 29, 2002



**SEE YOU MONDAY NIGHT JULY 1
MAROONDAH CLUB 8.00 PM.
MONTHLY GENERAL MEETING IMPORTANT
MATTERS TO BE DISCUSSED.
MAKE SURE YOU ARE THERE**

Graded Scratch Races at East Wandin

Another excellent turn out with 53 riders on our toughest circuit, with pretty dismal weather and a very slippery road. The club is continuing to grow and with two new members signing up on Saturday we have now passed the 150 member mark. The only incident marring the day was the fall by Dominic Schipano who 'skated' around the sharp bend at the bottom of the hill before the finish. Dominic lost a bit of skin, but is otherwise OK and was fixed up by Geoff Pretto. Hard luck stories were Dick Fox who punctured just before the long climb on about the second lap and Keith Bowen who had the 'good' fortune to puncture just after the start of the last lap and then had an excuse for pulling out.

Last time we raced here Ian Milner kindly closed the road for the sprints, no such luck today when an excavator operator together with low loader decided that Saturday afternoon was just the time to commence digging on the side of the road 100 m or so from the finish. There was a bit of consternation amongst officials, but fortunately all grades managed to avoid any problems caused by the low loader blocking half the road.

Another big field in A Grade, again saw Brett Morton winning from Ante Sunjo and Phil Thompson. You always know when the races are about to start, that's when Brett arrives, in fact he has taken over from Alan Cunneen as the last one to arrive.

In B Grade Andrew Laird, who we haven't seen for a while won from regulars (they were second and third last week) Rudy Joosten and Ian de Kam.

A complete set of new names in C Grade, John Lucas, visiting from Southern winning from John Grant and Rob Hill.

Steve Oberg just loves East Wandin and somehow managed to slip back to D Grade and put in a convincing ride to win by a couple of minutes, breaking away on the second lap. Barry Dickson in his first ride came second and Tim Hall, just promoted from E Grade coming third.

I am told (by other E Graders) that E Grade is the most difficult grade to ride in. New riders (those that have never raced before) usually start off here, so there is often a smoky or two in the race. After getting rid of Tim Hall to D Grade, Colin O'Brien rocked up on Saturday for his first race on a bike. Colin is no slouch as a runner, winning two golds at the World Masters in South Africa in the 1500 and 5000 m, and holds the Australian record for 50-54 age group in the 5000 m. Colin is no slouch as a bike rider either, riding strongly throughout the race and winning from Angela Cash and the consistent Ron Stranks.

The on again off again on again F Grade was won by Greg Lippelle from Su Pretto.

Results

	First	Second	Third
A Grade (9)	Brett Morton	Ante Sunjo	Phil Thompson
B Grade (7)	Andrew Laird	Rudy Joosten	Ian de Kam
C Grade (14)	John Lucas	John Grant	Rob Hill
D Grade (10)	Steve Oberg	Barry Dickson	Tim Hall
E Grade (9)	Colin O'Brien	Angela Cash	Ron Stranks
F Grade (4)	Greg Lippelle	Su Pretto	

Officials

East Wandin course with its several intersections requires more than the rostered number of officials. The organisers needn't have worried whether there would be enough. Not only did all the rostered officials turn up but there were several volunteers, with the result that we almost had too many. Thanks to Chris Pola in the lead car in his new 6 speed V6 Alfa, probably never got out of second gear, Martin Stalder, Nick Hainal, Kayley Ward, Ken Woollard, Philip Johns, John Macleod, Garry Binding (still under the care of the cardiac experts), Liz Randall (who is in cotton wool until she heads overseas for the World Championships), Michael Pitrun and Geoff Pretto for emergency first aid on Dominic Schipano. Jenny Fairbanks did her usual excellent job of taking entries and Graeme Parker whose knee went under the knife yesterday (he would just have to be B Grade when he gets two good knees) did a great job of organising everything, except the weather.

Next Week

Delmont Hospital Handicap, Yarra Junction Secondary College, if you haven't entered by email, get your entry in today.

Eastern Vets Program

Monday	July	1	8.00 pm	Maroondah Club	General Meeting
Saturday	July	6	2.00 pm	Yarra Junction	Delmont Hospital Handicap
Saturday	July	13	2.00 pm	Steels Creek	Teams Event
Saturday	July	20	2.00 pm	East Wandin	Graded Scratch Races
Saturday	July	27	2.00 pm	Yarra Glen	Graded Scratch Races

Southern Vets Program

Sunday	June	30	9.00 am	Healey Road	Graded Scratch Races
Sunday	July	7	9.00 am	Somers	Graded Scratch Races
Sunday	July	14	9.00 am	Dromana	Graded Scratch Races
Sunday	July	21	9.00 am	Lang Lang	Graded Scratch Races

