

# eastern veterans cycling club

**Newsletter January 3 2004**

## December 20 Christmas Handicap Metec

Well, what can you say about Melbourne weather? The forecast and morning conditions looked as though we would have near perfect conditions, temperature in the low 20's, a bit overcast perhaps, but otherwise ideal. What did we get, heavy rain while the handicaps were on, freezing cold waiting for the Graded Scratch Races and then warm to hot, and if you have thinning hair and didn't have a cap, sunburn while enjoying the BBQ and the presentations.

We had fifty eight riders, but with the deteriorating conditions, not all rode in the handicap and with the wet track and freezing cold, many chose not to ride the Graded Scratch Races, so I am not sure how many started in the various races.

In Division 1 the limit bunch of Hylton Preece, Nick Hainal, Steve Barnard and John Wilson were never caught. They dropped off one by one until only Steve Barnard was left. At the bell, Steve would have had to stop to have missed out on first place, but the big question was whether Nick Hainal would be able to stay clear of fast finishing

James Watts, in his first ride for the Club. The answer was no, James passing Nick in the straight.

Division 2 was somewhat similar, Ian Jones was off limit, and although third limit of Mal Wilkinson, Colin Smythe and Keith Bowen were able to catch second limit, they never sighted Ian Jones at any stage of the race. In the sprint for second Mal Wilkinson was too good for Keith Bowen.

The women's race was a closer affair. Lyndall Shipton caught Glenys Jardine and they rode together until Lyndall took off with about 400 m to go. Liz Randall on her new bike showing all her time trial skills was closing on Glenys and just got her before the line.

The conditions made the task of the backmarkers very difficult, the turns just before and after the hill were treacherous and only the brave or foolhardy would take them at speed.

Results of the scratch races are shown below.

## Results

### Christmas Handicap

	First	Second	Third
<b>Division 1</b>	Steve Barnard	James Watts	Nick Hainal
<b>Division 2</b>	Ian Jones	Mal Wilkinson	Keith Bowen
<b>Womens</b>	Lyndall Shipton	Liz Randall	Glenys Jardine

### Graded Scratch Races

	First	Second	Third
<b>A Grade</b>	Rob Amos	Noel Austerberry	
<b>B Grade</b>	James Watts	Trevor Rickard	Martin Stalder
<b>C Grade</b>	Tim Hall	Colin Morris	David McCormack
<b>D Grade</b>	Chris Norbury	Jeff Pretto	Leon Bishop
<b>E Grade</b>	Mal Wilkinson	Glenys Jardine	
<b>F Grade</b>	Ian Jones		

## Next Week

No racing until January 3 at Metec

### **Just rewards for quiet heroes**

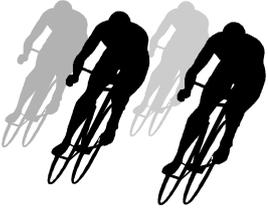
The Jardines insist they are just an ordinary family. They are modest, too.

Last summer the Mont Albert trio rescued a young family drowning in a rip at Torquay, but told only close friends about their heroic deed. An anonymous person notified the Royal Humane Society about their selfless act and tomorrow the doctor, lawyer and teenage son will finally be honoured with bravery awards. John, Glenys and Scott, 19, braved huge waves to save two little boys and their father from the rip last January. The family were training for a triathlon when they noticed the children, 6 and 8, being swept to sea by the strong undertow. They dived into the water and swam 100m through the rip to reach the boys. The children's father also dived in but soon found himself in trouble and the Jardines had to rescue him too.

"We had to hold them and tread water for ages," Mrs Jardine said. "I have no doubt all three of them would have drowned. I've never seen a rip like that before."

The group finally made their way back to shore exhausted, but alive.

The families will reunite for the first time tomorrow when the Jardines receive certificates of merit from Governor John Landy at Government House. Melbourne Herald Sun 16 Dec



# eastern veterans cycling club

**Newsletter January 31 2004**

**Don't forget Club Meeting Monday night 8.00 pm Maroondah Club, February 2**

## January 24 Graded Scratch Races Metec

Notwithstanding the Alpine Classic, riders in Adelaide for the Veterans race series and a holiday weekend, 46 riders turned out in near perfect conditions, if only for that southerly which seems to be ever present at Metec.

In what is becoming a habit, Rob Amos again got away in A grade to win comfortably from Phil Thompson and Martin Stalder. Rob is in sensational form at the moment. You might have noticed that Phil has new wheels, not for his bike, but the old Ford appears to have been pensioned off and replaced by a Camry. After a year at Southern as a member, Mike Pitrun has rejoined Eastern and celebrated with a win in a sprint finish from Steve Short and Ivan Collings. If Michael continues with this form he will probably find himself back in A grade soon. Steve with his second this week and a first last week in B grade, seems to have consolidated his place as a B grade rider. C grade saw the ride of the day, with Tony Sayers celebrating his last ride in the grade by riding away from the field to win by half a lap or more. In the bunch sprint

for the other places James Harris, returned to top form after a bit of heart flutter last year, was first across the line from a very consistent Colin Morris. New rider Pat O'Neill, in his first race quickly got the hang of things and was just beaten by Colin home.

D grade started off as a bit of a slow jaunt, but as time progressed so did the pace and towards the end the field was strung out around the circuit. Ronnie Stranks put in a big effort with about 10 minutes to go and looked to have it won until another new rider, Metmen Senova took off after him followed by Glenn Archer. Ron was caught and Metmen held off Glenn to win by half a wheel or less. This was another good effort from someone in their first race. Metmen and Pat are sure to be on their way to higher grades in the near future. In E grade Kevin O'Donohue was another run away winner from evergreen John Porter and Omero Pecorari.

### Results

	First	Second	Third
<b>A Grade (5)</b>	Rob Amos	Phil Thompson	Martin Stalder
<b>B Grade (7)</b>	Mike Pitrun	Steve Short	Ivan Collings
<b>C Grade (14)</b>	Tony Sayers	James Harris	Colin Morris
<b>D Grade (14)</b>	Metmen Senova	Glenn Archer	Ron Stranks
<b>E Grade (6)</b>	Kevin O'Donohue	John Porter	Omero Pecorari

### Officials

Thanks to our officials today, Graeme Parker, master of ceremonies assisted by Ron Stranks, John Macleod, Chris Norbury and Glen Campbell.

### COMING EVENTS

Next Week graded scratch races at Metec

**Eastern vs Southern February 8 at Rushdale Street.** After a very close encounter at Lang Lang, when we were outnumbered two to one, Eastern narrowly won the shield. Make sure you keep this Sunday free to see if we can win it again.

**VVCC Championships** are at Victoria University, Werribee (Melway 206 K5) on February 15. Entries close on **February 9** with Ray Aldridge PO Box 200 Torquay Vic 3228. Entry fee \$5 (fee is to cover cost of hire of venue).

### Eastern Vets Program

Monday	Feb	2	8.00 pm	Maroondah Club	General Meeting
Saturday	Feb	7	2.00 pm	Metec	Graded Scratch Races
Sunday	Feb	8	9.00 am	Rushdale St	Eastern vs Southern
Saturday	Feb	14	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Feb	21	2.00 pm	Metec	Graded Scratch Races

## Southern Vets Program

Sunday	Feb	1	9.00 am	Dingley Ave Dandenong	Graded Scratch Races
Sunday	Feb	8	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Feb	15	9.00 am	Healey Road	Graded Scratch Races
Sunday	Feb	22	9.00 am	Lakewood Blvd	Graded Scratch Races

## Northern Vets Program

Sunday	Feb	1	10.00 am	East Trentham	44 km Handicap
Sunday	Feb	8	9.30 am	Toolernvale	48 km Handicap
Sunday	Feb	15	9.30 am	Latrobe University	Graded Scratch Races
Sunday	Feb	22	10.00 am	Trentham	45 km Handicap

## Club News

### CYCLE TOURING IN THE OUTBACK.

**Stephen Hopley is recently back from riding the Gibb River Road, in Western Australia. Here is his story.**

Last September I completed a cycle tour with Remote Outback Cycling (ROC), (see their website [www.cycletours.com.au](http://www.cycletours.com.au)) and thought an overview might be of interest to those who are considering a similar trip.

The trip was 11 days from Darwin to Broome, over 1600 km, along the Gibb River Road and is one of 4 components of a four wheel drive/ mountain bike/ camping tour from Perth to Uluru to Kakadu, Darwin and Broome. Although it is designed for 14 riders with the operator (Terry) and one helper, my wife, a non rider, was able to ride in the 4X4 bus and join in all the other activities.

Everything was supplied bar clothes and "cold" drinks, with a couple of meals purchased when camping was in a town. However I took my own helmet, saddle, shoes and pedals for comfort.

Camping was in "Dome" style one or two man tents and the weather was so fine and warm we did not use a fly for the entire trip. The meals were all prepared by the operator with some assistance at times from the travelers when putting together salads etc. Evening meals were all hot, prepared in camp ovens and varied from pizza, to roasts, stuffed pumpkin, and even a birthday (for a 75 year old!!!)

Except for the first day (a 800 km trek from Darwin to Lake Argyle camp site) at least part of each day was spent on the Giant mountain bikes. Usually about 4-5 hours depending on fitness of the riders and heat of the day (between 30 and 40° C) setting off about 6:30 am or earlier and riding some of the roughest roads I have ever been on. Corrugations, 10 cm deep fine dust, or shale, creek crossings (dry and wet), sharp little hills and lots of small and medium rocks. None of it impossible, but all requiring concentration and a reasonable level of fitness.

Minimal sealed road, out of approx 550 km covered on the bike in 10 days I estimate less than 100 km was sealed.

Bikes provided were all in pretty good condition considering the work they do (3 complete trips a year) and Terry is an excellent mechanic. Considering the conditions one broken chain, one rear derailleurs on 13 bikes was an amazing outcome. No punctures on the bikes, two on the bus and trailer. However we saw one couple who had ruined 5 tyres on their 4X4 in 600 km. Just shows you need the right gear.

The real trip was about the country. It is just amazing. All of the photos, stories etc don't do it justice.

It is mainly rolling hills (worn down mountains) and is just as red as the photos.

We went to Lake Argyle and Kunnurra (to see the diamonds), the Bungle Bungles where we spent two days and some of us took a helicopter over flight (definitely recommended but not for the faint hearted), Wyndham and then the Gibb River Road itself.

Each day we set up camp in a new spot further along the road after riding for as long as each rider wanted. Water was ferried back and forth (essential in such hot conditions) and Terry ensured that each rider was back in the bus with sufficient time to make the camp site and allow for a walk into at least one gorge.

From Emma Gorge at El Questro to Mini Palms Gorge to Winjana Gorge further down the track all were different and special. Especially the swim in many of them as only one had a resident Freshwater crocodile population.

The camp sites varied from full service to bush camping with a couple in truck roadside parking areas. One of these was a highlight, no facilities, on the top of a the longest and steepest hill, a graded rock area on the edge of a cliff with seemingly nothing to recommend it until the sun set behind the mountains in the distance and then next morning sunrise behind the mountains in the opposite direction. Unbelievably spectacular.

Would I recommend the trip. Definitely if you don't mind being bounced around in a 4X4 bus for part of each

day as you couldn't cover the territory in the time without driving a substantial distance each day.

If you don't mind bush camping with warm water even for drinking and want a real riding challenge whilst seeing some of the most spectacular country in Australia it is a trip of a lifetime.

#### **A few extra notes.**

We spent 3 days in Darwin to acclimatise on moving from Melbourne to the heat and the riding. This could probably have been longer. We also spent a week at Cable Beach at the end. Both parts were fantastic but watch your timing as we ran into school holidays which created an issue with getting accommodation in Broome.

*When you get to the finish with the tour bus, this is what you can enjoy, sunset and camel rides at Cable Beach, Broome*



## **SA Classic Veterans Race Series Results**

Gold medals to Eastern members, Rob Kelly and Neil Wray and silver to Kenton Smith, 5th place to Roman Suran.

### **Race 1 - January 21: Kapunda Criterium**

#### **A Grade**

- 1 S. Blackburn (SA)
- 2 L. Egan (Vic)
- 3 S. Gill (SA)
- 4 G. Mathews (Vic)
- 5 J. Russell (SA)
- 6 M. Winnen (Vic)
- 7 R. Williams (UK)

#### **B Grade**

- 1 J. Stewart Rattray (SA)
- 2 S. Smith (SA)
- 3 D. Griffin (Vic)
- 4 M. Peteers (Vic)
- 5 G. Chivers (SA)
- 6 L. Paterson (Vic)

#### **C Grade**

- 1 R. Kelly (Vic)
- 2 T. Rice (NSW)
- 3 C. Topper (NSW)
- 4 P. Stevensen (Vic)
- 5 R. Suran (Vic)
- 6 J. Russo (SA)
- 7 J. Di Stefano (SA)

#### **D Grade**

- 1 C. Page (SA)
- 2 J. Lovell (NSW)
- 3 P. Fry (SA)
- 4 J. Dawson (SA)
- 5 R. Hollingworth (Vic)
- 6 G. Bate (SA)
- 7 S. Johns (SA)

#### **E Grade**

- 1 H. Gray (NSW)
- 2 D. McNeil (SA)
- 3 C. Magro (Vic)
- 4 S. Collis (WA)
- 5 D. Symmons (SA)
- 6 J. Pearce (SA)
- 7 T. Proctor (SA)

#### **F Grade**

- 1 N. Mathews (Vic)
- 2 J. Hill (SA)
- 3 S. Carey (Vic)
- 4 A. Donson (SA)
- 5 K. Winnen (Vic)
- 6 R. Smith (Vic)
- 7 B. Thaine (SA)

**G Grade**

1 R. Dunstan (SA)
2 S. Delphine (WA)
3 R. Daniels (SA)
4 J. Hancock (SA)
5 P. Pedersen (SA)
6 E. Paech (SA)
7 A. Austerbury (Vic)

**Race 2 - January 22: Victor Harbor Handicap****Road Race**

1 Alistair Muir (SA)	1.49.25
2 Paul Weatherall (SA)	
3 S. Collis (WA)	
4 C. Magro (Vic)	
5 D. Cox (SA)	
6 K. Dredge (SA)	
7 H. Gray (NSW)	
8 M. Roberts (SA)	
9 J. Ridge (SA)	
10 R. De Ross (SA)	

Fastest time: Leigh Egan (Vic) -  
1.33.51

**KOM:** Mary Calaham (SA)**Sprint #1**

1 Mary Calaham (SA)
2 Mary Calaham (SA)
3 K. Dredge (SA)
1st unplaced male 60-64 - L. Paterson (Vic)
1st unplaced male 65-69 - P. Blackburn (SA)
1st unplaced male 70+ - T. Trowbridge (SA)
1st unplaced female - T. Fenton (SA)
Oldest female - K. Jones (SA)

**Race 3 - January 24: Willunga Straight Line****Sprints****Straight line sprint (300m)****Women 30-39**

1 Cindy Margo (Vic)	29.97
2 Sarah Collis (WA)	31.28
3 Ally Roche (ACT)	33.76
4 Lara MacKiroy (SA)	34.58

**Women 40-49**

1 Audrey Donson (SA)	35.59
2 Caroline Dyson (Vic)	36.62
3 Anne Austerberry (Vic)	48.71

**Women 50+**

1 Mane Bate (SA)	36.84
2 Kate Logan (SA)	40.34
3 Kath Jones (SA)	42.31
4 Elke Paech (SA)	43.96

**Men 35-39**

1 Paul Dalton (Vic)	26.36
* Cecil Edwards trophy for fastest time	
2 Charles Topfer (NSW)	26.70
3 Leigh Egan (Vic)	
4 James Russell	

**Men 40-44**

1 Russell Williams	27.71
2 Shane Gill	28.21
3 Ray Jarrett	29.56
4 Dale Lowe	

**Men 45-49**

1 Keith Wong	28.99
2 Geoff Cobbledick	30.41
3 Ron Rutherford	30.42
4 Norm Hoy	

**Men 50-54**

1 Malcolm Clashom (SA)	29.18
2 Stewart Stockdale	29.36
3 Don McLennan	
4 Terry Andrews	

**Men 55-59**

1 Bill McKay (Vic)	30.74
2 Jeff Smith (NSW)	31.21
3 Ted Tranent	31.51
4 Geoff Worthington	31.79

**Men 60-64**

1 Lloyd Patterson (Vic)	28.76
2 Hugh Gray	28.78
3 Martin Peteers	30.19
4 Arthur German	

**Men 65-69**

1 Neil Wray (Vic)	31.73
2 Kenton Smith	31.91
3 M Coombes	34.92
4 Laurie Pearce	

**Men 70-74**

1 Graham Nankervis (Vic)	33.73
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**Men 75+**

1 Colin Speller (Vic)	37.96
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**IF YOU ARE PLANNING TO VISIT FRANCE FOR THE 2004 TOUR, THIS MIGHT BE OF INTEREST TO YOU.****Tour des Cols Les Alpes - 2004 18 - 25 July, 2004**

See the Tour de France and ride the high Cols of the French Alps including Col du Telegraph, Col du Lauteret, L'Alpe -d'Huez, Col du Glandon. Price of \$2600 per person twin share (single supplement available on request)

Includes:

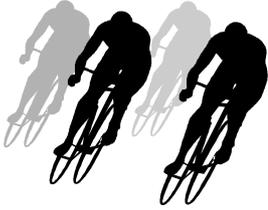
- \* Accommodation in 3 star+ hotels
- \* All breakfasts and lunches
- \* Travel inside France
- \* Tour Jersey and knicks
- \* Four stages of "Le Tour" - including final stage on the Champs Elysees
- \* Mechanic and Masseur provided

Places are limited

Contact Graham Templar on 0412 008248

Tour is in conjunction with Overseas Working Holidays





# eastern veterans cycling club

**Newsletter February 20 2004**

## A MESSAGE FROM THE PRESIDENT

### December 13 Graded Scratch Races Holloway Drive

A few sprinkles of rain and a black sky before the races suggested that we might have a wet day. Fortunately this was not to be and we raced in overcast but otherwise near perfect conditions. Numbers at 63 were down fractionally from what would be expected at a popular circuit like Holloway Drive.

For some reason A grade had a depleted field with only four starters, one of whom Rob Amos arrived late. In the sprint Peter Castillo won from Phil Thompson.

Ten starters in B grade it was a battle between the sprinters Nick Panou and Ross Edwards, finishing in that order with Steve Fothergill showing a bit of form coming third.

The pace was on in C grade with 19 starters. They all stayed together for a massed finish. New rider Trevor Rickard just held off Phil Pelgrim with another recent recruit Tony Sayers just beating Mark Granland for third. Another big field in D grade with

19 starters. The usual culprits, J C Wilson, the Norbury brothers kept the pace on and Dick Fox did his usual trick of trying to get away, but after the first attempt, the bunch went with him each time. Peter Norbury gave the bunch a bit of fright (and himself), when his front tyre punctured on the turn out of Barry Street. Peter wobbled off to the side of the road and did well not to fall. In the sprint Tony Curelli took off in Barry Street, but Kenton Smith showed what a good sprinter he is, coming from way back to win from Jeff Pretto, Keith Bowen and Glenn Archer.

New rider Andrew Dick and Glenys Jardine were prominent in E grade riding strongly at the front during the race. When it came to the money, sprinters Mal Wilkinson, Alan Sandford and Ken Woollard filled the places. The bunch was together at the bell and this trio must have put in a blistering last lap leaving the rest of the field 50 m or more behind at the finish.

### Results

	First	Second	Third	Fourth
<b>A Grade (4)</b>	Peter Castillo	Phil Thompson		
<b>B Grade (10)</b>	Nick Panou	Ross Edwards	Steve Fothergill	
<b>C Grade (19)</b>	Trevor Rickard	Phil Pelgrim	Tony Sayers	Mark Granland
<b>D Grade (19)</b>	Kenton Smith	Jeff Pretto	Keith Bowen	Glenn Archer
<b>E Grade (11)</b>	Mal Wilkinson	Alan Sandford	Ken Woollard	

### Officials

Thanks to our traffic controllers, Rob Graham, Hylton Preece and Nick Hainal who were assisted by John Jardine, Graeme Arthur, Glen Campbell, Greg Molesworth and Geoff Cranstone.

### Next Week

No racing until January 3 at Metec

### Eastern Vets Program

Saturday	Dec	27	No Racing		
Saturday	Jan	3	2.00 pm	Metec	Graded Scratch Races
Saturday	Jan	10	2.00 pm	Metec	Graded Scratch Races
Saturday	Jan	17	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Jan	24	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Dec	28	No Racing		
Sunday	Jan	4	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Jan	11	9.00 am	Lakewood Drive	Graded Scratch Races

Sunday	Jan	18	9.00 am	Cora Lynn	Graded Scratch Races
Saturday	Jan	25	9.00 am	Swift Way	Graded Scratch Races

## Northern Vets Program

No racing until 1 February

## Club News

### Alan Sandford

As Alan has mentioned in his message, he is moving to Kyneton early next year and will not be continuing as president in 2004. Alan is a foundation and life member of the club and has made a very significant contribution to Eastern Veterans over the 20 odd years of its existence and in particular during his term as president. We will be recognising Alan's contribution in a more concrete way at the annual meeting in March, but in the interim on behalf of members I would like to thank Alan for his contribution to the Club and wish him all the best for move to Kyneton. *Keith Bowen*

### Just rewards for quiet heroes

The Jardines insist they are just an ordinary family. They are modest, too.

Last summer the Mont Albert trio rescued a young family drowning in a rip at Torquay, but told only close friends about their heroic deed. An anonymous person notified the Royal Humane Society about their selfless act and tomorrow the doctor, lawyer and teenage son will finally be honoured with bravery awards. John, Glenys and Scott, 19, braved huge waves to save two little boys and their father from the rip last January. The family were training for a triathlon when they noticed the children, 6 and 8, being swept to sea by the strong undertow. They dived into the water and swam 100m through the rip to reach the boys. The children's father also dived in but soon found himself in trouble and the Jardines had to rescue him too.

"We had to hold them and tread water for ages," Mrs Jardine said. "I have no doubt all three of them would have drowned. I've never seen a rip like that before."

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The families will reunite for the first time tomorrow when the Jardines receive certificates of merit from Governor John Landy at Government House. Melbourne Herald Sun 16 Dec

### Thanks from the Editor



A special thank you to all those people who willingly (?) contributed articles for the Newsletter throughout the year. A special thanks to Leon Bishop for his work in keeping the Club's web site up to date.

On behalf of all members, I would like to particularly thank Alan Sandford, Ian Smith, Graeme Parker and the numerous people who have kept our races going throughout the year, without them our races would have been a shambles.

Keith and Leon are on holidays during January, but we will be back in action in February, 2003.

Merry Christmas and a Happy New Year to you all.

*Keith Bowen*

### Mont 24hr MTB race Canberra 11-12 October 03

Sitting around on a Sunday night after a hard weights session, early winter with 3 friends, talking about how to stay motivated over the winter for mountain biking. One of them came up with the idea of putting a 4 person team in for the 24hr race at Canberra. We thought it would be fun and what's to hard about riding for 6hrs over a 24hr period. I've raced for 14hrs plus, in multi sports events back in New Zealand.

Saturday morning arrived, bright fine and -2. Breakfast, check the bikes and out for an easy ride over part of the 17.5km course. The first 10km of the course look great with plenty of climbing in single track and fire roads with most of the descents in single tracks. Decide to take the shortcut back to the tent to get organised for the start of the event and eat more food.

Race starts at 12pm with a 1km run to your bike which is 1 of 420 in the start area. With 2600 competitors and spectators there is lots of noise confusion and pushing going on for those heading out. Our team had a good start with Alex heading out in the top 20 and finishing the first lap in about 14<sup>th</sup> place. Then it was my turn to head out with the adrenaline pumping. Team events are always different

as you don't want to let the others down, so you get caught up in the event and may go a bit too hard at the time which you will pay for later in the event. I managed to hold our teams spot during my lap, passing a couple of riders and being passed by a couple of riders. The second part of the course was a surprise. Yes it was pretty flat but it was anything but smooth. I managed to work with a local who new the course well which allowed me to put in a 51min lap.

It was very different riding flat out for 50mins then having a 2hr 30min break and then going out again for another lap. Trying to eat, rest, stretch, check the bike, helping out the other riders in the team and keeping well hydrated and trying to find somewhere to go to the toilet as all the portable toilets were blocked and had flooded.

Jason came in from his 3<sup>rd</sup> lap in pain after cramping badly during the last 4km. After giving Jason a hard time about being soft it was soon my time to head out on my 4<sup>th</sup> lap only to experience cramping of my complete legs on a short pinch about 4km from the end of the lap. The only option was to keep on riding and dream of a good stretch and massage at the end of the lap. I went straight to the massage tent only to find out that the next available massage was at the same time that I would be riding my next lap, so I book a time of 1.30am for a massage.

Out for lap 5, and time to take it a bit easy as the feeling of cramping coming on is never far away and it's hard to get going when it's -5. A lap time of 1hr 01min and we have moved into 8<sup>th</sup> place overall. The massage at the end of the lap was just what I needed to get the legs moving again and so I booked another for 6am. What I didn't need was to find out that we had battery problem for or lights, as John rode the last 5km of him lap with no main light. The new battery chargers that John and Jason have just purchased have not been working. Their batteries have no charge and as we have been changing batteries around, mine are running low. Time to get out the back up unit, with about 30% of the light output and hit the trail.

Feeling a lot better for the massage I go out hard. Through the first creek crossing, with it's cold water and up the major climb only to find that my gears are not working, due to water freezing my rear derailleur. Time for all that singlespeed training to start paying off. At the top of the climb you drop into a fun singletrack decent, which is great if your light doesn't go out at 30kph+. It's always fun trying to find out what's wrong with your lights when you can't see anything. Luckily it was only a lose plug, which was quickly fixed. The rest of the lap was just a hard slog with limited gears. Time for a bike service and food.

Amazingly I felt a lot better with the shorter break, no cramping, no bike problems just lots of riders to pass. It all happens when you know your on your last lap and just need to last for another 56min. This was a fun lap as I could finish my lap, sit back, relax and watch everyone else suffer for the last 1.5 hours.

Watching the finish was great with one team rider missing out on sending his team mate out for another lap by 3 seconds. Watching the individuals drag themselves over the line, (You looked so fresh at the finish Greg) and having a team mate have a massive cramping attach before the finish line, fall flat on his face and crawl across the line dragging his bike saying I've got to get across the line. John managed to win a pair of peddles for his pain.

28 laps total, 7 laps each, 7<sup>th</sup> overall and 4<sup>th</sup> 4 person team. Would I do it again, you beat, when's the next one.

Keith,

A friend of mine, Dick Fox, has given me your email address and suggested I contact you.

I am running a trip to the Tour de France next year and have places for 10 riders in the tour. We will be riding the high mountains of "Le Tour" and in some cases on the same day as the race. We will see four days of the Tour de France, including Alpe d'Huez and the final day on the Champs Elysees.

I have a former Herald-Sun Tour rider as my mechanic and I myself am a Masseur.

I am in the process of advertising this trip in a number of places and was hoping you could mention it in the Eastern Vets newsletter.

I have included a flyer as an attachment.

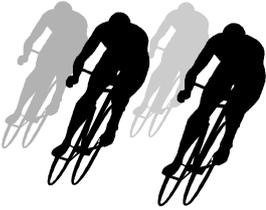
I would be happy o discuss the trip etc at any time.

My telephone contacts are - home 9807 7263, mob - 0412008248

I look forward to hearing rom you.

Regards





# eastern veterans cycling club

*Newsletter February 7 2004*

## January 31 Graded Scratch Races Yarra Junction

Well what can one say, Saturday billed as a Summer Road Race but finished up as wet as Around the Bay in a Day or the road championships at Steels Creek. The sanity of cyclists has to be questioned. David de Gama got his wife to check the radar and she came back and told us that the whole Yarra Valley was "rained in" and Hylton Preece confidently informed us that "the radar never lies"; should have been enough to make us pack up the bikes and go home. Amazingly Hylton was then first one to say let's race and race we did. Warburton rainfall to 9.00 am Sunday was 25 mm, but Powelltown from midnight Friday to midnight Sunday was 81 mm (most of that was surely on Saturday afternoon).

