

# eastern veterans cycling club

*Newsletter January 4 2003*

## December 14, Xmas Handicap Graded Scratch Races Dunlop Road

In perfect conditions 84 riders turned out for the Xmas handicaps and Graded Scratch Races.

In the Division 1 handicap the limit bunch featuring the likes of Bob Lewis, Peter Wykes, Michael Paull, Gary Stopper and Colin O'Brien was never going to be caught with a start of 1 minute on scratch. They proved too strong and the first three filled the three placings.

In Division 2 the four back bunches came together pretty quickly and thought they were sprinting for first, but they had forgotten about the trio of John Williams, Jeff Pretto and John Tunney who teamed

perfectly to hold off the rest of the field by a comfortable margin.

Seven started in the ladies handicap and the question was would Karen Hopkinson reel in the the front markers. Tasmanian Sally Smith showed she is no slouch catching Liz Randall and beating her in the sprint with a fast finishing Karen Hopkinson coming third.

The very successful handicaps were followed by Graded Scratch Races with the results shown below.

### Results

#### Graded Scratch Races

	First	Second	Third
<b>A Grade (9)</b>	Steve Fothergill	Brett Morton	Roman Suran
<b>I Grade (16)</b>	Ian Smith	Martin Stalder	Steve Di Tullio
<b>C Grade (22)</b>	Mark Granland	Gary Stopper	Neil Wray
<b>I Grade (18)</b>	Tony Curelli	J C Wilson	Keith Bowen
<b>I Grade (11)</b>	Dave Johnson	Daryl O'Grady	John Tunney
<b>I Grade (8)</b>	Jeff Pretto	Colin Smythe	Jim Taylor

#### Handicaps

<b>I iv 1</b>	Bob Lewis	Peter Wykes	Michael Paull
<b>I iv 2</b>	John Williams	Jeff Pretto	John Tunney
<b>I adies</b>	Sally Smith	Liz Randall	Karen Hopkinson

### Officials

Thanks today for Alan Sandford's masterly performance as race director. When Alan is in charge of a handicap you can be sure that everything will go according to plan. Graeme Parker, assisted by Alan was responsible for the handicaps and Jenny Fairbanks for taking entries and general assistance. Thank you to those people who officiated on corners and supplied us with afternoon tea, without your help the day would not have been the success it was.

### Next Year

Back to Maccsfield Road next week. Remember that this is a tough course with 2 or 3 laps depending on the grade, so don't take off from the start like there is no tomorrow.

## Eastern Vets Program

There is no General meeting on January 6					
Saturday	Jan	11	2.00 pm	Macclesfield Road	Graded Scratch Races
Saturday	Jan	18	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Jan	25	2.00 pm	Dunlop Road	Graded Scratch Races

## Southern Vets Program

Sunday	Jan	5	9.00 am	Dingley Avenue	Graded Scratch Races
Sunday	Jan	12	9.00 am	Lakewood Blvd	Graded Scratch Races
Sunday	Jan	19	9.00 am	Bayles/Cora Lynn	Graded Scratch Races
Sunday	Jan	26	9.00 am	Swift Way	Graded Scratch Races

## Northern Vets Program

Sunday	Jan	5	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Jan	12	9.30 am	Latrobe University	Graded Scratch Races
Sunday	Jan	19	9.30 am	Toolernvale	Handicap
Sunday	Jan	26	9.30 am	Toolernvale	Graded Scratch Races

## CLUB NEWS

### METEC CIRCUIT

The discussions regarding the proposed funding of the Metec circuit have now been finalised. The VCI has agreed to make a contribution of \$4000, but unfortunately the VVCC has referred the matter back to the clubs for consideration, (I think this means that we will not be getting any funding from the VVCC). Eastern Veterans has agreed to fund the balance of the cost; which will be between \$5000 and \$5500, from donations from members and club funds. We are waiting on a price for a little bit of extra road works (for those who have seen the circuit widening of the slip lane near the offices) which will mean that we have the choice of 4 circuits to race on. Current plans are for our first Saturday race at Metec to be on February 1. We could also be racing there on a Tuesday evening during January. Keep checking your emails and the website for up to date information. Up to date information will be on the race day phone (0407 688 154).

### CLUB JERSEYS AND KNICKS

The new Club jerseys are regarded as a runaway success with their saturated colours and design. If you have looked through the photos of the Masters Games, even in the thumb nail pictures on the website, Eastern members stand out from the rest. To match the jerseys it has been decided to purchase knicks. These will be by order only, both bib (\$75) and normal knicks (\$70) are available. Place your order with Steve Szalla.

By the way there are still some jerseys available, in M, XL and XXL sizes. If you are after size L (the most popular size) you are currently out of luck, but more may be ordered when the knicks are ordered.

## NEWS FLASH 2003 MEMBERSHIPS



Advice has just been received from the VVCC that insurance, VVCC and AVCC contributions for 2003 will now total \$95 not the \$80 as previously advised. The \$95 is made up as follows: insurance \$57.50, AVCC \$10 and VVCC \$27.50. Maintaining the Eastern Veterans component at \$15 means that annual subscriptions will now be \$110, not \$95 as previously advised.

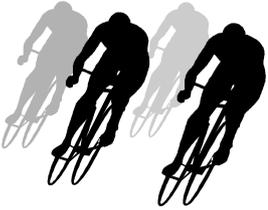
If you have already paid your subscription please forward an additional \$15 to John Macleod. Your insurance cover for 2003 remains the same, ie covers you for both racing and training. Memberships should be given to John on race day or forwarded to him at 21 Toppings Road Wonga Park 3115.

Sorry about that.

**If you are racing in Adelaide in January make sure you take your licence with you or a receipt that you have paid. They collect your licence when you enter and return it to you after the race. If you don't have a licence with you they will not let you start.**

**YOU MUST RENEW YOUR LICENCE NOW IF YOU WISH TO RACE IN 2003.**





# eastern veterans cycling club

*Newsletter February 1 2003*



**SEE YOU MONDAY NIGHT FEBRUARY 3  
MAROONDAH CLUB 8.00 PM.  
MONTHLY GENERAL MEETING  
IMPORTANT MATTERS TO BE DISCUSSED  
SUMMER AND WINTER PROGRAMS.  
MAKE SURE YOU ARE THERE**

## Racing Next Week

It is the Eastern vs Southern challenge next week at Dunlop Road, make sure you are there for some exciting racing and to help Eastern retain the shield.

### Eastern Vets Program

Monday	Feb	3	8.00 pm	Maroondah Club	General Meeting
Saturday	Feb	8	2.00 pm	Dunlop Road	Eastern vs Southern
Saturday	Feb	15	2.00 pm	Latrobe Uni	Graded Scratch Races
Sunday	Feb	16		VVCC Championships	
Saturday	Feb	22	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Mar	1	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Feb	2	9.00 am	Healey Road	Graded Scratch Races
Sunday	Feb	9	9.00 am	Rushdale Street	Graded Scratch Races
Sunday	Feb	16	9.00 am	Club Championships	
Sunday	Feb	23	9.00 am	Braeside	Graded Scratch Races

### Northern Vets Program

Sunday	Feb	2	10.00 am	East Trentham	Handicap
Sunday	Feb	9	9.30 am	Toolernvale	Handicap
Sunday	Feb	16		No Racing VVCC Championships	
Sunday	Feb	23	10.00 am	Trentham	Handicap

## VVCC AGE Championships

The VVCC Age Championships are on next Sunday at Victoria University Industrial Skills Department, Hoppers Lane, Hoppers Crossing. Melway Reference Map 206 ref K5. Entries should be sent to Ray Aldridge, PO Box 200, Torquay Vic 3228 by Monday February 10. Entry fee is \$5 to pay for the hire of the venue, make cheques payable to the VVCC. Start times and race durations are as follows:

Men 65-69	20 min + 2 laps	8.30 am
Men 60-64	20 min + 2 laps	8.55 am
Men 55-59	30 min + 2 laps	9.20 am
Men 50-54	30 min + 2 laps	9.55 am
Men 45-49	30 min + 2 laps	10.30 am
Men 40-44	30 min + 2 laps	11.05 am
Men 35-39	30 min + 2 laps	11.40 am
Women 30-40	30 min + 2 laps	12.15 pm
Women 40-50	20 min + 2 laps	12.50 pm

Women 50+	20 min + 2 laps	1.15 pm
Men 70-74	20 min + 2 laps	1.40 pm
Men 75+	20 min + 2 laps	2.05 pm

## CLUB NEWS

### METEC CIRCUIT

Asphalting of the Metec circuit commenced last Thursday and will be completed today. Unfortunately Metec is using the circuit during Saturdays in February and our first race there will not be until the March 1. The circuit is booked for racing and/or training on Tuesday and Wednesday evenings during daylight saving. Graeme Parker will be in charge, entries will be taken at 5.30 with racing starting at 6.00. A vote will be taken to determine which night racing will take place and which night will be a training night. There will be a charge of \$2 per rider, of which \$1 will go to Metec and \$1 to Eastern. Metec is located in Colchester Road Kilsyth Melway Ref 51 D 8.



### IT'S A BOY

If Jeff Williams has a smile on his face today it is because Jeff and Carolyn are now the proud parents of baby Flynnnt, (6lb 6oz) who arrived a week or so ago.

### CLUB JERSEYS AND KNICKS

The new Club jerseys are regarded as a runaway success with their saturated colours and design. If you have looked through the photos of the Masters Games, even in the thumb nail pictures on the website, Eastern members stand out from the rest. To match the jerseys it has been decided to purchase knicks. These will be by order only, both bib (\$75) and normal knicks (\$70) are available. Place your order with Steve Szalla.

By the way there are still some jerseys available, in M, XL and XXL sizes. If you are after size L (the most popular size) you are currently out of luck, but more may be ordered when the knicks are ordered.

### Bike For Sale

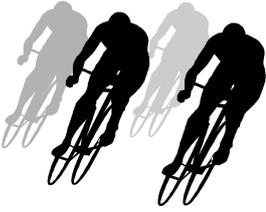
Trek OCLV (the same as the one Lance danced on in France). Extremely light, stiff and fast. 56cm, currently set up to suit a shorter rider. Ultegra group set, Look carbon pedals. Extras include spare chain, headstem, pump. Excellent condition \$3,500 (current replacement bike \$5,700)  
Phone Keiran Ryan 9397 4546, Mob 0407 817 273, or email keiran@mtb.net.au

## Licence Check      2003 MEMBERSHIPS

Have you renewed your licence for 2003? If not you must renew it before you can race.

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

**VICTORIAN STATE**  
**HOME LOANS**



# eastern veterans cycling club

**Newsletter February 8 2003**

## **February 1, Graded Scratch Races, Yarra Junction Tarango Road**

Perfect conditions for road racing saw 63 riders start on a variation of the Yarra Junction Powelltown circuit. The general view seemed to be that the circuit was a winner and provides opportunities to vary the length of the course by changing the turning point on the extra part lap. The climb up Tarango Road just after the turn off the main road is a bit of a shock, but did you check your maximum speed on the computer? If you didn't, you might be surprised to know that it almost certainly was well in excess of 70 km/hr.

A Grade with 9 starters must have started off slowly or else missed the Tarango Road turn as B Grade was in front on the way back to the main road. Peter Oziemski always seemed to be just off the front of the bunch and had a handy little lead not far from the finish, but the sprinters Brett Morton, Russ Newnham and Doug Reynolds were able to get up.

B Grade seemed to be always motoring along and were only 1 minute slower than A Grade on the first lap. Ian Smith was able to exert his vice presidential authority and win from Brian Gray and Martin Stalder.

Nineteen starters in C Grade was the biggest field with Southern rider Kurt Jensen winning from

Nick Panou, who hates the hills but loves to sprint, followed by Colin O'Brien and Ray Clifford, both of whom just love to ride at the front all day.

There are a few new faces in D Grade these days, some of whom are just passing through on the way to C Grade. After being off the bike for four weeks or so while skiing in Banff, Leon Bishop was showing some good form and looked likely to finish well up, until about a kilometre to go when his body decided that it had had enough. Tim Hall won the sprint from new rider John Hunt and Ron Gillies. Tim will be off to C Grade very soon, John looks as though he is a pretty proficient rider and like Ron can't be far away from C Grade. John Williams does a power of work at the front and only has to learn to conserve a bit of energy during the race to finish in the money. (I must confess that there is a bit of self interest as I try to promote these riders to C Grade).

Daryl O'Grady another visitor from Southern won E Grade from Clive Wright and drinks man Glenn Archer.

The ideal weather and a great course means that we will be back on this circuit again.

## **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>
<b>A Grade (9)</b>	Brett Morton	Russ Newnham	Doug Reynolds	
<b>B Grade (11)</b>	Ian Smith	Brian Gray	Martin Stalder	
<b>C Grade (19)</b>	Kurt Jensen	Nick Panou	Colin O'Brien	Ray Clifford
<b>D Grade (13)</b>	Tim Hall	John Hunt	Ron Gillies	
<b>E Grade (12)</b>	Daryl O'Grady	Clive Wright	Glenn Archer	

## **Officials**

Racing was under the control of Graeme Parker today assisted by Steve Oberg, John Merrony and John Macleod, with the drinks duo of Glenn Archer and Steve Fothergill back on the job. David de Gama again made arrangements for the opening of the school, which is much appreciated.

## Next Week

Back to Latrobe University next week.

### Eastern Vets Program

Saturday	Feb	15	2.00 pm	Latrobe Uni	Graded Scratch Races
Sunday	Feb	16		VVCC Championships	
Saturday	Feb	22	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Mar	1	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Feb	9	9.00 am	Rushdale Street	Graded Scratch Races
Sunday	Feb	16	9.00 am	Healey Road	Graded Scratch Races
Sunday	Feb	23	9.00 am	Braeside	Graded Scratch Races
Sunday	Mar	2	9.00 am	Star Crescent	Graded Scratch Races

### Northern Vets Program

Sunday	Feb	9	9.30 am	Toolernvale	Handicap
Sunday	Feb	16		No Racing VVCC Championships	
Sunday	Feb	23	10.00 am	Trentham	Handicap
Sunday	Mar	2		Club Championships	

## VVCC AGE Championships

The VVCC Age Championships are on next Sunday at Victoria University Industrial Skills Department, Hoppers Lane, Hoppers Crossing. Melway Reference Map 206 ref K5. Entries should be sent to Ray Aldridge, PO Box 200, Torquay Vic 3228 by Monday February 10. Entry fee is \$5 to pay for the hire of the venue, make cheques payable to the VVCC. If you haven't entered make sure your letter is in the mail tonight. Start times and race durations are as follows:

Men 65-69	20 min + 2 laps	8.30 am
Men 60-64	20 min + 2 laps	8.55 am
Men 55-59	30 min + 2 laps	9.20 am
Men 50-54	30 min + 2 laps	9.55 am
Men 45-49	30 min + 2 laps	10.30 am
Men 40-44	30 min + 2 laps	11.05 am
Men 35-39	30 min + 2 laps	11.40 am
Women 30-40	30 min + 2 laps	12.15 pm
Women 40-50	20 min + 2 laps	12.50 pm
Women 50+	20 min + 2 laps	1.15 pm
Men 70-74	20 min + 2 laps	1.40 pm
Men 75+	20 min + 2 laps	2.05 pm

## CLUB NEWS

**METEC CIRCUIT** Asphaltting of the Metec circuit is now complete. Unfortunately Metec is using the circuit during Saturdays in February and our first race there will not be until the March 1.

The circuit is booked for racing and/or training on Tuesday and Wednesday evenings during daylight saving commencing Tuesday 11 February. Graeme Parker will be in charge, entries will be taken at 5.30 with racing starting at 6.00. Racing will start at 6.00 pm. For the first week or so racing and training will be directed mainly at trying out the various circuits (we have the option of about 6 different circuits) and will not be full on. There may be some sweeping to do, so put your garden brooms in the car just in case.

A revised Summer program will be circulated before our first Saturday race at Metec on March 1.

There will be a charge of \$2 per rider, of which \$1 will go to Metec and \$1 to Eastern.

Metec is located in Colchester Road Kilsyth Melway Ref 51 D 8.

## CLUB JERSEYS AND KNICKS

The new Club jerseys are regarded as a runaway success with their saturated colours and design. If you have looked through the photos of the Masters Games, even in the thumb nail pictures on the website, Eastern members stand out from the rest. To match the jerseys it has been decided to purchase knicks. These will be by order only, both bib (\$75) and normal knicks (\$70) are available. Place your order with Steve Szalla.

By the way there are still some jerseys available, in M, XL and XXL sizes. If you are after size L (the most popular size) you are currently out of luck, but more may be ordered when the knicks are ordered.

### **Bike For Sale**

Trek OCLV (the same as the one Lance danced on in France). Extremely light, stiff and fast. 56cm, currently set up to suit a shorter rider. Ultegra group set, Look carbon pedals. Extras include spare chain, headstem, pump.

Excellent condition \$3,500 (current replacement bike \$5,700)

Phone Keiran Ryan 9397 4546, Mob 0407 817 273, or email keiran@mtb.net.au

## Great Tassie Bike Ride 11-19 Jan 2003

By Kevin Mills

Four Eastern Vet riders - Alan Cunneen, John Williams, Tom O'Malley and I (and there may have been others) - recently completed the GTBR. The 530km Tour de Tassie commenced at the Bridestowe Lavender Farm in the north-east, followed the east coast and finished in Hobart 8 days later. Halfway through the ride the 1750 cyclists had a rest day in Bicheno, where they had the option of sightseeing tours to Freycinet, swimming or simply relaxing on the beach. For most of the trip the temperature was in the low to mid 20s and there was a northerly wind - almost perfect! Of course there were a few days where the long and steep hills tested the fitter and not so strong riders. 'Weldborough Pass' and 'Bust a Gall Hill' were two that I found challenging, and several riders ran off the road trying to descend a little too quickly and beyond their capabilities! Once I reached 75 kph on my MTB with knobby tyres and was later told a roadie recorded 86 kph. The longest day's ride was 95km and the shortest was 35km on the last day from New Norfolk to Salamanca Place. We were fortunate to have missed the bushfires around Hobart by a day.

Bicycle Victoria, the organiser, provided the showers, toilets, luggage trucks and food - breakfast, lunch and tea - and tent villages were set up each night in the towns we stayed. Riders had the option of seeking action in the various towns or taking part in the camp entertainment, including movies, trivia nights and concerts. Of course the Café de Canvas was open from mid afternoon to about 11 at night for those who required liquid refreshments while swapping stories about the day's ride.

The riders around the tent my wife and I were in seemed to be up and about at around 6 each morning so we got into the habit of waking early, packing up the tent and most of our luggage, joining the breakfast queue line at 6.30, having our cereal and sometimes cooked breakfast, washing the dishes, visiting the loo, putting the luggage on one of the three semi trailers and being on the road by 7.45. We took it slowly and quietly during the day, stopping at the official rest stops and getting into camp early to mid afternoon. But some riders averaged 35 to 40 kph, which meant they could either sleep in or have a lot more time to recover during the afternoons.

