

Newsletter



Duty roster

14 May, Seymour

Nigel Kimber (R), Neil Cartledge (TC), Bob Lewis, JC Wilson, Gary Leroy, Owen Lewis, Tim Maffey, Martin Peeters

21 May, Yarra Glen

Richard Dobson (R), Kevin King (TC), Steve Short (TC), Gavin Plummer, Peter O'Callaghan, J-P Leclercq, Gerald McIver, Ed Smith, Paul Anderson

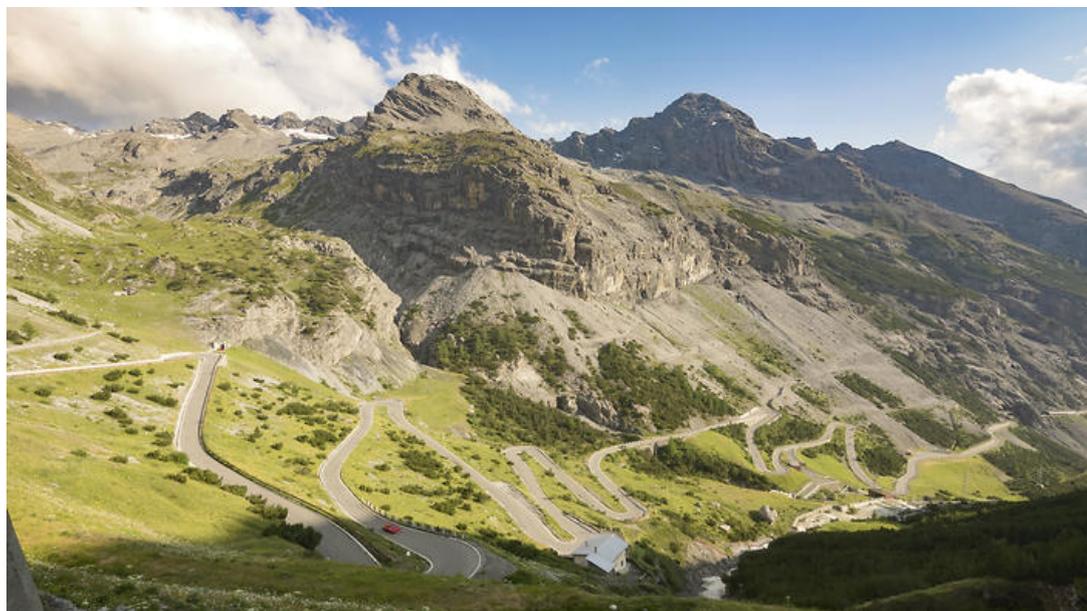
If rostered for duty, you must be there at least 1 hour before start time. It's your responsibility to find a replacement if unable to do your duty, then advise Andrew Buchanan, tip2@optusnet.com.au

Editor: Nick Tapp
nick.tapp@detail-ed.com.au



'Let me take you down 'cause I'm going to ...' There was a bit of 'Casey Fields Forever' about Saturday as the club headed south-east for the third week in a row, but again the format was different: this time, graded scratch races to qualify for a final three-lap handicap. And the racing action was real, as this week's race reports show. Read on!

This week we travel north for the Athletic Soft Tissue Therapy handicap on Seymour–Avenel Road, generously sponsored by David McCormack. Entries have closed for this race. Don't forget your tail light, note that start time is 1.30 pm, and remember to leave plenty of time to get to the start from the registration desk, a distance of approximately 5 kilometres.