Heading of towards Powelltown it was dark and gloomy like the lands of Mordor in Middle Earth. Near Powelltown the road was awash, gravel drive ways had been transported to spread a layer of gravel across the road and conditions couldn't have been any worse. Riders who set out optimistically wearing sun glasses, either took them off or came back peering over the top.

After one lap Graeme Parker thankfully enforced the "mercy rule" shortening the race by half a lap.

Although totally bedraggled at the end of the race the saving grace was that it wasn't cold. Colin O'Brien and Steve Short even went for an additional 10 km ride after their race. Driving home everyone would have soon found out that the rain was localised (no rain west of Launching Place) and that wives and partners could not believe that you got wet.

### Results

	First	Second	Third
<b>A Grade (6)</b>	Stuart Bendall	Ian Smith	Boyd Friis
<b>B Grade (10)</b>	Mike Pitrun	Nick Panou	Rudy Joosten
<b>C Grade (16)</b>	Michael Paull	Peter Ransome	Hylton Preece
<b>D Grade (7)</b>	Chris Norbury	Su Pretto	David Casey/JC Wilson
<b>E Grade (5)</b>	Andrew Dick	Heather Christie	Ian Jones

### Officials

Thanks to our officials today, Graeme Parker, master of ceremonies assisted by Ron Stranks, Nick Hainal, Nigel Kimber, Ian Gillies, Kenton Smith and John Chadwick.

### COMING EVENTS

Back to that most popular circuit, Dunlop Road.

**Eastern vs Southern February 8 at Rushdale Street.** After a very close encounter at Lang Lang, when we were outnumbered two to one, Eastern narrowly won the shield. Make sure you keep tomorrow free to see if we can win it again.

**VVCC Championships** are at Victoria University, Werribee (Melway 206 K5) on February 15. Entries close on **February 9** with Ray Aldridge PO Box 200 Torquay Vic 3228. Entry fee \$5 (fee is to cover cost of hire of venue).

### Eastern Vets Program

Anyway to the racing. The conditions meant that riders were concentrating on staying upright and avoiding wheels with brakes that were only 50% effective, rather than trying to get away, so that most grades finished in a bunch sprint. A grade saw Stuart Bendall win from Ian Smith with Boyd Friis third. Martin Stalder had the misfortune to puncture when he road through one of the gravel patches. Steve Knight warmed up for this race by checking out the course on his bike and including climbing the hill.

B grade was the closest sprint of the day with Michael Pitrun winning from Nick Panou and Rudy Joosten. B graders tell me that you can now tell how well Nick Panou is going by the amount of talking he is doing during the race. If you can hear him talking you know he will be there in the sprint, but if he falls silent, he is struggling and won't be in the sprint at the end.

C grade was another bunch sprint with Michael Paull winning from Peter Ransome and Hylton Preece. There seemed to be a bit of confusion in D grade. Approaching the line it looked as though they had reached an agreement to finish the race after one lap. Ron Stranks thought so, but the rest turned around to complete the last half lap and left Ron stranded up the road. At the finish Chris Norbury was able to come around the last corner with a bit of a break from Su Pretto. J C Wilson and David Casey seemed to have lost interest in the finish and coasted over the line talking to each other and couldn't be separated by the judges. A few withdrawals in E grade saw Andrew Dick win from Heather Christie and Ian Jones.

Sunday	Feb	8	9.00 am	Rushdale St	Eastern vs Southern
Saturday	Feb	14	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Feb	21	2.00 pm	Metec	Graded Scratch Races
Saturday	Feb	28	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	Mar	6	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Feb	8	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Feb	15	9.00 am	Healey Road	Graded Scratch Races
Sunday	Feb	22	9.00 am	Lakewood Blvd	Graded Scratch Races
Sunday	Feb	29	9.00 am	Star Cres	Graded Scratch Races

### Northern Vets Program

Sunday	Feb	8	9.30 am	Toolernvale	48 km Handicap
Sunday	Feb	15	9.30 am	Latrobe University	Graded Scratch Races
Sunday	Feb	22	10.00 am	Trentham	45 km Handicap
Sunday	Feb	8	9.30 am	Toolernvale	Graded Scratch Races

### Club News Alpine Classic

Over the holiday weekend the Alpine Classic was on again after last year's cancellation because of the fires. Several Eastern riders rode, but the best story has to be that of Debbie McCoy and her 12 year old son, Karim.

Read on and marvel at Debbie's achievement.

#### THE Mc COY'S TACKLE THE ALPS

Three generations of McCoy's – Grandfather Ted (63), Daughter Deb (36) and Grandson Karim (12) trekked to Bright to be a part of this classic AUDAX event, participating in the 200+km (Ted) and the 85km Deb and Karim unofficially (he's too young to enter) accompanying his Mum who is 7 months pregnant!!.

With perfect riding conditions Deb and Karim gave the Wandiligong leg of the 85 km a miss and headed straight up Mt. Buffalo in order to beat the heat, while earlier Ted headed for Falls Creek in the 200 km event, later returning to Bright (riding time 5h 12 compared with 5h 35 in his 1st attempt at the 130 km in 2002 – (getting better with age!!!).

All power to Deb and Karim - both completed the Buffalo climb taking the Audax volunteers at the checkpoint on Buffalo by surprise with exclamations of "We have never seen a pregnant cyclist on top of Buffalo before." Both made it back to Bright - a fantastic effort.

Ted, slowed somewhat by cramps, soldiered on for an overall 9hr 19 time (riding time 8hr 37, respectable?).

A unique, inspiring event. Congratulations to all the Eastern members in the event.

#### Keiran Ryan

The 200km Alpine Classic is my favourite event of the year. We rent a house in Bright and take a group of friends including a good dose of non riders to keep things sane. Everyone had a great weekend, eating, drinking and walking. This year's event was very significant for me after a high speed crash in France last year. Six months ago a neuro surgeon gave me the bad news that it would be 6-12 months before I would be able to ride (nerve damage from a neck fracture left one arm very weak). I found myself seeking a bit of inspiration from Armstrong's book and thought that trying to beat the odds was probably the best way to hasten the healing. Got stuck into physio and stretching; first ride in October was 15 minutes, then gradually built up. Had a weird idea that to complete the Alpine Classic 200km as a challenge; just finish with stops on the way to keep the injuries mobile was the plan. I started in the late group (6 40) in perfect conditions and surprised myself by getting to Falls Creek just under 3 hours. Descending was hard due to restrictions from the injury and some sections of poor road surface from the fires. Found a couple of others to climb Tawonga Gap with and

got back to Bright under 5 hours. Weather started to get pretty warm on the way to Mt Buffalo; this is a really tough

climb after a long day and many climbs. The check point was moved to give us an extra 2.3 km of climbing which was far more challenging than it sounds. Arrived back in Bright after a good descent, finishing in 8 hours 8 minutes which equalled my previous best of 7 hr 58 on the old course. Felt really fit next day and looking forward to a ride. Better still, a fantastic sense of achievement in succeeding and a great feeling of wellbeing. Isn't that why we ride bikes? Hope to see you all soon.

#### Derek Dawkins:

Fronted up for my 4<sup>th</sup> 200k Alpine Classic on Sunday hoping to do a modest 11hrs since I thought my preparation had been fairly good this year.

I think I can say I enjoyed the ride over Tawonga Gap, and I was well inside my intended schedule as I approached Falls Creek. I even managed a smile for the photographer. Back down from Falls to Bogong was rapid progress as expected, and nothing untoward except an unscheduled stop to look in on the status of another member who took a close look at the blacktop instead of completing a corner 3 km down from Falls.

Next of course is the slog back up Tawonga gap, and I am always amazed at how much that hurts and how long it takes. Down the back at 11 hr plus you see folk walking up here, and they don't seem to want to chat much as you

dribble past in a suitable granny gear. It is also the place where the sun starts to hit directly and you wonder if you have been drinking enough.

Back down at Bright I probably stayed at the lunch stop too long, and I headed back out to Buffalo about 10 or 15 minutes behind schedule.

The less said about the climb up Buffalo the better. As I recall, it is up, hot and relentless. I took quite a few unscheduled stops, and blew my time out here as a result, still I got there in the end. What a shame the Chalet won't play ball with the event and we have to go on to picturesque Dingo Dell car park. I found the last 5 km over the top to be a real bummer, just a mental thing I guess.

The return to Bright was uneventful, its just a great run down Buffalo, almost worth the climb I think.

In the upshot I rode 11hr 42m, and didn't drink enough. I must work on that more in future.

Thanks to all the members and friends who acknowledged the Eastern jersey as I rode along, it's nice to know who else is out there on a long ride.

### **Ian de Kam**

Alpine Classic was also a 'mild' event this year with an ideal cool start but the heat was there for the final grind up Buffalo. I glimpsed Ian Smith near the start looking enthusiastic [as ever] and Rudy Joosten descended Falls with me. I discovered Avanti compact frames don't accommodate a second big bottle so I was the only 200 rider with only 1 bottle! Was I anticipating the taps and tankers! Quentin Frayne chased me down Buffalo and we charged into Bright feeling relieved after an 8 hr. 40 hour 'ride'. Saw Ian Milner enjoying (?) the climb up Buffalo when we descended. He was obviously out to get his money's worth out of the day and I wished I was still climbing instead of screaming down! Flawlessly organized event with a tempting spread at the feed stations. Oh, did I mention the alpine views? All I remember was bitumen going up and bitumen going down and shiny black bums.

Third (Ian also rode in South Australia) time lucky? I'm doing the Fat Tyre Fliers 8 hour mtb enduro at Whittlesea this on Saturday 31. My son's also doing the solo but on his single speed rigid [subversive barstard !] If we're smiling too much I'll remember Kerry Ryan's on Wildside for 4 days.

### **Liz Randall**

I did the Alpine Classic again. I inadvertently entered the 200 but knew I'd never do the last bit.

My total time for the 130km was 5 hrs 54 (much faster than last time) with a ride time of 5hrs 40 (about the same as last time). I paced myself better and didn't die quite as much returning up Tawonga Gap. My new bike was great; my only problem was dehydration. I guess one day I'll learn to drink enough.

### **Phil Pelgrim**

As a first timer at the Alpine Classic 'event', I had entered the 200 km a bit daunted by the hills, and not being so sure about the distance I had the option of reassessing after 130km back at Bright. The first bunch of 'competitors' sped off at 6. 20 am Sunday morning, I had to remind

myself that it wasn't a race, and to resist being swept up in the apparent rush towards the first climb up Tawonga Gap. The first wave of riders quickly strung out up the approx 8-9 km, 885 m Tawonga peak, and it was important to get into your own comfortable rhythm and resist all urges to climb faster than you needed to. The first very rapid decent is a nice reward but only a taste of things to come. The next long climb up Falls Creek to 1560 m is a real mental battle. After the first 30 km your body begins to really get fed up with climbing and the last five odd km was more a mental struggle. However, it does end thankfully.

Regrouped at the top with new club member Greg Davis and co, with the body fuelled and itching to enjoy the downhill, we sped off down Falls. This is just a great decent, fast and long, a real highlight for me!

The return journey back up Tawonga is the real killer. Not real long but the worst and hardest of all the climbs. I struggled a bit here, with a pit stop and another at the natural spring to dunk my head (nice!!). Looking around, everyone looked unimpressed riding up this one! Very happy to reach the top of Tawonga again, the trip descending back into Bright was once again very rapid and enjoyable.

After right on 5 hours (riding time), I deciding I'd had enough climbing for one day and I passed on the 200 km, Greg went on with a mate and completed Buffalo. A few of us sat in a café for a good few hours trying to reclaim a few thousand calories and fluid, plotting the best strategy for completing the 200 km next year. The next day some of us climbed Buffalo to see what we missed out on.

Overall, a very memorable outing, a very physical and mental preparation is required to tackle the big one though. Luckily no mechanical mishaps or punctures for me, but Greg had three over the weekend (including one double on a rapid descent which could have been a lot worse).

Saw a healthy number of Eastern outfits along the route looking quite strong which was good to see.

### **Peter Doonan**

I did the 130km Alpine again this year. Took it steady and found it quite easy, so I'm mentally committed to the 200 km next year! My descending ability has been AWOL for a while, however it returned on the day and I enjoyed the most fantastic swooping drops to the valleys. Should be back in action midweek from next week, after a long absence from racing, so will see you all then.

### **Ian Milner**

What a day. Having rolled over my entry from last year due to the bushfires I was booked in to do the 200 km. What a difference a year makes. A change of work location to the city and being unable to train I was in no shape fitness wise to tackle the 200. I've done it twice before and know what's required.

Anyway I lined up Sunday morning with Rudy Joosten, determined to at least take my time, have a go, and see what happened. The morning was fresh and clear, not too cold and no need for arm warmers or the like. However it gave some indication of what it would be like later on, hot!

The first part of the ride for me was enjoyable and pretty uneventful, except for the guy coming off his bike as he came into a corner too fast when I was about two ks from the top of falls creek. You knew he was going to come off as he said, "oh F---k!" as he came into the corner at about 60

ks and locked up his rear wheel and then over corrected and buckled the wheel. I couldn't look as he came down. After all the noise I turned back around to see a mangled bike and the rider standing over it trying to look like he hadn't been hurt. Certainly made me determined to not over do it on the descents.

Quentin Frayne and Rudy Joosten came zooming past me while I still had 5 ks to go to the top of falls and both looked comfortable and relaxed. Mark Wallace caught me at the top of falls after starting 40 mins behind me, boy is he going well at the moment.

Knowing I still had the reverse side of Tawonga gap to climb, I had a big rest at falls and stopped at Mt Beauty and bought a bottle of Gatorade. Pretty sure this saved any heartache going back up the climb. Right on cue the Sun seemed to turn on the heat just as I got to the bottom of the Gap, can't believe some people call this fun.

I made it back to Bright at about a quarter past twelve, satisfied that I had made the 130 km and prepared to go and inform the officials that that was it for me. However as luck would have it I bumped into an old work colleague who was doing the same ride and was preparing to tackle Mt Buffalo. Some of the other guys might have seen him. His name is Peter Doody an Irish man and was wearing a bright green strip with Ireland, of course emblazoned across the back. Like most Irish he is quite a character and talked me into having a go at completing the ride.

So once again I took off determined to take it easy and survive, much to my wife's disgust and comments of you're an old fool. I'm sure that will make some of the older

members laugh, me being one of the youngest members of the club. The day seemed to get hotter and hotter and the gradient steeper and steeper. I couldn't stay with Peter and maintained my own pace up the hill/mountain/alp. I had to stop about five times but eventually made it to the top. I knew that the final check point had been changed to Dingo Dell and was no longer at the Mt. Buffalo chalet but no one told me there was still 3 ks of even steeper climbing to go.

It was soul destroying, but I made it. Peter was waiting for me at the top and Michael Hartman was also there. So after a quick break and realisation that all the mountains had been conquered, we descended together and rode the last bit from Porepunkah to Bright together, arriving at about a quarter past five. Alan Cunneen yelled out to me as I was about half way down Buffalo, he still had a long way to go. Having ridden across Australia with him though, I know he would have completed the ride.

It was certainly a very hard day for me, however out of the three times I have done it, it was the most satisfying.

#### **Virginia Hamilton.**

I did the 130km Alpine Classic and I was quite pleased to learn that I was the 4<sup>th</sup> woman back. I finished in 5hrs 30 mins and had an average speed of 24 km/hr.

I passed heaps of people on the hills, as I was at the back of the bunch, having arrived a little late!

It was very hot riding back up over Tawonga Gap and I came around a corner to see 20 or so people stopped at a spring half way up!

Anyway it was most enjoyable and rewarding.

### **SOUTH AUSTRALIAN VETS TOUR**

Several (Hylton Preece, David McCormack, Nick Panou, Kenton Smith, Steve Barnard, Ian de Kam, Bob Kelly, Ken Woollard, Rod Hay, Neil Wray +++) Eastern riders took part in the South Australian vets tour.

#### **Ian de Kam**

South Australian Vets road race was all I had hoped for - well I didn't quite make the money - but my 13 minute bunch worked hard and we [according to Wolfgang Harder-the Organizer] got close to the first 10. None of the chasing bunches caught us. There were 215 entered in the road race. Victor Harbour was a scenic/holiday atmosphere venue with a hilly challenging course. Thankfully the weather stayed mild. A well organized event and a wide spread of prizes -

of course it all depends on your mark and bunch attitude but I'd return next year.

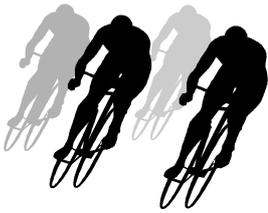
Just after we'd finished, the Tour Downunder came through - a spectacular cavalcade of cops, support cars, crowds of fans - oh yeah and then a blast of whirring wheels, a flash of team colours ---and they'd passed ! [Sic transit gloria ?].

#### **Bob Kelly (first in C grade crit)**

Yes it was me no big deal, the group worked hard to pull back an attack and when we got to the guy I hit them up the hill, put 200mtrs into the group and as I rode past the finish line they said 3 to go so I kept plugging away and won by 100mtrs. I got \$100, a watch, wine and a medal which was OK.



*Neill Wray and Kenton Smith with their medals in the straight line sprint*



# eastern veterans cycling club

**Newsletter February 14 2004**

## February 7 Graded Scratch Races Metec

Good conditions for racing last Saturday. Fifty six riders were present for shortened races to make sure we were in form for Sunday's Southern vs Eastern challenge. Thanks to our officials today, Ian Smith assisted by Steve Knight, with Ron Stranks the expert on the BBQ assisted by Barbara and a couple of other cooks. Meat etc for the BBQ was kindly donated by Glenn Archer.

**Results**

	First	Second	Third
<b>A Grade (9)</b>	Guy Green	Peter Howard	Rob Amos
<b>B Grade (8)</b>	Nick Panou	Tony Sayers	Ian Milner
<b>C Grade (15)</b>	Pat O'Neill	Jeff Pretto	Colin Morris
<b>D Grade (14)</b>	Tony Curelli	Leon Bishop	Anthony Brown
<b>E Grade (10)</b>	Geoff Cranstone	Harold Simpson	Ian Jones/Melissa Fenner

## February 8 Graded Scratch Races Rushdale Street, Southern vs Eastern Challenge

An outstanding turnout of riders for the Summer Southern vs Eastern challenge at Rushdale St. 151 riders comprising 83 Southern and 68 Eastern. There were some outstanding rides on the day. Grant Mathews lapped A grade twice (except for second and third place getters Guy Green who were only lapped once), not only that, he had run 40 km the day before!!! In B grade Matt White and Nigel Letty had a lead of more than 16 seconds towards the end of the race only to be reeled in. John Pritchard then showed how good he is by opening up a gap of several hundred metres on the second last lap, which he was able to easily maintain to the finish. C and D grades saw massed sprint finishes with master sprinters Mark Granland (winning from new Eastern rider Mike Fisher) and J C Wilson winning C and D grades respectively. In E grade Andrew Dick was able to get a short break on the bell and hung on to win by the narrowest of margins from R Marchant. F grade saw another massed sprint with Jim Taylor winning from John Porter who was able to just hang on for second. This was a very creditable result for Eastern, gaining 12 of the 22 places up for grabs, including 4 firsts. The final result, Eastern 38 def Southern 28.

Thanks to the Eastern riders for turning out in force and to Southern for their hospitality. Just wait until we get them at East Wandin for the road race challenge.

	First	Second	Third	Fourth
<b>A Grade (14)</b>	Grant Mathews	Guy Green	Rob Amos	
<b>B Grade (30)</b>	John Pritchard	Ray Cardosi	Jim Swainston	Michael Pitrun
<b>C Grade (36)</b>	Mark Granland	Mike Fisher	Gary Stopar	T Escott
<b>D Grade (31)</b>	J C Wilson	B Johnson	S Dean	Frank Carroll
<b>E Grade (27)</b>	Andrew Dick	R Marchant	Keith Bowen	Colin Smythe
<b>F Grade (13)</b>	Jim Taylor	John Porter	Kevin Dixon	

## Eastern Vets Program

Sunday	Feb	15	9.00 am	Werribee	VVCC Championships
Saturday	Feb	21	2.00 pm	Metec	Eastern Madison
Saturday	Feb	28	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	Mar	6	2.00 pm	Metec	Graded Scratch Races

## Southern Vets Program

Sunday	Feb	15	9.00 am	Healey Road	Graded Scratch Races
Sunday	Feb	22	9.00 am	Lakewood Blvd	Graded Scratch Races
Sunday	Feb	29	9.00 am	Dingley Avenue	Graded Scratch Races
Sunday	Mar	7	9.00 am	Healey Road	Graded Scratch Races

## Northern Vets Program

Sunday	Feb	15	9.30 am	Latrobe University	Graded Scratch Races
Sunday	Feb	22	10.00 am	Trentham	45 km Handicap
Sunday	Feb	29	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Mar	7	9.30 am	Toolernvale	Time Trial

## Club News

### MONT 24 HOUR MTB

Jeff Williams and Greg Molesworth both rode in the Mont 24 Hour MTB race in Canberra on 11 and 12 October, 2003. Jeff was part of a relay team and Greg did it solo. This is what it is like in Canberra in the depth of Winter, sorry Spring.

#### Jeff Williams had this to say about the race

Sitting around on a Sunday night after a hard weights session, early winter with 3 friends, talking about how to stay motivated over the winter for mountain biking. One of them came up with the idea of putting a 4 person team in for the 24 hr race at Canberra. We thought it would be fun and what's too hard about riding for 6 hrs over a 24 hr period. I've raced for 14 hrs plus, in multi sports events back in New Zealand.

Saturday morning arrived, bright and fine. Have breakfast, check the bikes and head out for an easy ride over part of the 17.5 km course. The first 10 km of the course look great with plenty of climbing in single track and fire roads with most of the descents in single tracks. Decide to take the shortcut back to the tent to get organised for the start of the event and eat more food.

Race starts at 12 pm with a 1 km run to your bike which is 1 of 420 in the start area. With 2600 competitors and spectators there is lots of noise, confusion and pushing going on for those heading out. Our team had a good start with Alex heading out in the top 20 and finishing the first lap in about 14<sup>th</sup> place. Then it was my turn to head out with the adrenaline pumping. Team events are always different as you don't want to let the others down, so you get caught up in the event and may go a bit too hard at the time which you will pay for later in the event. I managed to hold our teams spot during my lap, passing a couple of riders and being passed by a couple of riders. The second part of the course was a surprise. Yes it was pretty flat but it was anything but smooth. I managed to work with a local who new the course well which allowed me to put in a 51 min lap.

It was very different riding flat out for 50 mins then having a 2 hr 30 min break and then going out again for

another lap. Trying to eat, rest, stretch, check the bike, helping out the other riders in the team and keeping well hydrated and trying to find somewhere to go to the toilet, as all the portable toilets were blocked and had flooded (ah the joys of cycling!!!).

Jason came in from his 3<sup>rd</sup> lap in pain after cramping badly during the last 4 km. After giving Jason a hard time about being soft it was soon my time to head out on my 4<sup>th</sup> lap, only to experience cramping of my complete legs on a short pinch about 4 km from the end of the lap. The only option was to keep on riding and dream of a good stretch and massage at the end of the lap. I went straight to the massage tent only to find out that the next available massage was at the same time that I would be riding my next lap, so I book a time of 1.30 am for a massage.

Out for lap 5, and time to take it a bit easy as the feeling of cramping coming on is never far away and it's hard to get going when it's 5°. A lap time of 1 hr 01 min and we have moved into 8<sup>th</sup> place overall. The massage at the end of the lap was just what I needed to get the legs

moving again and so I booked another for 6 am. What I didn't need was to find out that we had battery problem for our lights, as John rode the last 5 km of his lap with no main light. The new battery chargers that John and Jason had just purchased hadn't been working. Their batteries have no charge and as we have been changing batteries around, mine are running low. Time to get out the back up unit, with about 30% of the light output and hit the trail.

Feeling a lot better for the massage I go out hard. Through the first creek crossing, with its cold water and up the major climb only to find that my gears are not working, due to water freezing my rear derailleur. Time for all that single speed training to start paying off. At the top of the climb you drop into a fun single track descent, which is great if your light doesn't go out at 30 + kmph. It's always fun trying to find out what's wrong with your lights when you can't see anything. Luckily it was only a lose plug, which was quickly fixed. The rest of the lap was just a hard slog with limited gears. Time for a bike service and food.

Amazingly I felt a lot better with the shorter break, no cramping, no bike problems just lots of riders to pass. It all happens when you know your on your last lap and just need to last for another 56 min. This was a fun lap as I could finish my lap, sit back, relax and watch everyone else suffer for the last 1.5 hours.

Watching the finish was great with one team rider missing out on sending his team mate out for another lap by 3 seconds. Watching the individuals drag themselves over the line, (you looked so fresh at the finish Greg) and having a team mate have a massive cramping attack before the finish line, fall flat on his face and crawl across the line dragging his bike saying I've got to get across the line. John managed to win a pair of pedals for his pain. 28 laps total, 7 laps each, 7<sup>th</sup> overall and 4<sup>th</sup> 4 person team. Would I do it again, you beat, when's the next one.

### **Greg Molesworth's story.**

There were almost 1800 riders in this years Mont 24 hour ,and it has became the biggest mountain bike race in the southern hemisphere. During the bush fires that hit Canberra earlier this year, last years course at Mount Stromlo was totally burnt out. This years course was moved to the Kowen Forest. The new 17 km lap course consisted of five km of main fire roads, five km of secondary fire roads and seven km of single track.

Most riders were riding in relay teams of 2,3,4, and 6, I decided to give the solo category a go. As there were more than 60 riders in the male solo class I was sure that I would not finish last. (hopefully)

We arrived at the track on the Friday before the event to set up our camp, and also do a lap of the course, during this time it hailed and snowed with zero degree temperatures. But the forecast for Saturday and Sunday was clear skies.

With the race starting at 12 midday Saturday and finishing Sunday midday, 450 riders lined up for a le Mans start that consisted of a 400 metre (Jeff thought it was a 1 km) run to our bikes. Running was never my forte, but with 24 hours to go I was in no hurry to get

caught up in the chaos at the start and possibly crash and be put out of the race.

My plan for the race was to try to put in consistent lap times and keep my heart rate down. With the first 6 or 7 km of the lap being up hill I decided to ride the really steep climbs in my granny gear and keep my heart rate as low as possible. My first 4 laps averaged 1 hour 9 mins, compared to Paul Rowney the Australian champion and Trent Lowe ex world junior champion, part of a 4 man team, pumping out 42 minute laps.

My next 5 laps I averaged 1 hour 17 mins, but the track was starting to deteriorate,.....with all of the down hill sections becoming very rocky and bumpy. This was starting to take a toll on my upper body to the extent even going down hill was very painful. In addition to the unkind terrain the elements were also set to test us all.

The overnight temperature at the camp site dropped to minus 5 degrees, with reports of it being minus 10 at the high point of the track. (Who would live in Canberra?) At about 2.00 am I became so cold my support crew had to take me off my bike and rug me up because I was hypothermic or my body had gone into shock. [I'm not sure which]. It was that cold that the water in the tube on my camel bak froze and there was ice forming on the bike.

After about a 3 hour stop and trying to get warm again, I got back on the bike with extra clothes on. My lap times were getting higher and the stops between laps were becoming longer. The elements, the condition of the terrain and trying to ride nonstop for 24 hours had taken its toll. I managed to do another 5 laps. Those 5 laps were the hardest time I have ever had on a bike, I had nothing left in the tank and I was just running on empty.

After 24 hours I crossed the line in 15th place after completing 14 laps, with the winner Josh Street doing 21 laps.

The team riders have a lot of respect for the solo riders, perhaps it's because they think we're crazy.

Even though this was the hardest thing I've ever done I'm fronting up again for another 24 hr race in December at Redesdale Vic.

## **MORE ON THE ALPINE CLASSIC**

### **John Clarke (aka Allan O'Neill) on the 200 km.**

Strangely my memories of the Alpine Classic already seem to have been erased, but as I unpacked my putrid cycling gear back in Melbourne I found the following transcript of an interview between John Clarke and Brian Dawe.