Some statistics recorded in the GTBR *Cyclists Morning Herald* that was published every day: 47 per cent of riders were female, 75 per cent of riders were from Victoria, and over 700 'road kill' animals were counted along the way. In February 2004 BV will be organising a Great New Zealand Bike Ride rather than a Great Tassie. It will be a 900km journey through the South Island over 13 days. I will be taking my road bike on that one. If you are interested in making up an Eastern Vets group, see me after the races or visit the Bicycle Victoria web site for further information.

**Footnote.** Tom O'Malley had the misfortune to have a fall the day after the ride finished and fractured his hip and will be out of action for 12 weeks. Alan Cunneen also had a fall in Salamanca Place after returning from a climb up and a descent of Mt Wellington. Apart from the embarrassment of falling in front of a big crowd Alan was uninjured.

## CORNER STEWARDS

Our roster system for corner stewards has fallen down. After starting off in fine fashion with everyone turning up on the appointed day, even people we hadn't seen for ages, we are now getting a very poor turnout. Corner stewards are essential to ensure that we have safe racing. In future if you are rostered on please turn up at 1.00 and report to someone in charge, usually, Alan Sandford, Graeme Parker or Ian Smith. Apart from manning a corner there are a myriad of other things to do before the races start, sweeping corners, putting out traffic cones, unloading the trailer. Your help is also needed at the end of the day to pack up the gear and return it to the trailer. Even when we are racing at Metec, we will need officials for judging, starting, putting out cones, sweeping corners etc.

If you are rostered on for duty expect a call from Alan Sandford during the week to make sure you are going to be there on the Saturday.

Our officials have enough to do to get races underway and don't forget that they like to race also. Too often because there is no one volunteering they are unable to race, or can only hop on their bike a minute before the start without a warm up.

With over 100 members, your turn is only going to come up about once a season at the most. Make sure you do your bit for your fellow riders and turn up on the appointed day.

Following discussion at the general meeting last Monday, in future we will police the system more rigourously. If you don't do your turn you will not be able to race until you do so.

\*\*\*\*\*

## ALPINE CLASSIC

Wondering why the Alpine Classic was cancelled? Of course you knew it was because of the bushfires, but did you know to what extent. Check out the map on the trailer. Road from Mt Beauty to Falls Creek burnt out on both sides, likewise road to Mt Buffalo.

Some stats on fires

Annual average area burnt out in Victoria	110 000 ha
Alpine fires burnt to January 31	500 000 ha
Alpine fires burnt to February 3	900 000 ha
All fires in Victoria to date 2002/03	1.3 million ha
Black Friday January 1939	1.5 – 2 million ha
Ash Wednesday 1983	210 000 ha

Source NRE website.

\*\*\*\*\*

## Licence Check                      2003 MEMBERSHIPS

Have you renewed your licence for 2003? If not you must renew it before you can race.

## Cleat Check



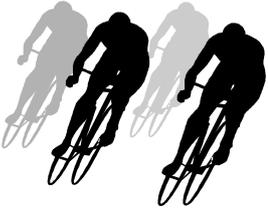
Have you checked your cleats, recently? There is nothing quite so disconcerting as the rider in front of you pulling his/her foot out in the sprint. Not only is it disconcerting, it can be down right dangerous and cause a serious fall. You also may be fined for dangerous riding.

Make sure you check them every time before you ride.

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

**VICTORIAN STATE**  
**HOME LOANS**





# eastern veterans cycling club

## Newsletter February 15 2003

### February 8, Graded Scratch Races, Eastern vs Southern Dunlop Road

What a sensational day, with 119 riders (74 Eastern and 45 Southern) at the Eastern vs Southern challenge last Saturday. Last week has been a vintage week for veteran riders, with close to 300 riders participating during the week (150 at Sandown on Thursday, 119 at Dunlop Road Saturday, 100+ at Rushdale on Sunday, 30 odd at Northern on Sunday, 20+ testing out Metec on Tuesday and 15 to 20 at the Loop Wednesday morning.

First race off was A Grade and Ed Pickett put in a masterful performance, in what was undoubtedly the ride of the day. Ed took off from the line and opened up lead of more than the length of the straight. After about 40 minutes he was reined by Peter Oziemski, Geoff Whiter, Peter O'Callaghan and Phil Thompson. With about 10 minutes to go he took off again and lapped the remainder of A Grade just before the bell. In the sprint for second place the Southern pair of Geoff Whiter and Peter O'Callaghan were too strong for Phil Thompson.

Didn't see much of B Grade, but Southern rider Jim Swainston won from the Eastern trio of Kevin Turley, Ross Edwards and Rowan Fell.

C Grade seemed to stay together for most of the race with the winner Paul Wilson and Gary Stoppa getting away with a few laps to go. The Eastern duo of Graeme Parker and Ivan Collings, both a pair of master sprinters coming third and fourth.

J C Wilson nearly put in a performance to match that of Ed Pickett. John took off from the line and opened up a gap of 40 seconds or more. Most of the field probably didn't know that John was off the front as he was out of sight and was only caught with about 3 laps to go. Southern Captain, Stuart Campbell made a couple of attempts to run him down but was quickly joined by pursuing Eastern riders. John was caught and the young brigade of Ross Tinkler and Nigel Kimber took off and had a handy lead at the bell. A handy pair of sprinters in Brian Dew and Mick Cummings coming third and fourth. D Grade was a great advertisement for the new jerseys, with just about every Eastern rider sporting one. The sea of red and yellow must have been a bit intimidating to the Southern riders.

In E Grade Eastern filled the first three places after Frank Barlow told eventual winner, Jack Pearce to 'get those big legs working,, when Jack was stooging along at one stage. Glenn Archer, Geoff Cranstone and former AFL Park Wednesday morning man in charge, Mal Smethurst filling the minor places.

Only 6 starters in F Grade, it was another first three places for Eastern with new rider Graham Haines winning from Mike Fisher, Su Pretto and Bob Arbuckle.

The overall points score was a convincing win for the home club Eastern, 44 to Southern 23.

This event must surely become a permanent fixture and we look forward to challenging Southern on the road during winter.

## Results

	First	Second	Third	Fourth
<b>A Grade (19)</b>	Ed Pickett	Geoff Whiter	Peter O'Callaghan	Phil Thompson
<b>B Grade (23)</b>	Jim Swainston	Kevin Turley	Ross Edwards	Rowan Fell
<b>C Grade (27)</b>	Paul Wilson	Gary Stoppa	Graeme Parker	Ivan Collings
<b>D Grade (24)</b>	Ross Tinkler	Nigel Kimber	Brian Dew	Mick Cummings
<b>E Grade (20)</b>	Jack Pearce	Glenn Archer	Geoff Cranstone	Mal Smethurst
<b>F Grade (6)</b>	Graham Haines	Mike Fisher	Su Pretto	Bob Arbuckle

## Officials

Alan Sanford was the person in charge, assisted by Graeme Parker, Jenny Fairbanks, John Macleod, Ian Smith and Nick Panou. To the riders on the corners thank you very much. Other thanks are also due to Neil and Sue Wray and Ronnie Stranks for the BBQ, Glenn Archer and Steve Fothergill on the drinks.

## Next Week

Back to Dunlop Road next week.

## Eastern Vets Program

Sunday	Feb	16		VVCC Championships	
Saturday	Feb	22	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Mar	1	2.00 pm	Metec	Graded Scratch Races
Saturday	Mar	8	2.00 pm	Metec	Graded Scratch Races

## Southern Vets Program

Sunday	Feb	16	9.00 am	Healey Rood	Graded Scratch Races
Sunday	Feb	23	9.00 am	Braeside	Graded Scratch Races
Sunday	Mar	2	9.00 am	Star Crescent	Graded Scratch Races
Sunday	Mar	9	9.00 am	Club Championships	

## Northern Vets Program

Sunday	Feb	16		No Racing VVCC Championships	
Sunday	Feb	23	10.00 am	Trentham	Handicap
Sunday	Mar	2		Club Championships	
Sunday	Mar	9		No Racing VVCC Central Vets Aggregate	

## CLUB NEWS

**METEC CIRCUIT** Asphaltting of the Metec circuit is now complete. Unfortunately Metec is using the circuit during Saturdays in February and our first race there will not be until the March 1.

The circuit is booked for racing and/or training on Tuesday and Wednesday evenings during daylight saving commencing Tuesday 11 February. Graeme Parker will be in charge, entries will be taken at 5.30 with racing starting at 6.00. Racing will start at 6.00 pm. For the first week or so racing and training will be directed mainly at trying out the various circuits (we have the option of about 6 different circuits) and will not be full on. There may be some sweeping to do, so put your garden brooms in the car just in case.

There will be a charge of \$2 per rider, of which \$1 will go to Metec and \$1 to Eastern.

Metec is located in Colchester Road Kilsyth Melway Ref 51 D 8.

The revised Summer program is now available, it has been circulated to those on the internet, non internet riders make sure you get a copy.

## CLUB JERSEYS AND KNICKS

By the way there are still a few jerseys available (but not many), in M, XL and XXL sizes. You will be sorry if you don't buy one. See Steve Szalla before they are all gone and at the same time order matching knicks.

## Bike For Sale

Trek OCLV (the same as the one Lance danced on in France). Extremely light, stiff and fast. 56cm, currently set up to suit a shorter rider. Ultegra group set, Look carbon pedals. Extras include spare chain, headstem, pump.

Excellent condition \$3,500 (current replacement bike \$5,700)

Phone Keiran Ryan 9397 4546, Mob 0407 817 273, or email keiran@mtb.net.au

## RIDERS USING ROOF RACKS TO CARRY THEIR BIKES

Do you carry your bike on a roof rack? If so, you might be interested in the cover Hylton Preece has recently purchased. It looks like a pair of panty hose and it protects the bike from flying insects dust, dirt etc. He also has a drive train cover (it covers the chain wheels, chain and rear wheel. They can be obtained from

. Cost is modest and delivery is only a matter of days. Another good site for buying cycling gear over the internet is [www.parkerinternational.com](http://www.parkerinternational.com).

## OFF ROAD CYCLING ADVENTURES SECOND EDITION

Keiran Ryan has just published the second edition of his popular Off Road Cycling Adventures. The second edition features 37 new rides including some epic rides for the serious mountain biker, Hurstbridge to Marysville, Anglesea to Apollo Bay. If you would like a copy see Keith Bowen for special deal at \$28.50 for club members.

## SUMMER POINTS SCORE

Surprise surprise, Brett Morton leads, but he can be caught!

Morton Brett	35	Panou Nick	22
Pretto Jeff	30	Thompson Phil	22
Stalder Martin	30	Curelli Tony	21
Clifford Ray	26	Edwards Ross	21
Granland Mark	26	Short Steve	20
Lewis Bob	26	Johnson David	19
Hall Tim	24	Stranks Ron	19
Kimber Nigel	23	Gillies Ron	18
Smith Ian	23		

## CORNER STEWARDS

Our roster system for corner stewards has fallen down. After starting off in fine fashion with everyone turning up on the appointed day, even people we hadn't seen for ages, we are now getting a very poor turnout. Corner stewards are essential to ensure that we have safe racing. In future if you are rostered on please turn up at 1.00 and report to someone in charge, usually, Alan Sandford, Graeme Parker or Ian Smith. Apart from manning a corner there are a myriad of other things to do before the races start, sweeping corners, putting out traffic cones, unloading the trailer. Your help is also needed at the end of the day to pack up the gear and return it to the trailer. Even when we are racing at Metec, we will need officials for judging, starting, putting out cones, sweeping corners etc.

If you are rostered on for duty expect a call from Alan Sandford during the week to make sure you are going to be there on the Saturday.

Our officials have enough to do to get races underway and don't forget that they like to race also. Too often because there is no one volunteering they are unable to race, or can only hop on their bike a minute before the start without a warm up.

With over 100 members, your turn is only going to come up about once a season at the most. Make sure you do your bit for your fellow riders and turn up on the appointed day.

Following discussion at the recent general meeting, in future we will police the system more rigourously. If you don't do your turn you will not be able to race until you do so.

\*\*\*\*\*

## Cleat Check



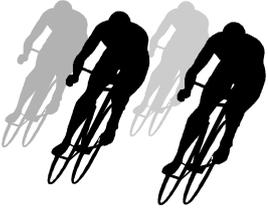
Have you checked your cleats, recently? There is nothing quite so disconcerting as the rider in front of you pulling his/her foot out in the sprint. Not only is it disconcerting, it can be down right dangerous and cause a serious fall. You also may be fined for dangerous riding.

Make sure you check them every time before you ride.

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

**VICTORIAN STATE**  
**HOME LOANS**





# eastern veterans cycling club

*Newsletter February 22 2003*

## **THEY'RE RACING AT METEC**

Yes it has finally happened, Tuesday evening racing at Metec started on February 18. Thirty two riders tried out the new circuit. One of the inner circuits was used and apart from some more sweeping required on one of the bends, most riders gave it the thumbs up. This circuit is about 850 metres in length. Notwithstanding that there are no hills in the circuit used, it was a pretty hard night with several riders getting dropped. It might be an ominous sign for how difficult this course can be, but three of the regular Wednesday morning riders at the Loop were not there. Not sure whether they hadn't recovered or they had another reason. A different circuit will be in use next Tuesday.

Inaugural winners were A Grade Mike O'Connor, B Grade Paul Wilson, C Grade David James, D Grade J C Wilson. See you there on Tuesday.

## **February 15, Graded Scratch Races, Latrobe University**

Fifty five riders turned out in near perfect conditions for what will probably be our last race at Latrobe University. This is a challenging circuit, but has proved to be popular not only to Eastern riders, but also to Northern, with six riders who find it a convenient location. With the university gradually getting back into full swing there was a fair amount of traffic around, including a taxi doing a 'U' turn across double lines just in front of C Grade as they were coming down the hill on the bell lap. Could have been disastrous.

Su Pretto put in the ride of the day in F Grade. Su followed instructions to the letter, 'stay with the bunch until the bell and then take off'. Take off she did, opening up a gap of 100 metres or more after half a lap and winning by the proverbial mile from Norm Bailey (visitor from Northern) with the old stagers Colin Smythe and Rod Goodes fighting (?) it out for third. Rod winning the money, but I'm sure he was sharing it with Colin, at least he should have been.

Eddie Tucker and Leon Bishop were sprinting neck and neck for first in E Grade, with Eddie just staying in front of Leon, Kym Peterson was thrilled to finish a commendable third.

We haven't seen Hans Werner for a while, but he was able to win D Grade from a steadily improving Greg Lipple and Ron Gillies.

Ross Tinkler, up from D Grade after his convincing win last week did a power of work at the front of C Grade, but was unable to hold out James Harris, with another strong worker in Kevin Mills on his favourite circuit (he has never been out of the money at Latrobe) coming third.

There seemed to be a bit of confusion in B Grade as it looked like they put in a finishing sprint with about 3 laps to go. When the money was really on Ross Edwards showed he was back to his best form winning from Brian Gray and John Walker.

A Grade managed to drop a couple of riders on the way and in the sprint Rob Amos won the money from Mark Wallace and Phil Thompson.

## **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>A Grade (6)</b>	Rob Amos	Mark Wallace	Phil Thompson
<b>F Grade (11)</b>	Ross Edwards	Brian Gray	John Walker
<b>C Grade (13)</b>	James Harris	Ross Tinkler	Kevin Mills
<b>I Grade (10)</b>	Hans Werner	Greg Lipple	Ron Gillies
<b>F Grade (10)</b>	Eddie Tucker	Leon Bishop	Kym Peterson
<b>F Grade (5)</b>	Su Pretto	Norm Bailey	Rod Goodes

## Officials

Again Alan Sanford was the person in charge, assisted by Jenny Fairbanks, Dick Fox, Kerry Ryan and Michael Burke with Nick Panou and Keith Bowen assisting with the judging. Glenn Archer provided the much needed drinks.

## Next Week

It's a big day next week when we race for the first time of a Saturday at Metec

### Eastern Vets Program

Saturday	Feb	22	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Mar	1	2.00 pm	Metec	Graded Scratch Races
<b>Monday</b>	<b>Mar</b>	<b>4</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Annual Meeting</b>
Saturday	Mar	8	2.00 pm	Metec	Graded Scratch Races
Saturday	Mar	15	2.00 pm	Dunlop Road	Graded Scratch Races

### Southern Vets Program

Sunday	Feb	23	9.00 am	Braeside	Graded Scratch Races
Sunday	Mar	2	9.00 am	Star Crescent	Graded Scratch Races
Sunday	Mar	9	9.00 am	Club Championships	
Sunday	Mar	16	9.00 am	Swift Way	Graded Scratch Races

### Northern Vets Program

Sunday	Feb	23	10.00 am	Trentham	Handicap
Sunday	Mar	2	Club Championships		
Sunday	Mar	9	No Racing VVCC Central Vets Aggregate		
Sunday	Mar	16	9.30 am	Trentham	Graded Scratch Races

## VVCC Championships Hoppers Crossing

There were 67 entries for the VVCC Criterium Championships at Hoppers Crossing. The circuit was a driver training course at Victoria University. A great circuit about a kilometre round, with for the most part wide sweeping bends and an excellent road surface. The first three races rode the circuit in an anti clockwise direction, but unfortunately a fall probably caused by water on the bend coming into the finishing straight, in which Bob Lewis broke his hip, resulted in the remaining races being raced in a clockwise direction which meant that there was a fast sweeping bend coming into the finish. Unfortunately it also meant that riders were sprinting into a very strong head wind. Results of Eastern riders, Neil Wray first 65-69, Jeff Williams third 35-39, Keith Bowen third 70-74.

Liz Randall won the women's race. Liz's effort and that of Shirley Amy of Central Veterans is worthy of special mention. There were only three women's entries and they started just behind the 70-74 men. The men were passed by Liz and Shirley very early in the race (either on the first or second lap) and they caught us again a few hundred metres from the finish, just as we were about to take off for the sprint. There was a bit of confusion as both groups had been given the bell. The men averaged 32.7 km/hr, which means that Liz and Shirley must have averaged better than 36 km/hr.

## Riders Using Roof Racks To Carry Their Bikes

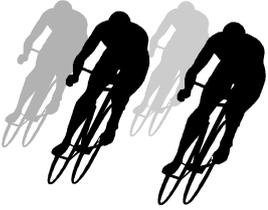
Do you carry your bike on a roof rack? If so, you might be interested in the cover Hylton Preece has recently purchased. It looks like a pair of panty hose and it protects the bike from flying insects dust, dirt etc. He also has a drive train cover (it covers the chain wheels, chain and rear wheel. They can be obtained from [www.probikekit.com](http://www.probikekit.com). Cost is modest and delivery is only a matter of days. Another good site for buying cycling gear over the internet is [www.parkerinternational.com](http://www.parkerinternational.com).

## Summer Points Score

There are still eight races to go, so it is still open for anyone of a dozen or more riders to win.

