



Eastern veterans cycling club

Respecting the Rights of all Road Users

Newsletter October 13th 2007

Graded Scratch Races – Casey Fields – October 6th.

Race report.

The promise of cold wet and windy conditions kept the numbers down to 53 riders. Those hardy enough to make the trip to Casey Fields were greeted with promises kept, the damp conditions keeping warm ups to a minimum. The rain subsiding half an hour before proceedings were due to start, the wind had the track dry half an hour after proceedings started.

a/b-grade

With small numbers registering for A and B grades the handicapper combined the 2 groups.

A very slow start, most riders using the first 15 minutes as part of their warm-up. Twenty minutes in, the track drying, Phil Cavaleri attacked and nobody made an effort to chase, everyone content to let him hang off the front for a while and allow the conditions to wear him down, there was an almost audible sigh of relief from Phil as he was caught; the wind was fairly tough (nothing new for Casey Fields).

Mid-race Paul Wilson was aggressive making a few attacks, the most significant seeing him away with Phil Thompson, the pair, taking turns into the wind, stayed away for what must have seemed like a long time to them. A little concern over Roy Clark (and Justin - ed.) in the chasing bunch had the effect of limiting the commitment in the break. The bunch finally closing the gap only to see Paul attack again, though not staying away for long this time.

After dropping back to rear of the field for a bit of recovery Paul made another final assault on the 'Hill', fatigue removing all conviction from the attack and as Paul was caught Justin Davis counter attacked taking Roy Clark and Phil Thompson away from the bunch. None of the b-grade riders could go and by the time the attack had settled they had about 200meters on the remainder.

With around fifteen minutes left to race only a concerted effort by the pursuers would see any indent made in the break. Despite words of encouragement from Kevin Starr only he and Paul were up to the effort and the leaders remained 200m up the road.

Roy launched the sprint in the last corner; hesitation by Phil T., as he waited on Justin to chase, cost him dearly. Justin under-estimating Roy's strength paid also. Roy holding on to take the win comfortably, Justin riding away from Phil to decide the minor places. Back in the slightly bigger group those who had been saving themselves made the dash for the line, Nigel Frayne proving the strongest of the rest.

Nigel Frayne's take on the race;

The numbers were down again this week, no football final but maybe still school holidays? With only 5 riders turning up in both A and B grades the race controller performed a masterstroke by combining us into an A+B group of 10, paying down to 4th place as incentive.

Looks around, Justin Davis, hmm, Roy Clark, hmm hmm, Phils Thompson and Cavaleri, hmmm, Paul Wilson, Kevin Starr, Martin Stalder - quite a bunch! All thought of multiple strategies coagulate into one final solution - survive! At least it won't look too bad if we B graders aren't driving the train too much, will it?

Off we go on a wet track after a rain burst with a building southerly providing just the thing to dry the jersey after being hosed down by the rooster tails. After last week's effort by Kevin Starr to smash us up on the first 'neutral' lap today was a welcome start with 2 or 3 comfortable rotations to warm us up. Somehow Phil Cavaleri has decided to dig in and creates a gap. Can he be serious with more than an hour to go? Nope! He's brought back quick smart presumably wondering to himself why he did that.

Peter Shannahan has a go or two and we allow the strong men to bring him back. Soon after, Justin Davis decides to stretch his legs, or was he stretching our legs? I can't recall if he was on his own but eventually he creates a nice gap. I'm on the front when Peter rides up alongside suggesting we have a go because 'they' have let us slip away. So the two of us work away for a couple of laps before inevitably we're reintegrated with the group who are chasing Justin in earnest.

Shortly thereafter we are grupetto again but not for long as Justin puts in a series of attacks. Eventually he gets the right move and is away. Roy Clark decides this is the time for him as well and rips across to his wheel. The strong men are away! Phil Thompson shows his experience by making a perfectly timed attack and escapes the group in an effort to join the duet.

For a nanosecond I consider jumping with him but the mind gets in the way and I stay with my B grade friends. Maybe we can work as a group to keep them honest?

It's the logical idea but the reality is that the wind is scaring us off long stints up front and the rotations aren't fully shared. With that mindset and the fact that the three up front are toying with us it becomes clear that we are now racing for 4th place. Never the less we play the game of elastic gaps with Paul Wilson and Kev Starr as the main workhorses helped by Martin Stalder and a few stints by me to keep the race honest. Rob Truscott puts in a strong effort for a couple of laps as he returns to racing from a spell.

After an hour and a quarter the commissaires find the bell and the wheel jockeying begins in earnest. While the track has completely dried out the wind has strengthened so choosing the right time to sprint requires the knowledge of vectors and use of a slide rule. Rob seems to have computed the time first and jumps 3/4 the way down the back straight. Phil Cavaleri goes too and he's my cue. As we round the bend the cross wind turns tail and the fields echo to the sound of shifters and clunking gears as we each look for the 13, 12 or maybe even 11.