**BD:** So tell me how you enjoyed this year's Alpine Classic, Allan

**JC:** Great descents, Brian, always love those descents on the Alpine. I did better than ever on the descents this year. Took some of those corners just beautifully.

**BD:** But it's not really about the descents is it? Isn't the whole point of the thing to do well on the climbs?

**JC:** Well that just shows you've got the wrong end of the stick as usual Brian. You should get out of your ivory tower and talk to some real cyclists. That climbing stuff is just a distraction. The sooner they organise lifts like the skiers have, the better. That's the way to really popularise the ride I reckon, especially in this hot weather. Difficult to descend well with all that sweat running into your eyes.

**BD:** All the same, tell us how you went on the climbs.

**JC:** Can't say I noticed mate, I was just thinking about the next descent. They're all so different you see, a 'bomb' run down the back of Tawonga, sweeping curves on Falls, fast and twisty over Tawonga again, a bit of everything on Buffalo. Too much to think about there to worry about the bloody climbs

**BD:** But I did hear that you were putting in some training on climbs this year, Arthur's seat repeats, Donna Buang?

**JC:** Rumour and innuendo; never train for the climbs, doesn't help your descending one bit mate - a bloke might lose weight and slow down on the descents.

**BD:** And you were publicly quoted as stating that you were going for sub-9 hours this year.

**JC:** Which I achieved very comfortably thank you very much.

**BD:** But I have the certificate here in front of me saying 9 hours 52 minutes!

**JC:** Another Audax stuff-up. Look here at this computer: "Riding Time 8:53". Is that under 9 hours or is it under 9 hours? Almost as bad as them getting lost on Buffalo and taking the wrong road for the Chalet. Did you know the idiots confused Dingo Dell and the Chalet!! Anyone could have told'em what a chalet looks like and it's not some bloody carpark out the back of nowhere near a forlorn looking ski lift. Added on at least 15 minutes! They couldn't organise themselves out of a paper bag. Fortunately as you see, I still broke 9 hours.

**BD:** But that's riding time. Alpine Classic times are always elapsed times.

**JC:** Yes, elapsed riding time, 8 hours 53. Are you deaf or just stupid?

**BD:** No, elapsed time is the total time from start to finish and it says here that you started at 6:20 am and finished at 4:12 pm which is 9 hours 52 minutes.

**JC:** Geez you're a bit obsessed by this time business aren't you? Do you work in the public service or something? The idea is to have fun mate, especially on the descents. Did I tell you about those descents? They're ...

**BD:** I'm sorry Allan we'll have to leave it there

#### **David Casey et al, on the 100 km**

After the fires of last year my good friend Ian Smith said you should come along and ride the 100 km Alpine Classic. I agreed and entered. We had a group of 5 Eastern riders ready for the ride. We arrived at the start to see the 7 am bunch ride off. Our turn next, Ian Smith,

Ross Tinkler, Dale Thompson, Phil Tattersall and my self. Unsure of how I would go, I started off with the bunch for the ride out to Wandiligong but found that the competitive streak was starting to take over, and Ross and Ian had set a good pace, and we did not realize that we were making our way to the front of the group. The Eastern jerseys were easy to spot and you could make your way up to your mate. We turned and deposited our card and headed off to Bright feeling good and seemed to be setting a good pace, Ian, Ross and I had stayed together. I picked up a energy bar at Bright but did not open it, out we went to Porepunkah as we made the foot of Mt Buffalo we were still making good time, probably too good for me!

After about 20 km up the climb Ross had pulled away and Ian asked me to move to the right to let him out, and with out much effort slowly he pulled away after Ross. I was now starting to hurt and kept telling my self just around the next turn keep those pedals turning, my pace was slowing and the water had run out. The road was quiet - only a few riders were up there at this stage. I reached for that energy bar tore it open a took a bite - it was hard work trying to swallow and chew and breathe and pedal. Then a friendly voice said 'are you all right' and I turned to see Phil, 'Have you any water please?' Yes no problem, we switched bottles and I washed down that bar. Within 1 km I was at Dingo Dell. It was a oasis, Phil was filling up his water bottles and the friendly Audax volunteers offered me all sorts of good things to refuel me. Phil checked to make sure I was OK and the headed off up the last 3 km to the Cresta Chair. After a fruit bun, some oranges, banana and a cup of tea, I headed off up the final climb. On the way Ross and Ian were returning and said that they would wait at Dingo Dell. Phil was a couple of minutes later and I yelled that Ross and Ian were waiting. I made it to Cresta, handed in the coupon turned and headed off. We all met at Dingo Dell and started the descent.

Descending fast is an art, one that I have not yet mastered; I followed a Falcon station wagon most of the way down and we all regrouped at the bottom. The ride back into Bright was at a good pace and we made it back in a total time of 4 hr 20 min. Not to bad for my first 100k Audax Alpine Ride.

#### **Race Start Times**

Riders are becoming a bit slack and arriving just before start time. This doesn't allow those taking entries time for a warm up. In future no entries will be taken after 1.45. You have been warned.

#### **Change to race program**

By popular demand the race program has been changed. At Metec on February 21 there will be a repeat of the very successful Eastern Madisons of last year. However this time we will run both Division 1 and 2 on the same day. To help arrange teams please put your entry in today.

## THE ALPINE CLASSIC

### John Clarke (aka Allan O'Neill) on the 200 km.

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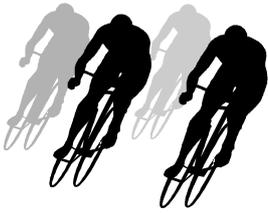
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# eastern veterans cycling club

*Newsletter February 21 2004*

## February 14 Graded Scratch Races Dunlop Road

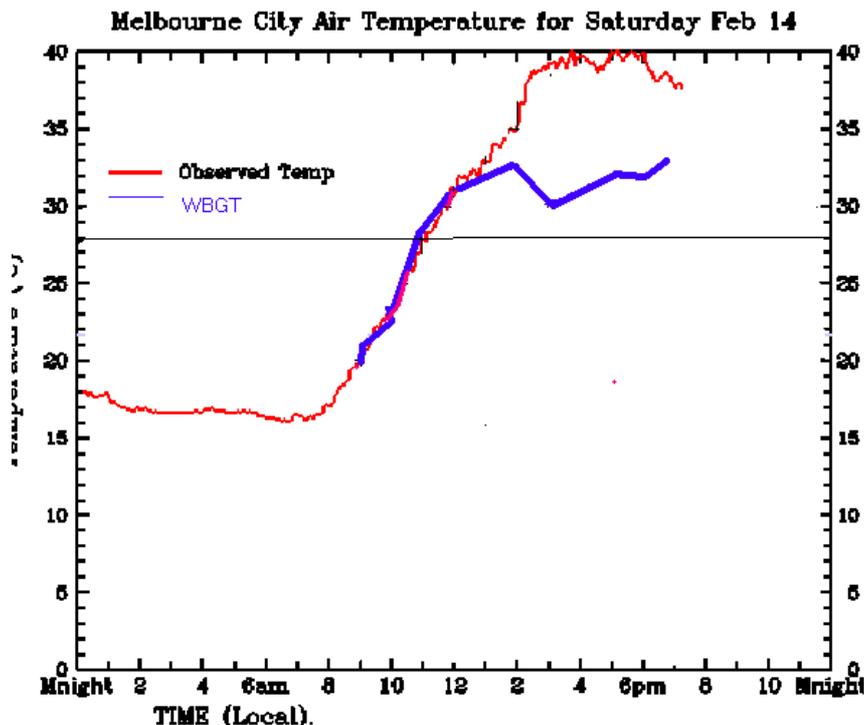
Saturday racing looked doubtful all week with the Bureau of Meteorology predicting temperatures in the high 30's during the preceding week, and it was even more doubtful when they changed it to 41° on Friday. They were right on the ball. However, the optimists from Eastern in charge of proceedings, (the Bureau of Meteorology has been known to be wrong) delayed the decision to cancel the races until after 11, by which time it was clear that it was going to be hot!!!!.

The temperature rose steadily from about 8 o'clock, flattened out a bit from 12 to 2, by which time it had reached 35, but then zoomed up 4 or 5 degrees in about 30 to 45 minutes. The Wet Bulb Globe Temperature rose steadily in parallel with the dry bulb temperature until it reached 30 degrees at about 12 o'clock. It then hovered around 30 to 34 until 7 o'clock in the evening and beyond. You will recall that at a WBGT of 28 (reached at 11) the risk of thermal injury is very high and at 30 (reached at 12) it is extreme.

Anyway I guess you didn't need all this high tech stuff to know it was too hot to race.

Apologies to those who rang the race day phone for information, but it sometimes it has a mind of its own and keeps turning itself off while you are trying to revise the message, or, indulge in other technological tricks to make things difficult. Someone rang it at 2.40, hopefully they were not at Dunlop Road wondering what was going on.

Make sure you check out Allan O'Neil's story on the Alpine Classic on the website, it may not have been there last time you looked.



**LETTER FROM GRAHAM BUCKLEY THANKING US FOR THE DONATION  
FOR THE GREAT VICTORIA BIKE RIDE**

John Macleod  
Treasurer  
Eastern Veterans  
21 Toppings Rd  
Wonga Park 3115

Dear John

A short note to say thank you for passing on cheques (\$634) on behalf of Eastern. The dollars helped greatly to fund the school trip to Victoria. It was just great that the Irrkerlantye kids could participate in the Great Victorian Bike Ride. I have already written to Alan thanking the Club for what they did, along with some pics for the notice board. The kids had such a wonderful time; seeing and touching snow for the first time and having an ocean swim for the first time. That is, apart from slugging it out on the bike each day.

One girl unfortunately had a touchdown and consequently broke her leg, but fortunately she was able to meet us in Melbourne at the end of the ride and travel back to 'Alice' with us. Melanie now has a plate with four screws in her leg and doing physiotherapy three times a week. Tom O'Malley introduced himself on the ride, along with some Eastern fellows and that was terrific. What a tremendous bloke Tom is. He was super in offering , then transporting our bikes and swags to Tullamarine by 5.45 am on the morning of our return home. The night before he was helping getting the bikes into boxes and loading them onto his ute. It made me even prouder to be a life member of the club. I missed out on getting Tom's address. He was telling me that you organise a Sunday ride. Anyway, when you do see him next I would really appreciate if you would pass on the enclosed photo presentation. It is a small acknowledgement of what he did for us. Once again, a pulka (means big) thank you to Eastern.

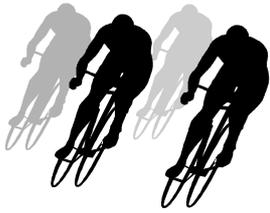
*Graham Buckley*

8 Mueller Street

Alice Springs 0870

08 89 530 923

PS If anyone from the Club is travelling through this neck-of-the-woods they would be more than welcome to make contact. Some may even be contemplating coming up for the 'Alice' Masters Games in October!!!!



# eastern veterans cycling club

*Newsletter February 28 2004*



**MONDAY NIGHT MARCH 1  
MAROONDAH CLUB 8.00 PM.  
ANNUAL MEETING  
ELECTION OF OFFICE BEARERS  
WINTER PROGRAM  
SEE YOU THERE**

## February 21 Madisons Metec

Again near perfect conditions for racing at Metec, temperature around 20, the ever present gentle southerly, just to let you know that Metec is a windy place. Fifty four riders was too many for just two divisions of the madison and a decision was made early on to run three divisions, D and E in Division 3, C Grade only in Division 2 and A and B for Division 1. This made for some close and exciting racing with all divisions having bunch sprints, which was in contrast to previous madisons where the fields had become strung out. All races were over 25 laps with sprints every 5 laps and double points on the last sprint.

In Division 3 Glenn Archer and Clive Wright showed some early form coming first and second in the first two sprints, but then faded from the scene. The remaining four teams, the three place getters and the John Macleod, Andrew Dick team then raced together for the remainder of the race, sharing the placings around. Going into the final sprint only a point separated four teams. Kenton Smith a renowned sprinter, judged his sprint perfectly to hit the front with about a metre to go. Two points for third was enough for Anthony Brown and Colin Smythe to clinch second from Keith Bowen and Su Pretto who were fifth coming to the last sprint.

With only C grade riders contesting Division 2 the race was a close one throughout, with the whole fields staying together. Of the 8 teams, only one failed to get a placing in the sprints. Phil Pelgrim and Colin Morris put in a big effort to take the first sprint, but from then on, the Lippel/Pretto team

dominated the sprints, winning three of the last four. Going into the last sprint they had a lead of 2 points, but a blistering sprint by Greg Lippel gave them a comfortable victory from the consistent Pelgrim/Morris team, with John Wilson and Eddie Tucker coming from nowhere to take third, following their second place in the last sprint. Greg and Jeff appear to be madison specialists coming second and third respectively in the Division 2 (D and E grades) last year.

Division 1 was another evenly matched with six of the teams contesting each sprint. Providing their partners could stay with the bunch, the race was always going to be dominated by Peter Howard and Rob Amos. That was the way it turned out. The Howard/Kimber team winning 3 sprints and coming second in the other two, was able to win from Rob Amos and Ivan Collings, even though Rob won the final sprint. Third place went to Phil Thompson and Craig Peacock with 2 second placings and a third. Craig is another madison specialist winning the Division 2 madison last year

Unfortunately this race was marred by a fall in which Rob Graham came down towards the end of the race when he was riding through on the left side of the road to do a '2 lap turn'. Rob has had x rays and is very sore and has a broken rib and a slight pneumothorax (lung puncture). He is going back for more x rays on Wednesday. It is imperative that if we are to continue to have madisons on our program, that riders take extreme care during the change over.

## Results

	First	Second	Third
<b>Division 1 (10)</b>	Peter Howard Nigel Kimber 15	Rob Amos Ivan Collings 11	Phil Thompson Craig Peacock 5
<b>Division 2 (8)</b>	Greg Lippel Jeff Pretto 13	Phil Pelgrim Colin Morris 7	John Wilson Eddie Tucker 6
<b>Division 3 (9)</b>	Kenton Smith Mal Wilkinson 12	Colin Smythe Anthony Brown 8	Keith Bowen Su Pretto 6

## Officials

Thanks to our officials today, Graeme Parker, master of ceremonies assisted by Phil Pelgrim, Lorraine Collings and Phil Stern with a few others helping when they were not riding. Glenn Archer was again on the drinks and Ron Stranks with helpers on the BBQ.

## COMING EVENTS

### Eastern Vets Program

Monday	Mar	1	8.00 pm	Maroondah Club	Annual General Meeting
Saturday	Mar	6	2.00 pm	Metec	Graded Scratch Races
Saturday	Mar	13	2.00 pm	Metec	Graded Scratch Races
Saturday	Mar	20	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Mar	27	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Feb	29	9.00 am	Star Cres	Graded Scratch Races
Sunday	Mar	7	9.00 am	Healey Road	Graded Scratch Races
Sunday	Mar	14	9.00 am	Swift Way	Graded Scratch Races
Sunday	Mar	21	9.00 am	Campbellfield	Graded Scratch Races

### Northern Vets Program

Sunday	Feb	29	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Mar	7	9.30 am	Toolernvale	Time Trial
Sunday	Mar	14	10.00 am	Lancefield	Age Championships
Sunday	Mar	21	9.30 am	Campbellfield	Graded Scratch Races

## Club News

### USA Track And Field Announces Major Change In Hydration Guidelines

The following guidelines were released last year and run a bit contrary to the usual guidelines on hydration. Although released by an athletic association, they would probably apply equally to cyclists.

BOSTON – USA Track & Field (USATF) on Saturday unveiled new fluid-replacement guidelines for long-distance runners, as well as a major new initiative to educate the distance-running public about how to properly hydrate.

For athletes in general and especially for those completing a marathon in more than four hours, USATF recommends consuming 100 percent of fluids lost due to sweat while racing. This marks a significant change from the understanding most runners have that they should be drinking as much as possible and following the guideline to “stay ahead of your thirst,” which has been held as the standard recommendation for many years.

Simply put, runners should be sensitive to the onset of thirst as the signal to drink, rather than staying ahead of thirst. Being guided by their thirst, runners prevent dehydration while also lowering the risk of hyponatremia (low sodium), a potentially dangerous condition increasingly seen as runners have erroneously been instructed to over-hydrate.

Announced by USATF in advance of the 2003 Boston Marathon, the new guidelines mark a significant shift in standard

recommendations for fluid replacement. They reflect changes in scientific thinking as well as changes in the average finishing times of marathon fields.

“The ‘new running boom’ has seen more mid-pack and back-of-the-pack runners taking up marathoning,” USATF CEO Craig Masback said. “The United States now has 30 million adult runners, a growth that has been tremendous for the sport and the overall health of Americans. As the national governing body for long distance running, we consider it vital that we play a key role in educating athletes of all levels, from the four-hour-plus marathoner to our Olympians.”

#### Replacing fluids and sodium

A potentially fatal condition, hyponatremia most often occurs in exercise lasting four hours or longer and results primarily from consuming excessive fluids and is exacerbated by not replacing sodium losses. Severe cases of may involve grand mal seizures, increased intracranial pressure, pulmonary edema (fluid in the lungs), respiratory arrest and even death.

In USATF’s new hydration guidelines, long-distance runners are instructed to consume 1 liter of fluid for every liter lost during a race, equaling

a 1:1 ratio. Runners can determine their rate of sweat loss weeks before a race by using the USATF Self-Testing Program for Optimal Hydration, as described on [www.usatf.org](http://www.usatf.org).

Following this self-determined hydration strategy minimizes risks associated with both dehydration and over-hydration.

Athletes who have not yet had the opportunity to perform self-testing should begin their races well-hydrated – indicated by clear urine – and then drink when thirsty during their races, rather than drinking constantly as some have recommended. A sports drink with sodium and other electrolytes is preferred.

Runners lose not only water, but significant amounts of sodium and other minerals while sweating during the course of a marathon. Recommendations of 150 percent fluid replacement or more could result in runners consuming large quantities of water during their races, causing a drop in overall sodium levels and, potentially, hyponatremia.

While proper hydration is critical for all runners competing in long distance races, those who are on the course for an extended period of time have a greater risk of dehydration or of over hydration, which increases the risk of hyponatremia. This risk demands that runners know how much their bodies need in racing conditions.

Many scientists now view hyponatremia as just as much of a threat to runners as heat illness and dehydration, and major papers distributed by the International Association of Athletics Federations (IAAF) and USATF have described these potential problems and how to avoid them. (These papers are available on [www.usatf.org](http://www.usatf.org).)

## Education

USATF this weekend is issuing a call to action to energize its organizational infrastructure in a public-education push on the topic of fluid replacement and hyponatremia. USATF's 56 Associations and 2,500 local clubs – which serve all 50 states and 80,000 USA Track & Field members – will be a starting point for distributing the recommendations on a grassroots level.

While many runners may choose to conduct their own self-testing, USATF will work with clubs and Association to set up clinics at which runners will do the one-hour runs under supervision to help them best determine their hydration needs.

## Other medical issues

As runners have learned the importance of hydration during long distance events, dehydration has become a less prevalent condition. Medical crews at marathon finish lines now are dealing more with hyperthermia (heat illness), postural hypotension (pooling of blood in the legs), hyponatremia, and the normal injuries that are common among marathon runners such as blisters and muscle injuries. Hyperthermia can occur regardless of hydration levels or the distance of a race. In fact, shorter races can pose more of a threat due to the faster pace per mile, which causes greater heat production. An adequately hydrated runner who is running too fast or pushing herself too hard, especially in hot and humid conditions, can fall victim to hyperthermia. It is therefore important that athletes adjust their pace to take into consideration race conditions, slowing their pace as heat and humidity rises, regardless of how much they may be drinking.

“Postural hypotension” is experienced when a runner suddenly stops, most commonly at the finish line. With blood pooling in the legs, there is inadequate blood supply to the rest of the body and the runner feels faint and can fall down. This had been thought of as demonstrating dehydration, so the response from medical teams was to rehydrate these runners. Now, medical personnel can identify this problem correctly and treat it specifically. Treatment requires raising the runner's feet above the head for 3-4 minutes for full recovery. Runners can avoid postural hypotension by keeping the legs moving, even with light walking or moderate knee flexing when they otherwise would stand still at or immediately after the finish or at other locations along the race course.

## For more information

USATF's new guidelines, along with supporting documentation, are explained in two scientific advisories on the topic.

“Proper Hydration for Distance Running - Identifying Individual Fluid Needs”, by Douglas Casa, Ph. D., ATC, FACSM, of the University of Connecticut, is issued by USA Track & Field.

“IMMDA-AIMS Advisory statement on guidelines for fluid replacement during marathon running,” was written by Tim Noakes MBChB, MD, FACSM of the University of Cape Town, South Africa; and David E. Martin, Ph. D. FACSM, of Georgia State University. It was published in IAAF New Studies in Athletics, March 2002, pp. 15-24.

These two papers, including an explanation of the self-test, are now posted on the USATF Web site [www.usatf.org](http://www.usatf.org).

***Bicycle Superstore Bianchi Tour 2004***  
**In conjunction with Eastern Veterans**



**COMING SOON, BICYCLE SUPERSTORE BIANCHI TOUR**

Races over five Saturdays, from April 24 to July 24, two criteriums, time trial, road race and handicap.

**Program**

**Keep these dates free**

April 24	Criterium, Metec
May 15	Time Trial, Yarra Junction (also in conjunction with Club Time Trial Championship)
June 5,	Road Race, Yarra Glen Toolangi
June 26	Criterium Metec
July 24	Handicap Steels Creek

Prizes	First place	Bianchi Carbon bike complete, valued at \$5400
	Second place	Bianchi BCC 3 bike complete, valued at \$2300
	Third place	Cosmos Wheels and cluster, valued at \$700
	Fourth and fifth places	Clothing and accessories.

Entry \$20 series entry, \$10 per race. The number of places in the tour will be restricted to 30 per grade, so you will need to be quick of the mark when we start and take entries.

\*\*\*\*\*

**MAD RIDE**

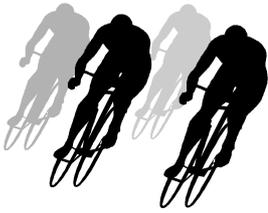
22nd Annual Mad Ride is on March 28

A group from Eastern will riding the 100 km road ride, others may be doing the 60 km mountain bike ride. All rides start Yarra Glen showgrounds.

Entry fee is \$22, enter before March 8 and receive a free bidon and a chance to win fabulous prizes.

For further details see Graeme Parker or Keith Bowen

Entry forms available on race days.



# eastern veterans cycling club

## Newsletter March 6 2004

### February 28 Graded Scratch Races Steels Creek

The fine weather and the ever popular Steels Creek course resulted in our best turn out for a road race for sometime. All up there were 69 riders with most as usual clustered in C Grade. For some reason though there were only five in E grade.

A grade was dominated by Guy Green, who was in a breakaway with Peter Howard and Michael Hartman who is running into a bit of form.

Fourteen riders in B grade had Ian Smith hanging on the back after he missed his A grade start trying to organise officials. Nigel Kimber sporting a new bike and Colin O'Brien tried several times to get away, but got reeled in each time, the race finishing with a massed sprint. As I said earlier, if you can hear Nick Panou talking in the bunch, he is likely to win. Sure enough, the omen was there, as I wrestled with a blown tire on the side of the road, Nick could be heard as the bunch went by. The final result, Nick winning the sprint from Trevor Rickard, Gary Stopar and Ian Milner.

There were 20 riders in C grade after a couple of promotions to B grade to keep the numbers even. New rider Mike Fisher won in another massed finish from sprinters Graeme Parker, Michael Paull and Colin Morris. Mike has done pretty well since joining the club and will be featuring a new bike next week and can't be too far away from a ride in B grade.

#### Results

	First	Second	Third	Fourth
<b>A Grade (9)</b>	Guy Green	Peter Howard	Michael Hartman	
<b>B Grade (14)</b>	Nick Panou	Trevor Rickard	Gary Stopar	Ian Milner
<b>C Grade (20)</b>	Mike Fisher	Graeme Parker	Michael Paull	Colin Morris
<b>D Grade (15)</b>	David Casey	Leon Bishop	Gary Binding	Barry Rodgers
<b>E Grade (5)</b>	Ken Woollard	Clive Wright	Sally Both	
<b>F Grade (6)</b>	Colin Smythe	Mike J Fisher	John Porter	

#### Officials

Thanks to our officials today, Graeme Parker, assisted by Barbara Stewart, Steve Short, back from holidays, Dean Lewisohn in the lead car, Rob Graham (traffic controller) and Lorraine Collings starter and judge.

#### COMING EVENTS

##### Eastern Vets Program

Saturday	Mar	13	2.00 pm	Metec	Graded Scratch Races
Saturday	Mar	20	2.00 pm	Holloway Drive	Graded Scratch Races

The pace was off and on in D grade, with Tony Curelli darting to the front every time he thought we were going too slowly. A small group of about five riders had a bit of break going into the turn on the second lap, but they did the gentlemanly thing and slowed down in the neutral zone for the rest of us to catch up. David Casey won the sprint from Leon Bishop, followed by Gary Binding and Barry Rodgers. David has come up not long ago from E grade and won't be far away for C grade.

The three place getters in E grade had a break on the other riders and saw Ken Woollard win from Clive Wright and Sally Both.

F grade was a battle of the over 70's with Colin Smythe winning from Mike Fisher and John Porter. It was good to see Don Ferguson (somewhat leaner now) back racing after a battle with cancer.

Lorraine Collings was on the job judging at the finish, but also keeping tabs on riders crossing the double line. Although the road was closed for the sprints, there is not much point crossing the double lines when you are well out of the finish, as some riders did on Saturday. We are still fine tuning the road closure at Steels Creek. The problem is not with the person stopping traffic before the finish, but we need a 'forward scout' somewhere near the top of the last hill to radio the controller at the finish to stop the traffic.

Saturday	Mar	27	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	3	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Mar	7	9.00 am	Healey Road	Graded Scratch Races
Sunday	Mar	14	9.00 am	Swift Way	Graded Scratch Races
Sunday	Mar	21	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Mar	28	9.00 am	Swift Way	Graded Scratch Races

### Northern Vets Program

Sunday	Mar	7	9.30 am	Toolernvale	Time Trial
Sunday	Mar	14	10.00 am	Lancefield	Age Championships
Sunday	Mar	21	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Mar	28	10.00 am	Ballan	Autumn Festival

### Club News

#### **Liz Randall at the Victorian Pursuit Championships, unofficially breaks world record by 15 seconds!!!**

There were 5 Masters Women for the Victorian Pursuit Championships, Gayle Pung(Northern/Preston), Coral Pollard (Geelong/Preston), Meridon James (Carnegie Caulfield), Tabatha Cole (Blackburn CC) and myself. We had to ride 3 rounds. Qualifying, where the 5th person was eliminated; the semis where the winners of 1v4 and 2v3 qualified to ride off for gold and bronze and then the finals.

Personally I felt tired even thinking of doing 3 pursuits in one day, although when you break it down it ends up as less than 9 minutes racing, which shouldn't really put off anyone who's ridden D grade in the Sandown crits!

Anyhow, my first race was against Tabatha and although this was for a time in order to get into the next round we were the last on the track and so we knew what time we had to beat. I had a rush of blood and instead of doing a 25 second 1st lap and then hovering around 21.5 for the rest as planned, I did a 19 second 2nd lap and promptly went lactic only managing 24 seconds for the 3rd lap. Settled down after that and managed a high 2 min 53 sec and came in second fastest.

The semis were different, I had only to win and this time managed a more controlled race (against Meridon) dropping my time a bit and not going lactic.

In the gold medal ride off I was again against Tabatha who is a Masters 2, so my attitude was....go for gold, do your best, expect to get silver. And that's what happened. I was on track for a better time and was only a little bit behind Tabatha at the halfway point (I think) but I knew I couldn't keep it up and had to back off a little, finishing with my fastest time of the day of 2 min 53.11 sec. I'm pleased with the time as although my PB is 2 min 51.832 sec, set at Manchester last year, it was a faster track and was also the first ride of the day. The world record for Master Women 60+ is 3 min 08 sec so my time, should I replicate it at the Australian Masters will break it by approximately 15 seconds. It was unofficial this time as they didn't have the required timing method and/or UCI official present. I was hoping to get a chance to have another go on March 14 but I was the only Masters Woman to enter the NSW Pursuit Champs and so its been cancelled.