Morton Brett	35	Kimber Nigel	24
Pretto Jeff	31	Smith Ian	24
Stalder Martin	31	Panou Nick	23
Clifford Ray	27	Curelli Tony	21
Granland Mark	27	Gillies Ron	21
Edwards Ross	26	Pretto Su	20
Lewis Bob	26	Short Steve	20
Thompson Phil	25	Stranks Ron	20
Hall Tim	24		





# eastern veterans cycling club

*Newsletter March 3 2003*



**SEE YOU MONDAY NIGHT MARCH 3  
FOR THE ANNUAL MEETING.  
MAROONDAH CLUB 8.00 PM.  
IMPORTANT MATTERS TO BE DISCUSSED  
OFFICE BEARERS TO BE ELECTED, JOBS TO BE  
ALLOCATED, COME AND BE INVOLVED IN THE  
RUNNING OF EASTERN VETERANS.  
DON'T LEAVE IT TO THE SAME FEW**

## **WE'RE RACING AT METEC**

### **THE GOOD NEWS**

Yes it has finally happened, after a couple of try outs of a Tuesday evening we are finally racing at Metec of a Saturday. The fact that this has happened is due to the generosity of club members who have donated their 'hard earned' to the cause and to the VCI. In total we raised over \$5000, which means we have a bit of money up our sleeve for further improvements if needed.

Metec offers traffic free racing with the opportunity to use several different circuits. Just bear with us, as we get things sorted out, such as the best circuits, how many groups can be on at the one time, parking, etc. It might look like an easy circuit, but last Tuesday proved it is anything but.

From now until the end of the road season in October, we will be racing at Metec twice a month. We have tried to ensure that, as far as possible we will not be there on consecutive weeks, but because of Metec's commitments this will not always be possible.

### **THE BAD NEWS**

It will cost you an extra \$2 to race at Metec.

## **February 22, Graded Scratch Races, Dunlop Road**

Warm humid but windless conditions greeted the 70 riders for some spirited racing at every one's favourite course Dunlop Road. The conditions resulted in some fast racing, D Grade averaging over 37 km/hr for the first time in my experience and the higher grades would have been well over 40 km/hr.

A Grade seemed to be flying throughout the race with several riders trying to get away at different times. Daryl Annels and Rob Graham tried several times, but were always brought back to the fold. In the end Brett Morton was again too good in the sprint, winning from Mark Wallace and Michael Pitrun, who were unable to be split by the judges.

B Grade saw Martin Stalder win from Nick Panou, with Laurie Baigent coming third. Laurie

claims that he has ridden every grade from E to B and this is the first time he has won any money. Laurie, that can't be true surely.

C Grade was the biggest field of the day with Nigel Kimber winning from David James, Ross Tinkler and Kevin Mills, who is a bit of quiet achiever, being consistently placed in recent times. Nigel loves to ride at the front and always seemed to there with that other strong man, David Lyons.

The C Grade sprint was apparently pretty hairy with several riders pulling out. Remember riders we only race for \$30, so please ride safely. There will most likely be some training sessions at Metec of a Wednesday evening where some accredited coaches will be teaching us to ride safely in bunches. The last thing we want is a serious fall.

Tommy Hughes took off at a cracking pace in D Grade which saw a lot of riders struggling to keep up for awhile. John Williams was also intent on keeping the pace up and B Grade was passed at one stage. Greg Lippie had a lucky escape coming down in the back straight, but somehow he only suffered a couple of very minor scratches and eventually finished fifth which was a

commendable effort. John Williams took off at the bell with Daryl O'Grady, but was run down in the finishing straight by Jeff Pretto and Glenn Archer with Keith Bowen just getting John on the line.

A combined E and F Grades with a total of 12 starters saw Bruce Goodwin win from Ross Gardiner and Stephen Hopley.

## Results

	First	Second	Third	Fourth
<b>A Grade (8)</b>	Brett Morton	Mark Wallace/Michael Pitrun Equal 2nd		
<b>F Grade (12)</b>	Martin Stalder	Nick Panou	Laurie Baigent	
<b>C Grade (20)</b>	Nigel Kimber	David James	Ross Tinkler	Kevin Mills
<b>I Grade (18)</b>	Jeff Pretto	Glenn Archer	Keith Bowen	John Williams
<b>F Grade (12)</b>	Bruce Goodwin	Ross Gardner	Stephen Hopley	

## Officials

Alan Sandford was the person in charge, assisted by Jenny Fairbanks and Graeme Parker. Judges were Gary Binding, Nick Panou and Keith Bowen. James Harris and Quentin Frayne, who we haven't seen for a while, did a sterling job on corners for both races. Several other riders (names unknown) were rail roaded by Alan and/or Ian Smith to do the rest of the corners. Glenn Archer and Colin Smythe again provided the much needed drinks.

## Next Week

We are back again at Metec next week

## Eastern Vets Program

<b>Monday</b>	<b>Mar</b>	<b>4</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Annual Meeting</b>
Saturday	Mar	8	2.00 pm	Metec	Graded Scratch Races
Saturday	Mar	15	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Mar	22	2.00 pm	Macclesfield Road	Autumn Road Race
Saturday	Mar	29	2.00 pm	Holloway Drive	Graded Scratch Races

## Southern Vets Program

Sunday	Mar	2	9.00 am	Star Crescent	Graded Scratch Races
Sunday	Mar	9	9.00 am	Club Championships	

**Thursday Racing, Sandown** There is no racing Thursday March 6, instead there will be racing on Friday March 7 - 6pm start. The following Thursday, March 13 is a championship event for Southern riders only.

## Northern Vets Program

Sunday	Mar	2	Club Championships		
Sunday	Mar	9	No Racing VVCC Central Vets Aggregate		
Sunday	Mar	16	9.30 am	Trentham	Graded Scratch Races
Sunday	Mar	23	10.00 am	Ballan	Autumn Festival

## New Use for Panty Hose

Hylton Preece has recently purchased what looks like a pair of panty hose to protect his bike from flying insects dust, dirt etc when he is carrying on a roof rack. It looks pretty sexy and attracts lots of looks and questions. He also has a drive train cover (it covers the chain wheels, chain and rear wheel. They can be obtained from [www.probikekit.com](http://www.probikekit.com). Cost is modest and delivery is only a matter of days.

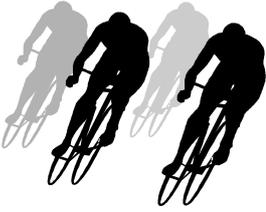
## THANKS FROM THE PRESIDENT

On behalf of the committee and members of Eastern Veterans I would like to thank those members and our friends who donated so generously to the upgrade of the Metec circuit. I am confident that this circuit will be a winner and that it will provide us with many years of safe and enjoyable racing.

*Yours in cycling Alan Sandford*







# eastern veterans cycling club

*Newsletter March 8 2003*

## **WE'RE RACING AT METEC**

The weather gods were not kind to us last Saturday when we got rained out, hopefully we will have better luck today.

### **THE GOOD NEWS**

Yes it has finally happened, after a couple of try outs of a Tuesday evening we are finally racing at Metec of a Saturday. The fact that this has happened is due to the generosity of club members who have donated their 'hard earned' to the cause and to the VCI. In total we raised over \$5000, which means we have a bit of money up our sleeve for further improvements if needed.

Metec offers traffic free racing with the opportunity to use several different circuits. Just bear with us, as we get things sorted out, such as the best circuits, how many groups can be on at the one time, parking, etc. It might look like an easy circuit, but Tuesday racing has shown it is anything but.

From now until the end of the road season in October, we will be racing at Metec twice a month. We have tried to ensure that, as far as possible we will not be there on consecutive weeks, but because of Metec's commitments this will not always be possible.

### **THE BAD NEWS**

It will cost you an extra \$2 to race at Metec.

### **Next Week**

Dunlop Road again next week.

### **Eastern Vets Program**

Saturday	Mar	8	2.00 pm	Metec	Graded Scratch Races
Saturday	Mar	15	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Mar	22	2.00 pm	Macclesfield Road	Autumn Road Race
Saturday	Mar	29	2.00 pm	Holloway Drive	Graded Scratch Races

### **Southern Vets Program**

Sunday	Mar	9	9.00 am	Club Championships	
Sunday	Mar	16	9.00 am	Swift Way	Graded Scratch Races
Sunday	Mar	23	9.00 am	Rushdale	Graded Scratch Races
Sunday	Mar	30	9.00 am	Braeside	Graded Scratch Races

**Thursday Racing, Sandown** Thursday, March 13 is a championship event for Southern riders only.

### **Northern Vets Program**

Sunday	Mar	9	No Racing VVCC Central Vets Aggregate		
Sunday	Mar	16	9.30 am	Trentham	Graded Scratch Races
Sunday	Mar	23	10.00 am	Ballan	Autumn Festival
Sunday	Mar	30	10.00 am	Lancefield	64 km Handicap

**In next week's Newsletter**, Kerry Ryan at Wildside 2003, a must for all mountain bikers and would be mountain bikers.

## AMBULANCE COVER CAN YOU AFFORD NOT TO BE COVERED?

At last weeks General Meeting it was decided that in the event of a fall and riders are injured, the race director would make a judgement call on whether an ambulance should be called. Although you will be consulted on whether an ambulance is needed, the final decision will be left in the hands of the club officials. If you are not an ambulance subscriber, you may be liable for the costs of the call out. Your insurance covers you only for 75% of the cost of ambulance transport. Paramedic Mark Wallace outlines the costs of not having cover.

“As everybody is aware, bike racing is not without its risks - fortunately more often than not, race falls don't result in much more than gravel rash. However, most of us have been around long enough to see more serious injuries requiring ambulance treatment and or hospitalization. This is where ambulance cover is so important.

For only \$45 for singles or \$90 for family, you are completely covered against all ambulance treatment and transport costs. Even if an Ambulance is called for you and you are not



transported, it will cost you anywhere between \$260 - \$300 if you are **not** a subscriber!! If you are transported, the **MINIMUM** cost is \$580. If you are racing at somewhere like Steels Creek, East Wandin, Yarra Junction or Yellingbo, the cost would be much more. If you were unfortunate enough to have to be airlifted to Melbourne, you could be out of pocket by up to \$8000!!! Even out on your regular training rides, don't think that you are automatically covered by TAC - the ruling regarding cycle accidents is far from straight forward. Please give this some consideration - it really is very cheap insurance.

You wouldn't think twice about shelling out \$45 for a pair of gloves or \$90 for a helmet would you?”

*Mark Wallace*

### ANNUAL GENERAL MEETING FOR 2003.

Office bearers elected at the Annual General Meeting on March 3 are as follows:

<b>President</b>	Alan Sandford 9878 3087
<b>Vice President</b>	Ian Smith 9887 1690 <a href="mailto:sedirs@alphalink.com.au">sedirs@alphalink.com.au</a>
<b>Secretary</b>	Keith Bowen 9439 8013, <a href="mailto:keithb@rabbit.com.au">keithb@rabbit.com.au</a>
<b>Treasurer/Public Officer</b>	John Macleod 9722 1552 <a href="mailto:milo@alphalink.com.au">milo@alphalink.com.au</a>
<b>Handicapper</b>	Graeme Parker 9728 8087
<b>Assistant Handicapper</b>	Alan Sandford 9878 3087
<b>Club Captain and Safety Officer</b>	Ron Stranks 9439 8533
<b>Race Permits Officer</b>	Rob Graham 9439 3736

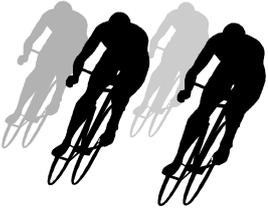
Laurie Baigent, Hylton Preece, Nick Panou and Steve Short agreed to assist with the running of the Club  
At the meeting Alan Sandford and Keith Bowen were elected as life members for their contributions to Eastern Veterans

#### THANKS FROM THE PRESIDENT

On behalf of the committee and members of Eastern Veterans I would like to thank those members and our friends who donated so generously to the upgrade of the Metec circuit. I am confident that this circuit will be a winner and that it will provide us with many years of safe and enjoyable racing.

*Yours in cycling Alan Sandford*





# eastern veterans cycling club

*Newsletter March 15 2003*

## March 8, Graded Scratch Races, Metec

The promised rain stayed away and at last we got to try out the Metec circuit on a Saturday. The views are pretty positive that we have invested wisely. OK it is not going to be a push over. It is a windy place and a circuit where many races are going to be won by a break away of two or three riders. Our biggest field today was in C Grade with 14 riders and no problems were experienced with the two sharp corners at the office and the next right turn, although if you want to finish in the money make sure you are near the front at the last right hand turn, otherwise forget it. The sweepers were out in force before the race and the surface is in pretty good condition. Sure, there are a few bumps where the surface has been repaired, but once the pace is on, you don't get a chance to worry too much about them, if you do, you will be off the back in no time. There are several circuits which can be used, which will be tried out over the next few months.

### Two requests. (Please take note)

**The turn at the office is blind**, so those watching the races, please do not cross at the pedestrian crossing, riders take this turn at 40 km/hr and want to be confident that no one is crossing the road around the corner. We don't want a major accident involving riders and pedestrians. We will have an official there when the outer circuit is being used and will put up some mesh to stop people crossing, but **please** cross away from the corner.

**The second one is the motor cycle area and the surround within 6 metres.** This area is out of bounds and must not be used as a warm up area. They are learner motor bike riders and have been known to crash through the tyre barriers. There are plenty of places that you can use for a warm up, which stay clear of this area and also stay clear of the circuit being raced on.

The first sign that this was not going to be an easy circuit was when the seven A Grade starters were reduced to four, in less than 30 minutes, with Brett

Morton, Phil Thompson, Mark Wallace and Ian Smith dropping the rest of their grade. Ian Smith in only his second or third ride in A Grade was doing a power of work at the front, but on the bell Brett and Mark kicked away with Brett winning a close sprint from Mark and Phil coming third.

Ian Milner and Laurie Baigent managed to get away from the rest in B Grade, with Steve Szalla hot on their heels in a lone chase. They finished 1, 2 and 3 in that order. Laurie and Ian will have plenty of time getting used to riding together when they join Graham Cadd and Alan Cunneen in their ride from Sydney to Perth in May. More of that in coming weeks.

Colin O'Brien, John Walker and Phil Tattersall were able to get away in C Grade, riding superbly together as a team to finish in that order. They were chased by another hard working trio of Steve Short, David McCormack and Hylton Preece, also working well together.

Peter Morris, J C Wilson and Tony Curelli took off like rockets in D Grade and had all but one of us struggling. The one, was new rider John Jardine, who calmly rode away from us. Harold Simpson very kindly gave us the time gap as we went by, it kept on increasing throughout the race eventually being over one minute. The alarm bells should have been ringing when John rang during the week inquiring about joining when he said he always wins the triathlon bike leg in his age group. Welcome to C (B?) Grade John. In the sprint for second and third Ron Gillies won from Steve Oberg who is recovering well from some health problems.

I have said this before, the smartest riders in the club are in E Grade, nine of them stayed together throughout the race waiting for a sprint finish. Terry Nicholls just winning on the line from two new riders in Greg Stanton and Greg Haines.

F Grade were also pretty smart staying together. In the sprint 1965 Austral winner Kenton Smith won from Mike Fisher and David Nairn.

## Results

	First	Second	Third
<b>A Grade (7)</b>	Brett Morton	Mark Wallace	Phil Thompson
<b>I Grade (8)</b>	Ian Milner	Laurie Baigent	Steve Szalla
<b>C Grade (14)</b>	Colin O'Brien	John Walker	Phil Tattersall
<b>I Grade (12)</b>	John Jardine	Ron Gillies	Steve Oberg
<b>I Grade (9)</b>	Terry Nicholls	Greg Stanton	Graham Haines
<b>I Grade (6)</b>	Kenton Smith	Mike Fisher	David Nairn

## Officials

Racing was under the control of President Alan Sandford assisted by Jenny Fairbank, Ron Stranks, Ken Woollard, Harold Simpson, Kerrie Barratt and Kevin Turley. Steve Fothergill was on the drinks.

## Next Week

Macesfield Road next week.

## Eastern Vets Program

Saturday	Mar	15	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Mar	22	2.00 pm	Macesfield Road	Autumn Road Race
Saturday	Mar	29	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Apr	5	2.00 pm	Steels Creek	Autumn Handicap

## Southern Vets Program

Sunday	Mar	16	9.00 am	Swift Way	Graded Scratch Races
Sunday	Mar	23	9.00 am	Rushdale	Graded Scratch Races
Sunday	Mar	30	9.00 am	Braeside	Graded Scratch Races

## Northern Vets Program

Sunday	Mar	16	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Mar	23	10.00 am	Ballan	Autumn Festival
Sunday	Mar	30	10.00 am	Lancefield	64 km Handicap
Sunday	Apr	6	10.00 am	East Trentham	44 km Handicap

## CLUB NEWS

### CLUB JERSEYS AND KNICKS

The new knicks have arrived and they are sensational. Our matching jerseys and knicks are an absolute stand out. Although knicks were purchased on order only, if you haven't ordered any, still talk to Steve Szalla just in case. The cost is bib (\$75) and normal knicks (\$70).

By the way there are still some jerseys available, in M, XL and XXL sizes. If you are after size L (the most popular size) you are currently out of luck, but more may be ordered when the knicks are ordered.

### KERRY RYAN AT WILDSIDE 2003

(If you don't know, Wildside is a four day mountain bike race on the Tasmanian West Coast).

It certainly lived up to its name "wild"

Ever sit in front of the "tellie" watching one of those enduro challenges, thinking I would like to do that one day. Well guys, I and some 279 other crazy MTB XC riders tackled the Tassie Wildside four-day race.

It was the best four days of my life, apart from my marriage to my wife (and support crew for the

ride), skiing under the Matterhorn, competing in the World Masters Games and OK a few other things but it was great!!!

From mountains and snow, to beaches and sand, from a freezing 3 degrees to a sweltering 30.

We arrived at Cradle Mountain one day before the big start, wet and cold, it had even snowed

overnight. A roaring fire in a log cabin, speaking on the telephone to friends at Mount Hotham about the bush fires. It all seemed a little weird.

I rode the "airstrip" for an early practise, met an old bloke working on one of the planes, he must have been in his eighties, spotted him looking strangely at my bike (a lefty). Is there something wrong with you bike he says, looks like something is missing, I assured him it was okay and also explained the wonders of suspension, I left him shaking his head and muttering "well I'll be buggered"

### **Day 1**

A "dash for cash" was the first item on the race agenda, a five k ride down a five metre wide, bush gravel light air strip, for the grand sum of \$100. For the life of me I couldn't figure out 280 into five metres and come up with an answer that would accommodate the width of my front wheel. The nearest bike shop was at least two hours away and still four days to go. I decided I didn't need the \$100 that badly. The first real race of the day was Cradle Mountain to Tullah we started in groups of 30 - 40 riders, two minutes apart, through alpine highlands, made up of some very single tracks, 4wd tracks, creek crossings, alpine bowls and big stretches of water. The finish gate was through one of those big stretches of water! it had to be all of 18 metres long and 12 metres wide, okay it was at least 10 X 8 metres. A quick check of the bike and support crew (did she really say that she had bogged the 4wd???) off again to the lunch stop, some 30k away at least it was a made road but they didn't tell us about the hills or a least the one hill that was probably 29 of those 30ks. Made it to the lunch stop, spotted the car (she must have got it out).