Rob's lack of recent racing puts paid to his ambitions and Phil rolls over to the front with me glued to his wheel. I seem to have set my spinnaker the best and manage to take the sprint for 4th. Some time earlier Roy Clark has gotten the better of Justin and Phil Thompson took third. Hey! Better than expected, this combined A/B thing.

While there was an air of inevitability about the result, the race was still an interesting adventure on a wet and windy Saturday afternoon.

Stats:
 Race time: 1hr 23min 39sec
 Distance: 57km
 Ave speed: 37kph
 Max Speed: 51.5kph

c-grade

No report available.

d-grade

No report available.

e-grade

No report available.

f-grade

No report available.

Wrap up

Thanks to Paul Wilson and Nigel Frayne for their contributions that made the race report possible.

Results

	First	Second	Third
a/b-grade (10)	Roy Clark	Justin Davis	Phil Thompson
c-grade (11)	Matt White	Ray Russo	Hylton Preece
d-grade (15)	David McCormack	Ian McEwin	Michael Paull
e-grade (11)	Colin Johnson	Alan Sandford	Peter Gray
f-grade(6)	Clive Wright	Phil Cox	Sue Cox

Aggregate Points (6/10/07)

R. Stranks	65
K. Starr	60
R. Amos	56
P. Cavaleri	54
N. Hainal	54
P. Thompson	48
JC. Wilson	47
H. Preece	45
G. Green	44
T. Renehan	43
T. Muurholm	43

Officials

Thanks to Graeme Parker and Ron Stranks for taking the entries, Ray Russo for sweeping the course, and Keith Bowen for starting and finishing us. Thanks also to JC for carting the trailer and Peter Mackie was back on the drinks with his apprentice Chris Norbury.

Eastern Vets Program

Saturday	October	13	2:00pm	Yarra Junction	Club Championships
Saturday	October	20	2:00pm	Steels Creek	Royce Bennet Memorial Handicap
Saturday	October	27	2:00pm	Killara Road	Graded Scratch Races
Monday	October	29	8:00pm	Maroondah Club	Monthly General Meeting
Saturday	November	3	2:00pm	Casey Fields	Graded Scratch Races
Wednesday			10:00am	The Loop - Yarra Boulevard	Scratch Races

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.

Southern Vets Program

Sunday	October	14	9:00am	Lakewood Boulevard	Graded Scratch Races
Sunday	October	21	9:00am	Casey Fields	Graded Scratch Races
Sunday	October	28	9:00am	Casey Fields	Graded Scratch Races
Sunday	November	4	9:00am	Casey Fields	Graded Scratch Races
Thursday	1/11/07 - 20/12/07		6:05pm	Sandown Park Raceway	Graded Scratch Races

Note : Southern Vets have a 'No licence – No race' policy. If you are going to race with Southern take your licence with you.

Northern Vets Program

Sunday	October	14	10:00am	Avenel Road, Seymour	Vin Nutall Handicap
Sunday	October	21	10:00am	East Trentham	Handicap (44k)
Sunday	October	28	9:30am	Gisborne	Graded Scratch Races
Sunday	November	4	9:30am	Lillee Crescent	Graded Scratch Races

Victorian Veteran Cycling Council Program

Saturday	October	27	10:00am	Camperdown to Warnambool	Handicap (70k)	22/10 \$20
Fri - Mon	November	16-19		Geelong / Torquay	Australian Nation Championships	26/10 \$15/event

For your calendar

Date	Location	Event
14-21/10/2007	Victoria	Herald Sun Tour
14/10/2007	Bendigo	Excelior Cyclismo part of the opening weekend of the 2007 Jayco Herald Sun Tour. 134.2k or 83.5k ride options. http://www.heraldsuntour.com.au/2007/index.php?id=72
21/10/2007	Melbourne	Around the Bay in a Day Eastern Vets will have a group doing the 210k ride via Geelong & Queenscliff and a group doing Melbourne – Sorrento – Melbourne. Groups will be leaving from Murphy Reserve, cnr. Graham St & Williamstown Rd, Port Melbourne at 6:00am and 6:00am respectively. If you wish to ride in either of these groups please contact; - 210k : Nigel Kimber (e-mail or ph. 0409 386 349) or - M-S-M: Keith Bowen (e-mail)
16-19/11/2007	Geelong / Torquay	Australian National Championships 16/11 – Time Trial – Paraparap 17/11 – Road Race – Australian Automotive Research Centre, Anglesea 18/11 – Track*: TT, Pursuit, scratch – Geelong West Cycle Track 19/11 – Criterium - The Esplanade, Torquay *TT & Pursuit – road bikes permitted, no gear changes allowed. Scratch Races – track bikes only.
24/11/2007	Yarra Junction	Eastern Vets O'Mara 100 Over \$2000.00 in cash and prizes Pre-entry will be required for this event as bunch sizes will be capped. As such riders who enter but do not compete will not be allowed to start another EVCC event until the entry fee has been paid.
1/12/2007	Melbourne	SUB Women's Cycle Challenge – 55k or 20k options http://www.supersprint.com.au Note : this event is for women only.
27/1/2008	Bright	Audax Alpine Classic www.audax.org.au/alpine.htm
15/3/2008	Torquay	Great Ocean & Otway Classic Ride - 145k or 60k options http://www.supersprint.com.au