Meridon was supposed to ride off for bronze against Gayle, but got a walkover as the competition was dragging on and Gayle had to leave. I arrived at Vodaphone at 8.30 am and left at about 6.30 pm...a full and VERY tiring day.

*Liz Randall*

### **News From The Annual General Meeting**

An outstanding attendance with 20 members at last Monday's Annual General Meeting. Presentations of medallions were made to life members Alan Sandford and Keith Bowen and a special presentation of a certificate of appreciation and an Eastern jersey to Alan Sandford for his outstanding contribution to the Club since its inception in 1980.

Significant events for the year were the starting of racing at Metec which has proved a great success and the raising of over \$600 for the aboriginal children brought to Victoria by Graham Buckley to participate in the Great Victorian Bike Ride. Graham's letter to Alan Sandford follows.

### **LEON BISHOP CALLS IT QUILTS**

No, not from racing (which is going pretty well for Leon at the moment), but from the website which has been taken over by Hylton Preece. Leon was a pioneer in developing the Club's website. He started it in 1999 and has been updating and redesigning it regularly since then. Very few clubs had websites when Leon started and one of the strengths of Eastern has been that our website has been active at all times and updated on a weekly basis. Not for Eastern, the dreaded website that remains unchanged for months on end. Leon had an understanding of the arcane workings of the web and somehow, notwithstanding our long and very forgettable address he was able to insure that in a search for Eastern Veterans, we came up in the first two or three results. We are grateful to Leon for his time and effort in creating a modern profile for the Club and keeping it going for a period of five years.

Graham Buckley  
8 Mueller St  
Alice Springs 0870  
08 89 530 923

Dear Alan

I do apologise for my procrastination in not responding much earlier than this. Before anything else, all the best for 2004 and I sincerely hope everything is OK for you medically. Were you successful in getting the Kyneton property? The Great Victorian Bike Ride was a real success for the kids. They saw snow for the first time when we arrived at Mt Hotham and they had a terrific first ocean swim at Inverloch and Cowes. The one dampener on the trip was a broken leg suffered by one of the girls on about the 4th day. She came to grief on a downhill run in the Strezlecki's just before the Yarram stopover. Melanie now has a plate in her leg and is currently undergoing physiotherapy three times a week at Alice hospital. The great irony is that when we got back just before the end of the school year it was announced that she had won a bike for being best 'school attendee for the year. The bike is still in the bike shop as it would probably stand a good chance of getting wrecked by her siblings and cousins etc, before she had a chance to ride it!!! It's certainly a different world up here.

Some of your club members were on the ride and they introduced themselves. It was great to meet them, especially Tom O'Malley. More about Tom later. At the end of one day, at Glengarry I think, a couple of Eastern vets said hello. I had had a fairly hard day on the road keeping the kids going and one (the girl who was to break her leg the next day) was crying. Everything was happening at once. The kids were being interviewed for Gippsland TV, and I was being interviewed by local ABC radio. Anyway, in the course of telling the two Eastern guys how proud I was of the Club in the way they helped us out financially, I became emotional and started to cry! Very sloppy stuff I tell you.

Then there is the very pleasant surprise when we got back to Alice. Your treasurer, John Macleod had another two cheques in the mail for us. One for \$84 from the club and one for \$50 from C O'Brien. In total, from Eastern we received \$634. A simply fantastic effort and very much appreciated by us. Overall we have managed to pay for the trip so with that goes, of course a very big, big thank you to Eastern Veterans and those like yourself, who contributed on their own.

As for Tom O'Malley, what a solid bloke he is. Apart from being helpful during the ride, his effort in helping us get our bikes and swags out to Tullamarine (by 5.30 am) on the morning of our return in his ute, was good old fashion friendship. I just can't say enough about Tom's effort. It made me doubly proud that I am a life member of Eastern.

Another couple, who we met in the pub at Briagalong at the end of the ride one day, also helped us get our gear from the city out to Brunswick on the last day of the ride. They came from Canterbury. They shot home, got their station wagon and trailer, then came back to the city. One of my daughters, who lives in Northcote, also met us in town with her bloke and helped get our gear to Brunswick. It all helped make life so much easier at the end of a tiring 10 days. However, I must admit I'm getting a tad old!!! But it was all worth it. A very nice sweetener was that I won bike (close to a \$1000 worth) at the end of the ride. They had this thing called the 'Spirit of the Ride' and they came up with my name. I think it must have been for pushing our kids up a lot of the hills. At this stage I haven't actually received it yet (Giant Bicycles), but I believe they will get it to me in early in January. I'm still pinching myself.

Alan, it has been bloody hot up here this last week. Around 42 degrees or more. By 8.00 am it's nearly too hot to be on a bike. Most importantly, I shall give you a ring to see how you got on with the medical thing.

I will be dropping a note to John Macleod, thanking him for his role too. I have enclosed a few pictures of some of the kids on the ride. Members may be interested to some of the kids who benefited from Eastern's generosity. By the way, the dot-painted helmets we wore were a huge success. Everyone who saw them thought they were just beaut. They are world's first and each one is an individual piece of artwork. I'm hoping that the Arrernte women at the Learning Centre here who painted them will get some business out of it. Many people on the ride said they would send their helmets up to get painted.

Another brainwave I have had is that I have just dispatched a painted helmet to the Australian Cycling Federation suggesting that they should seriously consider getting helmets painted for the Olympic cyclists. It would make such a positive impact on the lives of the Aboriginal people I know up here. They would be so proud and the Reconciliation thing would be given a much needed boost. What's more the helmets would be a hit. So, fingers crossed, something may come of it. Cheers for now and, once again, more than three cheers for Eastern Veterans.

*Graham Buckley*

## OFFICE BEARERS FOR 2004

<b>President</b>	Ian Smith 50 Barossa Avenue Vermont South Vic 3133 Tel 9887 1690, email <a href="mailto:ismith@internode.on.net">ismith@internode.on.net</a>	<b>Handicapper</b>	Graeme Parker 33 Heathfield Grove Montrose Vic 3765 Tel 9728 8087, email <a href="mailto:eparker9@optusnet.com.au">eparker9@optusnet.com.au</a>
<b>Vice Presidents</b>	Hylton Preece 29 Middleton Drive Woori Yallock Vic 3139 Tel 5961 5282, email <a href="mailto:hpwy1@pacific.net.au">hpwy1@pacific.net.au</a>  Phil Tattersall 20 Great Oak Ct. Mooroolbark Vic 3138 Tel 9726 5703, email <a href="mailto:ptatts@labyrinth.net.au">ptatts@labyrinth.net.au</a>	<b>Assistant Handicapper</b>	Nick Panou 53 Castella Street Mitcham Vic 3132 Tel 9873 1665, email <a href="mailto:panou@optusnet.com.au">panou@optusnet.com.au</a>
<b>Secretary</b>	Keith Bowen 2 Burke Street Montmorency Vic 3094 Tel 9439 8013, email <a href="mailto:keithb@rabbit.com.au">keithb@rabbit.com.au</a>	<b>Club Captain and Safety Officer</b>	Ron Stranks 28 Batman Road Eltham Vic 3095 Tel 9439 8533
<b>Assistant Secretary</b>	Ian Jones 80 Pender Street Preston Vic 3072 Tel 94423917, email <a href="mailto:ianmagpies@hotmail.com">ianmagpies@hotmail.com</a>	<b>VVCC Delegates</b>	Ian Smith 50 Barossa Avenue Vermont South Vic 3133 Tel 9887 1690, email <a href="mailto:ismith@internode.on.net">ismith@internode.on.net</a>  Neil Wray 26 Marina Road Mentone Vic 3194 Tel 9585 4626
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### Winter Program

The winter program is now close to being finalised and by popular demand (hard to believe I know) but we are going to try Maccessfield Road as a circuit again, instead of East Wandin.

### Summer Aggregate

Guy Green goes to the lead, but with 7 races in which points can be scored the field is still very open.

Green Guy	<b>33</b>
Jones Ian	<b>32.5</b>
Panou Nick	<b>32</b>
Pretto Jeff	<b>32</b>
Norbury Chris	<b>30</b>
Amos Rob	<b>29</b>
Short Steve	<b>29</b>

Stalder Martin	<b>29</b>
Stranks Ron	<b>28</b>
Wright Clive	<b>28</b>
Barnard Steve	<b>26</b>
Bowen Keith	<b>26</b>
Jardine Glenys	<b>26</b>
Porter John	<b>26</b>

### Coming Events

Club Championships Metec March 27. MAD Ride 100 km, option March 28. Bianchi Bicycle Superstore Tour starts April 24, Metec.

***Bicycle Superstore Bianchi Tour 2004***  
**In conjunction with Eastern Veterans**



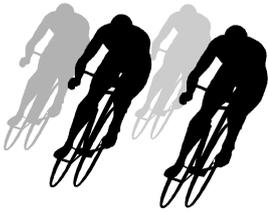
**Bianchi**

**bicycle  
SUPERSTORE** *53*









# eastern veterans cycling club

## Newsletter March 13 2004

### March 6 Graded Scratch Races, Metec

Notwithstanding the holiday weekend and the grand prix, 54 starters, was a good turnout. The weather in the morning was on the cool side, but as the day wore on the temperature and humidity rose. Likewise the ever present wind at Metec.

As an experiment we raced the most popular circuit in the reverse direction. Views appear to be a bit mixed on its merits, common comments appear to have been, hard to get used to racing in the reverse direction after racing anticlockwise for X number of year, the short 'wriggle' section being uphill was slower and as a consequence safer, it seemed to be smoother in that direction and took out the bumpy section on the first left hander after the finish line, groups being passed on the right was a bit confusing.

An email poll is in the process of being conducted. Final thoughts will be in the newsletter handed out at racing on Saturday March 13 and when they come to hand on the web.

Six starters in A grade, with new assistant handicapper Nick Panou promoting himself from B. Question Nick, what is going to happen when we start riding some hills, still going to ride A grade? This finished as a race of three, Rob Amos, Martin Stalder and Mark Wallace sporting a new carbon fibre Giant with 'sexy' handlebars. They finished in that order, with Mark chasing Rob and Martin for most of the race. B grade was another grade

where riders were dropped, with Trevor Rickard winning from Kerry Ryan and Steve Fothergill. A big field in C grade

with 15 riders saw Graeme Arthur, fresh from the Great New Zealand Bike Ride win from Michael Paull and Jeff Pretto third.

17 riders started in D grade, but by the end of their race there was probably only about half, or less of them left. David Casey set off at a cracking pace and very soon the strategy was to just stay in touch and hope for the best. Many of us couldn't and there was a collection of yellow hats at the finish line to watch the sprint. Ronnie Stranks tried to steal a march on the field clearing out with a couple of laps to go, but by the time the bell came around, the bunch was ready to pounce, mowing Ronnie down with half a lap to go. Ross Gardiner won from new rider Malcolm Dorien and Gary Binding. Unfortunately a rider who had finished their sprint cut across the field just as they were coming into the straight, forcing the riders to brake.

With no E grade, F grade was a race in three, the three women Heather Christie, Gayle Pung and Glenys Jardine clearing out from Mike Fisher, John Porter and Phil Stern, in turn clearing out from Colin Smythe and Ian Jones, who were still tired after Friday nights race at Sandown.

With all bunches on the circuit at the one time it is important that riders who have finished keep clear of other bunches. When racing anti clockwise you can just keep going after the finish, when racing clockwise as we were today peel off after the horseshoe bend and ride back to the office buildings.

### Results

	First	Second	Third
<b>A Grade (6)</b>	Rob Amos	Martin Stalder	Mark Wallace
<b>B Grade (7)</b>	Trevor Rickard	Kerry Ryan	Steve Fothergill
<b>C Grade (15)</b>	Graeme Arthur	Michael Paull	Jeff Pretto
<b>D Grade (17)</b>	Ross Gardiner	Malcolm Dorien	Gary Binding
<b>F Grade (9)</b>	Heather Christie	Gayle Pung	Glenys Jardine

### Officials

Thanks to our officials today, Graeme Parker, assisted by Barbara Stewart, Steve Short, Tony Coventry and Phil Pelgrim, with Glenn Archer on drink duty.

### COMING EVENTS

#### Eastern Vets Program

Saturday	Mar	20	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Mar	27	2.00 pm	Metec	Club Championships

Saturday	Apr	3	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	10	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Mar	14	9.00 am	Swift Way	Graded Scratch Races
Sunday	Mar	21	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Mar	28	9.00 am	Swift Way	Graded Scratch Races

### Northern Vets Program

Sunday	Mar	14	10.00 am	Lancefield	Age Championships
Sunday	Mar	21	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Mar	28	10.00 am	Ballan	Autumn Festival
Sunday	Apr	4	9.30 am	Campbellfield	Graded Scratch Races

### Club News

#### Message for Peter Costello

The Hon Treasurer

Dear Minister

#### STATE OF THE ECONOMY

If you are wanting to know how the economy is going, forget the ASX All Ordinaries, the ASX 200, the US Dow Jones, the Nikkei, the Hang Seng, FTSE, Free Trade Agreements, exchange rates, trade balances, the GDP and any other obscure index understood (?) by economists only, and just come to a veterans cycle race and count the number of new bikes being purchased by cyclists. The following list is not exhaustive, but will give you the impression that cyclists are either doing pretty well, plan to follow your advice and work until they drop, or are spending their retirement funds.

New bikes (carbon fibre should count for a few extra points on the index) in recent times are: Mark Wallace, Graeme Parker, Ian Smith, John Jardine, Neville Williamson, Ian Jones, Virginia Hamilton, Martin Stalder, Michael Hartman, Ken Woollard, Mike Fisher, Nigel Kimber, Stephen Hopley, Rod Goodes and the list goes on and on!!!

**Keith Bowen**

Secretary Eastern Veterans

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#### Ted McCoy At The Central Victorian Cycling Club O'Brien Contracting 66 Km Handicap

*Eastern's Black Red and Yellow on the podium at Woodstock, shows that Handicappers do have a softer side.*

It can be said that Harry Tams, VVCC handicapper, despite evidence to the contrary, can be a fair man, at least that is my recent experience. On entering for the Central Victorian Cycling Club O'Brien Contracting 66 km Handicap at Woodstock on March 6, I included a note outlining my performances with Eastern, for I was of the opinion that the handicaps I had received in previous VVCC handicaps were a bit harsh. I had been dropped in three of the four I had ridden over the past two years. I implied that perhaps he was handicapping me on performances with Carnegie 40 years ago, I am now 64 not 24!!!

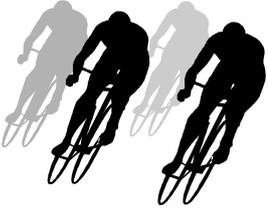
Well, arriving at Woodstock I got a pleasant surprise, a mark with a chance, 20 minutes with limit on 36. And that is how it turned out. In very hot and windy conditions our 20 minute group, 13 to start with, but reduced to 7 by half way, worked extremely well together to get up with a couple of kilometres to go as well as avoiding being caught from behind. In a 15 up finish our group claimed 2nd to 8th and found myself hanging on for third. Great prize money (1st \$1000, 2nd \$700 and 3rd \$500). We shared our total prize money equally amongst the group. The day was completed with 'banquet' of an afternoon tea in the heritage Woodstock Mechanics Hall, Central Vets doing a terrific job of organising the racing and the hospitality.

Thanks Harry

\*\*\*\*\*

#### Rider Survey, Racing Clockwise

Fourteen riders responded to my email requesting comments on last Saturday's race when we defied convention and raced clockwise. Only four stated categorically that they didn't like it, the others ranged from it was OK but... to we should do it more often, say every third or fourth race at Metec. Problems identified were that passing bunches took a while to learn the passing rules or else forgot them, (perhaps the bunches being passed forgot to keep right), the concrete blocks at the entrance to the finishing straight and because it was different, riders became a bit disoriented. Three or four riders thought that the circuit opened up and the corners were easier in that direction and someone suggested that the road was smoother!!!!.



# eastern veterans cycling club

**Newsletter March 20 2004**

## March 13 Graded Scratch Races, Metec

Our biggest turn out yet at Metec with 71 riders. Conditions were just about as good as you will get at Metec, temperature in the low 20's, a bit of southerly, but overall not too bad. Despite the large numbers everything went smoothly, no doubt helped a bit by the use of the big circuit, a bit rough in the top north west corner, but otherwise fine. The extra distance around the circuit meant that the number of times bunches were passed was reduced somewhat.

Guy Green rode A grade into the ground. Mark Wallace, Phil Thompson and John Lynch hung on for awhile, but in the end he left them behind, winning by about half a lap. In the sprint for the other places, Mark on his new Giant, although leading into the straight was able to hold off Phil Thompson.

In B grade, Matt White and Colin O'Brien did a power of work at the front as usual, but in the end it was to no avail, new rider not long up from C grade, Mike Fisher, another one sporting a new bike, winning from Dayle Goodall and Colin O'Brien.

The judges were unable to separate the first four places in

### Results

	First	Second	Third
<b>A Grade (9)</b>	Guy Green	Mark Wallace	Phil Thompson
<b>B Grade (10)</b>	Mike Fisher	Dayle Goodall	Colin O'Brien
<b>C Grade (20)</b>	Mark Granland	Jeff Pretto	Colin Morris
<b>D Grade (18)</b>	Tony Curelli	Glenn Archer	Kenton Smith
<b>E Grade (14)</b>	Graham Haines	Brian McCann	Clive Wright

### Officials

Thanks to our officials today, Geoff Cranstone and Phil Tattersall, with Glenn Archer on drink duty.

### COMING EVENTS

#### Eastern Vets Program

Saturday	Mar	27	2.00 pm	Metec	Club Championships
Saturday	Apr	3	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	10	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	17	2.00 pm	Metec	Yarra Glen Toolangi

#### Southern Vets Program

Sunday	Mar	21	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Mar	28	9.00 am	Swift Way	Graded Scratch Races

C grade. Mark Granland, Jeff Pretto, Colin Morris and Tim Hall all crossed the line together. With a bit of discussion and claiming for places they awarded placings in the above order. This was one of the closest and best sprint finishes we have had for some time. Mark was dropped last week at Metec and attributed his change in form to the massage from David McCormack during the week. David found those leg muscles that were as rigid as planks and eased the stiffness out of them.

D grade was another good race with most riders staying the distance. The usual culprits in David Casey, J C Wilson, Ronnie Stranks and Stephen Hopley tried to get away, but could never get a clear break. The finish was between three master sprinters in Tony Curelli, Glenn Archer and Kenton Smith.

E grade featured two new riders, one of whom Brian McCann came second to Graham Haines, with Clive Wright third. The other new rider, Gary Chamberlain was allowed or, conned into leading for the last two or three laps. Gary, you will learn that, leading for the final laps of a race stage of the race is not a winning strategy!!!!

## Northern Vets Program

Sunday	Mar	21	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Mar	28	10.00 am	Ballan	Autumn Festival
Sunday	Apr	4	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Apr	11	No racing, Maryborough, Easter		

## News

### AAP GOES SYDNEY-CENTRIC ALONG WITH THE ABC

You will all be aware of the changes to the ABC sporting TV coverage, which now come from Sydney and hosted by rugbyphile Peter Wilkins. Well AAP (Australia Associated Press), to whom we send sporting results have now done the same thing. Sporting results are now to put in to AAP's Sydney office, although at least you still use the same phone number. But the rules have changed, they will only accept the first three place getters, Melbourne would accept four, or even more for handicaps. Melbourne would also print the first name of women, but Sydney will just accept initials for both men and women. So, sorry everyone, but if you come fourth in a race from now on, you won't get a mention. Ian Milner, Colin Morris and Barry Rodgers were the last ones to see their names in print for a fourth place and Heather Christie, Gayle Pung and Glenys Jardine the last ladies to see their given names in the results.

### RIDER SURVEY RACING CLOCKWISE

I have had a few more comments on racing in the reverse direction, and they have all been positive. Again a few adverse comments about the concrete blocks at the turn into the straight, but if we were using the outside circuit that we used on Saturday they would not be a problem. Some people are still convinced that it is smoother in the clockwise direction. There seems to be more than sufficient support for us to try it again.

### BIKES FOR SALE

**Moser Power racing frame.** 52 cm. Excellent condition. Comes with Mizuno fork, carbon seat post, two bottle cages and Deda stem. Ultra light high level racing bike. \$1000. Contact Mark Wallace 98012157 or 0415757747.

**New Shimano 540 wheels set.** Shimano cassette compatible only 8 or 9 speed. Comes with skewers, \$375.00. Contact: David Casey 0414 880 409.

**Paconi Custom Road Bike** 55.5 cm X 55.5 cm, Columbus EL oversize tubing, Columbus carve carbon fork, Shimano 105 components. Excellent condition. \$1200. Phone Andrew on 0415 083 525

### WARNING: Brake Failure.

Due to the possibility of serious injury where the incorrect length calliper brake mounting nut was installed it is urgently recommended that you have the front brake of your bike inspected. This problem has been found on three different brands, and while the greatest risk is when a groupset has been transferred from one bike to another, three new bikes straight out of the box have been identified as incorrect and potentially dangerous. Any bike, irrespective of where it was purchased or serviced, can be taken to any branch of Bicycle Superstore where the brake nut length will be checked and replaced if necessary at 'no charge'. Please advise any friends, relatives and riding partners of the potential risk and ensure that they too have their bikes inspected.

Nigel Letty checked everyone's brakes at Southern on a recent Sunday and at Metec recently. He replaced at least one bolt at Metec and three at Southern that were too short and were barely attached to the nut. Make sure your bike is safe.

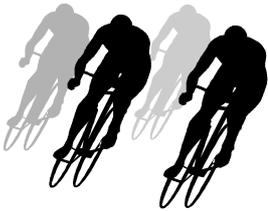
## STOP PRESS

### Guy Misses Out

Guy Green won the Colnago series on Thursday night, but because he wasn't riding a Colnago bike he missed out on the big prize, of a trip to Italy and had to be content with a new Colnago frame and forks. Mathematically there were 12 riders who could have won before Thursday's races. Guy won A grade to stitch it up.







# eastern veterans cycling club

**DON'T FORGET RACING NEXT SATURDAY APRIL 3, STARTS AT 9.00 AM**

## *Newsletter March 27 2004*

### **March 20 Graded Scratch Races, Holloway Drive**

After our record crowd last week at Metec, a turn out of 82 riders was probably a record for Holloway Drive. The wide roads and their smooth surface, with the added confidence booster of a traffic controller on duty on the turn into Barry Street makes this a top circuit. We were warned that two semi trailers were to arrive during the afternoon and park in Holloway Drive, but fortunately they either didn't come or arrived after racing was over.

In preparation for the Bianchi Tour, Peter Norbury was practising with his newly acquired video camera. The judges were unable to separate Phil Thompson and Guy Green for third in A grade. This is not surprising as the camera shows that everyone on the finish line was looking to the left, to catch the numbers of the winner Richard Knight and Mark Wallace (on new bike), who came first and second, rather than worrying about who came fourth. Anyway the camera clearly showed that Guy got up by the best part of half a wheel. For some strange reason I gave AAP Phil's name as coming third, after emailing him advising that he missed out. Sorry about that, must be losing my grip. The difference between Richard and Mark was the proverbial bee's d..... Richard had a good day, having been part of the winning team for the Victorian Team Pursuit championship.

In B grade Nigel Kimber (on new bike), after getting his photo in the paper riding in the rain a few weeks ago, was always up the front during the race and was able to

stay there at the end winning from a consistent Trevor Rickard and Richard Matison.

Another massed sprint in C grade with Graeme Parker (on new bike) showing how good he is, when it comes to a sprint. Neville Williamson (on new bike) coming second with Ross Tinkler third. If you want to see someone enjoy riding a bike, just watch Ross's son, you'll pick him, he is the image of Ross, but he just rides around all day with a broad smile on his face.

D grade had the biggest field of the day with 26 starters, most of whom stayed to the end for the sprint. Again the sprinters were to the fore, with Gary Chamberlain, too strong for Tony Curelli and Glenn Archer. David Casey came in fourth, after again spending most of the race at the front. Unfortunately David, under the new AAP rules, they won't print your name in the results for a fourth.

Frank Barlow got his revenge on all you Eastern riders who have won prize money at Southern, by powering away from the rest of the field in the last lap to win comfortably from Heather Christie. The old stagers in Ken Woollard and Colin Smythe were trying to dead heat for third, but the judges were alert this time and judged Ken to be in front.

Don Ferguson won F grade from Kris Cook, I think for her first placing and Ian Jones third

### **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>
<b>A Grade (11)</b>	Richard Knight	Mark Wallace	Guy Green	
<b>B Grade (16)</b>	Nigel Kimber	Trevor Rickard	Richard Matison	
<b>C Grade (17)</b>	Graeme Parker	Neville Williamson	Ross Tinkler	
<b>D Grade (26)</b>	Gary Chamberlain	Tony Curelli	Glenn Archer	David Casey
<b>E Grade (7)</b>	Frank Barlow	Heather Christie	Ken Woollard	
<b>F Grade (5)</b>	Don Ferguson	Kris Cook	Ian Jones	

## Officials

Thanks to our officials today, Colin O'Brien, Harold Simpson and Rob Graham (slowly recovering from his fall a few weeks ago) who were marshalls and traffic controllers for both races, Steve Barnard, Mike Pitrun, Nigel Kimber, David Casey, Anthony Brown and Phil Thompson who officiated for one of the races. Barbara Stewart has taken over the job of assisting with taking of entries for the races and for the Bianchi Tour. Glenn Archer and Steve Fothergill were again on the job selling drinks.

A special thanks to Steve Fothergill who has mastered the art of programming the race day phone so that you get the club's message and not Telstra's. Our phone has a mind of its own which I have failed to master in recent times. If it continues to do bizarre things like turning itself off just as you are about the press the 'save' button for the week's message, we might be looking for someone who is about to update their phone to one that takes photographs, emails and whatever and who is throwing their old one out.

## COMING EVENTS

### Eastern Vets Program

Saturday	Apr	3	2.00 pm	Metec	Graded Scratch Races
<b>Monday</b>	<b>Apr</b>	<b>5</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Monthly General Meeting</b>
Saturday	Apr	10	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	17	2.00 pm	Metec	Yarra Glen Toolangi
Saturday	Apr	24	11.00 am	Metec	Bianchi Tour Crits
NB A grade will commence at 11.00 am, other grades at hourly intervals					

### Southern Vets Program

Sunday	Mar	28	9.00 am	Swift Way	Graded Scratch Races
Sunday	Apr	4	9.00 am	Crib Point	Graded Scratch Races
Sunday	Apr	11	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	Apr	18	9.00 am	Dromana	Graded Scratch Races
Sunday	Apr	25	No racing, Anzac Day		

### Northern Vets Program

Sunday	Mar	28	10.00 am	Ballan	Autumn Festival
Sunday	Apr	4	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Apr	11	No racing, Maryborough, Easter		
Sunday	Apr	18	10.00 am	East Trentham	44 km Handicap
Sunday	Apr	25	1.00 pm	Seymour	Benghazi Handicap

### Bianchi Tour

Entries are coming in for the Bianchi Tour, so make sure you don't miss out by putting your entry in today.

### MAD Ride

The MAD ride is on tomorrow (Sunday March 28). A group of us will be riding the 100 km road ride. We will be meeting at the start (Yarra Glen showground's) at 8.00 am (don't forget to put your clocks back 1 hour as Saturday is the last day of daylight saving, you get an extra hours sleep). See you there and make sure you are wearing your Eastern jersey. The route is across to Healesville, up the Myers Creek Road to Toolangi, across to Kinglake, turn around and return to Yarra Glen via the Chum Creek Road. It is a steep, steep climb up Myers Creek Road, so it is a good idea if you have one, to change your rear cluster to something more hill friendly, like a 12-23, 13-25 or even a 12- 27 rear cluster.

## Race Roster

As with most cycling clubs Eastern Veterans has a roster system in order to run racing safely and efficiently. Each member is usually only rostered once per season and quite possibly it may be only once per year as our membership increases.