The 2016 Giro d'Italia has entered the hills. Wish you were there? Me too.
Photo: Cycling Central



Graded scratch races, Casey Fields, 7 May

Grade	1st	2nd	3rd	4th	5th
A grade (14)	Stuart Cameron (Eur)	Jean-Philippe Leclercq	Richard Abel	Rob Amos	David Toser (W)
B grade (12)	Daniel Oldfield	Frank Crifo (N)	Bruce Will	Franc Tomsic	Peter Webb
C grade (12)	Tony Curulli	Greg Harvey	Ken Saxton	David McIndoe	Neil Cartledge
D grade (8)	Colin Mortley	Harry Hibgame	Zenon Gawronski	Rob Lackey	Peter Gray
E grade (4)	Barry Ellem	Ron Stranks	Jim Swainston	Colin McCoull	
F grade (4)	Jenni Collins	Clive Wright	Michael Waterfield		

A grade

As I travelled down for the handicap at Casey, I was confident that I would be able to qualify in the first five places with the strong winds that were promised. That all changed when I saw the line-up at the start. Not only did A grade have the largest field of the day (some grades had automatic qualification), but we also had guest appearances from four of the strongest scratch riders in the state, as well as ex-world champs Guy and Roy, along with the in-form Phil Smith and J-P, Richard Abel and John Clarkson, plus all the sprinters!

The attacks started as soon as the neutral lap finished, with Stuart Cameron (Eureka) going down the road. As soon as he was brought back, David Toser (W) counterattacked, so it looked as if it was going to be an Eastern vs the guests race. A chase bunch formed with J-P, Roy, Guy, Steve Ross, Richard and myself along with the remaining three guests. The constant surges had Roy, Steve and one of the guests off the back. Each time the group got close to David, the guests stopped rolling, letting the gap increase again. Guy was sitting on the back, so I was

worried about his tactics – or was it just the pace?

On the bell Stuart and I managed to get a gap and bridged across to David, but unfortunately he did not have much left in the legs and despite our best efforts we were chased down for the sprint and were now at the mercy of Peter the handicapper.

Handicap

Stuart Cameron, Richard Abel, J-P, Phil Smith (filling in for Dave Toser) and I lined up for scratch. The start was a disaster, with Phil losing the wheel on the first corner and taking me off the back. A strong effort by Phil closed the gap by the start of the drag, Phil going straight to the front, but the effort saw him off the back. Most of the bunches had been rounded up by the end of the second lap, but there were still riders on their own, way off the front. J-P led the sprint and we picked off a couple of riders on the finishing straight, but Clive Wright had finished well clear to take the win. Stuart beat Richard for 2nd from J-P and me. Phil managed to ride solo for 7th.

Rob Amos





B grade

It's getting a bit like groundhog day: we are racing at Casey again and it's windy. To mix things up again, Keith Bowen gives us the good news of a qualifying race, in which the first five across the line from each grade will then race in a handicap over three laps. My strategy in this format is to not exhaust myself in the qualifier and leave a bit for the handicap, assuming I qualify. With 12 of us the odds were reasonable.

Early on, Paul James had a mechanical and took a lap out, but then pulled out with a terminal mechanical. Our race was run at a reasonable pace because John Thomson wasn't there, but there were the normal surges and fast accelerations, which shed a few riders. At about the 50-minute mark Geoff O'Loughlen accelerated and caused a flurry of excitement from the rest, and as soon as he was brought back, Bruce Will took off. This was the defining moment in the qualifier. Dan Oldfield and Frank Crifo (from Northern) were the only ones capable of bridging and going with Bruce. With three away there were only two spots up for grabs and five of us in the following group.

The bell rang and the final lap was on. We rode at a pretty high pace for most of the lap and as we got about halfway down the back straight it was Franc Tomsic who decided to jump first. As we rounded the bottom turn it was a block headwind to the line. I waited behind Geoff, and when I thought I could make the line I pounced and was catching Franc, but all I had to do was hold off the rest to get a spot in the handicap, which I did.

On to the handicap. We decided that we would do rolling turns with the lead rider staying upwind and the passing rider coming through on the lee side. We took off and Bruce was calling the shots and slowed down an exuberant Dan. Within 500 metres we were down to three riders – not good. We were swapping turns well but had to explain to Dan about staying upwind. Once he got the hang of it, all was OK. We got caught by scratch in one and a half laps and Dan was the only one who had the strength to go with them. Bruce and myself gave up and went to watch the finish. Clive Wright (F grade) managed to hold off scratch by

quite a margin – well done, Clive. After the race I asked Franc what had happened to him: it was a case of when he was keeping the legs moving between races, he put it in the small chainring, where he was still at the start of the handicap; by the time he realised and tried to change, it was all over.