Northern Vets Program

Sunday	June	30	9.30 am	Latrobe	Graded Scratch Races
Sunday	July	7	9.30 am	Toolernvale	48 km Handicap
Sunday	July	14	9.30 am	Campbellfield	Criteriums
Sunday	July	21	9.30 am	Toolernvale	48 km Handicap

CLUB NEWS

MASTERS GAMES MOUNTAIN BIKE TRAINING AND FAMILIARISATION RIDE

Kerry Ryan, Chris Beale and Hylton Preece provided expert instruction on how to ride the Officer MTB course to be used in the Masters Games. The course is very technical (extremely might be a better word) taking the novices about 1 hour 45 min for one lap of the course, which the experts do in about 20 to 25 minute. In our defence, we did stop every few hundred metres or so to receive expert instructions for the next bit of torture; back brake only; move your bum back; stay out of the ruts; clutch; don't look at what you want to avoid, you'll hit it; the right line is to the left, not where the bike wants to go; stay in the middle ring (they are joking); don't stand up on the pedals, you'll do a back somersault; let the bike find its own way etc etc etc. The experts managed to get in 4 or 5 laps.

Nevertheless a great day, thoroughly enjoyed by the Eastern Veterans present and the few hangers on. There will be another training session coming soon.

If you have entered the MTB in the Masters Games this is an absolute must for you, you can not just rock up and ride this course. Here's what those present thought of the course.

First the novices.

Ian Smith It was a lot more technical than any of the off road rides I've done previously. It would be extremely tough to complete 4 laps under race conditions on that course; we only did one exploration lap!!! I think I'll stick to the road for my racing enjoyment - I don't fall off as often!!! I had a great time though and look forward to tackling the course again.

Kevin Mills I now have a much better idea of what 'technical' means in mountain bike-speak. It is lots of pointy rocks, 45 degree downhills, sharp twists, a few short but sharp climbs and trees on both sides of the single track that move in on you when your are not looking! I learnt a lot from Kerry and Chris, had a great day, and this morning found that riding to work during peak was not so dangerous after all.

Now the experts:

Mark Wallace Today's ride was great - heaps harder than what I was hoping for though. Probably the most technically challenging course I've ever ridden and I look forward to October with a mixture of fear and anticipation. The guys who led us over the course (Kerry, Chris, etc) were terrific and I would love the opportunity to go over it again with them at a later stage if it can be organized.

Hylton Preece Last Sunday about a dozen riders travelled to Officer to ride the course that will be used for the World Masters Mountain Bike race. For many riders it was their first experience at riding on a "true" mountain bike course and for some (me!!) it was a reminder of why they gave up MTB racing and took up road racing!! We divided into two groups, the fast riders and the cautious riders. Kerry Ryan and Chris Beales guided the cautious riders through each of the technical sections. The course has lots of single track with some very technical climbs and interesting drop-offs. We all completed at least one lap without mishap and I think everyone's eyes were opened, not only on the technical requirements of MTB but also just how bloody physically hard it is to ride a course where there is no where to rest. As Kerry and Chris pointed out the key to riding the Officer course is LOTS of practice.

Many thanks to Kerry and Chris for providing the technical instruction. For those interested in riding/practising at Officer the course is "open" seven days a week, if the front gates are closed just park outside and walk the bike in. A word of caution, in my opinion it is not a good idea to practise there on your own as it is fairly easy to have a fall.

P.S. Against my better judgement I have decided to have a go at the World Masters MTB race!

Mick Dewdney A totally rideable and excellent course. A great deal of thought and effort has obviously gone in to the planning, providing a challenging ride for both man and machine. Having ridden overseas, I can honestly say that this course is one that we should be proud to present as part of the World Masters Games 2002.

Kevin Turley Impressions of Officer MTB practice day, are best reflected by the huge smile I had on my face all day from riding a 'hoot' of a course. Having not ridden a MTB course for many years I was keen (read anxious), to see what they had in store for October's race. The day was cool and the track surface compact so conditions were ideal. The track itself was completely rideable, but that depends on the riders confidence and skill level. A hot day or wet conditions may change that. One of the most enjoyable aspects for me was having Jeff Williams as a track guide. Jeff's advice was fantastic as he said "the best way to ride this course is as smoothly as possible, ride fast and you will blow it". Many thanks to Kerry Ryan and Keith Bowen for organising the day and to Chris Beale and Jeff Williams for the hot tips.



Bikes for Sale

Mountain Bike Giant ATX 890. Excellent condition--never raced. Deore XT and XTR components. Rock Shox Judy SL forks, computer. A high quality extra light bike. \$1500
Also for sale, **Wind Trainer** Minoura mag turbo with variable resistance. Near new, \$250.

Contact Keiran Ryan 93974546 or 0407817273.

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