This is a small responsibility on each person but it is imperative that each individual completes their rostered duty. This ensures that all races are run safely and that all members are given an equal chance to race over the year. Remember if you don't complete your duty someone else will have to forgo their race in order for the racing to go ahead.

The constitution states that those not carrying out their duty can be suspended until they have completed their duty commitments. This rule is reciprocated with all veteran clubs and anyone neglecting this task will be unable to race with any AVCC affiliated club. Although in the past we have been reluctant to implement this rule, it can be carried out if the situation demands such measures.

If you are unable to attend or would like to race on your rostered day, it is necessary to organise a replacement or swap with another member to a mutually agreed date. All swaps must be notified to the EVCC officials controller – usually the vice president. Rostered members are requested to confirm their availability by the Wednesday prior to race day with the officials controller. This year Phil Tattersall (ptatts@labyrinth.net.au) is the committee member responsible for race day officials.

If you cannot find a replacement after exhausting all possibilities you must notify the officials controller ASAP and at least by the Wednesday prior to racing; NOT THE MORNING OF THE RACE! The roster is released before the start of the season so every member knows when they are required at least 4 weeks and up to six months in advance.

When three grades are raced at a time on circuits, such as Dunlop Rd & Holloway Drive, if you are rostered on and wish to race it should be easy to arrange for someone to take your place while your grade is racing. Everyone is encouraged to help out in these situations to ensure that all members can race if at all possible and next time it may be you who is rostered on.

#### **Officials Duties:**

- **Confirm your availability by Wednesday prior to your rostered event.**
- **You will be required at the race circuit by 1pm**
- **You will receive your instructions from the Officials Controller, which will be one or more of the following tasks:**

Set up and remove signage before and after race

Take Entries

Assist with entry money

Assist with race numbers, including checking after the race that they have all been returned

Drive lead or follow car

Corner marshal\*

Assist at Start/Finish

Assist with presentation

\*Corner Marshals are allocated to control the safety of riders at points where conflict with motorists may occur. All marshals must wear the Hi Vis vest and carry the red flag provided. The flag is used to stop the cyclists NOT THE MOTORISTS if a dangerous situation is imminent. Where motorists have right of way a traffic controller and marshal will control the corner. A marshal must not control motorists this can only be done by the accredited traffic controllers. Where cyclists have right of way only a marshal will be allocated.

## **RETURN OF THE KINGS AND QUEEN**

The Great New Zealand Bike Ride 7 to 19 February 2004

By Kevin Mills

EV members, Graeme Arthur, Alan Cunneen, Glenys and John Jardine and Kevin Mills, returned from Middle Earth last month after taking part in the Great New Zealand Bike Ride. Together with 1050 other cyclists they pedalled from Lake Tekapo in the South Island to Queenstown, across the Southern Alps and up the west coast to Greymouth, a distance of between 780 and 900 km, depending on whether you took up the option of the second 'rest day'. On the first day the riders were bussed from Christchurch to the beautiful turquoise lake at Tekapo, where they set up camp adjoining the historic Church of the Good Shepherd. Although the first night was a little windy and cool, the days spent cycling over the next week averaged low 20 degree temperatures and mostly favourable winds.

I travelled with four friends — three of whom had racing experience and the other being a strong recreational rider — and we all had our road bikes. Our daily routine was getting up at about 7.30 am, having breakfast, pulling down the tents, packing our bags, putting them on the truck and hitting the road before 9 am. We formed a working bunch, doing 1 to 4 km turns and picking up any other riders who wanted to do a turn or sit on. It was fun on the flat, but when we hit the hills and the pace was on I struggled a bit and we agreed to regroup at the lunch stop up the road. The scenery was tremendous — snow-capped mountains, lakes, waterfalls, rainforests, glaciers, sheep and other things that took our fancy. It was really hard not to stop every 10 km or so to take more photos. On the flat stages our average speed was just under 30 km per hour, but on the mountain days the average speed was around 24 km per hour. The three mountain days were up Lindis Pass (we climbed 550 metres over 30 km), Crown Range (700 metres over 25 km, with multiple switchbacks) and Haast Pass (250 metres over 6 km). I used my lowest gear (38x23 or 44 inches) to get over the hills and then powered down the other side. I decided that the only reasons anyone would want to climb a mountain are the views at the top and the long descents that follow!

The daily distances varied from 45 km on the last day to 120 km on the optional rest day (which we did from Haast to the Fox Glacier), the average being about 80 km, which was enough to build up the quads and calves. I thought I would lose a few kilograms on the ride, but as the food supplied by Bicycle Victoria was not enough in both quantity and quality we usually found a cafe, pub or restaurant in the afternoons and tested the local beer and wine products. I came home weighing the same, but I think a few kilos of fat may have transformed into muscle. It has not transformed into a race placing yet, but Graeme Arthur won C grade soon after he returned, so I am hoping.

We had a great time jet boating and rafting on the Shotover River near Queenstown and met up with lots of other cyclists from Victoria, interstate and overseas. The only downside was really the last two days when it rained and rained and rained. I thought the last Around the Bay was pretty bad, but getting wet and cold on the 75 km ride from Hari Hari to Hokitika on the west coast of NZ would run it close. The proposed camp site was under 3 inches of water so we all had to find accommodation in the racecourse stables and buildings, pub lounge room floors and homes of the locals. The next day we arrived in Greymouth, repacked our bikes for the ship container and took the Tranz Alpine train across Arthurs Pass to Christchurch. The scenery was terrific. After resting in Christchurch for a day or so the cycling fellowship was broken and the Lords of the Chainrings returned to their various homes.

#### Summer Points Score

Guy Green with his third placing last week, moved into top position on the Summer Points Score. The top three Guy, Jeff Pretto and Ian Jones have a bit of a break on the rest of the contenders, but there are still about six possible contenders with 3 points scoring events to come.

Green Guy	41
Pretto Jeff	39
Jones Ian	37.5
Amos Rob	35
Stalder Martin	35
Panou Nick	34
Norbury Chris	33
Short Steve	33

Wright Clive	32
Stranks Ron	31
Curelli Tony	30
Rickard Trevor	30
Barnard Steve	29
Bowen Keith	29
Jardine Glenys	29
Porter John	29
Wallace Mark	29

\*\*\*\*\*

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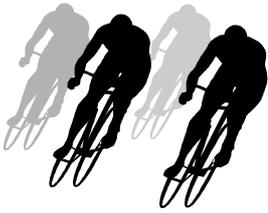


## Bicycle Superstore Bianchi Tour

*Someone will go home with a top of the range Bianchi bike for only \$20!!!!  
It could be you, make sure you put your entry in today.*







# eastern veterans cycling club



**MONDAY NIGHT APRIL 3  
MAROONDAH CLUB 8.00 PM.  
MONTHLY GENERAL MEETING  
SEE YOU THERE**

## *Newsletter April 3 2004*

### **March 27 Club Championships Metec**

For the third week in a row we had a record turnout for Eastern Veterans with 69 competing in the Club championships. This is an excellent entry list for the championships, considering many riders are on a hiding to nothing, when you race against the best riders in your age group.

Five women started in the women's race, with four staying to the end. The bets were on from the onlookers as to who would be the winner. Liz Randall threw her drink bottle to the ground in a very professional manner as she went past the finish line on the bell and looked as though she was about to put in one of her world record pursuit laps, but the others held on and let Adrienne Lang lead into the straight, when Liz and Kym Petersen fought out the finish, with Kym winning from Liz and Su Pretto.

The 35 to 39 men's group had 8 starters with Peter Howard the hot favourite. Peter went for a break early on, probably to test the strength of the rest of them, he was caught by the bunch and they rode around as a group for a while until Peter decided it was time to go, when he put 200 or more metres into them in a lap and it was all over for first. The remainder stayed together for a bunch sprint with Craig Everard just beating Richard Matison to take second.

Guy Green was another unbackable favourite to take the 40 to 44 age group. Not surprisingly he won comfortably, with Peter Castillo winning the sprint for minor places from Matt White.

The 45 to 49 age group had 20 starters and looked as though it would be out of Phil Thompson, Mark Wallace and Rob Amos. This was the way it turned out, the rest of the field being left in their wake. Phil caught Mark and Rob napping as he took off at the traffic lights on the last lap. They hesitated, I presume waiting for the other one to chase, but by the time they decided that they

should go, Phil was gone, never to be caught. It was a tight finish for second, with Mark just getting there by the barest of margins.

Only 9 starters in the 50 to 54 group saw Steve Fothergill, after working Friday night, (he probably slept all night) ride away to win comfortably from Peter Ransome and David McCormack.

Down to four starters in the 55 to 59, saw Martin Stalder, Colin Morris and Colin O'Brien ride together throughout the race, finishing in that order in the sprint.

The 60 to 64 championship in recent times has been a closely fought out event between Kerry Ryan, Ted McCoy and David Lyons. With no David Lyons this year, the tip was that Kerry and Ted would stay together and fight out the finish. Kerry had other ideas, lapping third place getter John Wilson three times (I think) and Ted McCoy once. This had to be the ride of the day. Kerry's main cycling interest is mountain biking and his performance puts to rest the views of anyone who thinks that mountain biking is for sooks and does nothing to improve your performance on the road.

The 65 to 69 group had three top sprinters in Neil Wray, Alan Sandford and Kenton Smith, the question was who would be the winner. They rode around together for the whole race with John Macleod. In a spirited sprint, Neil held off Alan, with John just getting over Kenton on the line.

Four starters in the 70+ group, also rode around together, Ken Woollard, as a 76 year old riding out of his age group seemed to have the misfortune of leading for the last 3 or 4 laps, but he surprised the rest of us by going early, leaving second and third, Keith Bowen and Colin Smythe in his wake.

### **Results**

Age	First	Second	Third
35-39	Peter Howard	Craig Everard	Richard Matison

<b>40-44</b>	Guy Green	Peter Castillo	Matt White
<b>45-49</b>	Phil Thompson	Mark Wallace	Rob Amos
<b>50-54</b>	Steve Fothergill	Peter Ransome	David McCormack
<b>55-59</b>	Martin Stalder	Colin Morris	Colin O'Brien
<b>60-64</b>	Kerry Ryan	Ted McCoy	John Wilson
<b>65-69</b>	Neil Wray	Alan Sandford	John Macleod
<b>70+</b>	Ken Woollard	Keith Bowen	Colin Smythe
<b>Women</b>	Kym Petersen	Liz Randall	Su Pretto

## Officials

Thanks to Tim Hall and his assistants who were in charge at the finish of the races.

Thanks also to Neil Wray who brought his starting ramp to train people for the 300 metre straight line sprint at Maryborough. Neil, assisted by Tony Curelli, both of whom are guns at this event, passed on their wisdom and experience to several women riders competing at Maryborough. Ladies, we expect gold medals in this event. Steve Fothergill did a roaring trade on the drinks.

Peter Norbury is now the Club photographer, photographing the winners and people throughout the day. You can see Peter's work on the website.

## COMING EVENTS

### Eastern Vets Program

Saturday	Apr	3	2.00 pm	Metec	Graded Scratch Races
<b>Monday</b>	<b>Apr</b>	<b>5</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Monthly General Meeting</b>
Saturday	Apr	10	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	17	2.00 pm	Yarra Glen Toolangi	Graded Scratch Races
Saturday	Apr	24	11.00 am	Metec	Bianchi Tour Crits
NB A grade will commence at 11.00 am, other grades at hourly intervals					

### Southern Vets Program

Sunday	Apr	4	9.00 am	Crib Point	Graded Scratch Races
Sunday	Apr	11	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	Apr	18	9.00 am	Dromana	Graded Scratch Races
Sunday	Apr	25	No racing, Anzac Day		

### Northern Vets Program

Sunday	Apr	4	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Apr	11	No racing, Maryborough, Easter		
Sunday	Apr	18	10.00 am	East Trentham	44 km Handicap
Sunday	Apr	25	1.00 pm	Seymour	Benghazi Handicap

### Bianchi Tour

Entries are coming in for the Bianchi Tour, so make sure you don't miss out by putting your entry in today.

**MAD Ride** A brief report on Sunday's MAD ride from Phil Tattersall

This was my first MAD ride and I was pleased to see a glorious morning and the number of "Eastern" clad riders that just kept on growing and growing, I think Keith's count showed 35+. We all kept together on the way to Healesville and it looked like a very impressive team from my position in the group. The Myers Creek Rd had us strung out a bit as it's a wicked climb with a bit of a kick at the top. Re-group at the top had us altogether again after a few minutes and ready for the first of the downhills which saw us forming a great big freight train as we formed a single line on the descent (my speedo showed a max of 70 kph). More undulations and a blow-out had the group divided a bit by the time we reached the turn around at Kinglake Central, but Eastern riders were the first to arrive (Kerry Ryan, Mark Wallace and me). At the turn around there were Eastern jerseys everywhere and it just looked like an Eastern race day. All together again, after a decent break re-hydrating and refuelling, before turning round and retracing our route across the undulations before heading down the familiar terrain of Chum Creek Rd to Healesville.

All in all a great ride made even more enjoyable by sharing the experience with fellow club members.

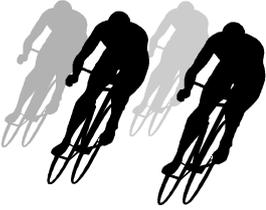
**Check out the website for the gradient of all the hills you are likely to climb: Myers Creek, Chum Creek, Donna Buang, the One in Twenty.**

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<b>VICTORIAN STATE</b>
<b>HOME LOANS</b>

## **Bicycle Superstore Bianchi Tour**

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It could be you, make sure you put your entry in today.*



# eastern veterans cycling club

## Newsletter April 10 2004

### April 3 Graded Scratch Races Metec

We must be doing something right; for the fourth week in a row we have had a record turnout with 75 riders, not withstanding a change to Saturday morning racing. Our previous best at Metec was 71 a few weeks ago.

Although there were no calls on the race day phone, some people didn't get the message regarding the change in time and turned up to race at the usual time, sorry about that. Our agreement with Metec is for use of the circuit from noon, so it can't become the norm, but on special occasions it may be possible. I guess with an afternoon off, all the lawns are now mown and all the odd jobs are now completed. Several people stayed to watch the VCI championships in which there was some spirited racing. Conditions when we raced were near perfect, cool, overcast, and in a first for Metec, no wind.

A grade with 12 riders was our biggest A grade field for sometime. John Lynch (on new bike, but John was not used to so many gears and was seen counting them before the race), stole a march with a couple of laps to go and was able to stay away from a fast finishing Guy Green with Martin Peeters winning the sprint for third.

The pace was on in B Grade, at times passing A Grade. In a bunched sprint for the finish, Mike Fisher won by the barest of margins from Nigel Kimber (both of them on new bikes), with Rowan Fell third.

### Results

	First	Second	Third
<b>A Grade (12)</b>	John Lynch	Guy Green	Martin Peeters
<b>B Grade (17)</b>	Mike Fisher	Nigel Kimber	Rowan Fell
<b>C Grade (16)</b>	Gary Chamberlain	Colin Morris	Steve Szalla
<b>D Grade (17)</b>	Glenn Archer	Michael Wykmans	Phil Jarvie
<b>E Grade (8)</b>	Brian McCann	Meriden James	Heather Christie
<b>F Grade (5)</b>	Gayle Pung	Don Ferguson	Ian Jones

### Officials

Liz Randall who supposedly is not allowed to ride for a couple of weeks because of an eye problem was in charge of the start and assisted by dropped riders for the finish. Glenn Archer was again flogging drinks, but with the cool conditions and Saturday morning racing sales of alcoholic drinks were down somewhat. Ron Stranks had his BBQ fired up and was selling plenty.

Gary Chamberlain, in his first ride in C Grade (I think) won from Colin Morris who is back in form and Steve Szalla who is doing a great job selling club jerseys third. Gary has now had about four rides for four wins and must be looking at B Grade very soon.

The pace was on in D Grade with new rider Michael Wykmans setting the pace. After a couple of hesitant, 'would we or wouldn't we pass C Grade' we eventually did and stayed in front of them for the rest of the race. Glen Archer again showed how good he is as a sprinter, just pipping Michael on the line with Phil Jarvie from Southern coming third.

Brian McCann who is a consistent performer in E Grade, won from Meriden James and Heather Christie who flew up the hills on the MAD Ride last Sunday. Gayle Pung won F Grade from Don Ferguson and Ian Jones.

### Summer Aggregate

Guy Green's second place (45 points) just about seals first place in the Summer aggregate. Ian Jones is currently second on (40.5 points) and is under a bit of pressure from Rob Amos and Martin Stalder on 36 points.

## COMING EVENTS

### Eastern Vets Program

<b>Monday</b>	<b>Apr</b>	<b>5</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Monthly General Meeting</b>
Saturday	Apr	10	2.00 pm	Metec	Graded Scratch Races
Saturday	Apr	17	2.00 pm	Yarra Glen Toolangi	Graded Scratch Races
Saturday	Apr	24	11.00 am	Metec	Bianchi Tour Crits
NB A grade will commence at 11.00 am, other grades at hourly intervals					
Saturday	May	1	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	Apr	11	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	Apr	18	9.00 am	Dromana	Graded Scratch Races
Sunday	Apr	25	No racing, Anzac Day		
Sunday	May	2	9.00 am	Somers	Graded Scratch Races

### Northern Vets Program

Sunday	Apr	11	No racing, Maryborough, Easter		
Sunday	Apr	18	10.00 am	East Trentham	44 km Handicap
Sunday	Apr	25	1.00 pm	Seymour	Benghazi Handicap
Sunday	May	2	10.00 am	Seymour	64 km Handicap

### Bianchi Tour

Entries are coming in for the Bianchi Tour, so make sure you don't miss out by putting your entry in today.

### 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.

**Warburton Trail** 65 +/- km superb scenery, great bakery, good trail but mtb preferred. Depart Mt Evelyn 8.00 am return about 12 noon. Enquiries to Graeme Parker 9728 8087.

#### Tuesday Morning

**Yarra bike path to South Bank.** This ride is now becoming popular, with up to 18 riders (approximate distance 70 km from Lower Plenty). Meet at various points along the bike path, 9.00 am Bonds Road Lower Plenty, 9.30 am Burke Road, other points as you wish. Enquiries to Keith Bowen 9439 8013.

#### Wednesday Afternoon

Warburton trail again, depart Mt Evelyn 1.00 pm. Enquiries to Graeme Parker 9728 8087.

### Coming Soon

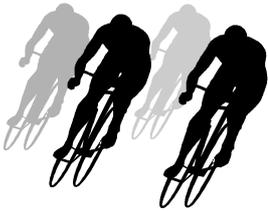
Can't get out and train in the winter, then some spinning sessions for Eastern Members will be the go. More details soon.

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## Bicycle Superstore Bianchi Tour

*Someone will go home with a top of the range Bianchi bike for only \$20!!!!  
It could be you, make sure you put your entry in today.*



# eastern veterans cycling club

## Newsletter April 17 2004

### April 10 Graded Scratch Races Metec

Ideal weather of twenty-one degrees and no wind greeted an excellent turn out of 66 riders as we returned to our normal starting time of 2pm. This turn out of riders was fantastic considering the Easter break and Maryborough. We also welcomed two new members to the club, these being R. Plumb and P. Kelly.

A Grade, consisting of 7 riders, was won by Guy Green (lapped the field) riding his training bike. A spirited sprint for 2<sup>nd</sup> and 3<sup>rd</sup> place saw M. Wallace take 2<sup>nd</sup> with R. Amos 3<sup>rd</sup>.

B Grade, consisting of 17 riders, was won by M. Fisher for the second week in a row (could be looking at A Grade very soon) with C. Everard 2<sup>nd</sup> and P. Ramsome 3<sup>rd</sup>.

C Grade with 18 riders was a fast affair with P. O'Neill 1<sup>st</sup>, J. Pretto 2<sup>nd</sup> and G. Lippie 3<sup>rd</sup>.

D Grade, consisting of 13 riders went down to a fast and furious final sprint with A. Brown being victorious, with B. McCann 2<sup>nd</sup> and L. Bishop 3<sup>rd</sup>.

E Grade, consisting of 6 riders, was a hard fought affair with G. Elliot winning, with S. Pretto 2<sup>nd</sup> and H. Christie 3<sup>rd</sup>.

F Grade, consisting of 5 riders, was taken out by R. Plumb (new member) and 2<sup>nd</sup> P. Kelly (new member), and the ever-consistent I. Jones 3<sup>rd</sup>.

### Results

	First	Second	Third
<b>A Grade (7)</b>	G. Green	M. Wallace	R. Amos
<b>B Grade (17)</b>	M. Fisher	C. Everard	P. Ramsome
<b>C Grade (18)</b>	P. O'Neill	J. Pretto	G. Lippie
<b>D Grade (13)</b>	A. Brown	B. McCann	L. Bishop
<b>E Grade (6)</b>	G. Elliot	S. Pretto	H. Cristie
<b>F Grade (5)</b>	R. Plumb	P. Kelly	I. Jones

### Officials

A big thank you to all the officials whose contribution helped the day to run smoothly.

### COMING EVENTS

#### Eastern Vets Program

Saturday	Apr	17	2.00 pm	Yarra Glen Toolangi	Graded Scratch Races
Saturday	Apr	24	11.00 am	Metec	Bianchi Tour Crits
NB A grade will commence at 11.00 am, other grades at hourly intervals					
Saturday	May	1	2.00 pm	Metec	Graded Scratch Races
Saturday	May	8	2.00 pm	East Wandin	GSR, Eastern vs Southern

#### Southern Vets Program

Sunday	Apr	18	9.00 am	Dromana	Graded Scratch Races
Sunday	Apr	25	No racing, Anzac Day		
Sunday	May	2	9.00 am	Somers	Graded Scratch Races

## Northern Vets Program

Sunday	Apr	18	10.00 am	East Trentham	44 km Handicap
Sunday	Apr	25	1.00 pm	Seymour	Benghazi Handicap
Sunday	May	2	10.00 am	Seymour	64 km Handicap
Sunday	May	9	9.30 am	Toolernvale	Time Trial

### Maryborough

Neil Wray's coaching comes good. Neil came first in the 300 m sprint and after his coaching the other week, Stephanie Coulson won her division and Dale Maizels came fourth. Both bettered their previous times. Remember if you are planning to do the 300 m sprint, get some coaching from Neil, he is the master at this discipline. Kenton Smith got a third in this event also.

### Heart Rate/Spinning Sessions

Tired of riding with a heart rate way below your optimum level. Coming soon is your chance to attend some weekly spinning sessions which will get it up to where it should be. Sessions will be conducted by an experienced instructor and cost about \$10 a session. Watch this space for further details.

### TRAINING/CAPPUCINO RIDES

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## Bicycle Superstore Bianchi Tour

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It could be you, make sure you put your entry in today. It's your last chance.*

### STOP PRESS

Where have all the A graders gone? It looks as though the A grade section of the Bianchi Tour will have to be cancelled through lack of entries. We set a requirement of a minimum of 15 riders in a grade, but in A grade we only have about 10 entries from genuine A graders. In B grade we have 30 entries, C grade 22, D grade 19 and E grade 17.

## Train In Tasmania ride

Anthony Brown has been riding around Tasmania

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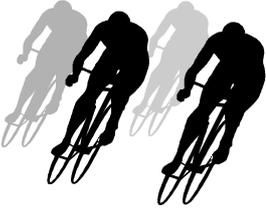
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# The ride had been organized for this time of the year generally fine and settled weather, but you have to expect some rain (even Melbourne has rain all year round – it would be boring otherwise) but wind was not a problem for the whole of the tour... with that said the vistas and views the rest of the time made up for the odd rain periods (2 x 1 hours and 1 x 2 hour).

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Regards Ben Muller





# eastern veterans cycling club

**Newsletter April 24 2004**

## **April 17 Graded Scratch Races Yarra Glen Toolangi**

Sixty nine riders on a cold windy afternoon with the possibility of rain, an unsealed section of road to contend with and nervousness regarding disclosing to the handicapper your true form before the Bicyclesuperstore Bianchi Tour was an outstanding turn out. The weather remained fine apart from some minor drizzle experienced by some on the climb. The wind was the only problem, very gusty on the ride back from Healesville to the finish. The unsealed section proved to be a non event, neutral on the way out, gave everyone a chance to warm up, and didn't slow anyone down on the way back. No one seemed to be riding for a good mark in the Bianchi. Apart from the unmade portion, the road surface was in top condition, the hot mix parts of the climb provide of course an excellent surface, but the non skid parts, after resealing a couple of years ago, have now worn down to provide a very smooth surface.

A grade saw a bit of drama when David Moreland and Rob Amos were disqualified after crossing the white line onto the wrong side of the road at the finishing sprint. The result was that Mike Hartman, Nigel Kimber and A Gannon moved into the places.

B grade with a big field (20) was probably the race of the day. Rudy Joosten riding at the front on the climb broke away with 5 or 6 others a kilometre or so from the top, but were caught before the roundabout making up a bunch of about 12 for the ride back. Rudy won the sprint from Craig Everard, Michael Burke, who seems to relish racing at Eastern and Matt White, who must have put in a

blinder of a decent as he was well back in the field at the top of the climb.

Steve Short and Ted McCoy, with his new bike, powered away from the rest of the field on the climb and managed to hold on with Steve winning the sprint. Rob Drew, who was climbing strongly came third from Greg Molesworth. This was a great effort by Greg as he was seen leaving his 'lunch' on the side of the road on the climb!

We haven't seen Steve Oberg for a while, but he has come back in great form winning D grade, from Adrienne Lang and Anthony Brown.

Five years ago in my first ride with Eastern I won E grade and history repeated itself on Saturday when I won in, the would you believe, the same time. The races were identical, both times I broke away on the climb, got caught by the roundabout, I must work on those descending skills, and managed to get away again on the way back. Second this time was Ron Stranks, I can't remember who it was last time, with Heather Christie, who is steadily improving third.

Kris Cook won F grade from Gayle Pung and Ian Jones. Kris claims that it was the first time she has ridden up a hill and I think it was also her first win at Eastern.

### **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>
<b>A Grade (8)</b>	Michael Hartman	Nigel Kimber	A Gannon	
<b>B Grade (20)</b>	Rudy Joosten	Craig Everard	Michael Burke	Matt White
<b>C Grade (16)</b>	Steve Short	Ted McCoy	Rob Drew	Greg Molesworth
<b>D Grade (14)</b>	Steve Oberg	Adrienne Lang	Anthony Brown	
<b>E Grade (6)</b>	Keith Bowen	Ron Stranks	Heather Christie	
<b>F Grade (5)</b>	Kris Cook	Gayle Pung	Ian Jones	

## Officials

Helpers today were Ian de Kam, Jim Harris, Michael Paull, Nick and Rose Hainal, John Macleod and Barbara Stewart, with Glenn Archer providing the drinks.

## COMING EVENTS

### Eastern Vets Program

Saturday	Apr	24	11.00 am	Metec	Bianchi Tour Crits
NB A grade will commence at 11.00 am, other grades at hourly intervals					
Saturday	May	1	2.00 pm	Metec	Graded Scratch Races
Saturday	May	8	2.00 pm	East Wandin	GSR, Eastern vs Southern

### Southern Vets Program

Sunday	Apr	18	9.00 am	Dromana	Graded Scratch Races
Sunday	Apr	25	No racing, Anzac Day		
Sunday	May	2	9.00 am	Somers	Graded Scratch Races

### Northern Vets Program

Sunday	Apr	25	1.00 pm	Seymour	Benghazi Handicap
Sunday	May	2	10.00 am	Seymour	64 km Handicap
Sunday	May	9	9.30 am	Toolernvale	Time Trial
Sunday	May	16	10.00 am	Lancefield	62 km Handicap

## Bianchi Tour

There are 115 entries for the Tour. We have 22 A graders, 29 B, 24 C, 20 D and 19 E. Until last Saturday it looked as though there wouldn't be an A grade as we only had about 10 entries (a minimum of 15 riders had been set). Thanks to the generosity of a number of B graders who volunteered to ride A grade, we have managed to get an A grade field. I am sure that the 'genuine' A graders appreciate the actions of these riders as they have probably sacrificed their chances of winning the tour.

