

Newsletter

21 May 2016



Duty roster

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

28 May, Arthurs Creek

Tony Curulli (R), Rob Giles (TC), Matt White (TC), Shane Dwyer, Geoff Mackay, Rob Montgeath, Kelvin Stagg, Paula McGovern, David McIndoe, Phil Taylor

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, tjptop2@optusnet.com.au

Editor: Nick Tapp

nick.tapp@detail-ed.com.au



Last Saturday we travelled up the Hume for the Athletic Soft Tissue Therapy handicap on Seymour–Avenel Road, generously sponsored by David McCormack. One of the club's signature races, the Athletic Soft Tissue Therapy handicap is always hotly contested. This year the post-race analysis had a common theme: 'I thought we were catching [*the group in front*], but jeez, it took a long time to close the gap!' Near the final turnaround those long-awaited catches started to happen and the stage was set for an exciting finish. It was Noel Said, a visitor from Northern, who had the biggest kick at the end and took the victory. Read on for reports from several groups on the road.

This week we revisit a testing kermesse circuit a little closer to home, at Yarra Glen. Registration is on Glenview Road, opposite Yarra Glen cemetery, and closes at 1.45 pm.

Thinking ahead, the penultimate stage of this year's Tour de France (Megeve–Morzine) is a monster and will seal the result of the Tour one way or another. Why not watch the stage on the big screen at the club's annual Tour de France night over dinner, drinks and great conversation. Guest speaker is Noel Sens, para-Olympian, coach and champion cyclist. Club Criterium Championship medals will be presented on the night. Booking details to come.



The 2016 Athletic Soft Tissue Therapy handicap podium (L–R): Chris Norbury (2nd), Noel Said (1st), Hylton Preece (3rd) and Michael Borowski (fastest time).

Photo: David McCormack



Athletic Soft Tissue Therapy handicap, Seymour, 14 May

Place	Rider	Handicap
1st	Noel Said (Northern)	15:00
2nd	Chris Norbury	20:00
3rd	Hylton Preece	15:00
4th	Nick Skewes	15:00
5th	David Wohlers (Hume)	15:00
6th	Andrew Buchanan	15:00
7th	Dean Niclasen	20:00
8th	Greg Harvey	20:00
9th	Kym Petersen	20:00
10th	Juanita Cadd	24:00
1st unplaced woman	Paula McGovern	24:00
Fastest time (1:24:53)	Michael Borowski (Northern)	Scratch

39:00

00:00

What a glorious day! May, the Giro in full swing, so I thought I would drag out the Alessandro Petacchi Lampre kit I got from his team at the Worlds. Pink, blue, pink socks, then came my shoes: yellow. Oops! I had more colours than a box of licorice allsorts.

A look at the handicaps: 39 minutes with Jim and Rhonda. We set out to get as far as we could

before being blown away by a fast bunch.

At the first turn we still had 5 minutes plus on the chasing field. At the second turn they were closing fast, then midway out Jo Read and Jan Williamson from the 31:30 group passed us. I tried to jump on but didn't last long. Rhonda caught up to me and Jim turned back for home. At that stage it looked like Jo and Jan were going to get up.

As we approached the third turn we were passed by a number of bunches, so then can we get back home? We finished in good time, 2 hours and 6 minutes by my timing, so it wasn't a bad day at all. We all put in and worked well together and that is all we can expect.

Brian Farrell

39:00

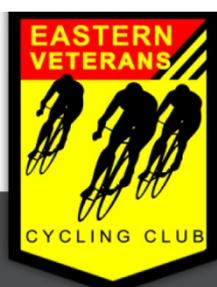
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Because they are something of a novelty there are always a few nerves driving to the start of a significant handicap event. What mark will I be given? Who will I be off with? Will I be able to stay with them? How will our bunch go?

For the first time in my career I was off dead-set limit in an important event – though, based on my performance in our Open, that was quite appropriate! The names Brian Farrell and Rhonda Kennedy had passed through my mind on the way up to Seymour and, sure enough, we made up the limit bunch. It does make you feel important 'owning' the lead car – until you get caught!