The afternoon race was through some old mining areas, up and down hilly old 4wd tracks, single track and creek crossings. Braking down the hill section battling gravel the size of grapefruit, that had the motion of ball bearings, moving at break neck speed under the bike. "Slow down" came the call, almost instantly a 90 degree right hand turn appeared out of no where and the grapefruit sized gravel managed to reinvent itself into a single wet, boggy track. Slowing down did not appear to be an option the bike had considered at this point. About halfway through this stage we had to dismount to negotiate the steepest, muddiest, rock faced single track, which dropped straight into a Tassie creek, which is more like the size of the Yarra in full flood. For a few minutes the bike and I were clean, instead of covered in mud but it was short lived, the uphill side of the climb out was back to nice brown mud. This was the mother of all hills (walking only) for the next 600 metres I had to carry, push, pull, drag the

bike through the mud. It had never felt so good to get back on the bike, cross the finish line and cruise onto Tullah. How do you wash 280 bikes with one hose????

### **Day 2 Tullah to Zeehan (52km)**

The starts today were based on your times for the previous day, I managed to go from Group "G" to Group "B" thus avoiding having to ride though at least 240 riders.

Through rain forest, horse trails, single track, wet, overgrown creek crossings, giant tree roots, smooth faced boulders, definitely no sun screen required on this section. The next race was to Montezuma Falls, very similar to the morning ride of wet rain forest, about midway through this section we could see a sun filled opening ahead and the roar of the falls, the peaceful scene ahead quickly transformed into a nightmare when a 250 metre long swing bridge just came into view. Ever seen Vertical Limit when they cross between two mountains on a "bridge" that is 6" wide, a sheer drop and a blizzard has just sprung up, well this was "the bridge". Galvanised foot treads, hand cable, dismount, carry bike, one at a time. I lived and so did the bike!. All we had to do now was ride though about 15k of swamp into Zeehan and day two would be complete.

### **Day 3 Zeehan to Granville Harbour (48km via Trial Harbour)**

Starts with a 5k time trial, so what I hear you say, so did I. Cruised up to the bush golf course start, after about 100 metres, it changed, each time you would try and push for speed up popped a technical change, this continued for about 3k with a 2k up hill finish, just for fun. In their wisdom the local mining company had decided to resurface this old 4wd track just two days prior to the race, I am sure it was the same guys who cut the track the day prior, in fact I think it was the same mud!!. Just to ease the pain the next section was a 15k cruise to Trial Harbour, with amazing views of the Southern Ocean. A rugged coastal group of houses, battered by the ocean. A village would have toilets wouldn't it. Support crew not happy, the drive to Trial Harbour was a wee bit scary, skinny, gravel, winding, dry, dusty, road, with big drop off to the side and no, she was not going to use the portaloos that the 280 bike riders had used and yes you guessed it there were no other toilets, They don't call it Wildside for nothing. And yes the next ride for the day was to ride/drive straight back up that same road, a mass start, just for the benefit of the T. V. crew perched in the helicopter above. But what a sight. Across the coastal tracks, but I mean rugged coastal tracks we are talking Southern Ocean, west coast, wind, creek crossings, windblown rocks, water ruts, sandstone, loose coral, to add to this was the

heat, dehydration took its toll on some of the riders and pinch flats took their toll on the bikes. It was a good feeling to have completed this section with my bike in tact and looking forward to support crew driving me to Strahan, food, rest sleep.

#### Day 4 Strahan

Civilisation, support crew smiling, sun shining, you can actually see across the harbour and there is no wind, simply amazing, for Strahan that is. Beautiful village settled around the waters edge a great spot to finish a four-day adventure.

One race today but totally different to the three previous days. A mass start from the centre of town, spectacular sight, riding through the village on bitumen road and on to the ocean beach.

Riding on packed sand along the waters edge, then bang into loose sand, through pine plantations and the back into town to the finish line. Hundreds of people on the finish line, what an amazing feeling to finish an amazing race. Just for the record finished 40th overall, 3rd in age group and the oldest competitor in the race.

PS Support crew happy, made lots of new friends and conned rider into a couple of days in Hobart on way home.

Support crew much wiser now, she knows where all the dangling bits go, naked bike riders appeared down the main street of Strahan on final day.

### AMBULANCE COVER CAN YOU AFFORD NOT TO BE COVERED?

At the recent General Meeting it was decided that in the event of a fall and riders are injured, the race director would make a judgement call on whether an ambulance should be called. Although the injured rider(s) will be consulted on whether an ambulance is needed, the final decision will be left in the hands of the club officials. If you are not an ambulance subscriber, you may be liable for the costs of the call out. Your insurance covers you only for 75% of the cost of ambulance transport. Paramedic Mark Wallace outlines the costs of not having cover.

“As everybody is aware, bike racing is not without its risks - fortunately more often than not, race falls don't result in much more than gravel rash. However, most of us have been around long enough to see more serious injuries requiring ambulance treatment and or hospitalization. This is where ambulance cover is so important.

For only \$45 for singles or \$90 for family, you are completely covered against all ambulance treatment and transport costs. Even if an Ambulance is called for you and you are not transported, it will cost you anywhere between \$260 - \$300 if you are **not** a subscriber!! If you are transported, the **MINIMUM** cost is \$580. If you are racing at somewhere like Steels Creek, East Wandin, Yarra Junction or Yellingbo, the cost would be much more. If you were unfortunate enough to have to be airlifted to Melbourne, you could be out of pocket by up to \$8000!!! Even out on your regular training rides, don't think that you are automatically covered by TAC - the ruling regarding cycle accidents is far from straight forward. Please give this some consideration - it really is very cheap insurance.

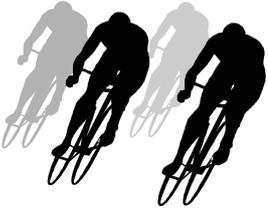


You wouldn't think twice about shelling out \$45 for a pair of gloves or \$90 for a helmet would you?"

*Mark Wallace*

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

**VICTORIAN STATE**  
**HOME LOANS**



# eastern veterans cycling club

**Newsletter March 22 2003**

## **March 15, Graded Scratch Races, Dunlop Road**

Numbers were a little down from previous weeks at Dunlop Road, but nevertheless 71 riders is an excellent turn out. We can blame the Austral Wheelrace and a Grand Final featuring Collingwood for the slight down turn. The Austral was a pleasing result with last years winner Darren Young again winning from scratch and for many of us the football result to see Collingwood again fall short in a Grand Final was equally as pleasing.

Anyway to the racing. Several riders tried to get away in all grades but all were brought back to the field in the end. The unluckiest was Vice President Ian Smith who had a commanding lead with two laps to go, Dick Barnes who was in control of proceedings wouldn't let the bell be rung early. When the bell lap came Ian was still in front, but not by enough to stay clear of the fast finishing Russ Newnham, Michael Pitrun and Mike O'Connor. In a surprise result Summer Points Score leader, Brett Morton finished out of a place.

Nick Panou cemented his place in B Grade with a win in the sprint from Martin Stalder and Kerry Ryan. It looks as though Kerry has also cemented his place there. Kerry was having a busy weekend, he practised on a MTB course at Whittlesea in the morning, raced in the afternoon and was racing in the MTB race on Sunday.

The usual culprits in David Lyons, John Jardine, Ray Clifford, Ian De Kam and Nigel Kimber rode strongly on the front of C Grade for most of the day. Nigel Kimber won the sprint from sprint

specialists Mark Granland and Kevin Mills. There was nearly a fall on the last corner in this race

In contrast to last time D Grade raced at Dunlop Road, when the average speed was over 37, today's race was much more leisurely. J C Wilson kept on trying to get away, Tony Curelli had a couple of tries early, Dick Fox tried twice late in the race and Gary Binding had a real dip with two laps to go. All were to no avail, Graham Cadd winning a pretty torrid sprint from Steve Oberg and Jeff Pretto.

Kenton Smith up from F Grade last week with a win there, won again in E Grade from Geoff Haines who is in the money consistently in recent weeks and Ross Gardiner.

Don Ferguson won F Grade from Heather Christie in only her second race with Mike Fisher third. New rider Tony Coventry who has only ridden 200 km did a good job to stay with the bunch and has promised to back for more.

**During the races at least two riders clipped pedals on corners and Neville Williamson was forced onto the footpath in C Grade on the last turn. Remember riders, first prize is only about \$30, which is hardly worth it for a broken collar bone or some other injury, so please ride carefully and safely.**

### **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>A Grade (8)</b>	Russ Newnham	Michael Pit run	Mike O'Connor
<b>I Grade (14)</b>	Nick Panou	Martin Stalder	Kerry Ryan
<b>C Grade (16)</b>	Nigel Kimber	Mark Granland	Kevin Mills
<b>I Grade (17)</b>	Graham Cadd	Steve Oberg	Jeff Pretto
<b>F Grade (10)</b>	Kenton Smith	Graham Haines	Ross Gardiner
<b>I Grade (6)</b>	Don Ferguson	Heather Christie	Mike Fisher

## Officials

Alan Sandford assisted by Jenny Fairbank and Graeme Parker started the ball rolling this week, with Dick Barnes and Keith Bowen taking over for the second set of races. Dick organised the corner officials and was able to enlist the aid of Genevieve Mills and Geoff Schreppell, who officiated for both races and Don Ferguson. Thanks also to those other members who took turns on the corners.

You couldn't miss Steve Fothergill this week on the drinks. Steve was able to purchase, or perhaps they were a gift, a pair of bright orange runners/sneakers. If you bought a drink, you must have noticed them, they are a perfect match to the orange shirts worn by the umpires in the Wizard Cup.

## Coming Events

Back to Holloway Drive next week for Graded Scratch Races.

On April 26 we will be having a day to raise money for Graham Cadd ride for his ride from Sydney to Perth. Graham accompanied by Alan Cunneen, Laurie Baigent and Ian Milner are riding from Sydney to Perth to raise money for the *Australian Leukodystrophy Support Group*. Graham and his team are aiming to do the ride in **10 days!!!!!!** Two years ago they did Perth to Sydney in 13 days and Graham remains confident that it can be done in 10. Last week's raffle was to raise money for medals for winners and place getters on the day (you will be racing for the honour and glory). To tune them up for their ride we will be putting on a 2 or 3 lap handicap for the four of them. We will also be holding a 3 lap ladies handicap on the same day.

Last time we raised \$600, this year we want to do better, so make sure you mark April 26 on your calendar.

## Eastern Vets Program

Saturday	Mar	29	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Apr	5	2.00 pm	Steels Creek	Autumn Handicap
Saturday	Apr	12	2.00 pm	Metec	Club Championships
Saturday	Apr	19	2.00 pm	Metec	Graded Scratch Races

## Southern Vets Program

Sunday	Mar	23	9.00 am	Rushdale	Club Championships
Sunday	Mar	30	9.00 am	Braeside	Graded Scratch Races

## Northern Vets Program

Sunday	Mar	30	10.00 am	Lancefield	64 km Handicap
Sunday	Apr	6	10.00 am	East Trentham	44 km Handicap
Sunday	Apr	13	10.00 am	Campbellfield	Graded Scratch Races

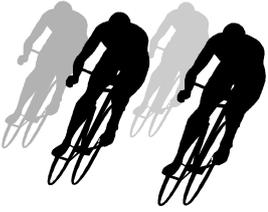
## CLUB NEWS

### Summer Points Score

With five scoring races to go, including a handicap, the Summer points score is closing down to a race between, Brett Morton, Martin Stalder and Jeff Pretto, although some good results from Tony Curelli, Nigel Kimber, Mark Granland, Nick Panou and Ray Clifford could see them climb into the place getters.

Morton Brett	46
Pretto Jeff	40
Stalder Martin	40
Curelli Tony	34
Kimber Nigel	34
Granland Mark	33
Panou Nick	33
Clifford Ray	30

Stop Press **Liz Randall breaks record at Vodafone Arena** In the 3000m pursuit last Sunday at Vodafone Liz did 2.55 for the 2000m...unofficial of course as it was part of a 3000m race (done in 4.24) the Aus record is 3.07!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



# eastern veterans cycling club

**Newsletter March 29 2003**

## **March 22, Graded Scratch Races, Macclesfield**

Forty four riders were attracted to racing on the hardest course used by Eastern Veterans. We are probably learning how to ride this course as the bunches were not blown apart like they have been on previous occasions at Macclesfield. For some reason the northern portion of the circuit has been resealed with a very harsh surface for cyclists. This road was constructed a few years ago and it is hard to see why it was resealed so soon. The loose metal caused a few punctures, Alan Cunneen, Paul Wilson (two), Rob Amos and Keith Bowen's tyre went down while he was watching the races finish.

Mike Hartman won his first A Grade race, winning from Peter Doonan and Rob Graham in a fiercely contested sprint. Mike also got his heart rate up to 203, which makes a bit of a mockery of the maximum heart rate is 220 minus your age theory.

B Grade saw another sprint finish with the riders finishing in numerical order Rohan Fell (21) first followed by Martin Stalder (22), Kerry Ryan (23) and Ian De Kam (24).

The trio of Colin O'Brien (reportedly doing more than 400 km's a week), Steve Short and Ted McCoy in C Grade were too strong for the rest of them.

New rider Phil Pelgrim, another former athlete, did a power of work on the front, spread-eagling them up the steep hill, but ran out of puff just before the end. Greg Lipple in his first D Grade win, won from Jeff Pretto and Steve Oberg. Last time Greg rode here, he got dropped and fell off, so today's effort was a vast improvement.

E Grade included a couple of D Graders who reckon that this course is too hard in D Grade, but the requested demotion didn't do them much good. Graham Haines and Su Pretto snuck away with about a kilometre to go. They timed their break to perfection and no one had the strength to chase. Keith Bowen managed to come third.

### **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>A Grade (7)</b>	Mike Hartman	Peter Doonan	Rob Graham
<b>B Grade (6)</b>	Rohan Fell	Martin Stalder	Kerry Ryan
<b>C Grade (11)</b>	Colin O'Brien	Steve Short	Ted McCoy
<b>D Grade (10)</b>	Greg Lipple	Jeff Pretto	Steve Oberg
<b>E Grade (10)</b>	Graham Haines	Su Pretto	Keith Bowen

### **Officials**

Ian Smith and Graeme Parker were the main men in charge today, assisted by Laurie Baigent, Colin Smythe, Heather Christie and Mark and Jack Granland. Peter Doonan was again responsible for gaining access to the school grounds, toilets etc and also for suggesting Macclesfield Road as a course suitable for racing (either praise him or blame him as you see fit).

### **Coming Events**

Handicap next week at Steels Creek, put your entry in today.

## Eastern Vets Program

Saturday	Apr	5	2.00 pm	Steels Creek	Autumn Handicap
Saturday	Apr	12	2.00 pm	Metec	Club Championships
Saturday	Apr	19	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	26	2.00 pm	Dunlop Road	Graham Cadd Day

## Southern Vets Program

Sunday	Mar	30	9.00 am	Braeside	Graded Scratch Races
--------	-----	----	---------	----------	----------------------

## Northern Vets Program

Sunday	Mar	30	10.00 am	Lancefield	64 km Handicap
Sunday	Apr	6	10.00 am	East Trentham	44 km Handicap
Sunday	Apr	13	10.00 am	Campbellfield	Graded Scratch Races
Sunday	Apr	20	No Racing		

## CLUB NEWS

### Summer Points Score

Summer Points Score closes up. With Jeff Pretto and Martin Stalder both coming second on Saturday and Brett Morton not racing, Brett is now only two ahead. With four races to go including a handicap at Steels Creek next week, the winner is still very open.

Morton Brett	46	Panou Nick	33
Pretto Jeff	44	Clifford Ray	31
Stalder Martin	44	Edwards Ross	29
Kimber Nigel	35	Thompson Phil	28
Curelli Tony	34	Hall Tim	27
Granland Mark	33	Smith Ian	27

### Calling All new Riders

Would you please send me an email (keithb@rabbit.com.au) so I can add you to our email "communication network".

**Annual Subscriptions** Because of some confusion late last year on the cost of insurance, some riders have only paid an annual fee of \$95, instead of \$110. If you are one of these, would you please pay the extra amount to John Macleod.

### 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 1552.

#### Sunday Morning

Usually the Warburton trail, but sometimes a variation, leaves Mt Evelyn at 8.00. This is one of the best trail rides near Melbourne. Often includes a few short sections of single track and tricky bits around Warburton. Coffee at a great bakery, with one of the best selection of cakes around. Contact Graeme Parker on race day.

#### Tuesday Morning

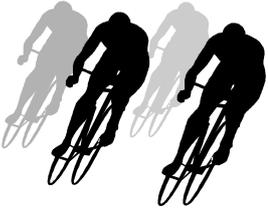
This ride is now becoming popular, with up to 15 riders. Yarra bike path to South Bank, Port Melbourne, or Botanic Gardens (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013.

#### Kinglake Challenge

Have received some times for the St Andrews to Kinglake climb. Ante Sunjo 18 min 58 sec and Rob Graham 19 min 52 sec. The climb starts at the road sign at the bottom of the hill, you can't miss it and ends at the road sign at the 'Welcome to Kinglake' sign just before the round a bout at Kinglake, a distance of 7.4 km.

### MAD RIDE

The annual MAD Ride (organized by the Melbourne Bicycle Touring Club) is on April 6. The 'Sunday Warburton trail people' will be doing the 100 km road ride starting at Yarra Glen Show Grounds at 8.30. You can pre enter (\$22) or enter on the day (\$25). Make sure you wear your new Eastern jersey and knicks. See Graeme Parker or Keith Bowen for details.



# eastern veterans cycling club

*Newsletter April 5 2003*



**SEE YOU MONDAY NIGHT APRIL 7 MAROONDAH  
CLUB 8.00 PM.  
MONTHLY GENERAL MEETING IMPORTANT  
MATTERS TO BE DISCUSSED MAKE SURE YOU ARE  
THERE**

## **March 29, Graded Scratch Races, Holloway Drive**

Seventy six riders rode in near perfect conditions, overcast and no wind. A few cars, trucks and even a fork lift were on the circuit at different times, but didn't cause any problems. Along with Dunlop Road this is a top criterium circuit.

A Grade had its biggest field for some time with 15 riders. Several tried to get away, Peter Oziemski and Rob Amos both tried early on and Rob Graham later in the race, but in the end it all came down to a sprint between Brett Morton and the hill climb specialist Peter Castillo, who promoted himself to A Grade after pleading to be in B Grade. You know the story "Haven't been on the bike etc etc". Brett winning the sprint by the barest of margins. Did you notice Ross Edward's shaved leg? A 5 inch bare section spiralling up his leg, cork screw fashion from ankle to thigh!!! Bizarre stuff Ross.

Another big field in B Grade saw John Grant take off from the start and opening a big gap. He was eventually caught and John Walker took over and seemed to be in a winning position with a few laps to go. The race was a couple of laps too many and Rowan Fell won again from John Pritchard and John Grant.