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### More Gold and Records for Liz Randall

#### Hi All

Just blowing my trumpet a bit!!!! have raced on the velodrome twice, the 2 lap Time Trial which I did in 0.3 of a second shy of the womens 60+ world record and the 8 lap pursuit in which I took 15 seconds off the women 60+ world record!!!!!! Needless to say I'm feeling pretty good!!!! Now onto the road races. Liz

#### Summer Aggregate

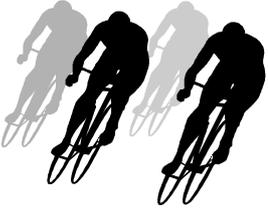
Guy Green has got it won, but Ian Jones can be caught by Jeff Pretto if he comes third or better today.

#### Spinning Classes

Adrienne Lang showed the benefit of taking 3 or 4 spinning classes a week with her second place in D grade. If you are interested in attending classes of a Wednesday evening, ring Adrienne on 9822 3127 or email her on [ajlang24@bigpond.net.au](mailto:ajlang24@bigpond.net.au).

Eastern Veterans Cycling Club Proudly Sponsored by  
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# eastern veterans cycling club

*Newsletter May 1 2004*

## April 24 Graded Scratch Races Metec First Race Bianchi Tour

After lots of preparation the Bicycle Superstore Bianchi Tour finally got underway. After temperatures in the high 20's on Thursday, followed by drought breaking rains (?) on Friday the prognosis was not good.

Amazingly all races were started and completed on time, with only the lightest of sprinkles towards the end of D grade. We finished up with 117 entrants of which 94 started on Saturday. In addition we had 7 non Bianchi riders competing giving total numbers for the day of 101 riders.

Eighteen riders started in A grade and it quickly became a race of attrition as those riders who willingly agreed to ride A grade to make up a field were gradually dropped off. Not surprisingly Guy Green and Rob Amos eventually got away and were joined by John Lynch, which was a bit of a surprise as John was hanging off the back early in the race. They finished in that order, with Jeff Stobie winning the bunch sprint from Dave Moreland and Michael Hartman. It is probably a regular event at Southern, but a first for Eastern for a father (Graeme) and son (Jeff) to both riding in A grade.

The biggest field was as expected in B grade. Phil Pelgrim was the first to have a go at getting away, followed later by Ian Milner and Matt White. Matt must have had some friends in the bunch as someone was heard to say, quite erroneously, when he went off the front; "Don't worry about him he is not entered in the Bianchi Tour". Unfortunately this race was marred by a fall near the traffic lights on the bell lap. Three riders came down, luckily no one was seriously hurt, the worst off injury and bike wise was Quentin Frayne, Tony Mason's whose bike suffered some damage and Rob Russell who was a bit sore. Mark Wallace was on hand to tend to Quentin's injuries.

**I have said it before, and will say it again, how lucky we are to have a strong medical presence in the Club to attend to any injuries if there is a fall. The fall also emphasises how easy one can happen and riders must ride safely at all times. We are basically racing for fun, so please ride carefully and safely at all times. If a situation looks dangerous, don't go there, you may not only injure yourself, but bring someone else down. If you have problems with the way someone is**

**riding in the bunch, have a quiet word with them, they may not know that they are doing something wrong.** (See Quentin Frayne's email for further comments).

The C grade field stayed together for the whole race and coming into the finishing straight Graeme Parker had the perfect sit on Steve Szalla. Graeme won comfortably from sprinters Steve Towers, David McCormack, Jeff Pretto and a tiring Steve Szalla. Kym Petersen rode a near perfect race, being up near the front the whole time, sitting on third wheel with about 3 laps to go, but unfortunately cramped at the business end of the race.

D grade saw one of the rides of the day. David Casey at last got things right. David has been giving D grade a hard time recently, riding hard off the front, only to be caught in the sprint and to finish out of the money. Saturday he judged it perfectly, with about 3 laps to go he was just off the back, biding the time for his run to the front. He did this perfectly, rounding up the bunch and leaving them in his wake, and letting them quickly deciding OK, let us race for second. Kenton Smith won the sprint for second from J C Wilson, Greg Bloomfield, Stuart Campbell and Phil Jarvie. Phil got into the Bianchi points as Kenton was not a Bianchi entry. Su Pretto also put in a very credible ride in this race, staying with the bunch and finishing just behind the place getters.

E grade was a mix of both E and F grade riders, who were far from disgraced, being able to stay with the bunch without any trouble. Glenys Jardine and Philip Johns kept on attacking during the race, and the winning move was made when Philip went and Gary McIntyre went with him. Gary rode away, looked as though he might be caught with about 2 laps to go, but the chase group faltered and were then racing for second. Graeme Elliot won the sprint for Graham Haines, Keith Bowen and Colin Smythe. This was a good effort by Gary as he only started riding at Christmas, when he was persuaded to take up riding by brother Mick (Southern's handicapper). It was also his first win.

## Results

	First	Second	Third	Fourth	Fifth
<b>A Grade (18)</b>	Guy Green	Rob Amos	John Lynch	Jeff Stobie	David Moreland
<b>B Grade (27)</b>	Garnet Bateson	Martin Peeters	Dayle Goodall	Nic Skewes	Trevor Rickard
<b>C Grade (18)</b>	Graeme Parker	Steve Towers	David McCormack	Jeff Pretto	Steve Szalla
<b>D Grade (18)</b>	David Casey	Kenton Smith*	J C Wilson	Greg Bloomfield	Stuart Campbell
<b>E Grade (19)</b>	Gary McIntyre	Graeme Elliott	Graham Haines	Keith Bowen	Colin Smythe

\* Kenton was a non Bianchi rider, third, fourth and fifth (Phil Jarvie) take second, third etc points for the Bianchi Tour.

### Officials

Racing today was under the control of Phil Tattersall and thanks goes to those who assisted in starting, taking entries, judging, sweeping the track, BBQ'ing. Without your help, our races could not take place. Thanks to Bicycle Superstore for their generous sponsorship of this series.

### Summer Aggregate

Top 20 places are listed below. Congratulations to the place getters. To overtake Ian Jones, Jeff Pretto needed to come third or better today, and for Ian to finish out of the places but he could only manage fourth,.

Green Guy	<b>55</b>	Norbury Chris	<b>36</b>
Jones Ian	<b>47.5</b>	Wallace Mark	<b>35</b>
Pretto Jeff	<b>46</b>	Wright Clive	<b>35</b>
Amos Rob	<b>44</b>	Christie Heather	<b>34</b>
Short Steve	<b>41</b>	Parker Graeme	<b>34</b>
Stalder Martin	<b>39</b>	Barnard Steve	<b>33</b>
Panou Nick	<b>38</b>	Curelli Tony	<b>33</b>
Stranks Ron	<b>37</b>	Jardine Glenys	<b>32</b>
Archer Glenn	<b>36</b>	Kimber Nigel	<b>31</b>
Bowen Keith	<b>36</b>	Rickard Trevor	<b>31</b>

## COMING EVENTS

### Eastern Vets Program

Saturday	May	1	2.00 pm	Metec	Graded Scratch Races
Saturday	May	8	2.00 pm	East Wandin	GSR, Eastern vs Southern
Saturday	May	15	2.00 pm	Yarra Junction	Bianchi Time Trial
Saturday	May	22	2.00 pm	Steels Creek	Royce Bennett Memorial H'cap

### Southern Vets Program

Sunday	May	2	9.00 am	Somers	Graded Scratch Races
Sunday	May	9	9.00 am	Braeside	Graded Scratch Races
Sunday	May	16	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	May	23	9.00 am	Lang Lang	Graded Scratch Races

### Northern Vets Program

Sunday	May	2	10.00 am	Seymour	64 km Handicap
Sunday	May	9	9.30 am	Toolernvale	Time Trial
Sunday	May	16	10.00 am	Lancefield	62 km Handicap
Sunday	May	23	9.30 am	Toolernvale	Graded Scratch Races

## Kym Petersen's Mount Beauty Triumph

Kym Petersen was at Mount Beauty the other week for the Mount Beauty Tour. Here is her story

Had a great weekend of racing up at Mt Beauty last weekend. I competed in the women's 30+ and managed to take out the race series. Every stage except the final crit involved climbing which was to be expected in that neck of the woods and I was ready for it!

We started out Saturday morning with a 15 km time trial around a predominantly undulating course (let me stress undulating). We had about 2 km of flat road, before we hit the first climb which was around 1 km long, thank goodness I had a spirited warm-up on the rollers before setting off. Being a slow-starter I warmed up for around 40 minutes prior and really got the heart rate going; a friend who raced before me, gave me a heads-up about the course and warned me about the climbs. The legs were screaming to begin with but once the sting was out of them I managed to get into a good rhythm and just go for it. After the first climb it was down on the aero bars briefly before the next climb and one more after that, finishing with a nice downhill section. After a sweeping left-hander it was onto the back straight with a slight headwind towards the finish. Slight uphill finish and it was all over with lots of sweating, heavy breathing but thankfully hanging onto my breakfast, unlike one guy who wretched his heart out while I was warming up earlier on! Tempted to tell him he didn't go hard enough.....I finished 1st with a 1 min 11 sec lead over the 2nd place getter.

**Stage 2** was held only a few hours after the TT. It consisted of 3 laps of the same course and I thought, hey, 45 km can't be that bad, but add in the hills and a temperature hovering around the high 20's and it was ON! We had a mass start, including the men which made it interesting, you didn't really know where your race was happening. It only took the first climb to sort everyone out and we soon splintered over the hill,

gravitating to those of equal standard. It was tough going because we had a cross-headwind around the back part of the course and no one was overly keen to sit out the front. A group of 5 of us rode the entire race together and there was only one representative apart from me, from the 30+ category so it was just a matter of keeping an eye on her. I felt really strong and took my share of turns at the front and constantly signalled for my competition to roll through but she just wouldn't. I put in a few attacks up the hills to try and break it up and on the last lap, I actually hit the wall which I couldn't believe. I was happy to stay on the front and just hoped no one noticed that I was slowing the pace so that I could grab a gel and try to get going again. Most of it I got down but still managed the mandatory splattering over the hoods, gears and down tube. Felt 110% better and decided to

crank it up again coming into the last 10 km. At 1 km to go, I got sick of towing my competitor around and put in one last effort by hammering up the hill, managing to drop her and comfortably win the stage by 20 secs. Yee hah, 2 from 2!

**Stage 3** was meant to be a 50 metre sprint conducted under lights that same night. They were running so far behind schedule, it got to nearly 8.00 pm, my stomach was screaming for food, so we all called it a night and went home! I was willing to get a time penalty, I was that hungry and tired, it was worth it.

**Stage 4** Sunday morning was a 4 km hillclimb starting from the town centre and heading up towards Mt Bogong. Again it was a mass start which I wasn't too pleased about. The other trouble was that we didn't have numbers on the backs of our jerseys, just one attached to the front of our handlebars, ala MTB style. This meant that you couldn't mark your closest rival and mixed amongst men, who knew how you were going? The idea was obviously just to go as hard as you could and hope it was good enough. We had a controlled start for around a 1 km before the true race began and as we cruised up the hill behind the lead car, I felt like I was in a scene from "Le Tour" it was just a great sight with all these riders around you. Soon as the car turned off, it was like this mass sprint for 4 km. The gradient was probably only 8% so nothing outrageous and it was all over before it began! My support crew (other half Adam) was waiting at the top to watch me come through and he mentioned that possibly one other female beat me across. I didn't know who it might be but waited for the results - turns out she only entered the 2 stages so wasn't a contender for the overall category. So I got a 2nd, not too bad.

**Stage 5** was a relatively short criterium - 20 mins + 3 laps, the men's race was exactly the same. Doesn't sound like much but after 3 hilly stages under your belt, it was more than enough! We started with the Elite women and I finally managed to get a good position on the start line, right at the front. I'm usually chatting to someone before a crit (yep Bob it's true) and always manage to start in the back third which isn't ideal, it's too much ground to make up and I'm up against it before I need to be! My friends were on the sideline getting ready to cheer me on, but they decided some heckling at the start would lighten the mood as well. We took off, and right from the gun the pace was on. It was a very short course, around 600 metres so it was hard sprinting out of every corner. I wasn't technically competing against the Elite women for the stage win but because we all started together I thought I'd give it a good crack. A group of 7 of us made the first break after a few minutes and managed to stay

together for around 10 minutes until a couple found the pace too high and dropped off. There were constant attacks from a team of 3 working together and myself and the Elite race leader, Christine, were basically riding solo. It was hard going as either she or myself had to chase down every attack and just when we had, another would go off the front. The five of us ended up lapping the rest of the field, including my next competitor which was a great feeling. Coming into the last lap I was sitting

4th wheel, Christine 2nd and hers was the ideal spot to be with such a short finishing straight. She comfortably out-sprinted everyone and I happily came in 4th, I'd done enough to win the stage in my classification and take out the leader's jersey for the Tour.

Great weekend.

*Kym Petersen*

## Hi Keith

Just a quick email to thank the club for the way they helped me out after my unfortunate get-off on Saturday. In particular, I can't thank Mark Wallace and Matt White enough. Mark put me at ease and took care of my physical ailments with the kind of professionalism you'd expect of a MICA paramedic. I hope that each and every club member and all the guest riders from other clubs realise how lucky they are at Eastern with the depth of professional medical-aid we have in our membership - people always willing to help out when misadventure beckons. Matt White was incredibly generous, loading me and my sorry wrecked Avanti into his car and driving me all the way out to Warburton, where Emily (my partner) and Portia (what are those sores on your face, dadda?) were awaiting my arrival - supposedly on the bike. Matt lives in Montrose, so you certainly couldn't say it was on the way!

The B grade race was a pretty torrid affair, and someone forecast doom when they said about 20 minutes in: 'If we're all really patient, there'll be a crash . . .'. Kinda sums it up.

For anyone who might be conjecturing on how the accident happened, I'm afraid I can't say. Whatever did happen, I just want to point out what everyone knows already: we don't race for Olympic gold medals, we don't race out of a do-or-die necessity to keep a professional career alive - we race because we love it, and we like to go home safe at the end of each and every race. You've all seen where it can end up - fortunately my injuries are pretty minor - a bit vague for a few days after minor concussion, lots of nice holes in my bod. Think how much worse it could have been. Remind yourself that it (even a nice shiny Bianchi) just ain't worth THAT much grief.

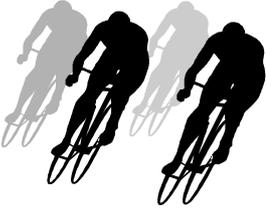
Regards

*Quentin Frayne*

PS I unintentionally picked up a Sigma Sport computer from the track after the accident, thinking it had come off my bike. The owner can email me on, [quentin.frayne@lonelyplanet.com.au](mailto:quentin.frayne@lonelyplanet.com.au), or get it from me at the TT at Yarra Junction on May 15.

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# eastern veterans cycling club

*Newsletter May 8 2004*

## May 1 Graded Scratch Races Metec

Pretty ordinary conditions today, rain throughout the morning, and as radar watchers would remind you, a line running southwest – northeast line through Croydon, clearly marked the wet from the dry. If you lived north of this line and with no rain in the morning you would wonder why there weren't more at the races, if you lived south of this line, after steady rain all morning you would wonder why anyone turned up to race. Anyway a few showers before the planned start at 2 o'clock, meant that most people waited around wondering whether racing would be on or not. Eventually the rain cleared and racing was on. Surprisingly it was much the same as last week, rain threatening throughout the afternoon, but none fell. The 36 riders generally enjoyed the racing and particularly after the large fields of last week, this week's small fields meant a much less frenetic ride.

Only four riders in A grade, but they nevertheless seemed to pass E grade at intervals of about 10 minutes. Peter O'Callaghan had a lap out for a puncture and on

rejoining managed to get away from Guy Green and his shadow Rob Amos, and then Peter had the misfortune to puncture again on the bell lap.

Dayle Goodall and Matt White managed to get a break on the other five riders in B grade, finishing in that order with Gary Chamberlain winning the sprint for third.

Steve (I can't sprint) Barnard not only won the sprint today, but won one on Wednesday, when he just pipped John Jardine right on the line, with Chris Norbury second and the webmaster Hylton Preece third.

D grade had the biggest field with 11 starters saw Anthony Brown, who is starting to get the hang of things and will find himself in C grade before the winter season is over, winning from Brian McCann and Alan Hicks.

E grade was a mix of E and F graders. New rider Richard Plumb took off from the bell and couldn't be caught by the pursuing Keith Bowen and Ron Stranks.

## Results

	First	Second	Third
<b>A Grade (4)</b>	Guy Green	Rob Amos	John Lynch
<b>B Grade (7)</b>	Dayle Goodall	Matt White	Gary Chamberlain
<b>C Grade (6)</b>	Steve Barnard	Chris Norbury	Hylton Preece
<b>D Grade (11)</b>	Anthony Brown	Brian McCann	Alan Hicks
<b>E Grade (8)</b>	Richard Plumb	Keith Bowen	Ron Stranks

## Officials

Helpers today were John Lynch, Mark Wallace, Nigel Kimber, Phil Tattersall, and John Macleod.

## Summer Aggregate

Top 20 places are listed below. Congratulations to the place getters. To overtake Ian Jones, Jeff Pretto needed to come third or better today, and for Ian to finish out of the places but he could only manage fourth,.

Green Guy	55	Norbury Chris	36
Jones Ian	47.5	Wallace Mark	35
Pretto Jeff	46	Wright Clive	35
Amos Rob	44	Christie Heather	34
Short Steve	41	Parker Graeme	34
Stalder Martin	39	Barnard Steve	33
Panou Nick	38	Curelli Tony	33
Stranks Ron	37	Jardine Glenys	32

Archer Glenn	36	Kimber Nigel	31
Bowen Keith	36	Rickard Trevor	31

## COMING EVENTS

### Eastern Vets Program

<b>Saturday</b>	<b>May</b>	<b>15</b>	<b>2.00 pm</b>	<b>Yarra Junction</b>	<b>Bianchi Time Trial</b>
Saturday	May	22	2.00 pm	Steels Creek	Royce Bennett Memorial H'cap
Saturday	May	29	2.00 pm	Metec	Graded Scratch Races
<b>Saturday</b>	<b>June</b>	<b>5</b>	<b>2.00 pm</b>	<b>Yarra Glen Toolangi</b>	<b>GSR Bianchi Road Race</b>

### Southern Vets Program

Sunday	May	9	9.00 am	Braeside	Graded Scratch Races
Sunday	May	16	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	May	23	9.00 am	Lang Lang	Graded Scratch Races
Sunday	May	30	9.00 am	Crib Point	Graded Scratch Races

### Northern Vets Program

Sunday	May	9	9.30 am	Toolernvale	Time Trial
Sunday	May	16	10.00 am	Lancefield	62 km Handicap
Sunday	May	23	9.30 am	Toolernvale	Graded Scratch Races
Sunday	May	30	9.30 am	Toolernvale	Graded Scratch Races

## NEXT WEEK Bianchi Tour Time Trial Yarra Junction

The second race of the Bicycle Superstore Bianchi Tour is on next week (May 15) at Yarra Glen. This race will be four races in one. First and foremost it will be the second race in the Bianchi Tour with prizes and points down to fifth in each grade. Remember the points are weighted by a factor of 1.5 for this race, ie first place is worth 15 points, not 10, second 12, not 8 etc. It will also be a sealed handicap. A certain time, known only to the handicapper and the person working out the results will be deducted from your time. Contrary to some stories, the handicaps in a sealed handicap are not worked out after the race to make the results close, (although I must admit it is a tempting thought). Times will also be calculated against standard times for a riders age. These times are those used in the Australian Veterans Championships. Prizes will be awarded for the fastest three in the handicap and the three riders to break their age times by the greatest amount. Riders may only collect one of these (handicap and age times) prizes. Finally it will be the Club Championship Time Trial, first, second and third in the various age groups. In the Bianchi Tour there are prizes for the first and second placed female. In the event of a tie for female riders, the time trial will be used to separate the riders.

**Riders will start at 30 second intervals in race number order, starting with A grade. Riders must start at the designated time, any gaps in the field are not to be filled.**

**The start and finish will be at the school, (not the usual finish) and riders are asked not to park in the main Powelltown Road east of Riversdale Road, ie park either in the school grounds or in Riversdale Road. The first rider is planned to go off at 2.00 pm and riders warming up must keep clear of the course, ie to warm up, use rollers, windtrainers, Riversdale Road or the road back to Yarra Junction.**

**This is a labour intensive event and we would welcome the assistance of any members who are not riding and A and B grade riders after they have finished their ride.**

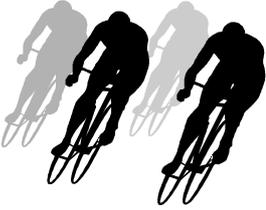
Riders have been curious to know the times to beat in the various grades, these are the winning times for the various grades last year at Steels Creek:

A grade 39 min 02 sec, B grade 41.34, C grade 44.08, D grade 44.47 and E grade 47.59. Don't worry too much about these times, at least two are sensational times, particularly when you know the age of the riders!!

Coming Events Royce Bennett Memorial Handicap, Steels Creek May 22, put your entry in today.

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# eastern veterans cycling club

*Newsletter May 15 2004*

## May 8 Graded Scratch Races East Wandin Eastern vs Southern

Well, who would believe that 97 riders would enter for an event at East Wandin!!!! 81 of those were Eastern members but only a disappointing 16 from Southern (come on guys, you will have to do better than that to win back the spanking new shield). Notwithstanding their low numbers Southern put up a good performance going down to Eastern 40 points to 26 (points were allotted 5, 3, 2 and 1). Southern won points in every grade except E where they only had one rider. Thanks to all those Eastern riders who turned up and particularly to the Southern riders, I am sure you enjoyed the racing the Eastern hospitality after the race. We look forward to racing against you again in Summer when it is our turn to host the crit.

As usual at East Wandin the bunches soon split up, but with the large number of riders there were sprint finishes for at least the placings in most grades.

The nine starters in A grade saw Guy Green head off after a couple of laps. With only one Southern rider, Peter O'Callaghan, none of the Eastern riders would have been too keen to chase Guy. Guy won comfortably by a few hundred metres, with Peter O'Callaghan just beating Mark Wallace by the barest of margins for second.

B grade was similar with Nigel Kimber taking off from the bunch with a couple of laps to go. Dayle Goodall won the sprint from Southern rider Paul Radford. B grade was the biggest bunch with 23 starters including five Southern riders.

The 18 Eastern riders were unable to stop Southern's Steve Towers, winning from John Jardine (on his new bike, check it out it is super light) and Nick Panou for a change revelling on a hilly course.

The three Southern riders in D grade put in a creditable performance, with Gary McIntyre and Gary Bloomfield finishing behind Eastern's Adrian Darcy.

Seventeen started in E grade, and Alan Radford must have been a bit daunted on the starting line as the only representative from Southern. The numbers gradually dropped off until there were only 7 and finally only 6 left for the sprint, won by Graham Haines from Kevin O'Donohue and Graeme Elliott.

Kris Cook managed to win F grade comfortably from Southern's old stagers, Ron Smith and Bob Arbuckle.

## Results

	First	Second	Third	Fourth
<b>A Grade (9)</b>	Guy Green	Peter O'Callaghan (S)	Mark Wallace	Peter Howard
<b>B Grade (23)</b>	Nigel Kimber	Dayle Goodall	Paul Radford (S)	Rudy Joosten
<b>C Grade (22)</b>	Steve Towers (S)	John Jardine	Nick Panou	Graeme Parker
<b>D Grade (19)</b>	Adrian Darcy	Gary McIntyre (S)	Gary Bloomfield (S)	Ben Muller
<b>E Grade (17)</b>	Graham Haines	Kevin O'Donohue	Graeme Elliott	Paul Kelly
<b>F Grade (7)</b>	Kris Cook	Ron Smith (S)	Bob Arbuckle (S)	Glenys Jardine

## Officials

A particular vote of thanks goes to the numerous people helping today and those who brought food along for the superb spread afterwards. In no particular order, Meriden James, Roman Suran, Barry Beechly, Kath Green, Mike Paull, Richard Maggs, Steve Short, Craig Peacock, Rob Graham, Brian Guillot, Phil Cook and Mike Fisher.

## COMING EVENTS

Next Saturday Royce Bennett Memorial Handicap,. Steels Creek, 2.00 pm. If you haven't already entered make sure you put your entry in today.

### Eastern Vets Program

Saturday	May	22	2.00 pm	Steels Creek	Royce Bennett Memorial H'cap
Saturday	May	29	2.00 pm	Metec	Graded Scratch Races
<b>Saturday</b>	<b>June</b>	<b>5</b>	<b>2.00 pm</b>	<b>Yarra Glen Toolangi</b>	<b>GSR Bianchi Road Race</b>
Saturday	June	12	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	May	16	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	May	23	9.00 am	Lang Lang	Graded Scratch Races
Sunday	May	30	9.00 am	Crib Point	Graded Scratch Races
Sunday	June	6	9.00 am	Nar Nar Goon	Graded Scratch Races

### Northern Vets Program

Sunday	May	16	10.00 am	Lancefield	62 km Handicap
Sunday	May	23	9.30 am	Toolernvale	Graded Scratch Races
Sunday	May	30	9.30 am	Toolernvale	Graded Scratch Races
Sunday	June	6	9.30 am	Campbellfield	Graded Scratch Races

### Club News

#### Congratulations to Su Pretto

You felt tired after last Saturday's race at East Wandin and had a very gentle ride on Sunday morning to ease the aching legs? That's not what Su Pretto did. After finishing fifth in the E grade sprint on Saturday, Su competed in a half marathon on Sunday morning at Westerfolds Park and won in a time of 95 minutes. Jeff Pretto (who also rode on Saturday) and Richard Matison also competed, but couldn't match Su's success. Su is hoping to qualify for next year's Ironwoman event at Foster.

#### World Record To Murray Dickinson

Congratulations also to Murray Dickinson (a regular Tuesday morning rider and former Eastern member) broke his own world record in the 10 km walk last weekend. To celebrate Murray is off to warmer climates of out back Queensland for a few weeks.

#### Thermal Gear for Sale

Neil Wray has been doing a deal with Wilderness Wear Australia and 3 Peaks Outdoor Gear for thermal wear at discount prices. Of interest to cyclists are the thermal tops, long johns, socks and gloves. Talk to Neil on race day. If there is enough interest, the club logo can be added to the tops.

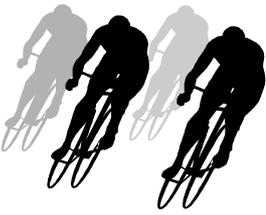
#### It's a Girl



Members will recall that Debbie McCoy, accompanied by her 12 year old son, surprised everyone by riding Mount Buffalo in the Alpine Classic earlier this year while 5 or 6 months pregnant. The baby has now arrived. Debbie prepared herself for the birth by riding 27 km only 3 days before! Waking to breaking waters at 2.00 am on April 23, Deb decided against riding to hospital (it had begun to rain!). Just as well, for she only just made it in time for the birth at 4.00 am. Daughter Charlotte (8 lb 4 oz) are both extremely well, waiting on delivery of a cycle baby trainer. Two weeks later Deb is back on the trainer, so we can expect her to be back in racing trim in the not too distant future.

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# eastern veterans cycling club

**Newsletter May 22 2004**

## **May 15 Bicycle Superstore Bianchi Tour Time Trial Yarra Junction**

In perfect conditions there were 92, (I kid you not), starters for the second race in the Bicycle Superstore Bianchi Tour. Last year at Steels Creek we thought we were doing well for a time trial when we had 47 starters and only a few years ago the time trial at Yarra Junction was cancelled because of lack of interest. It is hard to believe that this is not a record field for a time trial in veterans racing.

