



Eastern veterans cycling club

Respecting the Rights of all Road Users

Newsletter February 9th 2008

Graded Scratch Races – Casey Fields – February 2nd

Vale Geoff Puttock.

The week started with the very sad news that Geoff Puttock died whilst riding home after racing with Northern on Sunday 3rd February. Geoff's generous personality will be missed by all in the club our deepest sympathies go to Shelagh and family.

Race report.

Beautiful conditions; clear skies and not a breath of wind North of Cranbourne augured well for a good afternoon's racing. But Casey Fields lived up to its reputation with a solid Westerly blowing as the riders warmed up. Thoughts of an 11-25 coming to mind as one slogged into the wind along the curvy straight and then raced down the back straight. A good turnout of 85 riders turned up to compete despite (or because of) the VVCC championships the following day. The number of starters significantly more than the number of finishers as hard racing, and the conditions, took their toll, the wind not abating and swinging 180° through the South to be an Easterly by day's end.

a-grade (thanks Phil & Ian)

There's a little confusion as to how the premier grade started, your trusty correspondent was sure he saw Phil Smith away on his own after the first lap being chased down by Phil Cavaleri. Other eye-witnesses to the incident (Phil Smith) only record Phil Cavaleri putting in an early, brave, but short-lived attack. Regardless, three laps in to the race and Phil C had a big break on the field. Three laps later he didn't, Paul Wilson doing a fair bit to bring the little guy back.

A well executed counter attack by Paul Wilson and Ian Milner had the pair a hundred and fifty metres clear of the bunch as the bell for the sprint was rung. With a significant break and with Paul having done a power of work early in the race Ian was looking at chicken chow-mein for dinner. Unfortunately for him Russ Newnham had his designer-shaded eyes on the same prize and launched his effort a long way out, dragging Phil C and Justin Davis to the line he took the food from Ian's plate. Justin then taking the opportunity of inflicting more pain by continuing the tempo through the finish put paid to Phil C's race. With ten elevenths of the

bunch hanging on Justin's legs finally wearied and the pace settled back a couple of clicks.

In the post-sprint lull Tony Chandler implemented his race plan riding away strongly to open a 200m gap over the others. After two laps it was apparent that Tony was serious and Paul W. and Phil S. broke and bridged to make it three away. Under the instruction of Tony the trio quickly doubled their lead and the chasers became alert. It was a haphazard chase that ensued, the lead oscillating wildly between 350 and 450 metres as the chasers alternated between getting their act together, then losing it and then finding it again. Three laps later, legs wearying, no manner of organisation was going to keep the chase at bay and the break eased up to melt back into the bunch.

A counter attack by Royce James pulled a decent gap and Tony 'never say give-up' Chandler set off in pursuit, the remainder of the bunch shocked into inaction. Tony's imagination (and heart) were much bigger than his legs and with his saddle between those self same legs he was soon back in the shelter of the peleton. The peleton, timing the chase to almost perfection, closed the gap to Royce early on the penultimate lap. The counter attack by Justin and Russell was met with feeble resistance and they got the break they wanted as the race entered the final lap, leaving the rest battling for a minor place.

Justin took the lead half way through the final lap and rode away from Russell to take a comfortable win, Russell cruising home for second. A strong attack on the back straight by Tony didn't last long as his legs gave out before the final corner allowing the others through, Phil Thompson looked like he had the sprint sewed up but it wasn't to be with Royce grabbing third on the line.

b-grade (thanks Rob)

It took a couple of laps before the b-grade race got serious, Ian Smith the man responsible for dragging the pace into the respectable zone. Once at race pace though it didn't relent with a few individuals doing some serious work into the wind. It was twenty minutes after two o'clock when Rob Amos launched the first attack, a move that was given its due respect by the bunch and jumped on straight away.

Not to be daunted another surge two laps later saw Rob open a small gap with Frank Nyhuis and Olivier Pomie, again the bunch were quick to react and it was a very short fifteen minutes

for the threesome (more like 15 seconds - ed.). The surging taking its toll on members within the bunch and the next time Rob had a dig it was only Phil Purdam and Chris Mucha who were able to go with him. As the break passed the finish line the officials rang the sprint bell and the three started to build the break.