There are two key rules in handicaps: firstly, keep your bunch members together, and, secondly, keep as many people working turns as possible. Confucius say: 'Many hands make light work!'

The countdown completed and off we went. With a slight side-headwind and dead roads, the outward leg was reasonably tough. We were working down to the left to maximise the shelter but the turns were cropping up with considerable frequency. We negotiated the hill quite well and





down to Avenel past the mysterious keys. Found the turn and were reasonably happy with the gap back to Ronny and the Northern ladies, Jo and Jan. Next challenge: to get back up the hill together and maintain a reasonable tempo back to the start/finish line. We turned safely with some vocal encouragement and set off for the daunting second lap.

Alas, our gap had shrunk, and as we neared the (now closed) Mangalore hotel the two ladies got us minus Ron. I knew this was about it for me as my medical situation causes me to run out of petrol tickets after about 1 hour 15 minutes, so I thought, 'I will rock up and talk to Kevin for a while'. Brian and Rhonda attempted to go with the Northern ladies but were dropped, then the ladies split up and that really opened the door for the 15 and 20 minute bunches. It was still impossible to pick the winning bunch at this point. I rode back to the start thinking, 'Enough of this guesswork; I will look at the real thing'.

The sprint home was well worth waiting for with a very excited Noel Said taking a clear victory. He was heard to say afterwards, 'I've got a job and I've won a bike race!' Certainly a day he will remember as he is a relative newcomer to cycling. It was also a day that the 15 and 20 minute people will cherish as they pretty much dominated the top 10, with both 'Thelma' and 'Louise' sneaking into the money. A short time later Michael Borowski looked very impressive taking fastest time honours.

A huge thanks to Dave Mc for his sponsorship of this event and to Peter for getting things right.

That bit of road feels pretty safe to ride on – no heavy vehicles!

Jim Swainston

20:00/24:00

19:00/15:00

Thelma leads out

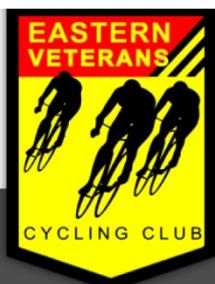
Here we go again. Family leave pass, but first there was the Aldi snow clothing sale to attend to and son's own cycling race. Thelma and Louise hit the open roads again. All good but the horizontal nature of the trees and flags tempted the girls to just pull in to the Chocolaterie and sit it

out. The plethora of wineries that littered the long drive to Seymour provided endless temptation also. Would anyone really notice? I guess Strava doesn't lie, so on we go.

The handicaps were revealed when the girls arrived in Seymour, and it looked good. Thelma (aka Paula) was off 24 minutes with a total of three (three!) riders, and Louise (aka Kym) off 20 minutes in a group of seven riders.

The handicap was off! Thel was going full bore and the 'group' was riding a pace line. The speed was good with Juanita and Peter but there was little respite! Pedal, pedal, rotate up and drop back, heart rates were high and it seemed like the group had been going for ages. Thel looked at the trusty Garmin – 5 km in and only 55 km to go! This was going to hurt – BADLY. The 'Three Amigos' saw no groups on the way out. Maybe they stopped the race and nobody told us? All having a laugh at our expense, holed up at the pub? Wishful thinking, really! The Amigos made the turn and headed back towards Seymour, and then they saw the true extent of the race. They were going to be caught by Louise's group. The catch was effected a few kilometres down the road and now it was time to hang on for dear life. Thel was sure she was going to blow a foofer valve and needed to hang back in the group and recover. Juanita was strong and stuck out the front for a while longer, but Peter dropped off the pace. The combined group now became six or seven.

Louise's group were working like clockwork. Turns were shared and the captain kept them in line and set the pace so the group stayed together. This was welcome relief for Thelma and she watched with great admiration for the teamwork that was occurring. Thirty kilometres down, and Juanita and Thelma were contributing to the teamwork of the 'Magnificent Seven'! But alas, one hill too many for Thelma and she was off the bunch with 8 km to go. A few groups were passing Thel now as the sniff of the finish line loomed. Finally, the bridge appeared. Sprint legs on (or what was left in the legs) and Thelma was home. It was like going over a cliff! Turns out Thelma was the first unplaced female – bonus! Great work by the handicapper and a big thanks





to all the marshals and TCs and of course the sponsor Athletic Soft Tissue Therapy. (PS: According to Strava, Thelma definitely Suffered.)