I didn't see much of the race as I had my head in the boot of my car entering results into a temperamental computer, but every now and then you would hear the whoosh of a disk wheel as one of the time trial specialists went past the finish. Yarra Junction is a bit easier than Steels Creek. For riders who rode both courses, everyone's time improved except for Guy Green who was 20 sec slower than last year. Big improvers were Glenn Archer up 5 min 47 sec on last year's effort, Heather Christie up 4 min 40 sec, Kerry Ryan, Nigel Kimber, Su Pretto and David McCormack all up by more than 3 minutes

In A Grade, Peter O'Callaghan with a time of 38 m 16 sec was the fastest of the day and defeated time trial experts in Tony Retra, down from Mount Beauty to ride, and Rob Graham. Peter and Tony were the only riders to break 39 minutes. Tour favourite Guy Green managed sixth place (fifth in the Bianchi Tour, because Tony is not entered), coming in behind John Lynch and David Moreland.

At the top of B grade were some time trial specialists in Martin Peeters, Michael Burke and Garnet Bateson.

Martin with a time of 39 m 30 sec was the only one to break 40 minutes.

Rob Drew (41 min 25 sec) won C grade from David McCormack by 32 seconds with John Jardine and Steve Towers dead heating for third in a time of 42 minutes.

In D grade two non Bianchi entrants Adrian Darcy (first) and Ivan Tarrant (fifth) won money but no points which went to second place getter, Gary McIntyre (promoted from E grade), followed by Liz Randall and Adrienne Lang.

In E grade Graham Haines and Graeme Elliott are a pretty strong duo and won from Ron Stranks.

The handicap was won by Rob Drew (7 min 30) from Glenn Archer (12 min) and Adrienne Lang (9 min 30). There was only 11 seconds between first and second and 8 between second and third. In all there was only 37 seconds between first and fifth. With an improvement of 5 min 47 over last year, Glenn was always going to get under the handicappers guard and run a place.

The race against the standard time for your age, probably favours the older riders and this was the case on Saturday. Liz Randall beat the standard time for her age by 9 min 42 and was not far ahead of Martin Peeters (9 min 42) Tony Retra (8 min 30). A couple of minutes back were Garnet Bateson, Kerry Ryan and Rob Graham. Ken Woollard and Dick Fox were a creditable 5 min plus up on their age times. All up 47 riders broke the standard times for their age.

## **Bianchi Tour**

With the points for the time trial being loaded by a factor of 1.5, it was essential for aspirants for first place and a new bike to be well placed in the time trial. Gary McIntyre, despite being promoted to D grade after his win at Metec and some wins at Southern and second in D grade at East Wandin, had another win (actually coming second to a non Bianchi entrant in Adrian Darcy) and is the only rider with two wins (25 points), but he is only 2 points ahead of Martin Peeters, closely followed by the E grade duo of Graham Haines and Graeme Elliott. All up there are now 20 riders with more than 9.5 points. With only another 30 points available one would expect the winner to come from these 20 riders, but you never know.

### **Officials**

With 92 riders and concurrent events the time trial is a labour intensive event. The riders in particular are grateful to the support provided by other members, partners and outsiders roped in for the day. In no particular order the helpers were: Michael Paull, Mark Granland, Barry Beechley, Kathy Green, Jeff Williams, Phil Tattersall, Steve Oberg, Tony Curulli, Richard Matison, Rose Hainal, Nick Panou, Hylton Preece and Amanda and to the sponsors Bicycle Superstore and Bianchi.

### **Progress Report Colin Smythe**

Members may be aware that Colin Smythe withdrew during the race and was picked up by Rose Hainal. Colin suffered a mild heart attack and was tended at the finish by Kris Cook and Virginia Hamilton, both GP's. Colin was as cheerful as ever and was keen to go home with Steve and Glenn, but wisely Kris and Virginia insisted that an ambulance be called. Colin is still in Maroodah hospital having various tests. An arterial blockage has been found and further tests were to take place on Friday, which hopefully will determine his course of treatment. We are extremely grateful for the care and assistance willingly given by our medically trained members in the case of falls or accidents.

### Club Championships

Race No	Name	Time Min/Sec	Age	Placing
<b>Women 30 - 39</b>				
60	Hopkinson Karen	42.07	36	1
78	Petersen Kym	44.16	31	2
123	Christie Heather	48.30	31	3
<b>Women 40 - 49</b>				
103	Lang Adrienne	43.44	48	1
69	Hamilton Virginia	46.03	41	2
108	Pretto Su	46.25	42	3
<b>Women 50 - 59</b>				
124	Cook Kris	50.36	51	1
<b>Women 60 +</b>				
109	Randall Liz	43.31	60	1
<b>Men 35 - 39</b>				
12	Knight Richard	40.36	35	1
42	Milner Ian	41.22	37	2
33	Chamberlain Gary	42.01	37	3
<b>Men 40 - 44</b>				
6	Green Guy	39.28	42	1
11	Kimber Nigel	41.04	44	2
9	Jackson Simon	42.10	41	3
<b>Men 45 - 49</b>				
14	Lynch John	39.08	49	1
16	Moreland David	39.20	47	2
1	Amos Rob	39.33	45	3
<b>Men 50 - 54</b>				
5	Graham Rob	39.05	53	1
65	Drew Rob	41.25	50	2
37	Fothergill Steve	41.30	52	3
<b>Men 55 - 59</b>				
19	Stalder Martin	40.39	57	1
70	Jardine John	42.00	58	2
43	O'Brien Colin	42.53	57	3
<b>Men 60 - 64</b>				
53	Ryan Kerry	42.07	62	1
86	McCoy Ted	43.50	64	2
133	Maggs Richard	47.26	64	3
<b>Men 65 - 69</b>				
99	Fox Dick	44.49	67	1
136	Stranks Ron	47.12	69	2
104	Macleod John	49.31	65	3
<b>Men 70 +</b>				
138	Woollard Ken	49.09	77	1

### All the Results

Race No	Name	Grade	Ride Time Min/Sec	Handicap Min/Sec	Corr Time Min/Sec	Age	Age Time Min/Sec	Time cf Age time Min/Sec	Grade Placing	H'cap Placing	Place Agst Age
1	Amos Rob	A	39.33	1.20	38.13	45	42.33	2.60	7	56	20
4	Fisher Michael Jr	A	42.45	1.40	41.05	40	41.00	-1.45	15	90	67
5	Graham Rob	A	39.05	0.30	38.35	53	45.11	6.06	3	68	6
6	Green Guy	A	39.28	-0.30	39.58	42	41.37	2.09	6	80	28
7	Hartman Michael	A	42.10	1.20	40.50	41	41.19	-0.51	13	85	56
9	Jackson Simon	A	42.10	2.00	40.10	41	41.19	-0.51	12	83	56
10	Joosten Rudy	A	41.42	2.00	39.42	50	44.11	2.29	11	78	26
11	Kimber Nigel	A	41.04	4.45	36.19	44	42.14	1.10	10	23	36

12	Knight Richard	A	40.36	-0.15	40.51	35	39.31	-1.05	8	86	58
13	Letty Nigel	A	43.06	4.00	39.06	48	43.32	0.26	16	76	42
14	Lynch John	A	39.08	0.00	39.08	49	43.51	4.43	4	77	13
16	Moreland David	A	39.20	0.50	38.30	47	43.12	3.52	5	62	14
17	O'Callaghan Peter	A	38.16	0.45	37.31	42	41.37	3.21	1	43	17
19	Stalder Martin	A	40.39	3.00	37.39	57	46.32	5.53	9	48	7
22	Wallace Mark	A	42.14	1.20	40.54	45	42.33	0.19	14	87	45
24	Retra Tony	A	38.23	-0.30	38.53	58	46.53	8.30	2	75	3
31	Bateson Garnet	B	40.30	3.00	37.30	58	46.53	6.23	3	41	4
32	Burke Michael	B	40.20	2.30	37.50	46	42.53	2.33	2	51	24
33	Chamberlain Gary	B	42.01	3.30	38.31	37	40.06	-1.55	10	63	68
34	Chandler Anthony	B	42.19	3.30	38.49	44	42.14	-0.05	14	73	50
36	Fell Rowan	B	42.33	4.00	38.33	47	43.12	0.39	15	65	40
37	Fothergill Steve	B	41.30	4.00	37.30	52	44.51	3.21	5	41	17
38	Frayne Quentin	B	41.52	3.00	38.52	49	43.51	1.59	9	74	29
39	Goodall Dayle	B	41.37	3.00	38.37	48	43.32	1.55	6	71	31
40	Heatley David	B	43.33	3.30	40.03	38	40.24	-3.09	18	81	79
41	James David	B	41.39	3.00	38.39	42	41.37	-0.02	7	72	48
42	Milner Ian	B	41.22	4.00	37.22	37	40.06	-1.16	4	40	60
43	O'Brien Colin	B	42.53	4.20	38.33	57	46.32	3.39	17	65	16
45	Panou Nick	B	44.48	6.30	38.18	43	41.55	-2.53	23	58	77
46	Peacock Craig	B	43.46	6.30	37.16	44	42.14	-1.32	21	37	65
47	Peeters Martin	B	39.30	4.10	35.20	64	49.02	9.32	1	7	2
48	Pelgrim Phil	B	43.42	6.30	37.12	39	40.42	-3.00	20	36	78
49	Pritchard John	B	45.42	6.00	39.42	56	46.12	0.30	25	78	41
51	Rickard Trevor	B	44.56	4.00	40.56	40	41.00	-3.56	24	88	84
52	Russell Rob	B	42.18	4.00	38.18	47	43.12	0.54	13	58	37
53	Ryan Kerry	B	42.07	6.00	36.07	62	48.18	6.11	11	21	5
54	Short Steve	B	42.49	6.00	36.49	50	44.11	1.22	16	29	34
56	Stopar Gary	B	44.36	6.00	38.36	57	46.32	1.56	22	70	30
58	White Matt	B	43.35	5.00	38.35	44	42.14	-1.21	19	68	62
59	Wishart Garry	B	41.43	6.00	35.43	37	40.06	-1.37	8	13	66
60	Hopkinson Karen	B	42.07	5.30	36.37	36	44.40	2.33	12	26	25
62	Barnard Stephen	C	42.58	7.30	35.28	47	43.12	0.14	6	9	46
63	Barnes Dick	C	44.31	7.00	37.31	59	47.14	2.43	11	43	23
65	Drew Rob	C	41.25	7.30	33.55	50	44.11	2.46	1	1	22
68	Hainal Nick	C	45.01	7.30	37.31	48	43.32	-1.29	12	43	64
69	Hamilton Virginia	C	46.03	8.00	38.03	41	46.27	0.24	14	55	43
70	Jardine John	C	42.00	5.00	37.00	58	46.53	4.53	3	31	12
71	Lipple Greg	C	45.33	8.30	37.03	47	43.12	-2.21	13	33	72
73	McCormack David	C	41.57	6.00	35.57	52	44.51	2.54	2	19	21
78	Petersen Kym	C	44.16	7.00	37.16	31	42.52	-1.24	9	37	63
80	Pretto Jeff	C	46.07	8.30	37.37	45	42.33	-3.34	15	47	80
81	Szalla Steve	C	44.31	7.30	37.01	43	41.55	-2.36	10	32	76
82	Towers Steve	C	42.00	6.30	35.30	46	42.53	0.53	3	10	38
83	Tucker Eddie	C	42.52	7.00	35.52	39	40.42	-2.10	5	16	70
84	Walker John	C	43.19	6.30	36.49	50	44.11	0.52	7	29	39
86	McCoy Ted	C	43.50	8.00	35.50	64	49.02	5.12	8	15	10
91	Archer Glenn	D	46.06	12.00	34.06	42	41.37	-4.29	12	2	86
93	Bloomfield Greg	D	44.47	8.30	36.17	50	44.11	-0.36	8	22	55
94	Brown Anthony	D	47.03	8.30	38.33	36	39.48	-7.15	16	65	89
95	Campbell Stuart	D	46.05	9.00	37.05	62	48.18	2.13	11	34	27
96	Casey David	D	44.34	8.30	36.04	40	41.00	-3.34	6	20	81
97	Cranstone Geoff	D	48.54	11.00	37.54	60	47.35	-1.19	19	53	61

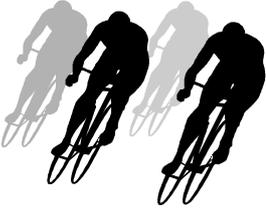
98	Doreian Malcolm	D	45.26	10.00	35.26	46	42.53	-2.33	10	8	75
99	Fox Dick	D	44.49	7.30	37.19	67	50.08	5.19	9	39	9
103	Lang Adrienne	D	43.44	9.30	34.14	48	48.56	5.12	4	3	10
104	Macleod John	D	49.31	11.00	38.31	65	49.24	-0.07	20	63	51
105	McCann Brian	D	44.42	9.00	35.42	45	42.33	-2.09	7	12	69
108	Pretto Su	D	46.25	10.30	35.55	42	46.48	0.23	14	18	44
109	Randall Liz	D	43.31	5.40	37.51	60	53.13	9.42	3	52	1
110	Wilson J C	D	46.53	8.40	38.13	47	43.12	-3.41	15	56	83
111	Both Sally	D	47.11	10.30	36.41	43	47.09	-0.02	17	28	48
112	Darcy Adrian	D	42.56	8.30	34.26	39	40.42	-2.14	1	4	71
113	Tarrant Ivan	D	44.22	8.30	35.52	43	41.55	-2.27	5	17	73
114	Hicks Alan	D	46.19	8.30	37.49	49	43.51	-2.28	13	50	74
115	McIntyre Gary	D	43.13	8.00	35.13	51	44.31	1.18	2	6	35
123	Christie Heather	E	48.30	13.00	35.30	31	42.52	-5.38	7	10	88
124	Cook Kris	E	50.36	13.30	37.06	51	50.01	-0.35	11	35	54
125	Elliott Graeme	E	46.05	9.30	36.35	56	46.12	0.07	2	25	47
126	Farrell Brian	E	48.19	10.00	38.19	59	47.14	-1.05	6	60	58
127	Fenner Melissa	E	48.59	10.30	38.29	38	45.22	-3.37	8	61	82
128	Haines Graham	E	45.14	9.30	35.44	58	46.53	1.39	1	14	32
131	Johns Philip	E	50.30	14.00	36.30	47	43.12	-7.18	10	24	90
133	Maggs Richard	E	47.26	9.30	37.56	64	49.02	1.36	4	54	33
136	Stranks Ron	E	47.12	9.30	37.42	69	50.52	3.40	3	49	15
138	Woollard Ken	E	49.09	12.30	36.39	77	54.35	5.26	9	27	8
139	Wright Clive	E	48.02	13.30	34.32	60	47.35	-0.27	5	5	53
141	Dymond Sid	E	56.31	15.30	41.01	39	45.44	-10.47	12	89	91
142	Gillies Ian		43.09	3.00	40.09	46	42.53	-0.16		82	52
143	DeKam Ian		43.27	3.00	40.27	57	46.32	3.05		84	19
144	Matson Richard		44.50	3.00	41.50	36	39.48	-5.02		91	87

**Average speeds.** A time of 38 min gives an average speed of 39.5 km/hr, 40 37.5, 42 35.7, 44 34.1, 46 32.6, 48 31.3, 50 30.0. Only three riders failed to average better than 30 km/hr, which is a great effort.

### Bicycle Superstore Bianchi Tour Results

Number	Name	Grade	Points
115	McIntyre Gary	D	25
47	Peeters Martin	B	23
128	Haines Graham	E	21
125	Elliott Graeme	E	20
31	Bateson Garnet	B	19
73	McCormack David	C	18
65	Drew Rob	C	16
96	Casey David	D	16
14	Lynch John	A	15
17	O'Callaghan Peter	A	15
6	Green Guy	A	13
81	Towers Steve	C	13
5	Graham Rob	A	13
32	Burke Michael	B	13
109	Randall Liz	D	12
76	Parker Graeme	C	10
137	Stranks Ron	E	10
103	Lang Adrienne	D	10
1	Amos Rob	A	9.5

**PS** Phil Jarvie was inadvertently omitted from the above results. Phil had a time of 46 min and a handicap of 10 min.



# eastern veterans cycling club

*Newsletter May 29 2004*

## May 22 Royce Bennett Memorial Handicap Steels Creek

Another outstanding entry for the third Royce Bennett Memorial Handicap at Steels Creek. Weather conditions were mild temperature wise, but a relatively strong northerly was blowing to make it hard work on the way out, but the bonus was a fast ride back, particularly if you got caught by the bunch behind. This is a popular race, 86 started in the first event in 2002, only 66 last year in windy conditions and 87 this year.

The handicaps were pretty well spot on with the remnants of all bunches finishing within a time span of about 3 minutes. As the race wore on the following car was getting closer and closer to those at the front. The outstanding ride was by first and second place getters, Sally Both and Russell Ward (Royce's son in law) off second limit of 23 minutes road together as a team and were never going to be caught once they still had a 2 minute lead with only a bit over half a lap to go. Russ put in a plea to the handicapper, "I have recently had heart surgery (I bet they all say that, do anything to get a

good mark) so nothing higher than E grade if that's OK." It worked this time and his result has got to be a tribute to the skill of his surgeon.

The 20 minute bunch riding strongly (we thought so anyway) could only make up about 1 1/2 minutes and much of that was when we were caught by the 15 minute group on the last lap. The 9 minute group driven along by the handicapper and winner last year Graeme Parker swept up the remnants of the 12 minute bunch and were only just behind the second finishing group comprising the 15 and 20 minute bunches.

In the sprint for third to sixth riders all moved to the right and left a clear run for Barry Rodgers (third) and Keith Bowen (fourth), with Leon Bishop and Anthony Brown following closely behind.

Visitor from Warnambool David Tozer won fastest time from Ante Sunjo, who has just rejoined and will strengthen A grade (if it needs to be strengthened).

### Results

First	Second	Third	Fourth	Fifth	Sixth
Sally Both 23 m	Russell Ward 23 m	Barry Rodgers 20 m	Keith Bowen 20 m	Leon Bishop 15 m	Anthony Brown 15 m
<b>First unplaced lady</b> Liz Randall			<b>First unplaced man over 60</b>		
<b>Fastest</b> David Tozer 1 09.13			Ron Stranks		

### Officials

Thanks to our officials and helpers who were: Geoff Cranstone, Graham Haines, Phil Pelgrim, Matt White, Nick Hainal, Steve Oberg, Barbara Stewart. A special thanks to Margaret Bennett and Kayley Ward for the BBQ afterwards and to the drink duo of Glenn Archer and Steve Fothergill who provided sponsorship for the race. Also back in the fold was Colin Smythe, released from hospital on Friday, offering to help out on Saturday. Good to see you back Colin and still as cheerful as ever.

### COMING EVENTS

Next race of the Bianchi Tour is on June 5 when the hill climbers get their chance to win some points.

### Eastern Vets Program

Saturday	May	29	2.00 pm	Metec	Graded Scratch Races
<b>Saturday</b>	<b>June</b>	<b>5</b>	<b>2.00 pm</b>	<b>Yarra Glen Toolangi</b>	<b>GSR Bianchi Road Race</b>
Saturday	June	12	2.00 pm	Metec	Graded Scratch Races
Saturday	June	19	2.00 pm	Macclesfield Road	Graded Scratch Races

## Southern Vets Program

Sunday	May	30	9.00 am	Crib Point	Graded Scratch Races
Sunday	June	6	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	June	13	9.00 am	Carrum Downs (Mel 100B3)	Graded Scratch Races
Sunday	June	20	9.00 am	Lang Lang	Graded Scratch Races

## Northern Vets Program

Sunday	May	30	9.30 am	Toolernvale	Graded Scratch Races
Sunday	June	6	9.30 am	Campbellfield	Graded Scratch Races
Sunday	June	13	10.00 am	Seymour (Avenel Road)	Handicap 64 km
Sunday	June	20	10.00 am	Seymour (Pyalong Road)	Handicap

## Club News

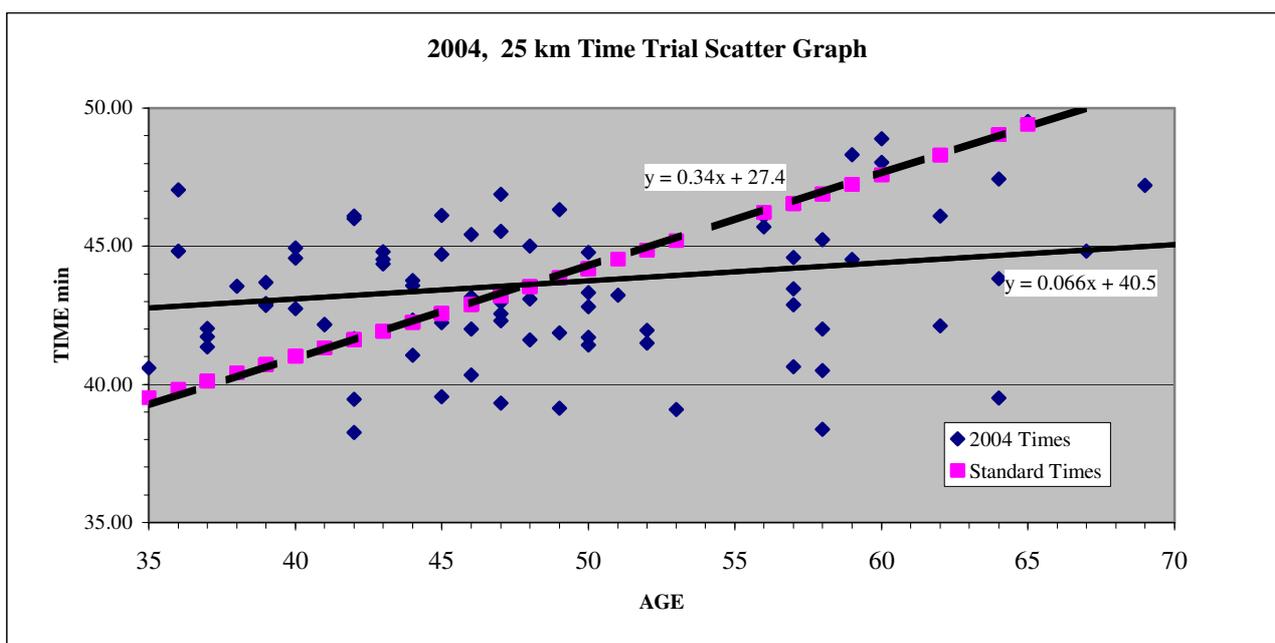
### Race Venues And Safe Racing

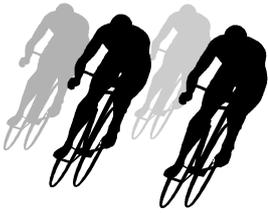
Prior to Saturday's race we did a letter drop to all properties along the Steels Creek Road, advising the residents of our program during the winter season. This is not a requirement of our permit, although it is at Holloway Drive and Dunlop Road. Two residents accepted the invitation to ring or email me if they had any queries regarding our races. One was a water carter who uses the hydrant in the area where we congregate for the start (it is that green 'box' on the side of the road) and the other was a resident along the road. I assured the water carter that he would always have access to the hydrant as we did not park in that area and at the most, we would congregate there for no more than 30 to 45 minutes from about 1.45 prior to the start at 2.00 pm. The other resident expressed concern about riders riding all over the road, which is not only dangerous for cyclists, but could involve a motorist in a serious accident through no fault of their own. OK, I know other clubs race there, but can we all hold our hand on our hearts and say that we have never ridden dangerously, on the wrong side of the road, or abused a motorist?

It cannot be emphasised enough, that riders must ride safely at all times and keep to the left hand side of the road and **please** no bad language in the bunch, or abuse to motorists. If you get abused by a motorist during a race, please ignore it. Although we have not had problems getting permits, there are signs elsewhere that it is becoming more difficult. Southern have had problems, the Sun Tour this year is largely a series of criteriums with a couple of road races thrown in. The last thing we want, is to be denied access to circuits like Steels Creek, we must remain on friendly terms with the local residents, **so please do the right thing and be on your best behavior.**

### More on the Time trial

Pick out your dot on the graph below; some are easy, Peter O'Callaghan, Tony Retra and Martin Peeters. Can you find yours and is it above or below the lines? The heavy dashed line is the trend for the standard times for age ( $y = 0.34x + 27.4$ ) and the single black line the trend ( $y = 0.066x + 40.5$ ) for Yarra Junction times. The continuous line is the trend line for our times. It looks like that as a group from about 48 on we are doing much better than the standard times, for those less than 48, we appear to be doing not quite so well, although there are some notable exceptions. In the equations, y is the time in minutes and x age in years.





# eastern veterans cycling club

*Newsletter June 5 2004*



**MONDAY NIGHT JUNE 7  
MAROONDAH CLUB 8.00 PM.  
MONTHLY MEETING  
IMPORTANT MATTERS TO BE DISCUSSED.  
COME ALONG AND HAVE YOUR SAY  
SEE YOU THERE.**

## May 29 Graded Scratch Races, Metec

Cold and wintery conditions at Metec didn't stop 69 hardy souls from racing. The wind was pretty well head on along the straight.

A grade was fought out between Guy Green, who is pretty well unbeatable at Metec, Peter O'Callaghan second and David Moreland just beating Rob Amos for third.

Nigel Kimber had a convincing win in the sprint finish for first in B grade, winning from Nick Panou and David James.

There seemed to be a bit of confusion with the C grade finish, who crossed the line with B grade. John Hunt, who appears to be a bit of a class act won easily, but somehow the judges found Steve Barnard for second and Peter Ransome for third.

D grade split up very early with a couple of riders going out hard. In the end five riders got away much to the

surprise of some of the others who thought they were sprinting for first, but later found out that it was for sixth. Anthony Brown won the sprint from Brian McCann and Adrian Darcy. D grade is a pretty strong field at the moment and a few of these riders can look forward to a try out in C grade in the near future.

E grade had the easiest of races. Graeme Elliott, the 'John Jardine' of the field stayed at the front for pretty well the entire race. The only time he wasn't there was when he went wide on the left turn after the hill. Richard Maggs then took over until Graeme came back to the front again. E grade got mixed up with D grade on the bell lap, which might have cost some riders a place, but Graeme (unfortunately for the rest of E grade, soon to be in D grade) was always going to win the sprint, with Keith Bowen coming second followed by Paul Kelly.

## Results

	First	Second	Third
<b>A Grade (8)</b>	Guy Green	Peter O'Callaghan (S)	David Moreland
<b>B Grade (15)</b>	Nigel Kimber	Nick Panou	David James
<b>C Grade (18)</b>	John Hunt	Steve Barnard	Peter Ransome
<b>D Grade (16)</b>	Anthony Brown	Brian McCann	Adrian Darcy
<b>E Grade (12)</b>	Graeme Elliott	Keith Bowen	Paul Kelly

## Officials

Thanks to our officials and helpers who were: Virginia Hamilton, Barry Beechly, Ted McCoy, Glen Campbell, Barbara Stewart, taking entries and helping on the BBQ, Ron Stranks also on the BBQ, Glenn Archer and Steve Fothergill selling the drinks as usual. A special thanks to those who donated prizes for the raffle.

## Eastern Vets Program

<b>Monday</b>	<b>June</b>	<b>7</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>Monthly General Meeting</b>
Saturday	June	12	2.00 pm	Metec	Graded Scratch Races
Saturday	June	19	2.00 pm	Macclesfield Road	Graded Scratch Races
<b>Saturday</b>	<b>June</b>	<b>26</b>	<b>11.00 am</b>	<b>Metec</b>	<b>GSR Bianchi Crits</b>
Saturday	July	3	2.00 pm	Metec	Graded Scratch Races

## Southern Vets Program

Sunday	June	6	9.00 am	Nar Nar Goon	Graded Scratch Races
Sunday	June	13	9.00 am	Carrum Downs (Mel 100B3)	Graded Scratch Races
Sunday	June	20	9.00 am	Lang Lang	Graded Scratch Races
Sunday	June	27	9.00 am	Cora Lynn	Handicap

## Northern Vets Program

Sunday	June	6	9.30 am	Campbellfield	Graded Scratch Races
Sunday	June	13	10.00 am	Seymour (Avenel Road)	Handicap 64 km
Sunday	June	20	10.00 am	Seymour (Pyalong Road)	Handicap
Sunday	June	27	9.30 am	Campbellfield	Graded Scratch Races

## Club News

### Ivan Collings in the wars

Eastern member Ivan Collings had a bad fall at Rochester on May 23 when four came down in the wet on the last bend of the race. Ivan broke his hip, which has now been screwed back together and he is recuperating at home (5480 9214). Ivan is one of my riding partners on my annual trip to the Gold Coast, last year another member of the group broke his femur on one leg and his ankle on the other, when he rode off the edge on a fast and steep descent. Hopefully these accidents will stop and it won't be my turn next year.