The sprint was won by Phil but proved too much for Chris who faded. Despite some big turns by Rob the now diminished break was doomed to be chased down. A final surge by the stronger riders in what was left of the chase bunch eventually saw the break returned at the forty-five minute mark. The post-chase lull enabling the few riders who had tested the limits of elasticity to re-establish contact.

After a brief respite Phil Pelgrim hit the bunch and held a gap for almost two laps before being reunited with the bunch. Counter attacking his own move Phil had another go, this time Rob Amos, Thorkild Muurholm and Olivier Pomie were determined to get on board. The bunch were not happy to let this situation develop and again tested the rubber band. It held.

Five minutes later Phil attacked again along the back straight and took a twenty metre lead into the final lap. No one in the bunch seemed willing to chase, settling to race for second. A very strong ride by Phil over the last lap saw his lead extend to a hundred metres before he backed off in the last half kilometre having done enough to take a comfortable win.

Rob started his sprint for second wide on the last corner only to have Chris Mucha bolt through on his left with Damiano Ambrosini on his wheel and that's the way they finished.

c-grade (thanks Ray)

With a race average speed of around 36kph the strong legs were out in force in the c-grade race and there was little opportunity for anybody to attack, the bunch circulating grupetto for the duration of the race. The only change being the occasional retirement as a rider found themselves unhitched and then struggling to chase into the wind, this attrition seeing a gradual decline in the numbers that would contest the final sprint. And a sprint it was to be. A surge ten minutes from the hour by Peter Gray, Grant Greenhalgh and Anthony Gullace not managing to break it up.

Into the back straight for the last time Peter Gray picked up the pace and dragged all and sundry into the last hundred metres where Ray Russo was able to tap the reserves to ride away up the slight incline for first place. Peter's pace and strength was enough to hold on for second, Trevor Burrige and Tony Renehan hot on his wheels took the remaining money.

d-grade (thanks David & Peter)

Richard Dobson wasn't going to let the conditions interfere with his usual full on approach to racing as he set about testing his co-competitor's legs. The surge from neutral to race pace at the completion of the first lap finding Neville Williamson's legs wanting. If Richard wasn't at the front he

wasn't too far from it as the likes of Nick Hainal and Peter Mackie kept the others honest.

The intermediate sprint taught a few of the new riders a lesson, the one contending the sprint with Paul Kelly coming off second best and only just managing to hang on as the rest of the group swept past in an attempt to hurt those who chose to contend the sprint. The end result; another rider dropped and a few others struggling just to hang on.

After the dust settled Richard resumed his position at the head of the line and continued to pour on the pace. With the exception of a brief attack by Andrew Finnigan at the forty-five minute mark, that saw him 200m clear of the field before deciding the conditions weren't suited to a solo effort and returning to the bunch, the race remained under the control of Richard.

On the last lap Richard picked it up another notch as he led the others to the finish. In the sprint Peter Mackie enjoyed a brief moment in the lead before Graeme Parker started the lead out for Paul Kelly. An unmarked Nick Hainal managed to sneak past Peter on the far side of the track to finish just behind Paul and ahead of a slowing Graeme - third, Peter fourth.

Stats for the race; 65 minutes to cover 36k for an average of just over 34kph.

e-grade (thanks Brian & Andrew)

Defying the conditions the e-grade race started at a solid pace and stayed together for the first half. The bell for the sprint being the cue for change, Sam Bruzzese attacking and managing to get a bit of a break, stretching the remainder as they tried to hang on. Sue Cox made a desperate bid to get across but was unsuccessful, Brian Farrell's attempt was a little more successful if not a little too late to take the sprint from Sam. Brian took a couple of friends in Ron Peterson and Adrian Ellis with him which resulted in a small group of four away, the remainder chasing as best they could.

The lead group kept the pace up; determined to build on the break they obtained in the sprint. But an equally determined effort by Andrew Buchanan, Neil Cartledge, and Daniel Bernard saw the lead bunch grow to seven, the remainder left to complete the race in their own time or to watch it from the sidelines.

A solid and honest pace for the remainder of the race saw the seven stay away, the remainder of the remainder strung out like Brown's cows at milking time. Neil Cartledge was the man holding the short straw as the bell was rung, the pace not easing up on the last lap as he drove it to the line. Daniel Bernard started his sprint early and was able to grab enough of a break to ride clear of the other six and take the big money. Adrian and Ron also got a gap as they pursued Daniel and contested a tight sprint for the minor places, Ron crossing the line just ahead of Adrian with Andrew Buchanan closing rapidly to get fourth.

f-grade

No report available.