Thelma (aka Paula McGovern)

Louise takes over

So the 'Magnificent Seven' had a brief team meeting before the start – actually, it was technically almost *at* the start line – as we wanted to ensure we were all on the same page and no one was going to hammer it from the start. Or was that just me pushing the point? We wanted a good and cohesive unit, equally rolling turns and with lots of communication.

As we set off, we put our plans into place and we were all merrily rolling along. Back it up – perhaps not 'merrily'; however we listened to each other and made sure the speed was one we could equally maintain. Seemed to be working. Until we hit the first rise in the road. Then Nick (who pre-race had mentioned his cold/bubonic plague) and Graham started to feel the pinch, and we slowed our pace to allow everyone to crest together. Those who needed to catch their breath could take some respite at the back of the group – we knew the value of maintaining numbers in our group. Not long after that, however, we lost Graham, which I think may've been on the second hill.

Approaching the first turnaround point, we spotted the first of the bunches ahead of us on the other side of the road. Great, now we had a rabbit to chase! Not long after our turn, this horrible noise came from within the bunch and caused a moment of panic. A mechanical! Dean had popped a spoke and confusion started to reign: should we wait or should we just forge on ahead? We went the latter option, and to Dean's absolute credit he managed to sort it out and jump on a bunch behind. Top stuff, Deano!

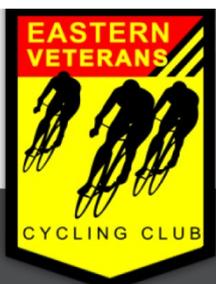
We set about reeling in the 24 minute bunch, which had my mate Thel in it – finally we could 'enjoy' a race together! As we got closer we could see a lone figure still up the road and it was Juanita, who had gone off the front. We called to Thel and Pete Gray to jump in as we went past. Another noise from the bunch and it was Colin

having issues with his gears – not another one!

Our original group had dwindled to four. We picked up Thel and Pete, passed a few of the limit riders, Pete dropped off at some point, we reeled Juanita in and our numbers were back up to six. Again we returned to our well-oiled unit, rolling turns and trying to keep up a great pace to maintain the distance back to the groups behind. It didn't matter that some weren't able to do turns; as long as they were still attached we had the momentum on our side. As we hit the return hills we lost Thel – well done, buddy, in hanging with us for a while. Greg powered to the front and made the call for us each to sit on the front and drive the pace for as long we could. Chris followed suit, and then it was my turn, and the kilometres were really ticking by at this point. Next thing we knew, the 15 minute bunch behind caught us and the pace was now ON! It all got very messy at this point. Our cohesiveness had left us, there were some that were rolling turns and some that were not, but we could all see a lone figure up the road (I'm sorry, I don't know who this was, but they became our new rabbit). Plus there were two Northern ladies, Jo and Jan, who were from the 31:30 bunch, up ahead and still to reel in.

At about 1–2 km to go (getting fuzzy here with the effort) a split formed right in front of me. I used every ounce of oomph I had to shut it down, knowing full well this would soften the legs for the upcoming sprint. Also knowing I was dragging others up to the group that were on my wheel. The sprinters were lining up now, and Chris Norbury's words were in my ear: 'Kym, be on the outside when it comes to the sprint.' Tick to that. I was glued to Chris's wheel – even better. The bunch completely disintegrated here and wheels were lost and found, I ended up on Greg's wheel, who I believe was on Dean's wheel – a better lead-out train you could not wish for. I managed to come home pretty quickly but I couldn't get my derriere off the seat, I had nothing left and was stoked to hear that I had placed 9th.

Thanks to my awesome bunch, to our great sponsor Dave, and also thanks to Pete Mackie, who I believe got the handicapping pretty spot on. This is not just for our group: listening to feedback





in the beer garden post-race says to me that most were very evenly matched in their respective bunches. Thanks also to the volunteers for giving up their time so that we may go out and slaughter ourselves week after week.