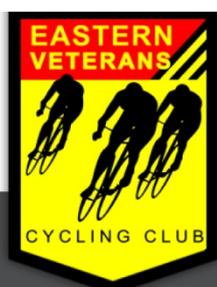
Thanks to all for a safe and enjoyable day.

Peter Webb

D grade (I)

The wind was just as strong as the previous week and coming from a similar direction. I recalled the words of a wise man who once told me that, if you want to get rid of any sprinters, attack them early (and D grade has a few troublemakers in that regard). So after the neutral lap I thought I would try the same tactics as last week – use the tailwind to build up speed, go into the corner fast and stick to the outside edge of the track so that the crosswind affected everyone the same, and then try to power up the hill. After the second or third lap I managed to get a break and I was hoping that my breakaway partner of last week, Nick Hainal, would come with me, or that Rob or Zen would jump onto my wheel, thus leaving Peter Gray, JC and Harry Hibgame (the troublemakers) behind. Unfortunately, my tactics worked too well and I was on my own. A good chance to get in some time trial training as I slowly increased my lead. Every time I went past the finish line Keith Bowen told me to ease up as I had over half a lap lead. But I was enjoying myself too much. Eventually I did ease up going into the wind but then picked up the speed again (once I had gone past Keith) with the tailwind. The race finished when Keith stood in the middle of the track waving me over as they had forgotten to ring the bell.

The handicap race started with Peter (on the inside), Zen, Harry, Rob and me. We started with a great takeoff by Peter, who pulled a long turn followed by Zen. At this stage I was struggling, still waiting for my heart rate to get up to working pace. By three-quarters of a lap I think we lost Peter and Harry, then Zen after he pulled another long turn. After one and a half laps it was just Rob





and myself when we came up on and powered past E grade going up the hill, but Rob was starting to struggle. I eased up going around the corner and looked back to see if he was going to get back on, but then decided that he was not going to be able to maintain the speed needed to hold off the following chasers. Back into time trial mode again. Just before the second-last corner I could see C grade coming but still about 300 m behind. Going up the finish straight I could see the winner cross the line but remained in the saddle trying to stay out of the wind when at about 100 m to go, four rampaging A-graders were sprinting for the line. Second place then slipped to 6th.

A great day's training. Thank you to all officials, helpers and D grade for their efforts and letting me win.

Colin Mortley

D grade (II)

Tough

'When the going gets tough, the tough get going.' This old and often overused phrase and song title was certainly demonstrated at Casey last Saturday. What an afternoon to conduct a qualifying scratch race and subsequent handicap sprint!

With the venue living up to its windy expectation, you'd be excused for thinking that all our Christmas (handicaps) had come early. At least the temperature was about right (25°C).

GSR (Mortley dominates D grade)

Once the neutral lap was completed, Colin Mortley continued on the front of the D grade bunch to dictate the race on his terms. His tactic proved superior as he simply converted into time trial mode and blew the rest of us boys away.

Initially Robert Lackey seemed to be matching Colin's drive but it only took a couple of reps (into a crosswind) of the 'Twisties' to provide Col with an opportunity to roll off the front. And that he did, for the remainder of the afternoon.

An attempt to claw him back initiated by Zen Gawronski, Harry Hibgame and Peter Gray

proved fruitless, only resulting in break-up of the bunch. Robert managed to rejoin, which strengthened the chasing group, however Peter was unable to maintain the pace and dropped away. Meanwhile, Colin was consolidating his lead, lap after lap after lap.