At various times Nick Hainal and Ivan Collings had a bit of a break on the field. They all came back together for a sprint finish with Graeme Parker showing them how to do it, winning from

Gary Stopar and another sprint specialist in Ivan Collings.

With 19 riders D Grade had the biggest field. The pace was on every now and then as someone tried to get away, but for the most part the pace was a pretty comfortable one. There was a bit of a panic early on when the leading rider took the wrong turn and took a few riders with him. Fortunately no one came down and the riders did a 'U' turn and caught back on. Ron McCurdy won the sprint from Alan Sandford and Jeff Pretto. Ron had an interesting day, he rang at about 12 o'clock inquiring about joining and was a bit hesitant about racing that afternoon. Anyway a few hours later he had won his first race with Eastern. He looks pretty good on a bike and can look forward to C Grade for a week or to before moving onto B Grade.

E Grade was a race in two parts, the first at a furious pace when they closed on A Grade at one stage and the second when they dawdled along. In the sprint Kenton Smith was a shoe in and has earned himself a ride in D Grade. Kenton has also been winning consistently of a Wednesday morning at the Loop. Second and third were Bruce Goodwin and Rob Booth respectively.

Mike Fisher who is also a regular at the Loop, won F Grade from Rod Goodes and Heather Christie.

## Results

	First	Second	Third
<b>A Grade (15)</b>	Brett Morton	Peter Castillo	Phil Thompson
<b>F Grade (15)</b>	Rowan Fell	John Pritchard	John Grant
<b>C Grade (14)</b>	Graeme Parker	Gary Stopar	Ivan Collings
<b>I Grade (19)</b>	Ron McCurdy	Alan Sandford	Jeff Pretto
<b>F Grade (8)</b>	Kenton Smith	Bruce Goodwin	Rob Booth
<b>F Grade (5)</b>	Mike Fisher	Rod Goodes	Heather Christie

## Officials

Lots of helpers today, but special mentions to Ian Milner and Greg Molesworth who did corners for both sets of races. It is a great comfort to come up to a corner and see Ian Milner there, knowing that he has full power to control the traffic. Over the next few weeks seven of our members will be attending traffic controller courses, after which they will have power to stop traffic. Thanks to the usual crew of Alan Sandford, Graeme Parker and Jenny Fairbank for organising the race and to Glenn Archer on the drinks.

## Coming Events

Club championships next week at Metec. There will also be a race for women, exactly what form will depend on who turns up.

## Eastern Vets Program

Monday	Apr	7	8.00 pm	Maroondah Club	General Meeting
Saturday	Apr	12	2.00 pm	Metec	Club Championships
Saturday	Apr	19	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	26	2.00 pm	Dunlop Road	Graham Cadd Day
Saturday	May	3	2.00 pm	Metec	Graded Scratch Races

## Southern Vets Program

Sunday	Apr	6	9.00 am	Crib Point	Graded Scratch Races
Sunday	Apr	13	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	Apr	20	9.00 am	Dromana	Graded Scratch Races
Sunday	Apr	27	9.00 am	Drouin South	Graded Scratch Races

## Northern Vets Program

Sunday	Apr	6	10.00 am	East Trentham	44 km Handicap
Sunday	Apr	13	10.00 am	Campbellfield	Graded Scratch Races
Sunday	Apr	20	No Racing		
Friday	Apr	25	1.00 pm	Seymour	Benghazi Handicap 64 km
Sunday	Apr	27	9.30 am	Toolernvale	Time Trial

## CLUB NEWS

### LIZ BREAKS RECORD BY 12 SECONDS !!!! (OFFICIALLY THIS TIME)

After unofficially breaking the 2 km Australian record during a 3 km race a few weeks ago Liz was given the opportunity to do it officially. D Graders are trembling at the knees a bit at the thought of Liz coming back and ripping them apart.

'Just a quick note to let you know that on Sunday I officially broke the Aus record for 2000m pursuit (8 laps of the velodrome) for women aged 55-59. Previously it was 3.07 and I took 2.54.84. The result will be sent to Cycling Australia for ratification.

I was on track for a 2.50 for a while, but lost time over laps 5, 6 and 7. This was the first time I've raced 8 laps, so with another 5 months specific training, I should be able to get down a bit further.

Thanks are due to the Victorian officials who kindly allowed me to ride at the Victorian track championships at Vodaphone Velodrome. Special thanks also to family, work colleagues, members of Eastern vets cycling club and other cycling friends who were on hand to urge me on.'

*Liz Randall*

## RIDE WITH THE BUNCH

### The Secret Of Handicap Racing Graeme Parker

Several new members of Eastern will not have had the experience of riding handicaps. With the winter road season starting soon, there will be a number of opportunities to ride handicaps. For the new riders and as a refresher for experienced riders Graeme Parker outlines the strategies for handicap racing.

‘The most important thing is to keep your bunch intact, if the bunch splits the riders will have no chance of staying away from the bunches following and winning. The objective of the handicapper is to construct groups of approximately equal ability, however, strong riders must resist the temptation to ride fast. A bunch of riders all sharing the work, will have a much better chance, than if it is split into two or more groups.

The secret of staying intact is to have an experienced rider as bunch ‘captain’ who calls the tactics during the race. The bunch must maintain an even speed and for every member to take turns and roll over regularly at the front. A bunch ‘captain’ might even nominate the speed they wish to maintain. **Strong riders must resist putting in a strong effort when at the front and ease off slightly when the next rider is coming through. The rider coming through should not have to accelerate to get to the front.** There needs to be plenty of communication within the bunch, if you need a rest and can’t take your turn, tell someone. Places where bunches are likely to split are on corners or going up hills. If the bunch does split at these places, the leading riders should ease off so the bunch can reform. Steels Creek with its gentle grades is an ideal place for bunches to get their act in order for the handicaps coming during the rest of the year.

Basically handicap racing is a team effort from the bunch, without the team effort your bunch will not be present at the finish. If you are all there at the finish, you can then throw out the team tactics and sprint as individuals, but until then ride as a team.

*Graeme Parker*

Handicapper

### Graham Cadd Day

We are well on the way to raising \$1000 for Graham’s ride from Sydney to Perth. To help the cause donations of raffle prizes for April 12 would be welcome. If you have anything please give it to Jenny Fairbank.

### Summer Points Score

It is still a race between three, but with a win on Saturday and only one of his pursuers gaining a place (Jeff Pretto), Brett Morton increases his lead. A win in Saturday’s handicap by either Jeff or Martin could make the finish a close one.

Morton Brett	51	Panou Nick	34
Pretto Jeff	47	Clifford Ray	32
Stalder Martin	45	Thompson Phil	31
Kimber Nigel	36	Edwards Ross	29
Curelli Tony	35	Fisher Mike	30
Granland Mark	34	Smith Ian/Tim Hall	28

### Calling All new Riders

Would you please send me an email ([keithb@rabbit.com.au](mailto:keithb@rabbit.com.au)) so I can add you to our email “communication network”.

**Annual Subscriptions** Because of some confusion late last year on the cost of insurance, some riders have only paid an annual fee of \$95, instead of \$110. If you are one of these, would you please pay the extra amount to John Macleod.

### 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 1552.

## Sunday Morning

Usually the Warburton trail, but sometimes a variation, leaves Mt Evelyn at 8.00. This is one of the best trail rides near Melbourne. Often includes a few short sections of single track and tricky bits around Warburton. Coffee at a great bakery, with one of the best selection of cakes around. Contact Graeme Parker on race day.

## Tuesday Morning

This ride is now becoming popular, with up to 15 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

Have received some times for the St Andrews to Kinglake climb. Ante Sunjo 18 min 58 sec and Rob Graham 19 min 52 sec. The climb starts at the road sign at the bottom of the hill, you can't miss it and ends at the road sign at the 'Welcome to Kinglake' sign just before the round a bout at Kinglake, a distance of 7.4 km.

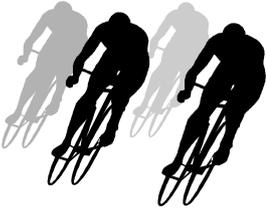
## MAD RIDE

The annual MAD Ride (organized by the Melbourne Bicycle Touring Club) is on April 6. The 'Sunday Warburton trail people' will be doing the 100 km road ride starting at Yarra Glen Show Grounds at 8.30. You can pre enter (\$22) or enter on the day (\$25). Make sure you wear your new Eastern jersey and knicks. See Graeme Parker or Keith Bowen for details regarding meeting places etc.

## A FORETASTE OF THINGS TO COME. A COLD DAY AT EAST WANDIN.



Colin Smythe and Glenn Archer near the top of the climb on Beenak Road, East Wandin. Is that a smile or grimace Glenn?



# eastern veterans cycling club

**Newsletter April 12 2003**

## April 5, Group Handicap Steels Creek

### *Summer Points Score, Pretto closes the gap on Morton*

*With a win in the handicap last Saturday, Pretto catches up 8 points on the leader Morton.*

*Yeah, I know it's the wrong Pretto, Su, not Jeff was the winner.*

In an outstanding ride Su Pretto, off limit, won last week's handicap in absolutely perfect conditions for racing, sunny, low 20's temperature and no wind. At the end of the first lap, Su and Tony Coventry had left the rest of F Group behind and had a lead of 3 minutes over E Group and 13 minutes over scratch, who at that stage were looking good, as, after giving a start of 21 minutes they had to make up 7 minutes a lap. All groups had closed down the gaps to 2 or 3 minutes, but no one had been caught. At the end of the second lap Su, now riding by herself, still had a lead of 2 minutes over the next group and 7 minutes over scratch who were only a few hundred metres behind B Group. Surely she would be caught, a solo rider could not hold out bunches of a dozen or

more riders only minutes behind, over 16 kilometres. Scratch were keeping to their required schedule and had gained another 7 minutes.

Those at the finish were openly barracking for Su and gave a bit of a cheer when she came around the bend in front, but only a few hundred metres ahead of a combined C and D group, but it was just enough. This was a great effort, she rode the best part of 30 km solo, with her last two laps at about 30 minutes each, faster than her first. In the sprint for second Ron McCurdy showed his class by getting to the front and then looking around to see if anyone was going to catch him. The combined A and B Groups were not far behind and Colin Morris (from Northern) won that sprint in fine style from Phil Thompson and Michael Hartman.

Sixty riders took part in a great day's racing and a warm up for the Royce Bennett Memorial at the same course in early May.

### Results

	First	Second	Third
<b>Overall</b>	Su Pretto	Ron McCurdy	Neville Williamson
<b>A Group</b>	Colin Morris	Phil Thompson	Michael Hartman
<b>B Group</b>	Graeme Pinchbeck	Colin O'Brien	Martin Peeters
<b>C Group</b>	Phil Tattersall	Ray Clifford	Ted McCoy
<b>D Group</b>	Debbie McCoy	Gary Binding	Dick Fox
<b>E Group</b>	Greg Stanton	Leon Bishop	Graham Haines
<b>F Group</b>	Tony Coventry	Mike Fisher	

### Officials

Thank you to the following helpers who made the day a successful one. Graeme Parker was responsible for the handicapping and Alan Sandford was again in his element organising a handicap so that it went off without a hitch. Martin Stalder and Keith Bowen turned the riders, the latter assisted by an army of dropouts doing the judging. Steve Oberg and Ken Woollard drove the lead and following cars respectively. Jenny Fairbank organised the raffle and assisted as usual with entries and Glenn Archer provided the drinks. Biscuits and cheese were kindly supplied by Alan Sandford and Jenny Fairbank.

### Coming Events

Back at Metec again next week for more Graded Scratch Races.

### Eastern Vets Program

Saturday	Apr	19	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	26	2.00 pm	Dunlop Road	Graham Cadd Day
Saturday	May	3	2.00 pm	Metec	Graded Scratch Races
Saturday	May	10	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Apr	13	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	Apr	20	9.00 am	Dromana	Graded Scratch Races
Sunday	Apr	27	9.00 am	Drouin South	Graded Scratch Races

### Northern Vets Program

Sunday	Apr	13	10.00 am	Campbellfield	Graded Scratch Races
Sunday	Apr	20	No Racing		
Friday	Apr	25	1.00 pm	Seymour	Benghazi Handicap 64 km
Sunday	Apr	27	9.30 am	Toolernvale	Time Trial
Sunday	May	4	10.00 am	Seymour	Pat McCallion 64 km Handicap

## CLUB NEWS

### Graham Cadd Day

We are well on the way to raising \$1000 for Graham's ride from Sydney to Perth. To help the cause donations of raffle prizes for April 12 would be welcome. If you have anything, please give it to Jenny Fairbank.

### Summer Points Score

It is still a race between three, but with Martin Stalder officiating and none of the other leaders gaining points on Saturday (points were only awarded for place getters in the handicap, not groups) there was no movement at the top. With no points on offer next Saturday at the Championships it will come down to the last two days, Easter Saturday at Metec and Dunlop Road the next week.

Morton Brett	<b>51</b>	Panou Nick	<b>34</b>
Pretto Jeff	<b>47</b>	Clifford Ray	<b>32</b>
Stalder Martin	<b>45</b>	Thompson Phil	<b>31</b>
Kimber Nigel	<b>36</b>	Edwards Ross	<b>29</b>
Curelli Tony	<b>35</b>	Fisher Mike	<b>30</b>
Granland Mark	<b>34</b>	Smith Ian/Tim Hall	<b>28</b>

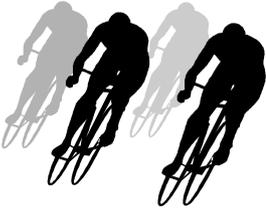
### Calling All new Riders

Would you please send me an email (keithb@rabbit.com.au) so I can add you to our email "communication network".

## CALLING ALL PETROL HEADS, NOSTALGIA BUFFS AND MOUNTAIN BIKE RIDERS

At the suggestion of former competitor, Murray Dickinson I went looking for the old Templestowe Hill Climb, a popular hill climb location in the 50's and 60's along with Rob Roy in the Christmas Hills. Much of the site is now a housing development, but don't get interested unless you have a spare million to spend. Some of the old track is still there including the 'Wall', you will understand the name when you have a look. I would be interested to know if anyone can ride up it, or how far you can get up. I don't think I would even try in a car. I am not even sure how they managed to construct the road. Any way it is worth a look and if you succeed in getting past the bend, be very careful coming down.

How to get there? Melway 34 E1. The easiest way is from the bike path which now extends from Westerfolds Park out to Beasley's nursery. Turn left onto 'The Parkway' (it is the first road crossing after Westerfolds), just after crossing the bridge, take the track labelled 'Templestowe Hill Climb Walking Track'. A few hundred metres in, past the dam or swamp, you come to the bitumen, turn left and after a 200 metres or so, you come to the 'Wall'. Let me know how you go.



# eastern veterans cycling club

*Newsletter April 19/26 2003*

## April 12, Club Championships Graded Scratch Races Metec

A few wrinkles in the system last Saturday for the Club Summer championships, largely brought on because we had six people on a course to be trained as traffic controllers. We had promised these people that the championships would not be held in their absence. Unfortunately the course did not finish at the promised time of one o'clock and the graded scratch races were held first.

The north wind on Saturday was a bit of a change from the southerlies that have been blowing there on previous occasions and I think it is a bit easier with the wind from the north. There is no doubt that this is a tough course and bunches quickly broke up, in both the scratch races and the championships.

The judges had a hard job working out whether solo riders were in front or had been dropped. For two or three laps several riders were asked whether they were leading, not one of them replied. We asked two riders riding together the same question, to which, they replied yes. After the race was over they were a little miffed to find out that they were racing for third.

Regrettably Ray Clifford had a nasty fall on the bell lap in the championships, running wide on the bend out of the four lane section at the back of the course and hitting the concrete culvert in the dip. Although Ray was more seriously injured than was realised at the time, it shows how effective helmets are in reducing head injuries in the case of

accidents. Ray has broken his elbow which will require a pin in it and will be transferred to Royal Melbourne where some facial fractures will be fixed.

Ray was given expert treatment by Mark Wallace and John Grant until the ambulance arrived. Eastern Veterans is very fortunate to have ambulance paramedics and several doctors including as members. *I have said this before and will say it again, how grateful our members are to Mark, John and our other medical experts and paramedics, knowing that professional medical help is at hand in the event of a fall.*

### A Note Of Thanks From Ray Clifford

Here I am in Maroondah Hospital, waiting to be transferred to Royal Melbourne, with a broken skull, broken nose, fractured cheekbones and broken elbow.

I'll never get into B grade at this rate!

My sincerest thanks to the boys who looked after me after my crash on Saturday and for the calls and expressions of concern re my well being. I'd also like to apologise for stuffing things up on Saturday afternoon.

However, I look forward to competing against you all soon. Experience from you blokes has it that I'll be back on the bike within three weeks.

Best wishes for your racing.

*Ray Clifford*

## Results

### Graded Scratch Races

	First	Second	Third
<b>A Grade</b>	Guy Green	Brett Morton	Rowan Fell
<b>B Grade</b>	Martin Stalder	Ron McCurdy	Steve Szalla
<b>C Grade</b>	Ray Clifford	Colin Morris	Harold Simpson
<b>D Grade</b>	Phil Pelgrim	Greg Lipple	Tim Hall
<b>E Grade</b>	Bruce Goodwin	Ross Gardiner	Graham Haines

## Club Championships

AGE	First	Second	Third
35-39	Jeff Williams	Brett Morton	Ross Tinkler
40-44	Guy Green	Mark Wallace	Michael Hartman
45-49	Dayle Goodall	Phil Thompson	Ross Edwards
50-54	Ron McCurdy	Laurie Baigent	Rob Graham
55-59	Martin Stalder	Graeme Parker	Harold Simpson
60+	Kerry Ryan	Ted McCoy	David Lyons
Women A	Karen Hopkinson	Liz Randall	Su Pretto
Women B	Kym Peterson	Heather Christie	Virginia Hamilton

## Officials

Racing was again under the control of Alan Sandford, Graeme Parker and Jenny Fairbank, assisted by a host of dropped riders in the judging. Glen Campbell did a masterful job controlling the corner at the offices. In the future we will take entries over near the finish line and start riders from the side road in this area. This will avoid the dangerous situation of riders coming around a blind corner where riders are congregating waiting to start their race.

## Metec Saturday April 19, Graded Scratch Races

Thirty six riders turned out in perfect conditions on Easter Saturday races at Metec. John Macleod assisted by Nick Panou and Michael Paull were in charge of proceedings.

	First	Second	Third
A Grade	Ross Edwards	Phil Thompson	Brett Morton
B Grade	Ron McCurdy	Nick Panou	
C Grade	Gary Stopar	Steve Short	John Jardine
D Grade	Phil Pelgrim	Jeff Pretto	Glenn Archer
E Grade	Daryl O'Grady	Su Pretto	
F Grade	Heather Christie		

## Coming Events

The Winter season starts next week with Graded Scratch Races at Metec. Coming later in May are the Royce Bennett Memorial Handicap (May 17) and the Southern vs Eastern challenge at Lang Lang on Sunday May 25.