Other bits and pieces:

Stop Press

Due to increases in costs the entry fee for all races will be increased to \$10 from the 1st of November.

Eastern Vets merchandise is available through Kevin Starr at most meets, you can check out what's available through the Eastern Vets web site - <http://www.easternvets.com/clothing.php>.

DVT (Deep Venous Thrombosis)

Olivier Pomie recently went to his GP concerned over swelling in his left calf, which was initially diagnosed as a muscle tear. A day after he went back to work the swelling had increased to the extent that he was barely able to walk. He finished up in hospital, the diagnosis changed to DVT. Olivier was in hospital for 4 days being administered anticoagulants, which he will be taking for another 6 months!

Being fit isn't immunity, in fact it may be a liability; a slow basal heart rate increasing the risk of clotting. A slow heart rate and dehydration a potentially fatal cocktail. Figures suggest that 85% of air travel thrombosis victims are athletic, usually endurance athletes. [www.airhealth.org/athletes.html, July 11, 2004]

If not treated, DVT can lead to pulmonary embolism or stroke caused by blood clots moving from the legs to the heart or the brain. Both conditions can lead to death. DVT affects about 2 million Americans a year. Failure to correctly diagnose blood clot formation causes up to 100,000 deaths a year. [Clinical Advisor, June 2004, page 53]

You can pay close attention for the symptoms of DVT, which may include pain similar to a cramp in one leg, sudden swelling in one leg, enlargement of superficial veins, or reddish-blue discolouration of the skin in the affected leg.

If you have symptoms like these, you should contact your doctor right away. If you experience shortness of breath, sharp chest pains, rapid pulse, sweating, cough with bloody sputum, a feeling of apprehension, or fainting, you may have a pulmonary embolism. You should seek medical help immediately.

Be aware of what your body is telling you.

Do not think that because you are fit that DVT can't happen to you. It can. As a bike rider, you are more likely to be hit with DVT than the average couch potato.

For further reading see www.airhealth.org

Austria - Deutschlandsberg (part 3 – 1000m Rundkurs. 11/8/2007)

The circuit.

Starting outside the Rathaus the circuit headed 400m up a slight incline to a hairpin, a low broad speed hump half way up having us airborne on most laps, then 300m back down before a tight right. A quick stint out of the saddle before a ninety-degree left. A sweeping left before another effort for the 80m alongside the Rathaus onto a short cobbled section that included the left onto the start/finish straight, out of the saddle again to the finish, 50m up from the corner. The finish so close to the corner meant that the first person off the cobbles was the big favourite for the chequered flag.

Areas of concern were; the hairpin at the top of the circuit - the exit a bit rough if you ran wide. The right-hander at the bottom of that stretch - the road narrowed just before the corner and stayed that way throughout, the plant-pots on the exit didn't help either. The final lefthander - the cobbles not the problem, the congestion as competitors scrambled for the finish line the major worry.

The format.

This was a knock-out crit. Depending on the number of starters either the last one or two riders across the finish line each lap were extracted from the race until there were five or six competitors left. Elimination started after the first race lap (the first lap being neutral), the last 5 or 6 got the bell the next time across the finish after the last riders were eliminated (the finalists racing two final laps). With 25 competitors we were looking at $(1 \text{ neutral} + ((25 - 5) / 2) \text{ elimination laps} + 1 + 1 \text{ bell lap} = 13 \text{ laps})$

The race.

With a race start time of 2:00pm we all dutifully made our way from the hotel in Bad Gams to the Rathaus with plenty of time to spare. Two o'clock was the start of the first race and with 4 classes of hobby cyclists, nine of masters-men, four women and two youth guests there was a lot of hanging around. As it eventuated masters 4 was the third last race, it was 6:00pm before we were called to the start line

Given the format it was going to be hard and fast with every one scrambling to stay in the race but I didn't expect 40kph on the first lap (behind the pace vehicle). Most of us Aussies were toward the back of the bunch as we'd shuffled into the start area last, not being able to get the feet into the pedals didn't help either, I had a chase before the race had begun. Fortunately another competitor had the same problem and I was able to use him to get back to the bunch.