Louise (aka Kym Petersen)

9:00

30:00

There is nothing like a handicap to indicate that a hard day's work is coming, and the Athletic Soft Tissue Therapy handicap is always hard. The weather in Seymour was sunny and about 20 degrees with a 12 knot NNW wind blowing, so it was going to be hard on the way to Avenel with a brisk return to the finish line.

My group was to leave 30 minutes after the first group and 9 minutes before scratch, which seemed reasonable. Of the seven riders in our group, one (Darren Eagle) hadn't ridden in a race for a bloody long time and Walter Savini had been suffering with a bad back for months, forcing him to quit many races. Quentin Frayne was coming into good form and myself and Gavin Plummer were holding our form. The two riders from Northern, David Halliday and Michael Hartman, were not known to me.

We took off and Gavin had the job of getting us going. With the wind coming from the left, the turns were to be anticlockwise. We formed up nicely and soon had the pace up to 34–35 km/h, which we needed to maintain on the way into the headwind. We rode well on the way out and only a couple of times did anyone take a turn out. On the way back we went up the hill quite well and didn't drop anyone. We had a few more missing turns on the way back, but Gavin and Quentin were riding strongly at the turnaround. Walter said he was starting to cramp and Darren said he was suffering. At the halfway point on the way back to Avenel, Darren popped, then Walter cramped and – bugger me! – I also suffered a severe cramp in the quads and the group was down to four.

Quentin looked back and decided to press on (good move). I recovered and was joined by Walter and Darren. We then waited for the next group to come and hitched onto them, surviving with them until the second hill. On the way back

to the finish line, Darren was first to drop off and Walter dropped not long after. I survived until scratch came past and I and another four couldn't hold on. My group was now Nick Tapp and Colin Doherty and two others. We tried to get back on but to no avail and so just rode strongly to the finish, with the scratch group about 200 metres ahead and the winning group another 100 metres ahead of them. That's not bad handicapping.

Thanks to all for organising and running a good day's racing.

Peter Webb

7:00

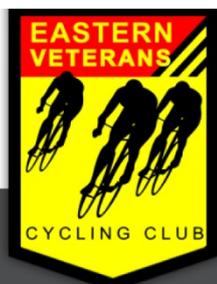
32:00

Looking at the lean on the trees beside the Hume, we were prepared for rough weather. As it turned out, the conditions were testing but good. There would be a headwind out and a tailwind back, and the temperature was just about perfect.

Of the 7 minute group, I didn't know Terry Dwyer from Northern, and I knew Darren Smith and Rob Monteath by name but couldn't remember racing with them. Bruce Will, Martin Peeters and I made up the bunch of six. We headed off, with two-minute gaps to the groups in front and behind us, rotating anticlockwise to the front to take our turns. There were some teething problems getting our handicap technique happening, but Darren in particular was calmly issuing good advice and by the first turnaround we had settled into a rhythm.

The run back with the tailwind was smoother. By halfway, the gap to the red hats (9:00) in front was coming down but we still had some work to do there. The blue hats (5:00) had narrowed the gap to us, but they also had their work cut out. The outmarkers still seemed a long way ahead. We maintained good form again on the outward leg. Rob looked particularly strong but was matching his pace to the group; a couple of us took a turn out here and there but then integrated back into the line. We were keeping it together.

At the final turn those gaps were smaller again but still would not go away. The group that had made real progress was the combined scratch and second scratch bunch, and surely they would pick up the blue hats and be upon us before long.





Shortly after the turn, Rob either decided his best chance was alone, or his stronger legs simply took him off the front as he rolled through, and he headed up the road in lone pursuit of the 9 minute group, who were now tantalisingly close. At about Avenel, the augmented scratch group came past and it was immediately on for young and old. I managed to get on the back at first, but then we were into the homeward rises, and by the time we crested the main rise I was just *off* the back, with Terry from our group, Colin Doherty (5:00), Peter Webb (9:00) and another red-hatter – Darren or Walter, not sure which – for company.

We took turns trying to reduce the gap, and probably all thought we could do it. It was coming down, but then, instead of narrowing, it started to creep wider again. We continued the effort but had to settle for watching the action unfold a couple of hundred metres up the road – close but just out of reach.