## Eastern Vets Program

Saturday	May	3	2.00 pm	Metec	Graded Scratch Races
<b>Monday</b>	<b>May</b>	<b>5</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Monthly Club Meeting</b>
Saturday	May	10	2.00 pm	Metec	Graded Scratch Races
Saturday	May	17	2.00 pm	Steels Creek	Royce Bennett Handicap
Saturday	May	24	No Racing Southern vs Eastern challenge on May 25		
Saturday	May	25	9.00 am	Lang Lang	Southern vs Eastern GSR

## Southern Vets Program

Sunday	Apr	27	9.00 am	Drouin South	Graded Scratch Races
Sunday	May	4	9.00 am	Somers	Graded Scratch Races
Sunday	May	11	9.00 am	Braeside	Graded Scratch Races
Sunday	May	18	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	May	25	9.00 am	Lang Lang	Southern vs Eastern

## Northern Vets Program

Sunday	Apr	27	9.30 am	Toolernvale	Time Trial
Sunday	May	4	10.00 am	Seymour	Pat McCallion 64 km Handicap
Sunday	May	11	9.30 am	Toolernvale	Graded Scratch Races
Sunday	May	18	10.00 am	Lancefield	64 km Handicap

## CLUB NEWS

### Summer Points Score

It's all over. Brett Morton has a six point lead over Jeff Preto and with a maximum of 5 points on offer today, Brett can't be beaten. Full details of the top twenty riders next week.

### Calling All new Riders

Would you please send me an email ([keithb@rabbit.com.au](mailto:keithb@rabbit.com.au)) so I can add you to our email "communication network".

### Templestowe hill climb: challenge from last week's newsletter answered already.

Rob Graham tells me that he regularly takes his students up the hill, but in 4 of 5 years of trying only about 3 students have succeeded in climbing it. Rob has done it, but tells me it is a rough climb and is definitely a granny gear climb. Mick Dewdney has done it.

How to get there? Melway 34 E1. The easiest way is from the bike path which now extends from Westerfolds Park out to Beasley's nursery. Turn left onto 'The Parkway' (it is the first road crossing after Westerfolds), just after crossing the bridge, take the track labelled 'Templestowe Hill Climb Walking Track'. A few hundred metres in, past the dam or swamp, you come to the bitumen, turn left and after a 200 metres or so, you come to the 'Wall'. Let me know how you go.

## LETTER FROM GRAHAM CADD

Now that members are being trained to act as traffic controllers to control traffic and help avoid accidents, Graham Cadd raises some important issues relating to the treatment of riders when there has been a fall and someone is injured. Graham's letter is particularly timely following Ray Clifford's fall on Saturday April 12.

8<sup>th</sup> April 2003

Keith Bowen  
Secretary  
Eastern Veterans Cycling Club

Dear Keith,

In a brief discussion after the race at Steels Creek with Mark Wallace, Club officials and myself, I outlined some concerns relating to the possible transmission of blood borne viruses (Hepatitis B, Hepatitis C, HIV/AIDS) from open wounds as a result of a fall.

I would like to put a few suggestions to the Club in the interests of safe practice for all concerned.

The Club should adopt a policy that all persons involved with the Club should, in the event of an accident, be treated as if they are a carrier of a blood borne virus. This is called "Universal Precautions" and involves a protective approach to the management of bodily fluids e.g. blood, saliva, vomit. I will provide the Club with notes on "Universal Precautions", at a later date, that will give definitive and current information on how to manage open wounds.

Given that competitive cycling is one of the few blood sports left to mankind, the Club needs to consider including regular information on this topic in the Club Newsletter, so that members can more confidently assist injured riders from an informed position. The Club also needs to provide regular education i.e. annual 1<sup>st</sup> Aid Training for Wound Management, Cardio-

pulmonary Resuscitation (CPR) and stabilization of fractures etc. This would give members base skills that would enable them to assist with race related accidents and also, when they are out on training rides where 1<sup>st</sup> Aid may not be available.

It might be in the Club's interests to consider identifying Club members who have medical, nursing or approved 1<sup>st</sup> Aid Certificates and retaining their details in a register. These people could be identified on race days as the 1<sup>st</sup> Aid Team, much the same as corner stewards are identified. (It's interesting to note that we are encouraging specific traffic management training for interested members).

It should be the 1<sup>st</sup> Aiders job on race day to check the 1<sup>st</sup> Aid Box and the availability of essentials, such as disposable gloves, dressings and resuscitation equipment, rather than just leaving this up to whoever might be around, or those who may not know what is available for 1<sup>st</sup> Aid and how to use it. I have been involved in stocking the 1<sup>st</sup> Aid Box for some years. Personally, I would like to know the Club is going to ensure the best possible person is going to attend me if I am injured.

I think the Club could do a bit more in the area of "risk management". A register of race accidents resulting in injury should be kept. This might help identify courses, or parts of courses, that are dangerous and require different management i.e. warnings, marshalls. It might also help identify dangerous riders, so that corrective action can be taken. The Club's insurers, with knowledge that we proactively manage the risks associated with our sport, may positively adjust our premiums.

Keith, I hope these comments stimulate some thinking about these issues and lead onto some specific information and education for members. I am guilty, as most, about leaving the organising of the Club up to others.

I would be happy to be involved in any initiative that the Club agrees on, in relation to these matters, work commitments permitting.

Yours sincerely,  
*Graham Cadd*

## **Stop Press Eastern Riders in the medals**

### **Mountain Bikes**

Eastern rider Rob Amos won the Victorian MTBA State X- Country Mountain Bike Championships at Eildon on April 12. Competing in the masters category (40-49 yrs old) he led from the start in the damp and tricky conditions to finish over 6 minutes clear of 2nd placed rider Craig Pollock. This has helped Rob get over the disappointment of finishing 4th in the National series after a puncture cost the chance of a 2nd place finish.

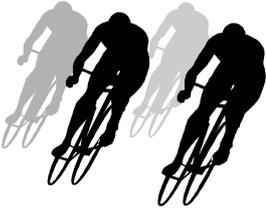
### **Maryborough Results (list is not complete)**

Rob Graham, first in time trial (third best time of the day), Neil Wray first in straight line sprint and Alan Sandford, third in straight line sprint were in the medals at Maryborough.

The outstanding performance was that of Liz Randall, gold medals in Road Race, Time Trial and Sprint and silver in the Crit. Liz's pet event is the Time Trial and showed how good she is in this event by beating the second place getter by 90 seconds. The other events were all close and hotly contested. Liz, not surprisingly received the 'Most Outstanding Individual Award'.

### **Ray Clifford Update**

Ray is now out of hospital and is returning to work on a reduced basis next week. He has been **strongly advised** not to undertake any strenuous physical activity for 10 weeks.



# eastern veterans cycling club

Newsletter May 3 2003



**SEE YOU MONDAY NIGHT MAY 5 MAROONDAH CLUB 8.00 PM.  
MONTHLY GENERAL MEETING IMPORTANT MATTERS TO BE DISCUSSED MAKE SURE YOU ARE THERE**

## April 26, Dunlop Road Graham Cadd Day

Absolutely perfect conditions greeted the 86 riders for the Graham Cadd Day at Dunlop Road. The day was an outstanding success and raised approximately \$1650 for the Australian Leukodystrophy Support Group

Events started with a three lap handicap for the ladies. The question was, would Liz Randall, giving 60 seconds start be able to catch up 20 seconds a lap on the outmarker, Glenys Jardine. Although they were all in the straight together at the end of the first lap, the answer was no. But she nearly caught third place getter Gail Pung on the line. Gail was rolling to the line and it was only the urging of the crowd that got her pedalling again and holding onto third place. Out the front the eventual winner Heather Christie caught Glenys Jardine riding her first handicap on the bell and held on to win. The handicapper got it pretty right

with less than 100 metres separating the riders at the finish. The winners time was 7 min 35 sec.

The ladies handicap was followed by another 3 lapper for Graham Cadd and his Sydney to Perth companions, Alan Cunneen, Ian Milner and Laurie Baigent. The question here was would they pull a shifty and ride across the lane together? Like all honest cyclists they avoided that temptation and all rode to win. On the bell Graham off limit of 35 sec was still in front of the other three who had joined up without any sign of collusion. Graham's lead was just enough for him to hold off Laurie Baigent and Ian Milner, with a winning time of 6 min 58 sec.

The handicaps were followed by 45 minute Graded Scratch Races with D, E and F grades starting off followed by A, B and C. This meant that the day concluded on a high with the finish to A and B grades.

## Results

### Graded Scratch Races

	First	Second	Third
<b>A Grade (15)</b>	Mike O'Connor	Brett Morton	Ross Edwards
<b>B Grade (15)</b>	J Hilston	Nick Panou	David James
<b>C Grade (20)</b>	Steve Short	Nigel Kimber	Colin Morris
<b>D Grade (16)</b>	Jeff Pretto	Greg Lipple	Tony Curelli
<b>E Grade (13)</b>	Bruce Goodwin	Frank Lees	Richard Maggs
<b>F Grade (6)</b>	Tony Coventry	Janet Beal	Heather Christie

### Handicaps

<b>Ladies Handicap</b>	Heather Christie 50 sec	Glenys Jardine 60 sec	Gail Pung 40 sec
<b>Cadd Handicap</b>	Graham Cadd 35 sec	Laurie Baigent 25 sec	Ian Milner scr

## Officials

Racing was again under the masterful control of Alan Sandford, Graeme Parker, Jenny Fairbank, Michael Paull and Ian Smith, with Sue and Neil Wray assisted by master chef Ronnie Stranks on the BBQ,. A special thanks to the people who donated prizes for the raffle, John Walker, Steve Short, James and Meryl Harris, Glenn Archer, Liz Randall and Laurie Baigent. The raffle was interesting, with a variety of prizes on offer of differing value, one would have thought that the jersey and the gas bottle would have been snapped up first, but that was not to be, the slab going early and appropriately to the Sydney-Perth team and the wine. But the jersey and in particular the gas bottle took a while to go. Don't bid at auction against Peter Wykes. In the auction of the heart rate monitor kindly donated by Steve Short, Peter entered a knock out bid of \$200, doubling the previous bid and stunning any other bidders into silence.

## Coming Events

The Winter season starts next week with Graded Scratch Races at Metec. Coming later in May are the Royce Bennett Memorial Handicap (May 17) and the Southern vs Eastern challenge at Lang Lang on Sunday May 25 (there won't be any Eastern racing on the Saturday May 24, in line with our agreement with Southern, not to race on weekend of the challenge races).

## Eastern Vets Program

<b>Monday</b>	<b>May</b>	<b>5</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Monthly Club Meeting</b>
Saturday	May	10	2.00 pm	Metec	Graded Scratch Races
Saturday	May	17	2.00 pm	Steels Creek	Royce Bennett Handicap
Saturday	May	24	No Racing Southern vs Eastern challenge on May 25		
Saturday	May	25	9.00 am	Lang Lang	Southern vs Eastern GSR

## Southern Vets Program

Sunday	May	4	9.00 am	Somers	Graded Scratch Races
Sunday	May	11	9.00 am	Braeside	Graded Scratch Races
Sunday	May	18	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	May	25	9.00 am	Lang Lang	Southern vs Eastern

## Northern Vets Program

Sunday	May	4	10.00 am	Seymour	Pat McCallion 64 km Handicap
Sunday	May	11	9.30 am	Toolernvale	Graded Scratch Races
Sunday	May	18	10.00 am	Lancefield	64 km Handicap
Sunday	May	25	9.30 am	Campbellfield	Graded Scratch Races

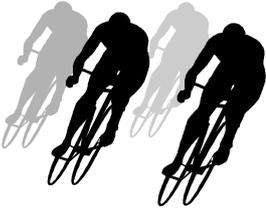
## CLUB NEWS

### Summer Points Score

Brett Morton was in an unbeatable position going into Saturday's race, but after Jeff Pretto won in D Grade, he needed to get a place just in case there was a stuff up in the count. Anyway he sealed it with a second. The top 20 places and ties are as follows:

1	Morton Brett	<b>62</b>	12	Hall Tim	<b>33</b>
2	Pretto Jeff	<b>57</b>	13	Curelli Tony	<b>30</b>
3	Stalder Martin	<b>52</b>	14	Fisher Mike	<b>31</b>
4	Panou Nick	<b>44</b>	14	Smith Ian	<b>31</b>
5	Kimber Nigel	<b>41</b>	16	Lipple Greg	<b>29</b>
5	Pretto Su	<b>41</b>	17	Bowen Keith	<b>27</b>
7	Edwards Ross	<b>39</b>	18	Gillies Ron	<b>26</b>
8	Clifford Ray	<b>38</b>	18	Lewis Bob	<b>26</b>
8	Thompson Phil	<b>38</b>	18	Stranks Ron	<b>26</b>
10	Granland Mark	<b>37</b>	18	Wallace Mark	<b>26</b>
11	Short Steve	<b>36</b>			





# eastern veterans cycling club

*Newsletter May 17 2003*

## May 10, Metec

At last, near perfect conditions at Metec and a chance to try a different circuit which in my opinion, shared it seems with several others, is possibly the best of the various alternatives at Metec.

Fifty six riders rode in, and with several on lookers, watched some spirited racing. One of the advantages of the circuit used is that from the finish line the riders are in view for most of the race. The only part out of view is the back four lane section and the first part of the back straight leading to the hill. It is a circuit that you need to concentrate on while riding, otherwise you will find yourself suddenly off the back.

The race of the day was undoubtedly A Grade. After 10 minutes or so there was a break away of 3 riders, Phil Thompson, Rob Amos and Martin Stalder. Guy Green suddenly decided it was time to join them and closed the gap down effortlessly in one lap. The first two to crack were Martin Stalder and Rob Amos. Rob managed to get back on, but could only last for less than a lap. Phil and Guy rode together until about 10 minutes to go, when Guy decided it was time to go, and he then proceeded to lap the field except for Phil. Phil hung on for second, with Brett Morton being awarded the bunch sprint after the third rider to cross the line was disqualified and fined for giving a two arm victory salute as he crossed the line.

B Grade was a walk over for Southern riders dominating the finish with a win to John Pritchard followed by Dan Ives and Michael Goldie.

The biggest field was in C Grade which finished in a bunch sprint with less than a wheel between the place getters. James Harris, who is a bit of an expert in these finishes, was followed by Hylton Preece, half a wheel behind or less and Gary Stopar.

D Grade had a great race with the pace on for most of the time and all riders managing to stay in contact. The riders were pretty alert, but not unduly alarmed by a couple of new riders who were unknown quantities, and the return of Dale Pearce who crucified D Grade at Macesfield last year. J C Wilson and C Norbury timed their attack to perfection going with about a lap and a half to go. The chase was on from the bell, with only Tony Curelli managing to split them. The rest of us were strung out behind in the finishing straight.

New rider Matt White in his first race was too strong for E Grade and will find himself in D Grade next week, winning easing up from Ron Stranks just getting over Su Pretto before the line.

F Grade saw the return of John Porter to racing and to the money coming third to Mike Fisher and Heather Christie. This was John's first race for 12 months after a serious fall early last year

## Results

### Graded Scratch Races

	First	Second	Third
<b>A Grade (11)</b>	Guy Green	Phil Thompson	Brett Morton
<b>B Grade (8)</b>	John Pritchard	Dan Ives	Michael Goldie
<b>C Grade (13)</b>	James Harris	Hylton Preece	Gary Stopar
<b>D Grade (11)</b>	J C Wilson	Tony Curelli	C Norbury
<b>E Grade (6)</b>	Matt White	Ron Stranks	Su Pretto
<b>F Grade (7)</b>	Mike Fisher	Heather Christie	John Porter

### Officials

Alan Sandford was again in charge assisted by Graeme Parker, Jenny Fairbank, Ron Stranks, Nick Panou, Andrew Ferridge, Ben Muller, John Merrony and several others. It is clear that Metec will become a bit of a social centre, as we are getting visits from former members, or those not racing who are coming down to watch

the races. An innovation on the day was to conduct a short training session for new riders. Anyone is welcome to join in these sessions at Metec, don't be embarrassed about joining in, the extra skills imparted might just mean the difference between first and second.

### Coming Events

Don't forget the Southern vs Eastern challenge at Lang Lang next Sunday May 25 (there won't be any Eastern racing on the Saturday May 24, in line with our agreement with Southern, not to race on weekend of the challenge races). Please make an effort to be there and represent your club. Currently we hold the trophy and would like to keep it for another six months at least.

To get there head down Monash Fwy, take turn-off to Cranbourne/Phillip Island (South Gippsland Hwy), go through Cranbourne and Tooradin, take left at "To Lang Lang" sign (petrol station on far cnr) head down to roundabout, turn right, football ground entrance is 100m down on left hand side.

### Eastern Vets Program

Saturday	May	24	No Racing Southern vs Eastern challenge on May 25		
Sunday	May	25	9.00 am	Lang Lang	Southern vs Eastern GSR
Saturday	May	31	2.00 pm	Yarra Glen Toolangi	Hine Hire Handicap
<b>Monday</b>	<b>June</b>	<b>2</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Club Meeting</b>
Saturday	June	7	2.00 pm	Metec	Avon Tyre H'cap and GSR's
Saturday	June	14	2.00 pm	Yarra Junction	20 km TT Championship

### Southern Vets Program

Sunday	May	25	9.00 am	Lang Lang	Southern vs Eastern
Sunday	June	1	9.00 am	Crib Point	Graded Scratch Races
Sunday	June	8	9.00 am	Healey Road	Graded Scratch Races
Sunday	June	15	9.00 am	Nar Nar Goon	Graded Scratch Races

### Northern Vets Program

Sunday	May	25	9.30 am	Campbellfield	Graded Scratch Races
Sunday	June	1	9.30 am	Toolernvale	48 km Handicap
Sunday	June	8	10.00 am	Seymour	64 km Handicap
Sunday	June	15	9.30 am	Toolernvale	Graded Scratch Races

### CLUB NEWS

**Graham Cadd's progress**, they are doing well despite fearsome head winds, look on the notice board for latest reports and we will give an update after the race.

### Traffic Controllers and Marshalls

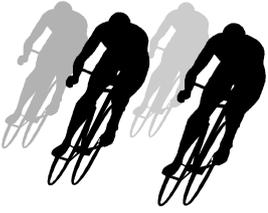
We have recently had 9 members undertake a traffic controllers course which will provide for improved safety for our road races. There are several changes that you will notice. There will be a substantial improvement on the signage used at races with large 'Cyclists Race in Progress' signs at the beginning and end of out and back circuits and smaller signs along the route. The important aspect is that the traffic controllers are able to legally stop traffic. This means that at Steels Creek, all the road will be available for the finish. These traffic controllers will only direct traffic, race marshalls will still control the cyclists, and you must obey their directions.