Stop Press

- There are a couple of errors in the published fixture;
- Next week is the Christmas handicap and it will be held at Casey Fields, Graeme Parker will be holding a clinic before the race for anybody who wants to learn more about racing in bunches. The clinic starts at 12:30 - SHARP
 - February 23rd is listed as being at Macclesfield. This is incorrect, the race will be at Dunlop Road.

- Eastern will not be conducting a race on March 1st. Racing this weekend is the annual Eastern v. Southern interclub event hosted by Southern on the Sunday morning

Wrap Up.

Another great days racing in pretty tough conditions. Richard Dobson was rewarded his efforts on the day with the president's Ride of the Day award, Olivier Pomie's hard work also recognised with a runners up bottle of red.

Results

	First	Second	Third	Fourth	Sprint
A Grade (11)	Justin Davis	Russ Newnham	Royce James		Russ Newnham
B Grade (21)	Phil Pelgrim	Chris Mucha	Damiano Ambosini	Rob Amos	Phil Purdam
C Grade (15)	Ray Russo	Peter Gray	Trevor Burridge	Tony Renehan	David Hyde
D Grade (13)	Paul Kelly	Nick Hainal	Graeme Parker		Paul Kelly
E Grade (15)	Daniel Berniard	Ron Peterson	Adrian Ellis	Andrew Buchanan	Sam Bruzzese
F Grade (10)	Graham Cadd	Keith Bowen	Ken Saxton		Ken Saxton

Officials

Good to see Ronnie Stranks out and about again and assisting Graeme Parker on the entries desk. Thanks to Michael Cosgrove & Murray Howlett for getting us underway and finishing us before we were blown away (well most of us anyway). Thanks also to JC for carting the trailer and Peter Mackie on drinks.

Eastern Vets Program

Saturday	February	9	2:00pm	Dunlop Road	O'Mara Cycles GSR
Saturday	February	16	2:00pm	Casey Fields	Graded Scratch Races
Saturday	February	23	2:00pm	Dunlop Road	Graded Scratch Races
Monday	February	25	8:00pm	Maroondah Club	Monthly Meeting
Sunday	March	2	9:00am	Casey Fields	Southern v. Eastern Crit.
Wednesday			10:00am	The Loop – Yarra Boulevard	Scratch Races
Tuesday	8/1/08 – 1/4/08		6:00pm	METEC	Graded 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	February	10	9:00am	Casey Fields	Club Teams event
Sunday	February	17	9:00am	Casey Fields	Club Teams event
Sunday	February	24	9:00am	Frankston Gardens Blvd, Carrum Downs	Graded Scratch Races
Sunday	March	2	9:00am	Casey Fields	Southern v. Eastern Crit.
Thursday	3/1/08 – 6/3/08		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	February	10	9:30am	Toolernvale	Alan Anderson Memorial handicap
Sunday	February	17	10:00am	East Trentham	Handicap (44k)

Sunday	February	24	10:00am	Avenel Rd, Seymour	Handicap (48k)
Sunday	March	2	10:00	Lancefield	Club Championships

Victorian Veteran Cycling Council Program

Sunday	March	9	9:30	Woodstock	O'Brien Contracting Handicap	\$15 due 3/3/08
Easter	March	21-23		Maryborough	Sth Pacific Championships	\$20 / event due 29/2/2008
Monday	March	24	9:00am	Maryborough	Cec. Cripps handicap (65k)	\$20 due 29/2

For your calendar

Date	Location	Event
2/3/2008	Casey Fields	Southern v. Eastern criterium NB. There will be no Eastern race on the 1 st of March
1-2/3/2008	Mansfield	Holden High Country Challenge www.hhccc.com.au/home.html
15/3/2008	Torquay	Great Ocean & Otway Classic Ride – 145k or 60k options www.supersprint.com.au
21/3/2008 – 23/3/2008	Maryborough	South Pacific Championships Entries close 29/2/2008, see VVCC program for details
24/3/2008	Maryborough	“Cec. Cripps” Handicap Entries close 29/2/2008, see VVCC program for details
19/10/2008	Melbourne	BV Around the Bay Registrations open 7/4/2008 for BV members

Other bits and pieces:

From the Wanborough Vets Cycling Club

Gentlemen,

As you may know, we are a somewhat ad hoc cycling club of very mixed ability with an aim to keep reasonably fit, enjoy a bit of hard work - with just reward (of ale) at the end of a ride and the occasional pint mid-ride on a summers evening. Most of us live in Wanborough village. A local landlord once said of us 'drinkers with a cycling problem!!'