Nick Tapp

5:00

34:00

A great day for anything pretty much and, even with the run of good weather, along with plenty of wind in recent times, May in Seymour can be pretty mediocre – but not today.

With a reasonable-sized field, a course that is testing but not too hard even for the non-climbers, pretty good roads and not much traffic, the small time gaps suggested it could be a close-fought race. Our 5 minute group gave away a 34-minute start to limit, but it is often the groups a couple or more back from limit that can make or break a race. This race proved no exception.

A headwind out meant our group, which looked pretty solid on paper, quickly got into a rhythm, and with the next bunch starting just 2 minutes in front, they were always in sight. After about 6–7 km, we had visibly reduced that margin and the prospects of catching Bruce Will, Nick Tapp and

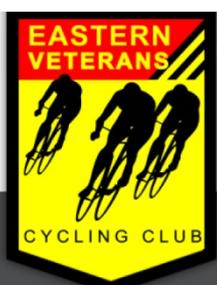
co. by the first turn were looking good. And then, one by one, the wheels started to fall off a little. A couple of riders almost disappeared off the back but fought back bravely, and most contributed whenever they could. The gap was no longer closing, our group was losing its smooth momentum and it became obvious we weren't going to make the catch quite as soon as we thought.

Looking behind on the return journey the first time, there was no sign of the 3 minute bunch, which hopefully meant we were going okay, but still the gap in front persisted. A tailwind made life a little easier, and more riders were able to contribute, but even as we turned to head out yet again, we still could not close the gap. It was coming down very, very slowly, but on the final turnaround, with scratch and second scratch now closing, we were drifting along 20 seconds or so behind the 7 minute group. About 10 km to go and we were finally caught by a fast-moving scratch/second scratch bunch, and within a couple of minutes the junction to the 7 minute group was made.

The scratch riders continued working until, with about 5 km to go, the pace dropped off noticeably. Maybe the gap looked too large, but in reality the leaders were visible in the distance. It would have taken a very determined effort to pull them back, and today was not going to be the day. I can only assume scratch changed their focus to keeping something in reserve for the sprint for fastest time. On this occasion I suspect the victory slipped through their fingers.

In review, the handicapping was pretty much on the money (except for 5 minutes, who definitely needed a move out!), the race was hard and fast, the wind testing and the winners deserving. A great day, a great race and thanks to David McCormack for his support.

Doug Reynolds





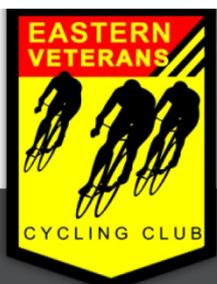
*Noel Said puts daylight between himself and the other survivors of the 15, 20 and 24 minute bunches to win the sprint and the handicap.
All photos: Sandra Farrell*



Chris Norbury leads in the bunch behind Noel to mop up the majority of the placings. The combined scratch group is in sight back down the road.



The big combined group contained riders from scratch and the 3, 5, 7 and 9 minute groups.





Wednesday criterium at the Loop, Kew, 18 May

Division	1st	2nd	3rd
Division 1 (17)	David Holt	Stephen Lane (G)	Fraser Short (N)
Division 2 (13)	Geoff O'Loghlen	Roman Suran	Russell Wheelhouse
Division 3 (7)	Neil Cartledge	Dean Niclasen	Steve Barnard
Division 4 (6)	Barry Ellem	Clive Wright	Michael Waterfield

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

News etc.



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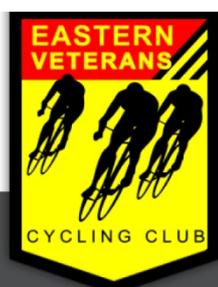
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Future events

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.

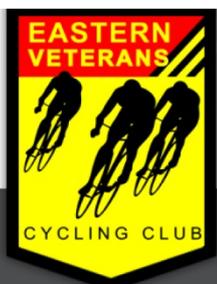
No late entries will be accepted for either scratch races or handicaps. Entries to handicaps can be submitted via e-mail to the handicapper or on any race day prior to the event.

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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