### Special Notes:

1. All "significant" intersections will be controlled by either a RACE MARSHAL or a TRAFFIC CONTROLLER and a RACE MARSHAL.
2. Where an intersection is controlled by a RACE MARSHAL, the racing bunch must STOP when directed to do so by the marshal.
3. Where an intersection is controlled by a RACE MARSHAL and a TRAFFIC CONTROLLER the vehicular traffic will be stopped for you.
4. RACE MARSHALS CANNOT stop the vehicular traffic.
5. Riders MUST obey directions from RACE MARSHALS.
6. Unless otherwise advised all turnaround points are to be considered NEUTRAL, i.e. no overtaking or racing within 100m of the turnaround point.

### WILL YOU HAVE A LONG WALK TO THE FINISH?

**The road season is on us so don't forget to take a spare tube (or even two) and a pump. It can be a long walk back on some circuits and we don't want to have to send a car out to pick you up.**



# eastern veterans cycling club

Newsletter May 31 2003



**SEE YOU MONDAY NIGHT JUNE 2 MAROONDAH CLUB 8.00 PM.  
MONTHLY GENERAL MEETING IMPORTANT MATTERS TO BE DISCUSSED MAKE SURE YOU ARE THERE**

## May 17, Steels Creek Royce Bennett Memorial Handicap

Fine but windy conditions greeted the 66 riders for the second running of the Royce Bennett Memorial Handicap at Steels Creek. With accredited traffic controllers at the finish able to close the road the race was run in one division rather than the two used last year.

66 riders started and on paper the strongest groups appeared to be D Grade with 13 starters and a start of 14 minutes and A Grade with 9 starters.

This prediction was blown out of the water on the first lap. D Grade haven't got the hang of handicap riding and rode as individuals, but C Grade under the tutelage of Graeme Parker riding as a team, caught up four and half minutes on limit at the end of the first lap, while B Reserve only made up 15 seconds on C. At the end of the second lap they had caught up another 4½ minutes on limit, and B Reserve had only made up 40 seconds on the lap. D Grade had swept up E Grade on the way back on the second lap, but three limit riders in Russell Ward, Heather Christie and Sally Both were still to be caught. Steve Oberg took off on a solo effort before the turn, but was soon roped in after the last turn.

C Grade caught D Grade on the way out on the last lap, by which time it was clear that the back markers were not going to get up. The only question, was would the limit markers be caught? The last turn was 'half neutral'. When there are combined bunches at a turn you need to make sure that you are at the front if you don't want to be left behind. With the tail wind the race back to the finish was fast and furious, with the limit markers passed with about a kilometre to go. In the bunch sprint of about 12 riders from C and D grades, Graeme Parker in a time of 1 hr 22 m 20 sec, was too good, winning from Hylton Preece, Robert Riley (D Grade), Phil Pelgrim and another D grader in Leon Bishop. Peter Howard won the sprint for fastest time (1 hr 14 m 25 sec) about 2 minutes behind the winners.

The advantage of a graded handicap, particularly when payments are being made down to 10th, is that there are lots of prizes, in fact half the field went home with money in their pocket, many of whom were puzzled as to how they were in the money, having been dropped during the race.

Another very successful race on a popular course.

## Results

### Grade Placings

	First	Second	Third
<b>A Grade (10)</b>	Phil Thompson	Jeff Williams	Ron McCurdy
<b>B Grade (10)</b>	Rudy Joosten	Steve Fothergill	Chas Fitzgerald
<b>B Res (8)</b>	Ian De Kam	Colin O'Brien	Phil Tattersall
<b>C Grade (10)</b>	Debbie McCoy	John Jardine	David Lyons
<b>D Grade (13)</b>	John Macleod	Chris Norbury	Greg Lipple
<b>E Grade (7)</b>	Ron Stranks	Dominic Schipano	Tony Coventry
<b>F Grade (7)</b>	Heather Christie	Sally Both	Russell Ward

## RESULTS

1st	Second	Third	Fourth	Fifth	Fastest	Time
G Parker (10)	H Preece (10)	R Riley (14)	P Pelgrim (10)	L Bishop (14)	P Howard scr	1:14:25
5th	Seventh	Eighth	Ninth	Tenth		
S Oberg (14)	J C Wilson (14)	R Maggs (14)	D Fox (10)	R Tinkler (6)		
<b>1st over 65</b>	K Bowen (14)		<b>1st lady</b>	L Randall (14)		

### Officials and Thank You's

Alan Sandford again showed he is master at running handicaps, getting placings down to 10 and the first 3 in each grade without the aid of a camera is an incredibly difficult task. There are so many prizes around that riders who have been dropped find it hard to believe that they are in the money. Helpers to Alan were Graeme Parker for the handicaps, Jenny Fairbank, Clive Wright, Bruce Goodwin, Laurie Baigent, James Harris and various dropped riders who chose to do only 2 laps and help at the

finish. Ian Smith and Hylton Preece put out our new signage advising motorists that a race is in progress and Steve Short who exercised his power as a traffic controller. We are grateful for the help of these people, as without it we would not be able to race.

It was a pleasure to see Margaret Bennett, Kayley and Russell Ward, their attendance was a reminder of the esteem Royce Bennett is held by members of Eastern Veterans.

### May 25, Lang Lang Eastern vs Southern Challenge Eastern Victorious!!!

Eastern riders turned out in force for the winter Eastern vs Southern challenge at Lang Lang last Sunday. In all we had 48 riders in a total field of 130, this was an outstanding turn out, particularly considering the distance many had to travel. Thanks to all those riders who made the effort.

Conditions were near perfect, no wind a challenging traffic free course, the heavy fog meant that the climbs were hidden from view and unless you had ridden the course before, you didn't have a clue what was coming up. We acquitted ourselves really well, with Jeff Williams, Graeme Parker and Tony Coventry winning B, C and F grades respectively and Peter Howard, Rob Graham, Steve Short and

Keith Bowen coming second in A, B, C and E and Guy Green and Heather Christie coming third in A and F.

Points were allocated down to fourth on a 5, 3, 2, 1 basis. Both clubs had 12 place getters, but with 4 second placings to 2 for Southern, Eastern was able to creep ahead by two points. The final result was Eastern 34 points and Southern 32. This, I think is the first time the visiting club has won the shield, great effort guys and girls.

Congratulations to Southern on their hospitality and professional staging of the event which went without hiccup and a special thanks the course officials. We look forward to repeating the effort in Summer.

### Results

	First	Second	Third	Fourth
<b>A Grade</b>	Ian McGeoch (S)	Peter Howard (E)	Guy Green (E)	David Sturt (S)
<b>B Grade</b>	Jeff Williams (E)	Rob Graham (E)	Christian Requin (S)	Colin O'Brien (E)
<b>C Grade</b>	Graeme Parker (E)	Steve Short (E)	David Heatley (S)	David Doyle (S)
<b>D Grade</b>	George Ward (S)	Gary Timms (S)	Dale Maizels (S)	Tracy Newton (S)
<b>E Grade</b>	Jeff Smith (S)	Keith Bowen (E)	Gordon Scott (S)	Graham Haines (E)
<b>F Grade</b>	Tony Coventry (E)	Colin Smith (S)	Heather Christie (E)	Phil Stern (E)

### Eastern Vets Program

<b>Monday</b>	<b>June</b>	<b>2</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Club Meeting</b>
Saturday	June	7	2.00 pm	Metec	Avon Tyre H'cap and GSR's
Saturday	June	14	2.00 pm	Yarra Junction	20 km TT Championship
Saturday	June	21	2.00 pm	Metec	Graded Scratch Races
Saturday	June	28	2.00 pm	Steels Creek	Graded Scratch Races

### Southern Vets Program

Sunday	June	1	9.00 am	Crib Point	Graded Scratch Races
Sunday	June	8	9.00 am	Healey Road	Graded Scratch Races
Sunday	June	15	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	June	22	9.00 am	Lang Lang (Colnago C)	Graded Scratch Races

### Northern Vets Program

Sunday	June	1	9.30 am	Toolernvale	48 km Handicap
Sunday	June	8	10.00 am	Seymour	64 km Handicap
Sunday	June	15	9.30 am	Toolernvale	Graded Scratch Races
Sunday	June	22	10.00 am	Seymour	53 km Handicap

## COMING EVENTS

Back to Metec next week for the Avon Tyres Handicap, two divisions of about 5 or 6 laps, followed by Graded Scratch Races. All you time triallists should be training hard for the time trial championships on June 14 at Yarra Junction.

## CLUB NEWS

### Hillclimb Challenge

A few weeks ago I ran a short note in the newsletter regarding the Templestowe Hillclimb. Portion of this car hillclimb used in the 1950's and 60's is still intact. So far Rob Graham, Graeme Parker, Mick Dewdney and a very proud Steve Oberg, who collapsed in a heap at the top after his second and successful attempt, have been able to climb it.

I did some crude measurements during the week and the steep part of the hill is about 75 metres long, the angle is 18 to 20 degrees, which means it has a gradient of around 30 to 35 % or 1 in 3. Nigel Kimber found an article in the Age earlier this year which said the gradient was 1 in 2 1/2, but old racing motorists are no doubt like old cyclists, prone to exaggeration. 1 in 3 or 1 in 2 1/2, either way it's pretty steep. Anyone should be able to climb such a short hill!!!!

Want to have a go, join us Sunday morning for a try. Meet at Nunawading Police station (Graeme Parker) at 8.00 am, Melway 48 G9, or the bike path bridge over the Yarra at Burke Road (Keith Bowen) Melway 31 K11, at 9.00 am. On the way there some single track MTB paths along the Yarra will be explored.

Cappuccino at Westerfolds Park on the way back.

## About Today's Sponsor

Robin Hine 57 years, born 16 April 1946

Robin started racing in 1961 as a 15 year old with Blackburn CC. He rode as a junior (16-18 yrs) on the Brenock Park track at Ferntree Gully and then as a senior (18 yrs +), having success in club races and combines with Hawthorn and Doncaster clubs. In the 1968/69 track season he won the 3 mile track championship at Hawthorn.

In 1970 realising that he was a better road rider than track, he continued winning club road races until he eventually finished up riding off scratch with riders like Malcolm Powell, Robin Binding and Garry Evans.

In his first 3 day tour he finished a creditable 4th followed by a 3rd place in the Melbourne to Wangaratta. He came 12th in the Tasmanian, Examiner Tour, which was the hardest day tour you could imagine, with only 13 of 55 starters finishing. The next year he came with only 8 finishing, and said that was enough.

Robin turned pro in 1973, coming 14th in the Melbourne to Lakes Entrance (**186 miles**) and 12th in his first Melbourne to Warrnambool, won by Mario Giramondo, falling right on the line over Matt Pickles.

Then in 1974 he was fastest in the Dandenong to Lakes Entrance and 5th in the Warrnambool. He also won the Sandown Grand Prix in a warm up ride for the two big races, the Lakes (fastest time) and 5th in the Warrnambool. He also won the Grand Prix in 1975.

In the 1975 Sun Tour he rode in a team comprising Graeme McVilly (captain and eventual winner), Peter Phillips and Dale

Richards. Although riding as a domestique he won several intermediate sprints and a stage finish at Edenhope. The next year he was in a 3 man team with Terry Hammond (captain) and Ken Evans. Terry Hammond won and the team finished second.

In contrast to previous years, 1977 was a lean year, riding off scratch in club events picking up fastest time twice and winning two 100 mile road scratch races, but teaming up with the backmarkers to share in the prize money.

While riding in the 1978 Sun Tour he was 150m clear in a town sprint at Navarre, near Stawell, when he rolled a tyre (single) around the final bend and finished in a serious condition in the Stawell hospital, ending a cycling career at the age of 32.

Robin is still a keen follower of the sport and sponsor of Eastern handicaps, 25 years later.

Thanks Robin

*Sandy*

\*\*\*\*\*

#### **BIKE BITS FOR SALE**

**Road Bike:** Moser Pro Evolution 53 x 54.5 cm, steel dedacciai frame 1800g, Ultegra groupset, Cinelli Integralter bars, Chris King headset, carbon fork with carbon steerer, carbon seat post and a light pair of training/race wheels. Excellent condition \$1600 ono.

**Race Wheels:** Hed Alps 16/24 spokes, 1590g, clincher, 50 mm depth carbon rim, with aluminium braking surface. Brand new hubs, Shimano and Campag cassette bodies, dura-ace 12-23 cassette. Excellent condition with very little use \$1200 ono (new \$2000+).

Jeff Williams Ph 9459 8584 or email [jefwil@melbournecitybaths.com.au](mailto:jefwil@melbournecitybaths.com.au).

Jeff can also help with some **personal training**, contact Jeff at **'2B PT'** on the same number or email. (If you buy his bike or wheels I am sure a couple of free sessions would be thrown in. ed).

#### **TRAINING/CAPPUCINO RIDES**

Don't forget the training rides throughout the week, Tuesday morning, Yarra trail to the city and return (see Keith Bowen, Sunday morning, usually the Warby trail (see Graeme Parker), Sunday morning Beach Road, see John Macleod.

Also Wednesday morning, don't forget racing at the Loop, Yarra Boulevard, 27 starters last week.

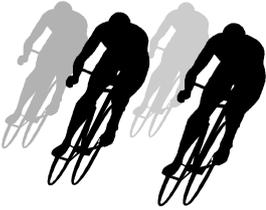
#### **WILL YOU HAVE A LONG WALK TO THE FINISH?**

**The road season is on us so don't forget to take a spare tube (or even two) and a pump. It can be a long walk back on some circuits and we don't want to have to send a car out to pick you up.**

Eastern Veterans Cycling Club  
Proudly Sponsored by

**VICTORIAN STATE**  
**HOME LOANS**





# eastern veterans cycling club

**Newsletter June 7 2003**

## **May 31, Yarra Glen to Toolangi and Return, Hine Hire Handicap**

After a week of perfect Autumnal weather Saturday's conditions were a forerunner of things to come, cooler temperatures and a cold wind. Arm warmers and in many cases leg warmers were a feature of the riders apparel.

A very good field of 66 riders started. Most bunches set off with the intention of staying intact, but climbs up to the Old Healesville Road, past the saw mill and the main climb itself soon sorted out the hill climbers from the rest. Heather Christie was first over the climb just catching Glenys Jardine, who had one minute start on the rest of limit. David Lyons and Matt White off 12 minutes (D Grade) were riding strongly up the hill and had left the rest of their bunch in their wake, but Guy Green and Brett Morton (scr) were ominously closing on the leaders. Virginia Hamilton in her first ride in a handicap, with a 'Lance Armstrong like cadence' had left the rest of E Grade in her wake and was able to hang on to David and Matt for a while.

Guy Green hotly pursued by Brett Morton were flying down the hill and looked like certain winners. Bunches were mixed up by the descent and were a kaleidoscope of coloured hats as they headed down. Guy was able to get a bit of a break on Brett before the roundabout and held on to win by about 200 m. Matt White was very impressive in only his second or third ride with Eastern was about 500 m behind. I suspect Matt want be in D Grade much longer.

Peter Howard, Rob Amos and Jeff Williams, all scratch markers, with Rudy Joosten (4 min) not far behind sprinted for the honour and glory of A Grade and B Grade placings.

Colin Smythe gets the honesty award of the day, confessing to the judges when placed third, that he had turned around before the top of the hill.

An excellent days racing on a very tough course for a handicap.

## **Results**

### **Grade Placings**

	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>Overall</b>	Guy Green	Brett Morton	Matt White
<b>A Grade (11)</b>	Peter Howard	Rob Amos	Jeff Williams
<b>B Grade (14)</b>	Rudy Joosten	Martin Stalder	Simon Jackson
<b>C Grade (11)</b>	Steve Short	Nick Hainal	Ted McCoy
<b>D Grade (13)</b>	David Lyons	John Wilson	Dick Fox
<b>E Grade (9)</b>	Virginia Hamilton	Keith Bowen	Su Pretto
<b>F Grade (6)</b>	Heather Christie	Sally Both	Glenys Jardine

### **Officials and Thank You's**

Alan Sandford assisted by Jenny Fairbank and Ken Woollard did their usual masterful job taking entries, race director and judging the race.

Today was another opportunity for our traffic controllers to strut their stuff. Hylton Preece was stopping cars for the finish and Colin O'Brien controlled the roundabout. Both did an excellent job and provide the riders with confidence that they can concentrate on their riding without worrying about traffic. They were assisted by David Johnson, Dale Pearce, John Macleod and a 'stand in' for David Lyons.

A thanks also to our sponsor for the day, Robin Hine of Hine Hire.

### Eastern Vets Program

Saturday	June	14	2.00 pm	Yarra Junction	20 km TT Championship
Saturday	June	21	2.00 pm	Metec	Graded Scratch Races
Saturday	June	28	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	July	5	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	June	8	9.00 am	Healey Road	Graded Scratch Races
Sunday	June	15	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	June	22	9.00 am	Lang Lang (Colnago C)	Graded Scratch Races
Sunday	June	29	9.00 am	Cora Lynn	Handicap

### Northern Vets Program

Sunday	June	8	10.00 am	Seymour	64 km Handicap
Sunday	June	15	9.30 am	Toolernvale	48 km Handicap
Sunday	June	22	10.00 am	Seymour	53 km Handicap
Sunday	June	29	9.30 am	Campbellfield	Graded Scratch Races

## COMING EVENTS

Next Saturday 25 km time trial Yarra Junction. This will be for Club Championships (age groups) but it will also incorporate a sealed handicap. The handicapper will work out a handicap for you, but you will not know what it is until after the event. Prize money will be awarded down to 3rd or 5th place for the handicap, trophies for age groups in the club championship. We will also tell you (later), how you rate for your age group against standard times for a 25 km handicap. Last year most riders performed better than the standards for their age group.

Don't be confused you only have to ride it once to be eligible for both events. Tri bars, disc wheels etc can be used in the time trial. Riders will start at one minute intervals. The sealed handicap is open to all riders.

## CLUB NEWS

### Hillclimb Challenge

Rain overnight reduced the numbers that were willing to test their ability on the old Templestowe Hillclimb. Nine riders started out, but we lost one along the single tracks somewhere. Five were successful in climbing the hill. Kerry Ryan was the standout performer doing it about 4 times. Mick Dewdney had told us previously that he had climbed it in the middle ring, we didn't believe him, showed us that it can be done riding it in a 39/28 gear on my bike, to demonstrate that it can be done. Perhaps when Jeff Williams told me that he could do it on a road bike might be right. Graeme Parker has done it before and did it again without any problem, Hylton Preece cruised up. Now for those Eastern members who tried unsuccessfully, they were J C....., la ....., and Kei .....

Fill in the blanks or ask around for their names. This is a great ride of 60 odd kilometres depending where you start and includes some great single track along the Yarra. We will put it on again soon, if it's wet make sure you have off road tyres, as the single track is slippery after rain.

### AROUND THE BAY IN A DAY

It's time to put your entry in. Remember preferred route is Melbourne, Geelong, Queenscliff, Sorrento, Melbourne. We will be riding it as a group this year.

### BIKE BITS FOR SALE

**Race Wheels** Hed Alps 16/24 spokes, 1590g, clincher, 50 mm depth carbon rim, with aluminium braking surface. Brand new hubs, Shimano cassette body, Ultegra 12 - 21 cassette, brand new set of Vittoria Open Corsa CX tires. Excellent condition with very little use \$1200 ONO (new \$2000+).