Although it seemed the qualifying five had been established for the handicap sprint, Nick Hainal was lurking only a couple of hundred metres behind, slowly dragging himself back into contention after being distanced in the early split. Time ran out for Nick, however, as the scratch race concluded before he was given the bell. Nick later confessed that he didn't really intend to qualify. Nice one, Nick!

Handicap sprint (in D flat major)

Colin, Harry, Zen, Robert and Peter (finishing the GSR in that order) reassembled some time later to plan a race strategy. Rotation and sharing the lead were the obvious ones. The 'Quintet' were giving away a couple of minutes to F grade (two riders) and almost a minute to E grade (four riders).

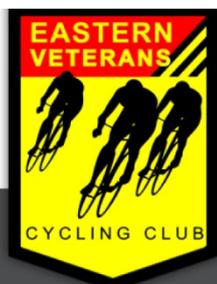
Our group got off to a good start with Peter leading out from the inside for the first few hundred metres and everyone 'on board'. Robert became the first change and the transition went smoothly but that's where it all fell to pieces. Colin and Robert were able to maintain a good pace into the wind but unfortunately the others were already distanced, creating gaps, and struggling to hang on. I guess Col decided it was better to push on rather than wait for the casualties.

I decided to pull out and watch from the finish line after being overtaken by A grade on lap 2. The four A-graders were rapidly approaching Colin with about 1.5 km to go but he managed to hold them off until they entered the sprint straight. That was a mighty effort in itself, given the circumstances of the day.

Winners are grinners

Congratulations to Clive Wright on 1st place, after 'taking it (solo) to the limit'. In summation, all I can say is, 'Colin, you deserve to be in blue'.

Peter Gray





E grade

A few bits of minor excitement on the freeway on the way out and a solid wind when we arrived. E and F grades weren't overwhelmed with numbers so the four of us in E just worked turns even though no one was going to be eliminated – maybe practice for this weekend. I hadn't run across Colin McCoull before and it was a good opportunity for him to get the idea of swapping turns and keeping out of the wind. We duly all qualified and waited for the final. For some a new experience being held up!

Well done to Peter for being brave enough to put F grade in with a chance, and Clive went for it like a startled gazelle. He said his farewells to Jenni

after about 100 metres and no one saw him again until the presentations! Held his tempo really well. We gave Clive 1 min 30 sec and struggled to close it down before Colin Mortley from D grade shot past. Ronnie chased hard but to no avail, but we latched on to the rest of D. With half a lap to go the combined A, B and C groups shot past and that was the end of the 'penny section'. The head count was greater than 10 so no bikkies today.

A bit of extra work to get the handicaps sorted so well done. Thanks to drinks, marshals and First Aid.

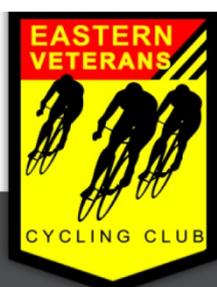
Jim Swainston

Wednesday criterium at the Loop, Kew, 11 May

Division	1st	2nd	3rd
Division 1 (13)	Phil Cavaleri	Paul Firth	Ian Clark (N)
Division 2 (6)	Rob Giles	Tony Curulli	Richard Dobson
Division 3 (7)	Dean Niclasen	Neil Cartledge	Steve Barnard
Division 4 (6)	Michael Waterfield	Frank Lees	Barry Ellem

Alison Skene participated this week in her first race since an accident involving a motor vehicle last year. She raced admirably in Division 3 and was still with the bunch at the finish. The smart money says it won't take long before she returns to the twos. Welcome back, Alison.

Thanks to Keith Bowen, Steve Barnard, Laurie Bohn and Barry Rodgers for setting up and running proceedings.



News etc.

Tour the Japanese Alps with Rob Crowe

Good friend of Eastern Vets and former Olympian Rob Crowe, in conjunction with Connect Sport, will be hosting a cycling tour of the Japanese Alps.