### News from Peter Norbury in deepest and darkest Africa (Sudan actually).

Dear Keith,

Tell the others that they can have their fancy Orbeas, Pinarellos, Operas, Bianchis, Treks, Giants, Williers and any other flimsy continental machines. When a discerning man is in Africa and you go looking for a gentleman's bicycle you look for none other than the PHOENIX. This superlative piece of Chinese engineering weighs in at a sturdy 38 pound (17.3 kg). I kid you not. The trained eye will recognise the complete lack of flimsy brake cables and the like. That department is taken care of by the solid rod connections from handlebars to rim. Fortunately this part of the world is pretty flat. This is good because these devices are largely, if not totally ineffectual when it comes to bringing you to a halt.

You can also give away your namby pamby lycra gear because I'm telling you, that if you go rolling down the main drag of downtown Kadugli dressed like that, you will end up locked up. This is a devoutly moslem part of the world and even what you see me dressed in, is considered a bit racy (the short sleeved tee shirt), however seeing as how it was 46 degrees the day this photo was taken I took a bit of a liberty. Not to worry though, because the totally enclosed drive train poses no threat to a man's trousers.

Did I come to Africa solely to ride the Phoenix? A reasonable question. While that would be enough for most, I am here to train a group of Medics to work on some demining programmes. This has entailed covering a fair part of Southern Sudan. A country which is both interesting and a bit challenging. I can't go on at length because I do actually have to do some work before I finish up here. I leave town in a week so anybody who wants a Phoenix better get their orders in fast. Remind them that the airfreight might cost a bit.

Regards

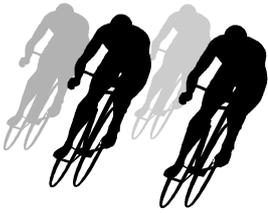
*Peter*

P.S. I'd appreciate it if you told Graeme that I didn't mean it about the Orbea and let him know that I haven't ridden this more than twice. If he could drop me a grade on my return, I'm sure I can get him Phoenix complete with stand and I'd appreciate it.

Watch for a photo of infamous Phoenix over the next few weeks, or look at it on the website.

### Bike Bits for Sale

One pair of Campagnolo Eurus 20 Wheels (Made in Italy - ETRTO 622x13C) - \$299 ONO VGC Contact: Dale Maizels  
Phone: 03 98421828 Mobile: 0411 746 337.



# eastern veterans cycling club

*Newsletter June 12 2004*

## June 5 Graded Scratch Races, Yarra Glen Toolangi Bianchi Race

The number of starters is remaining up in the nineties for the Bianchi Tour, notwithstanding that the number of riders with a winning chance is rapidly decreasing. Conditions were cold and overcast but without the winds of the days before. The descent was also remarkably dry which made for some fast times, with the lead car struggling to stay in front of A grade descending at 70+ km/hr.

A grade had 13 starters and it was a race of attrition as riders dropped off one by one, until in the end there was only Guy Green and Peter O'Callaghan. They finished in that order and followed home by Jeff Stobie, David Moreland and Nigel Kimber. This was a very good ride by Nigel as he was one of the A grade 'volunteers' to make up their numbers past the minimum 15 riders for the Bianchi Tour.

Quentin Frayne who had the misfortune to fall in the first B grade Bianchi race at Metec, made sure that it didn't happen again, taking off early in the sprint to win from Nic Skewes, who we haven't seen much of in recent times, but has obviously been riding his bike somewhere, Martin Peeters, Rob Kelly and Dayle Goodall.

Steve Towers, Ted McCoy and John Walker got a break on the rest of C grade field on the way up the climb and

were never headed. They were followed by Steve Szalla and Eddie Tucker who had a bit of a break on another bunch including John Jardine, Nick Hainal, Virginia Hamilton, Adrian Darcy, Ross Tinkler and ????.

D grade seemed to split up fairly early and E grade caught the stragglers towards the top of the climb. The power houses in Brian McCann, Phil Jarvie, Allan Hicks, Greg Bloomfield and series leader until today, Gary McIntyre, filled the placings. Adrienne Lang who loves to ride strongly at the front of the bunch did more than her fair share of work, came in sixth but managed to get in the Bianchi points.

E grade was probably the only grade who took the instructions, 'that the race was neutral to the end of the road works' to heart and stooped along until the end of the unmade section. The bunch quickly dropped down to a hard core of about 9 riders. New riders Rob Aitchison and Ewan Williams, much to the annoyance of the rest of the bunch, spent most of the climb idly chatting to each other as though they were riding along the flat on a cappuccino ride, not a race. On the climb out of Healesville, series contenders in Graham Haines and Graeme Elliott accompanied by Rob Aitchison and Paul Kelly, left the rest behind. Graeme Elliott won the sprint from Rob, Paul and Graham.

### Results

	First	Second	Third	Fourth	Fifth
<b>A Grade (13)</b>	Guy Green	Peter O'Callaghan	Jeff Stobie	David Moreland	Nigel Kimber
<b>B Grade (22)</b>	Quentin Frayne	Nic Skewes	Martin Peeters	Rob Kelly*	Dayle Goodall
<b>C Grade (23)</b>	Steve Towers	Ted McCoy*	John Walker	Steve Szalla	Eddie Tucker
<b>D Grade (20)</b>	Brian McCann	Phil Jarvie	Allan Hicks*	Greg Bloomfield	Gary McIntyre
<b>E Grade (15)</b>	Graeme Elliott	Rob Aitchison*	Paul Kelly*	Graham Haines	Keith Bowen

\*Non Bianchi rider. Bianchi placing points went to: Roman Suran picked up fifth place points in B grade, John Jardine fifth in C grade, Adrienne Lang fifth in D grade, Keith Bowen third, Richard Maggs fourth and Ron Stranks fifth in E grade.

### Officials

Again we are indebted to our marshalls, traffic controllers, judges, drivers of lead and follow cars, without your generous help we would not be able to race. Those assisting were: Phil Tattersall, Neville Williamson, Heather Tinkler, Stephanie Dwyer, James Harris, Greg Lipple, Rudy Joosten, John Macleod, Kathy Green and Don McLean. In the absence of Glenn Archer (baby sitting I believe) Steve Fothergill was looking after the drinks.

### Eastern Vets Program

Saturday	June	12	2.00 pm	Metec	Graded Scratch Races
Saturday	June	19	2.00 pm	Maccsfield Road	Graded Scratch Races

<b>Saturday</b>	<b>June</b>	<b>26</b>	<b>11.00 am</b>	<b>Metec</b>	<b>GSR Bianchi Crits</b>
Saturday	July	3	2.00 pm	Metec	Graded Scratch Races

### Southern Vets Program

Sunday	June	13	9.00 am	Carrum Downs (Mel 100B3)	Graded Scratch Races
Sunday	June	20	9.00 am	Lang Lang	Graded Scratch Races
Sunday	June	27	9.00 am	Cora Lynn	Handicap
Sunday	July	4	9.00 am	Somers	Handicap

### Northern Vets Program

Sunday	June	13	10.00 am	Seymour (Avenel Road)	Handicap 64 km
Sunday	June	20	10.00 am	Seymour (Pyalong Road)	Handicap
Sunday	June	27	9.30 am	Campbellfield	Graded Scratch Races

### Ballarat Veterans

Chris Cachin Memorial Handicap (47 km) Race Sunday 27 June, 10.00am, Burrumbeet Hall Burrumbeet. Entries by phone to Don Stewart 5333 3914. Pay entry fee \$10 on the day.

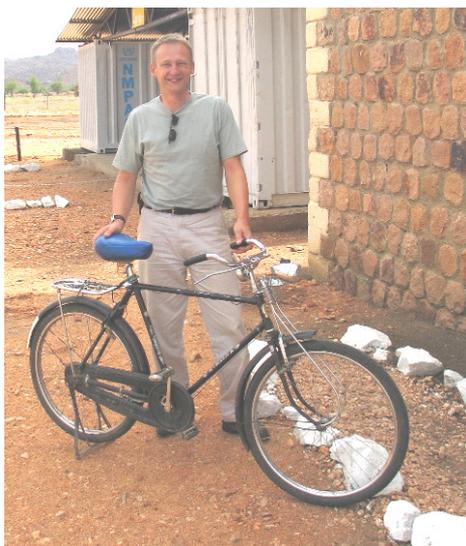
### Club News

#### Bianchi Series

The Bianchi Tour is hotting up on the leaders board and with two races to go with a total of 20 points on offer, if you haven't got at least 20 points, you can forget the new Bianchi. It is hard to pick the winner at the moment, but you would think that it will be from the top four, with Steve Towers, Guy Green and Peter O'Callaghan outside chances. Peter must be kicking himself for not riding the first race, a place there would have had him well up in the places. Two wins for any of the top 5 or 6 would make them hard to catch. The prize for the first women is really close with Liz Randall only a point up on Adrienne Lang. Full points are on the web and will be available next race day.

125	Elliott Graeme	E	30	73	McCormack David	C	19
47	Peeters Martin	B	29	96	Casey David	D	17
111	McIntyre Gary	D	29	14	Lynch John	A	16
128	Haines Graham	E	29	65	Drew Rob	C	16
82	Towers Steve	C	25.5	5	Graham Rob	A	14
6	Green Guy	A	23	32	Burke Michael	B	14
17	O'Callaghan Peter	A	23	105	McCann Brian	D	14
31	Bateson Garnet	B	20	73			

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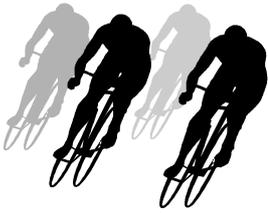


Peter Norbury and his trusty 17.3 kg Phoenix somewhere in Sudan. See last weeks Newsletter for email from Peter.

\*\*\*\*\*

**Stop Press** Because of changes at Maroondah Club from the end of July our monthly meetings will be held on the last Monday of the month. Next meetings will be July 5 and 26 and then August 30.





# eastern veterans cycling club

*Newsletter June 19 2004*

## June 12 Graded Scratch Races, Metec

Cold wintry conditions with a temperature of around 10° and a strong north easterly wind made conditions tough, although there was a tail wind for the sprint which was a change. Nevertheless 65 riders rode.

A small A grade field was again dominated by Guy Green, followed home by as usual Rob Amos with Stuart Bendall in third place. Mark Wallace withdrew half way in the race to attend to Kris Cook and Guy managed to put half a lap or more on the rest of A grade.

B grade had 12 starters. Steve Fothergill featuring a new Bianchi got away early with John Pritchard, who eventually went back to the field. The final result was a win to Steve with Southern riders Martin Peeters and Paul Purdan filling the places.

Tuesday and Wednesday morning rider, Steve Barnard is hitting his straps in recent times with a placing last week at Southern in a breakaway of three and a win on Saturday in a sprint finish from new rider Brett Rallings and David McCormack.

D grade with 18 riders was the biggest field for the day. Robert Riley, who we don't see much of, did a power of work at the front for most of the race, Robert must have been watching too much tennis as he puts in a loud grunt, each time he rides over the hill. Anyway that didn't do him much good as Alan Cunneen won a hard fought sprint to win from Peter Wykes and David Casey. This was Peter's first race since his hip in a fall last year on

the Champs Elysees in Paris as he was about to start his trip to watch the Tour. Peter has obviously taken to the continental life and was looking very debonair in his beret. If Peter keeps up this form he will be back in C grade pretty soon.

Only 7 starters in E grade and after 40 minutes or so it was down to three, Paul Kelly, Ron Stranks and Su Pretto, finishing in that order.

Nine starters in F grade saw the old stager in Don Ferguson win from Ian Jones and Omer Pecorari.

Glenn Archer managed to fall off on the sharp left and right hander after the hill. Glenn lost a bit of skin, wrecked his new calf length knicks and did some damage to his new carbon sole shoes. The last time Glenn came down he was also wearing new knicks. After Saturday he might be a bit wary of new knicks and jerseys.

### Good News on Kris Cook

Kris Cook took a 'turn' during the F grade race. Thanks to the prompt attention of Barbara, Sandra (Farrell) and Mark Wallace she is recovering in the Knox Private Hospital from what could have been a very serious situation. She expects to be hospitalised for the next few days while they investigate the problem. She hopes to be back racing soon. Kris and husband Philip have expressed their gratitude to the above people and others who provided assistance to Kris.

## Results

	First	Second	Third
<b>A Grade (5)</b>	Guy Green	Rob Amos	Stuart Bendall
<b>B Grade (12)</b>	Steve Fothergill	Martin Peeters	Paul Purdan
<b>C Grade (14)</b>	Steve Barnard	Brett Rallings	David McCormack
<b>D Grade (18)</b>	Alan Cunneen	Peter Wykes	David Casey
<b>E Grade (7)</b>	Paul Kelly	Ron Stranks	Su Pretto
<b>F Grade (9)</b>	Don Ferguson	Ian Jones	Omer Pecorari

## Officials

Thanks to Ted McCoy who was in charge of the start and finish, assisted by Brian Guillot, Glen Campbell and Debbie McCoy. Barbara Stewart assisted Graeme Parker taking entries with Nick Panou taking over from Graeme at about 15 minutes before the start, so that Graeme can get a warm up. Be warned that entries will close 10 minutes before the race start, so make sure you are there in plenty of time.

Thanks to Glenn Archer for a great innovation in the two gas heaters to keep those taking entries warm, to keep riders warm after the race and to encourage the sale of drinks. If you have a factory or workshop you want to keep warm these heaters are

the go. Ring Webster's Industries, ph: 9562 7900 speak to John and tell him your from Eastern Veterans and reckon his heaters are the best thing since 10 speed gears!

### Eastern Vets Program

<b>Saturday</b>	<b>June</b>	<b>26</b>	<b>11.00 am</b>	<b>Metec</b>	<b>GSR Bianchi Crits</b>
Saturday	July	3	2.00 pm	Metec	Graded Scratch Races
<b>Monday</b>	<b>July</b>	<b>5</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
Saturday	July	10	2.00 pm	Yarra Junction	Le Tour Classic Handicap

### Southern Vets Program

Sunday	June	20	9.00 am	Lang Lang	Graded Scratch Races
Sunday	June	27	9.00 am	Cora Lynn	Handicap
Sunday	July	4	9.00 am	Somers	Handicap
Sunday	July	11	9.00 am	Dromana	Graded Scratch Races

### Northern Vets Program

Sunday	June	20	10.00 am	Seymour (Pyalong Road)	Handicap
Sunday	June	27	9.30 am	Campbellfield	Graded Scratch Races

### Ballarat Veterans

Chris Cachin Memorial Handicap (47 km) Race Sunday 27 June, 10.00 am, Burrumbeet Hall Burrumbeet. Entries by phone to Don Stewart 5333 3914. Pay entry fee \$10 on the day.

### MTB Race Fat Tyre Flyers Chum Creek Road

Next Sunday for something different try an MTB race at Chum Creek. 5 km circuit, race day licence available. Further details will be emailed during the week

### Club News

#### Simpson Desert Cycle Challenge 2003

Craig Peacock was driving across the Simpson Desert in 2001 and met the organizers of the bike race a few days before the ride was to commence. He thought it would be a good challenge; so he took up bike riding and trained for the ride in 2002. He then started MTB racing and met Rob Amos who suggested he join the Eastern Vets.

The next ride is in September and he has now started training; 15 weeks to go. If anyone would tolike to know more about it, how much, how hard, what to bring, etc they should call call Craig on 0412 71 4549 or 9844 4549 or email him at [craig.peacock@chasegroup.com.au](mailto:craig.peacock@chasegroup.com.au).

#### ***100% completed – 519 km, 500 sand dunes and five days of excellent weather conditions!***

The Simpson Desert is a 580 kilometre Mountain Bike Race from Purnie Bore in South Australia to Birdsville in outback Queensland. Travelling across the Simpson Desert, the event takes in some of the harshest and most beautiful geography in Australia.

On a good day in the Simpson Desert the temperature will rise from -5°C to above 45°C. Winds and sandstorms travelling at more than 50 km/hr only add to the experience. Throw in massive sand dunes with no food, water or civilisation in sight and you only begin to appreciate the magnitude of the most extreme sporting event in Australia.

The Simpson Desert Cycle Challenge is an endurance race. If you go out too hard on day one, you may not have anything in reserve for the real

tough days. If you go too slow, you minimise your chances of getting a good time.

Completing 100% of the event is the real challenge. Last year only 3 riders out of 22 completed 100%, and I was one of those who missed out.

During this year's Simpson Desert Cycle Challenge we were blessed with fantastic weather conditions, the maximum temperature on each day did not exceed 35°C, we had some good tail winds and of course some head winds, and the sand was very firm.

On the first night of the race it rained – yes, in the desert! Around 10mm fell at Purnie Bore (start of race) and 42 mm fell at Birdsville (end of race). It became very wet on the clay pans and across the creeks. All the roads into Birdsville were closed for a few days. Hence the event was shortened by

49 km under the instructions of the National Parks. The rain helped compact the sand making it very fast to ride on.

Due to these conditions the times for the top riders were the fastest on record.

My race position was 5<sup>th</sup> overall 12 months of hard training and racing definitely paid off. My time for this year was 26 hr 39 min, and was approximately half of my time in last year's event (50hrs).

My average speed of 19.5 km per hour kept me well in front of the sweep vehicle travelling at 12 km per hour; enabling me to complete 100% of the event. My maximum speed down the biggest sand dune was 58 km per hour.

Last year a typical morning stage took 6.5 hrs to complete (6am start to 12:30pm finish) with little recovery time. This year I was completing some of the morning stages in less than 4 hrs, which provided me with a good 4 hrs recovery time before the afternoon stage.

There were a few dramas leading up to the event with my magnesium bike frame, damaged beyond repair. The Nunawading Bicycle Superstore kindly loaned me a new frame (a Malvern Star) and rebuilt a new mountain bike the day before we left. The magnesium frame is now being replaced under warranty.



*Craig tackling one of the 500 dunes.*

The mountain bike tyres I used were carefully selected to give a big footprint on the sand (2.5 inch wide). To decrease the rolling resistance I used an angle grinder to turn the heavy tread pattern into desert racing slicks. The only puncture was a pinch flat crossing the Eyre Creek (very rocky and wet). Tyre liners stopped all thorns getting through. In hindsight I could have used 2.0 inch tyres but if the sand had been a lot softer, then 2.5 would be the way to go.

I had two support 4wd vehicles and crews (my brother in law, his two children, my auntie and my son James). They did a fantastic job setting up camp, cooking, preparing the water bottles for each water stop, and looking after me.

The whole purpose of the Simpson Desert Cycle Challenge is to raise money for the Paraplegic Benefit Fund of Australia. I was able to raise over \$2000 through the sponsorship and the entry fees for the Paraplegic Benefit Fund of Australia.

I would recommend the SDCC to anyone who is looking for the next challenge; beyond a 2 hr race or an easy 6 or 12 hour enduro. It also a great way to meet some very interesting people who love the desert, are helping to support a charity and enjoy mountain bike riding.

*Craig Peacock*

## **Road Rage**

Pat O'Neill has sent the following email regarding an opportunity to have your say regarding the behaviour of motorists with respect to cyclists.

"I have some information regarding cycling safety that I was hoping you could pass on to all Eastern Vets members. It's regarding a Drugs and Crime Prevention Committee meeting to be held later this

month. If enough cyclists send submissions to this committee, we may be able to get some action on safety issues that affect on-road cyclists (cars passing too close, mobile phone use, road rage etc). The prompt for

cyclists to respond was initially from a Senior Police Constable. I would appreciate any assistance you may provide in encouraging Eastern vets members to make submissions.

Road rage against cyclists (or at the very least a misunderstanding and lack of knowledge of the rights of cyclists on roads), is an area of concern for anyone who rides. Not only for the sake of safety, but also for the sake of reducing the stress of riding, if all road users were aware of cyclists, and their status as legitimate road users. The email below, initiated by Mark Higginbotham of the Victorian Police Prosecutions Division, identifies an opportunity for any road users, and in the above context specifically cyclists, to confirm that this is an important issue, and that some changes and actions are required. Please read the email below, respond to Sandy Cook (Executive officer of the review), and indicate your opinion on any safety issues related to cyclist, in particular is the issue of minimum distances that vehicles should have to adhere to when passing cyclists. Many of you would have been in a situation of not only being hit, but having the whiff scared out of you by a vehicle passing too close. These close calls do not help to encourage cycling, nor make it as pleasant an experience that it could be. Please send in any submission OR at the very least forward this email to AT LEAST 3 other cyclists you know so that they may have the chance to contribute, and get a few stories off their chests.

Go for it, let the Government know that it is an issue, and we need some changes.

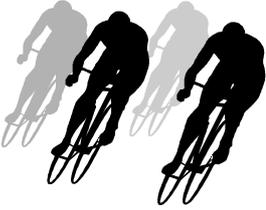
There is a parliamentary committee looking into law reform that may reduce road rage. This is an opportunity to improve the status of cyclists on Victorian roads. I strongly suggest that you all make a submission, urgently, to Sandy Cook, Executive Officer of the Drugs and Crime Prevention Committee. There is a committee meeting being held on the 21/6 and the discussion paper has already been published. The agenda of this committee will be more difficult to expand very soon. Email: [dcpc@parliament.vic.gov.au](mailto:dcpc@parliament.vic.gov.au). I spoke with her this morning and she has had 5 submissions statewide. This will suggest to the government that it is a non-issue and nothing will happen. In most of the states of the US and in most of the countries of Europe there are prescribed minimum distances that must exist when a motor vehicle passes a bicycle. My experience is that impatient drivers who resent the presence of bicycles on roads take chances by forcing their way past when there is insufficient space. Please tap out an email and send it to Sandy. The committee wants some sense of the measure of the problem of road rage and also to design strategies to reduce it. At the very least let her know, should you agree, that cyclists are commonly the victims of road rage that is an expression of the lack of status given to them by many motorists. Forward this to anyone you think has something to add."

Mark S Higginbotham Leading Senior Constable  
Prosecutions Division. Research and Training Unit,  
Level 2 456 Lonsdale Street. Melbourne 3000. Phone  
86283280 Fax 9670756



*Bianchi Tour Finish of E grade, Graeme Elliott just holding off Robert Aitchison from Paul Kelly and Graham Haines.*





# eastern veterans cycling club

*Newsletter June 26 2004*

## June 19 Graded Scratch Races, Maccesfield Road

If we thought it was cold last week, how would Saturday's weather be described, try blizzard like. Nevertheless 45 riders or there about were sucked in by the rain free morning and turned up at the Maccesfield Primary School. Alan Cunneen ever started out to ride there and was picked up half way by Harold Simpson. Heavy rain from about 1 o'clock dampened the enthusiasm a little, but with clearing skies and following a vote by the riders the race was on. All entries were in, the officials headed off to put out the signs, but then the rain started again and a trickle of riders returned from their 'warm up' and returned their numbers. As the rain increased in intensity it became obvious that the race was to be called off. In these circumstances not only has the safety of the race to be considered but we need to

remember that we have half a dozen or more officials standing out in the rain for up to an hour and a half. In the end I don't think anyone was complaining about the cancellation, although Peter Doonan headed off to do a lap or two.

This course hasn't been a happy one, you will remember the first race there in 2002 when more than half the field pulled out because of the heat. We might try again next season. Approaching the School from the north makes you realise how tough this course is, it just seems to be a series of steep climbs interspersed with a few 'flat' or slight downhill and the finishing sprint looks daunting from the comfort of a car.

### Officials

Thanks to Peter Doonan for organising access to the school and to Ian Jones. Ian deKam and Phil Tattersall who headed off to put out the signs and then had to retrieve them.

It is a pity that we didn't have Glenn Archer's gas heaters to keep us warm. If you missed where you can get these for your factory or BBQ, ring Webster's Industries, ph: 9562 7900 speak to John and tell him your from Eastern Veterans and reckon his heaters are the best thing since 10 speed gears!

### Eastern Vets Program

<b>Saturday</b>	<b>June</b>	<b>26</b>	<b>11.00 am</b>	<b>Metec</b>	<b>GSR Bianchi Crits</b>
Saturday	July	3	2.00 pm	Metec	Graded Scratch Races
<b>Monday</b>	<b>July</b>	<b>5</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
Saturday	July	10	2.00 pm	Yarra Junction	Le Tour Classic Handicap

### Southern Vets Program

Sunday	June	27	9.00 am	Cora Lynn	Handicap
Sunday	July	4	9.00 am	Somers	Graded Scratch Races
Sunday	July	11	9.00 am	Dromana	Graded Scratch Races
Sunday	July	18	9.00 am	Cora Lynn	Handicap

### Northern Vets Program

Sunday	June	27	9.30 am	Campbellfield	Graded Scratch Races
Sunday	July	4	9.30 am	Toolernvale	48 km Handicap
Sunday	July	11	9.30 am	Latrobe	Graded Scratch Races
Sunday	July	18	9.30 am	Toolernvale	48 km Handicap

### Bianchi Tour Riders, Metec Saturday June 26

Remember the start times are as follows:

E grade 11.00 am, D grade 12 noon, C grade 1.00 pm, B grade 2.00 pm, A grade 3.00 pm.

These times will be strictly adhered to. If you are warming up out the back, make sure you are at the start, in plenty of time (congregate at the traffic lights), the start will not be delayed for riders not present.

In the case of wet weather the arrangements are best explained as follows:

- If it is raining and/or conditions are unsuitable for racing when a race is due to start, the start will be delayed for up to 15 minutes.
- If conditions are still unsuitable after 15 minutes, that race will be cancelled and the riders in that grade can go home. Similar provisions will apply at the programmed start time for the ensuing races.
- If it rains during the course of the race, at least 40 minutes must have elapsed, or the race will be called a "no race".

By this means the minimum time for a race of 40 minutes plus two laps can be achieved and the overall time table of racing maintained.

Cancelled races will be held at Metec on Saturday July 3.

Check your emails on Saturday morning for any further updates or the race day phone 0407 688 154.

### Officials Roster

The roster for Saturday at Metec is listed below. If you are listed please contact Phil Tattersall by Wednesday on 9726 5703 or by email on [ptatts@labyrinth.net.au](mailto:ptatts@labyrinth.net.au) to confirm your availability. In the light of this information some variations to the roster may be made.

Start time	Grade	Entries	Money and Numbers	Start	Finish	Camera
11:00	E	Nick Panou	Elaine Parker and Barbara Stewart	Phil Tattersall	Alan Cunneen, Jeff Pretto	Hylton Preece
12:00	D	Nick Panou	Elaine Parker and Barbara Stewart	Phil Tattersall	Nigel Kimber, Craig Peacock	Ian Milner
13:00	C	Graeme Parker	Elaine Parker and Barbara Stewart	Phil Tattersall	Martin Stalder, Ian Jones, Phil Thompson	Ian Smith
14:00	B	Graeme Parker	Phil Tattersall	Ian Smith	Su Pretto, Ian Jones, Heather Christie	John Macleod
15:00	A	Graeme Parker	Pam Tattersall Rose Hainal	Ian Smith	Keith Bowen, Ian Jones, Phil Tattersall	Ian Smith

### Bianchi Progress Results

No	Rider	Grade	Points	No	Rider	Grade	Points
125	Elliott Graeme	E	30	73	McCormack David	C	19
47	Peeters Martin	B	29	96	Casey David	D	17
111	McIntyre Gary	D	29	14	Lynch John	A	16
128	Haines Graham	E	29	65	Drew Rob	C	16
82	Towers Steve	C	25.5	5	Graham Rob	A	14
6	Green Guy	A	23	32	Burke Michael	B	14
17	O'Callaghan Peter	A	23	105	McCann Brian	D	14
31	Bateson Garnet	B	20	73			

### Did You Know?

Entries are now open for Around the Bay in a Day. Get your entry in early and get the preferred direction, Melbourne Queenscliff Sorrento Melbourne. It will have to be better than last year, won't it?