Jeff Williams Ph 9459 8584 or email [jefwil@melbournecitybaths.com.au](mailto:jefwil@melbournecitybaths.com.au).

Jeff can also help with some **personal training**, contact Jeff at **'2B PT'** on the same number or email. (If you buy his bike or wheels I am sure a couple of free sessions would be thrown in. ed).

**Race Wheels Mavic Heliums** in good condition for \$500, phone Stephanie Coulson 0408 103 406.

## **NOTES ON A SYDNEY TO PERTH BIKE RIDE MAY 2003**

I have waited a couple of weeks since my return to commence this summary of the ride. I needed this time not just to recover from the physical demands, but also from the effects of the weather on my psyche. We had it all.

I have done the journey in each direction now and have come to the conclusion that the weather doesn't like me! Those two trips total almost 8000 km and 26 full days of cycling. Not one of those days have given me a strong tail wind. These adventures are very much subject to the elements. There is some hard to bear irony when faced with such mean spirited weather whilst carrying the hopes and wishes of the Leukodystrophy Support Group and so many charitable people. I made the decision to travel east to west this time based on published weather patterns and our experience 2 years ago. Should any reader be contemplating a similar trip my advice is travel west to east.

My team this trip included Ian Milner, a Police Sergeant, who did the trip last time, and first timers Alan Cunneen, a doctor, and Laurie Baigent, furniture store owner. Laurie cycled the last 100 km each evening with us for the first 5 days and returned home for work from Port Augusta. Given our occupations we had a daily medical report and issue of treatments, crime report especially on those not pulling their weight and other road users, psychiatric assessment from myself and Laurie gave us something to sit on for a few evenings when we were tired. My report was easiest to prepare, as lets face it, you just have to be nuts to do this stuff.

My support crew was my brother Rick who somehow mustered the courage, energy and time to go the whole distance with us again. My brother Marc joined us, entertained us, humoured and encouraged us all the way to Ceduna where he had to leave to return to work. Being my half brother, I guess he felt half the trip was appropriate.

We took my Commodore Station Wagon and a pop-up Campervan. That's not much sleeping space for six big blokes. When on the road Ian slept in a swag and I slept in the back of the car with the other 4 in the van. We had to do this until our numbers were reduced to 4. We spent 4 nights out of 12 in Motels or cabins. Some

personal milestones were achieved by spending 4 nights sleeping on the side of the rode consecutively. That meant 6 full days cycling,

approximately 1800 km, between washes. Lucky we were all in the same boat (van), and we were too fatigued to care. I understand now why I have always favoured the black Lycra cycling shorts, you always "look fresh".

I don't intend to give a detailed description of each days cycling (these are available as I have collected Marc's daily e-mails that capture our daily progress and the emotion of the experience. Thank you Marc). We left Melbourne on Saturday 4<sup>th</sup> May and drove to Sydney (Rick and Laurie flew up). We left Sydney early on Sunday 5<sup>th</sup> May. We cycled approximately 12 hours per day which meant 14 hours plus a day on the road considering breaks for lunch and dinner etc. We averaged a bit under 300 km per day. We were able to maintain this routine each day through hot days (28° in Broken Hill), cold days (14° in the mountains), wet days (rain on 5 days) and head wind days (I won't labour my gripes about the wind too much more). From Day 5 onwards we experienced mostly head winds. On our 13<sup>th</sup> day we were hit by a fierce storm with gale force winds gusting up to 90-100 km, with driving rain.

As the storm was building we did 110 km on that last morning into a strong NW wind in 6 hours. When the storm came through from the south west in the late morning we were in trouble. Staying upright on a bike became impossible. When Ian Milner is making 11-12 km/hr on the flat you know you're in trouble.

Safety became an issue especially with the road trains and water. They don't slow down for anything and tend to travel in convoy into the wind. The end came with the police sergeant's declaration: "I'm going home in the car not in a box!".

I was relieved to get off the road, as were the others, especially Rick, who had to sit in the car, during all this, containing his distress at our situation. We were forced to abandon the ride (Friday 16<sup>th</sup> May) at this point, given the weather report that the conditions were continuing for several days. We had a full days cycling to go.

It was a bit like climbing Everest, only to get blown off, 500 metres from the summit. We were all bitterly disappointed at our plight. Alan in particular found it hard after so much effort and tenacity. Ian and I had at least completed the distance previously. Alan employed mental gymnastics to find a way of completing the ride, including waiting a few days for the storm to clear and driving to Perth and then cycling back to the

point where we abandoned (with a tail wind!!). Unfortunately, my timetable and work commitments meant that we had to return to Melbourne. We left Perth 2.00 p.m., Saturday 17<sup>th</sup> and arrived in Melbourne 2.45 a.m. on Tuesday 20<sup>th</sup> May. It was storms, tail winds and rain all the way home. We did Ceduna to Melbourne, towing a van, in one hit.

Rick flew home the night was arrived in Perth. Juanita fortunately flew to Perth the day before to drive us home. She did huge stints at the wheel while we slept and read. She took to towing a van like a duck-to-water. Ian asked if she had ever been a truckie, given the manner in which she sliced through the Adelaide peak hour traffic in the rain. This was a tremendous help as the 3 of us were tired and sore. It would not have been a safe drive home, as it's a bit hard keeping your legs still after cycling 3,500 km. During Juanita's stay in Perth, the night before the team got in, she was unable to get out of the hotel because of the storm and the flooding on Riverside Drive.

We completed 3494 km at an average of 270 km a day for 12 1/2 days at an average speed of 25.04 km per hour.

Some final comments from the team.

Alan: – "It's interesting what 12 hours cycling each day does to all the other problems in your life" "Where did all the Milo go?"

Ian: – "Are we going to do it again?" (Can you believe him?). "Have you got a sore arse – well you can't run away from it".

Laurie: – "I nearly got killed by that kangaroo !!!" " (It's true, speeding in the dark, downhills and kangaroos don't mix!).

Rick: - "You're going to have Pasta and Tuna for dinner" (#\*?! Not again!)

"I'm really worried about you all".

Marc: -"Did you guys see that naked man running down the middle of the road in the dark?" (Nice one Marc – frightened the stuffing out of us).

Juanita: - "It's a very very long way" "It all looks much the same. How did you manage the boredom?"

Graham: - "This is not in the script".

Next time? Some very important people in my life have asked me to sign a pledge - never again!! (I remain convinced, if the weather conditions were better, and the support crew remain as good we have, we could do it in 10 days).

I would like to thank every contributor, supporter and participant for your interest and efforts. Especially, I would like to thank all my bike riding mates at the Eastern Veterans Cycling Club for their support and encouragement, especially with my seemingly never ending troubles over the past few years. Also, my work place for tolerating my preparations, physically, organisationally and emotionally.

The Australian Leukodystrophy Support Group only receives a few hundred dollars in government funding for administration support each year. The support group comprise mainly the parents/relatives of those afflicted by leukodystrophy. They are very grateful for your generosity.

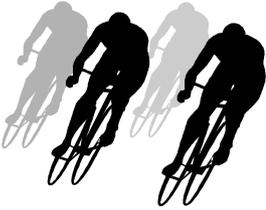
Thank you,

*Graham Cadd*

#### **CLUB TEE SHIRTS**

New members Club Tee shirts are available from Dick Fox, let the whole world know you are a member of eastern Veterans.





# eastern veterans cycling club

**Newsletter June 7 2003**

## **June 7 Avon Tyre Services Handicap and Graded Scratch Races Metec**

After the fearsome winds of the day before (100 km/hr) the 20 knot winds of Saturday didn't seem so bad. With the weather and a holiday weekend 45 riders was a respectable turnout.

First race of the mark was the Avon Tyre Services Handicap for division 2. 17 riders headed off for a four lap frantic dash. With 10 seconds between bunches, pushers were a necessity and there was no time to waste getting clipped in. This was the first handicap we have had at Metec and the question was would the start given by the scratch bunch be too much. After two laps it was clear that the limit markers would be caught. Scratch driven along by Leon Bishop, Greg Lipple, Tim Hall, J C Wilson and Mark Granland caught second scratch when Chris Norbury came down and Dean Lewishon stopped to see if he was alright. In the sprint Tim Hall just won from Leon Bishop with a fast finishing Tony Curelli coming third.

With 28 riders in Division 1 and with Guy Green starting behind scratch the question was would he get up. Guy made it up to the rest of A graders on

scratch, but the limit markers and second limit were too strong. Matt White who is rapidly going up the grades, and was the only double winner of the day, won in a bunch sprint from strong man John Jardine and Colin O'Brien third. Apart from the winner Matt White the ride of the day was Peter Howard of scratch, who made up a lot of ground to finish high up.

The handicaps were followed by 45 minute Graded Scratch Races, during which all groups were on the track together without any problems.

A request from lower graded for passing bunches to make sure they give the group being passed plenty of room. The passing bunch should stay right of the white line until the last rider has passed the leading rider of the bunch being passed. It is very disconcerting, potentially dangerous, but also spoils the race of the bunch being passed when everyone of the passing bunch cuts in on the leader of the bunch being passed.

## **Results**

### **Grade Placings**

	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>Division 1</b>	Matt White	John Jardine	Colin O'Brien
<b>Division 2</b>	Tim Hall	Leon Bishop	Tony Curelli
<b>A Grade (9)</b>	Peter Howard	Phil Thompson	Guy Green
<b>B Grade (10)</b>	Phil Tattersall	Martin Stalder	Ian Smith
<b>C Grade (9)</b>	Matt White	John Walker	Steve Short
<b>D Grade (9)</b>	Tony Curelli	J C Wilson	Chris Norbury
<b>E Grade (5)</b>	Clive Wright	Graham Haines	Ron Stranks
<b>F Grade (3)</b>	Phil Stern	John Porter	Glenys Jardine

### **Officials and Thank You's**

Graeme Parker and Ron Stranks took entries early on in the day David McCormack, David McKenzie and Glenys Jardine assisted during the day with judging, sweeping etc. The handicapping was done by Graeme Parker and Alan Sandford.

A special thanks to Nick Hainal and Avon Tyre Services for the sponsoring the handicap.

### Eastern Vets Program

Saturday	June	21	2.00 pm	Metec	Graded Scratch Races
Saturday	June	28	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	July	5	2.00 pm	Metec	Graded Scratch Races
Saturday	July	12	2.00 pm	East Wandin	Graded Scratch Races

### Southern Vets Program

Sunday	June	15	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	June	22	9.00 am	Lang Lang (Colnago C)	Graded Scratch Races
Sunday	June	29	9.00 am	Cora Lynn	Handicap
Sunday	July	6	9.30 am	Somers	Graded Scratch Races

### Northern Vets Program

Sunday	June	15	9.30 am	Toolernvale	48 km Handicap
Sunday	June	22	10.00 am	Seymour	53 km Handicap
Sunday	June	29	9.30 am	Campbellfield	Graded Scratch Races

## COMING EVENTS

Back to Metec next week for Graded Scratch Races.

### Chris Cashin Memorial Road Race

Sunday 29 June, 10 am Burrumbeet (enter through Keith Bowen). Prize money (minimum \$2500) and trophies. This is the same course that will be used in the Victorian Championships later in the year.

## CLUB NEWS

### AROUND THE BAY IN A DAY

It's time to put your entry in. Remember preferred route is Melbourne, Geelong, Queenscliff, Sorrento, Melbourne. We will be riding it as a group this year.

### BIKE BITS FOR SALE

**Race Wheels** Hed Alps 16/24 spokes, 1590g, clincher, 50 mm depth carbon rim, with aluminium braking surface. Brand new hubs, Shimano cassette body, Ultegra 12 - 21 cassette, brand new set of Vittoria Open Corsa CX tires. Excellent condition with very little use \$1200 ONO (new \$2000+).

Jeff Williams Ph 9459 8584 or email [jefwil@melbournecitybaths.com.au](mailto:jefwil@melbournecitybaths.com.au).

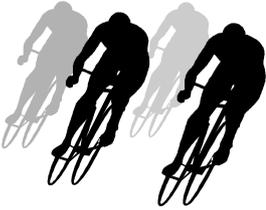
Jeff can also help with some **personal training**, contact Jeff at **'2B PT'** on the same number or email. (If you buy his bike or wheels I am sure a couple of free sessions would be thrown in. ed).

**Race Wheels Mavic Heliums** in good condition for \$500, phone Stephanie Coulson 0408 103 406.

### CLUB TEE SHIRTS

New members Club Tee shirts are available from Dick Fox, let the whole world know you are a member of Eastern Veterans.





# eastern veterans cycling club

**Newsletter June 28 2003**

## **June 21 Graded Scratch Races Metec**

Good conditions were in vogue for the 51 riders taking part. A bit of head wind as you turned into the straight, but really only a zephyr compared with previous occasions at Metec. The plan was for all groups to be on the track at the one time, which as far as I could see was problem free. Certainly in winter it is advisable to have all groups racing at once, thus avoiding half the riders standing around in the bitterly cold weather waiting to race, or waiting after their race for the presentations.

Initially races were to be for one and a quarter hours, but for some reason, the lower grades were cut back to one hour. Perhaps we looked tired?

Guy Green and Peter Howard have upped the ante in A Grade and the lower grade riders are in awe of their speed as they flash past. Peter Howard had the perfect sit on Guy Green coming to the last turn, winning from Guy and Brett Morton in a very close finish.

The three place getters in B Grade were able to get away, with Martin Stalder who had been out in front for a while by himself winning from Ian Smith and John Pritchard. It looked like no one wanted to win and earn promotion to A Grade, as they crossed the line in polite conversation at a gentle 'sprinting speed'. Look for all three to ride in A Grade next race.

C Grade saw another sprint finish, but a genuine one this time with Nick Hainal too strong for Hylton Preece and John Jardine. This was a good ride by Hylton as earlier on in the race I'm sure he was off the back.

D Grade rode at a consistent regulation pace without any strong attacks. Rob Riley, J C Wilson and Keith Bowen seemed to be doing most of the work and Keith Bowen had a clear break of 100 m or more at one stage, this I'm sure was because the bunch slowed to allow him to get clear. In a big bunch sprint J C Wilson was a worthy winner from a fast improving Greg Lipple and a consistent Tony Curelli.

Ross Gardiner, Ron Stranks and Su Pretto managed to get away in E Grade and were riding strongly, in fact showing D Grade a thing or two by passing them on two or three occasions. Ross Gardiner looked the strongest of the three and won from Ron and Su.

F Grade numbers were depleted early on when John Porter withdraw with mechanical problems or a flat tyre. Phil Stern winning the money from David Nairn and Glenys Jardine.

## **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>A Grade (7)</b>	Peter Howard	Guy Green	Brett Morton
<b>B Grade (7)</b>	Martin Stalder	Ian Smith	John Pritchard
<b>C Grade (12)</b>	Nick Hainal	Hylton Preece	John Jardine
<b>D Grade (13)</b>	J C Wilson	Greg Lipple	Tony Curelli
<b>E Grade (7)</b>	Ross Gardiner	Ron Stranks	Su Pretto
<b>F Grade (5)</b>	Phil Stern	David Nairn	Glenys Jardine

## **Officials and Thank You's**

Thanks for the day go to Graeme Parker and Ron Stranks who took entries and Geoff Cranstone and Glen Campbell assisted by Liz Randall and Gary Binding for taking charge of the racing.

## **Next Week**

Graded scratch races Metec

### Eastern Vets Program

Saturday	July	5	2.00 pm	Metec	Graded Scratch Races
Saturday	July	12	2.00 pm	East Wandin	Le Tour Handicap
Saturday	July	19	2.00 pm	Metec	Graded Scratch Races
Saturday	July	26	2.00 pm	Yarra Glen Toolangi	Graded Scratch Races, KOM

### Southern Vets Program

Sunday	June	29	9.00 am	Cora Lynn	Handicap
Sunday	July	6	9.30 am	Somers	Graded Scratch Races
Sunday	July	13	9.30 am	Dromana (Colnago Cup)	Graded Scratch Races
Sunday	July	20	9.30 am	Cora Lynn	Handicap

### Northern Vets Program

Sunday	June	22	10.00 am	Seymour	53 km Handicap
Sunday	June	29	9.30 am	Campbellfield	Graded Scratch Races
Sunday	July	6	9.30 am	Toolernvale	64 km Handicap
Sunday	July	13	9.30 am	Campbellfield	Graded Scratch Races

### News from Overseas

Keiran Ryan is presently in France preparing for a sight seeing visit to the Tour and checking out "Audax" type rides, most of which include climbs up the major climbs of the Tour. Peter Wykes and Don McLean (a Wednesday rider) are touring with Keiran. Don reports on his ride up Mont Ventoux.

"Well I made it. Mont Ventoux climb is a journey of 22 km and rising 1910 metres with the steepest gradient average 11 percent over a kilometre. Stopped at the Tommy Smith Memorial for about fifteen minutes. He was a British cyclist who collapsed and died (heart failure) in the 1967 Tour – just over a kilometre from the summit. Legs went dead and found the last bit pretty tough - should have looked at the Memorial on the way down. The climb starts off at a gentle climb and then gets into the serious stuff through the forest area and stays that way to the top. It just keeps going up. Time taken was 2 hours 5 minutes 34 seconds - I was pretty happy with that. At the top it is a magnificent view for 360 degrees. This morning I rode 60 km on a training ride - went through eight villages and the scenery is just magic - grape vines as far as you can see and cherry picking in full swing. Rest day tomorrow travelling to the Pyrenees.

Regards to all Don"

Keiran reports on a typical day.

"Had my usual French breakfast supplemented by an apple banana + orange juice. The French part consisted of a bowl of coffee, Brioche ( a sweet cake like bread) a chocolate filled Brioche and wholemeal toast with superb home made jam. Decided to do about 30 km of flat riding as Sunday's event was pretty tough and I have another 170 km event this Saturday. Headed down the drive and immediately met my first group of veteran cyclists. Chose not to ride with them as I wanted a few flat km's and had a recent experience of joining a group for 80 odd km and had a few anxious moments finding my way home! 8 km later met another group from Marseille and they asked me for directions! I quickly gave them just about all of my fluent French vocabulary. "Hullo I am sorry I do not speak French, I am Australian". As it turned out, they were quite lost and the man from oz was able to give them expert directions! I rode on and after awhile saw another cyclist ahead; as I got closer I noticed that it was a cyclist of the female variety. As I got still closer (as you do in these circumstances) I could not but help notice that I had happened across a very lovely young lady who is some sort of phys ed teacher. (Her English was limited, but better than my French) I asked where she was riding to and as I had ridden part of the course before, I joined in for the rest of the ride and ended up doing a very easy (and most pleasant) 100 km before stopping off at Goyard's charming apartment in a lovely village where she gave me some much refreshment. The rides around here are sensational, I have a 10 km section of bike path which takes me directly to a number of smooth, flat quiet country roads through vineyards and villages."

### COMING EVENTS

#### Around The Bay In A Day

It's time to put your entry in. Remember preferred route is Melbourne, Geelong, Queenscliff, Sorrento, Melbourne. We will be riding it as a group this year.