The advertisement features a central photograph of four cyclists riding on a winding asphalt road through a lush green forest. The text 'Japan Alps 2016' is overlaid on the top of the photo. To the right, the 'ridewiser' logo is displayed with the tagline 'everybody wants to...'. Below the photo, the text reads: 'Rob Crowe Japan Alps Training Tour 18-27th August 2016' and 'Under \$4990 incl flights! A B C D and E Grade Riders'. In the bottom left corner, the 'CONNECT SPORT AUSTRALIA' logo is visible.

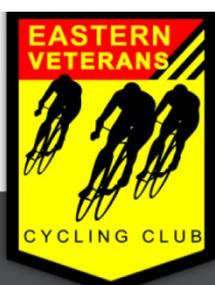
The Tour is designed to accommodate a range of riding abilities, 'A' to 'E' grade, and to introduce the beautiful Japanese culture.

10-day Tour, 18–27 August 2016

Cost: \$3499 plus airfares

Tour includes:

- All meals, excluding alcoholic beverages (breakfast, lunch and dinner)
- All transport from start to finish of the Tour
- Twin share accommodation
- Guided rides with at least two ride guides
- Support car
- Mechanical support.





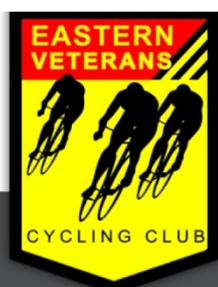
Check out the itinerary and secure your spot today at: connectsport.com.au/japan.

For enquires, speak with Rob Crowe at Ridewiser Pty Ltd, Phone 0422 297 805.

We will host small groups of 10-15 on a truly breathtaking cycling adventure in one of the most beautiful cycling countries in the world. People have been going to Japan for years to enjoy amazing snow skiing on some of the best mountains available. Where there's mountains and ski fields there are roads! What's even better is that Japan is only a short flight from Australia and is in the same time zone so you don't get any jetlag getting there or coming home. The perfect cycling get away!

The Japan Cycling Experiences will not only provide you with some of the best cycling you will ever experience but you will also be immersed in the beautiful Japanese culture.

**EACH TOUR IS DIFFERENT.
WE HAVE SOMETHING
FOR EVERYONE SO DON'T
MISS OUT.**





Future events

Eastern Vets

For other events, please refer to page 1 of this newsletter, or go to <http://easternvets.com/roster/>

Note: Graded Scratch Race entries are accepted on the day up to 15 minutes before the advertised race start time. Handicap entries close the Tuesday before the race. Riders entering a handicap **MUST** pay the entry fee regardless of participation. Fees are due on race day; entrants will **NOT** be allowed to start in any EVCC race until fees have been paid.

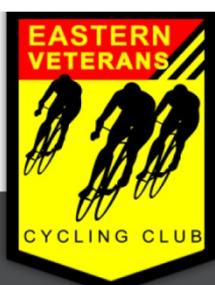
No late entries will be accepted for either scratch races or handicaps. Entries to handicaps can be submitted via e-mail to the handicapper or on any race day prior to the event.

Northern Vets

For more details go to <http://www.northerncycling.com/>

Training rides

Day/Time/Place	Route	Style	Contact
Tuesdays 9:30 am (9:00 am during DST) Main Yarra Trail (meet under Burke Road overpass)	Under Burke Road on Main Yarra Trail to Southbank via Yarra Boulevard and bike paths along the river and return	Social, bike paths and roads, coffee @ Southbank	Keithb33@optusnet.com.au
Sunday mornings Beach Road Ride. Leave 8.00 am sharp. Meet at Peanut Farm Reserve, cnr Blessington & Chaucer Sts, St Kilda	Ride along Beach Rd to Frankston. 10 min stop. Then ride back to St Kilda (approx. 65 km)	Social ride, coffee back at St Kilda	
Saturday mornings (7.30 am) and Sundays/public holidays (8.00 am) Meet at Ringwood Clock towers, Maroondah Hwy, Ringwood	Maroondah Hwy to Carlton for coffee, then return	Fast social	





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