I was still at the back when the flag went up at the completion of the first lap but soon pushed my way up to mid-field. Roy attacked very early in the race but this was short lived as a few too many went with him. After Roy had been returned to the field Guy had a crack, an effort that met with the same result. All this time we were losing two riders per lap, I could feel the Langoliers snapping at my wheel. Somewhere early in the race (after his time off the front but while still there) Roy was brought down by another competitor pedaling through the right-hander, they were both up and back in the race before the tail of the bunch got through.

I'd been sussing out the field and had a couple marked as potential contenders and when one of those attacked I pushed through the bunch and bridged. Of course all I did was drag what was left of the race back up to him, the effort relegating me back down the bunch. The Langoliers were still snapping at the heels. As Roy rode past he imparted the helpful advice "get toward the front". Statement of the bleeding obvious. Unfortunately the legs were aching and by now I had the taste of blood in the lungs. I survived the lap, and the next one, but that lap saw a gap form coming out of the last corner that I just couldn't close going up the slight hill. The two behind me were eliminated, and it was only another lap for me, the flag dropping as I crossed the finish line for the ninth time.

Mark and Tony had been muscled out early in the race, the format alien to us and our good nature working against us. Guy and Roy with their big-bunch experience went on to finish second and fourth respectively, both riding very strongly. Guy baulked by tactics in the last corner but going in to that corner second - history was against him.

Geoff Puttock spends a week in the Pyrenees:

Wednesday 13th July, rising at 4 am, bike safely installed in the back seat of our aging Honda, we headed off to Dover and the ferry across the Channel to Calais. Le Tour had been over the Alps and was heading towards the Pyrenees and so were we.

A night in Orleans after cruising the Autoroute and onto Chalais and the French retreat of friends of the Naylor's, staying overnight, before heading off again southwards to Gite de Figarol, Chourbaou, at the base of the Pyrenees where Mick Jamison (of Croydon Cycle Works) and his tour organiser Graham Templar were awaiting the arrival of the Melbourne contingent.

Shelagh and I arrived a day early, the other six guys rolled in on time, Saturday, four of them minus bikes! Just what you need when on a cycling holiday - no bike. Heathrow is prime suspect, as four Jumbo loads of luggage have been forwarded to India to sort, find and dispatch, using Indian cheap labour. One bike arrived on the Tuesday. Mick Hay and two other guys from the Middle Distance Club went out and purchased bikes, with the hope of claiming something on insurance. (When they left us the following Saturday there was still no news of where their bikes were.)

Sunday four of us rode from Foix up to the base of the Plateau de Beille and the others managed to drive within metres of the bottom of the climb. We all got up nice and close and scored a load of rubbishy trash from the caravan. The Spanish fans from over the border were very colourful and loud and seemed to march up the Col like an invading army with pipes and drums.

Monday we rode from the Gite (those without bikes were chauffeured to within about 5 kmls of the stage) to the top of the Col de Menté. It was terrific being cheered and encouraged up the climb with calls of 'allez allez' and 'courage'. I managed to score a Bouygues Telecom T shirt after chasing their van for a kilometre up the col. A visit to the monument in memoriam to Fabio Casartelli, near the base of Col de Portet d'Aspet, was astonishing. Something not likely to be erected in Australia for the death of a cyclist!

Tuesday was a rest day and raining.

Wednesday 25th, all riders had bikes & rode up to the Col d' Aubisque to see Rasmussen win before being dismissed by his team, what a farce! La Corniche du Cirque de Litor had the guys gob smacked as it is virtually a ledge perched half way up a few hundred metre cliff face. The descent was cautious as nobody wanted to emulate Wim van Est and attempt flying over the edge.

Thursday we rode the Col du Tourmalet, one of the 'have to' climbs, problem was the heat. Evidently the average temp on the climb was 36° C (max. 40 min. 32) and there was very little shade but I made the top, about forty-five minutes behind Mick Hay. One young lad reached the apex before collapsing with heat exhaustion, his head narrowly missing a rock as he fell.

Friday we had a warm-down ride in the morning before the others had to pack their bikes away for their return journeys. Dinner was held outside that evening where our hosts at the Gite had prepared a sumptuous meal. If anyone is contemplating visiting the

Midi Pyrenees the Gite de Figarol is the place to stay - comfortable, great views, wonderful food and with cordial hosts in Jean and Neil Adamson.

Saturday we said our goodbyes, the guys going in different directions, some to Paris for le Tour's finish. Shelagh and I headed off to Grenoble to our nephew's home for a couple of days and then for the Ferry stopping at St Seine - L' Abbaye (where we went to the sources of the Seine and crossed its 1st bridge in one step) and Epernay on the way to Calais.

Our next adventure will be joining Alan Cuneen for the Spanish Vuelta in September before heading home.

Other Results, etc.:

If you have a result or an announcement you would like to share please forward it on to me (nigel.kimber@bigpond.com) and I will include it here.