Geoff found us through a local bike shop when he bought his Felt and immediately 'fitted in' with the guys with natural good humour, good manners and an obvious ability to ride a bike well. He was an immediate convert to decent beer (not too cold and no bubbles thank you) with a half decent colour and aroma. Commonly known as Wadworth's 6X.

He spoke warmly of Eastern Vets and mentioned various exploits in your company.

This is just a brief note of condolence to your club in Geoff's memory. I have contacted Shelagh expressing our sorrow and sympathy. Also, £80 to Geoff's sister from Club members to a suitable charity in Geoff's memory.

If any representative of your club has the opportunity of speaking at Geoff's funeral it would be appreciated if you could add our thoughts, sorrow and condolences to all concerned of a true gentleman.

Kind regards

Colin Cox

(on behalf of Wanborough Vets Cycling Club)

Merchandise

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

Alpine Classic

Allan O'Neil's Alpine Classic

After putting in a solid training effort last year and achieving a PB (8:35 for the 200) I was a bit less motivated this year and decided to cruise along at my own pace (although Buffalo in the 200 is never a "cruise", unfortunately). I descended Buff in close contact with an Eastern rider who was keen to work together back to Bright to beat 9 hours; we were joined near the toll gate by another rider with the same idea, but then when I looked up a couple of k's later we had completely unintentionally dropped the poor Eastern guy who was nowhere to be seen - apologies if you're reading this mate! Having gone into TT mode I stayed that way for the last few kilometres and made it back in 8:57, pretty happy with that all things considered, but slightly guilt-tinged about dropping the fellow who was really trying for a sub-9.

Check out Allan's completely irrelevant (or should that be irreverent - ed.) "ride report", partly inspired by this year's French theme, at www.cycling-nonsense.blogspot.com. It's well worth the couple of keystrokes it takes - ed.

Nick Tapp's Alpine Classic

First, a word of thanks to no one in particular for another year of kind weather. The air was cool all the way to Falls Creek and, though it warmed up pretty quickly from then on, cloud cover kept it from ever reaching the baking levels of 2006. The top of Buffalo, at around 2 pm, was pleasantly cool.

Rolled out with Quentin Frayne in the 0620 mob and soon we were joined by Tony Balint. Stayed in touch with both to Tawonga Gap, then lost them on the descent. Found them again at the water stop in Mount Beauty and we started up the Falls Creek road together. Quentin was climbing patiently and dropped back a little. After staying with Tony for a while, I let him go up the road in pursuit of his demons and rode the rest of the way to Falls with Quentin at a good, steady pace. Along the way Andy Burmas passed us – then later we passed him, not having a good day.

'First Eastern!' said the volunteer marshall as we arrived at Falls at 0940. After a quick trip inside to throw the card, choke on a mouthful of hard, dry fruit cake (and bin the rest), then wolf down a serve of creamed rice instead, I filled bottles and was mixing Gatorade when friends appeared, in Falls for a weekend's bushwalking. Had to cut short a potentially lengthy chat – time was a-wasting. Started down with Quentin at 0948 and kept him in sight for a while, but rode most of the down-up-downhill to Mt Beauty on my own. Last year my right pedal had unscrewed itself on the way down; this time I carried the appropriate Allen key the whole way, just in case, but didn't need it. Dropped in at Pyles servo for a leak and to fill a bottle, then it was time to assess the damage on the climb back to Tawonga Gap.

Damage didn't seem too bad. Managed a reasonable average on the climb, then enjoyed the fast descent and found a little bunch of three or four to share the work with, back into Bright. Quentin was just leaving as I arrived at about 1147, and I made it another quick stop. Didn't sit down while eating part of a salad roll, drinking, filling bottles, mixing and peeing. Rolling out at 1156, I heard Andrew Finnegan call out. We rode out of Bright together, stopping to drop my vest and arm warmers in the letterbox at the unit where I was staying, then found a small bunch with a 'machine' on the front to drag us to the bottom of Buffalo. The bunch blew apart as soon as we hit the hill before the entry gate, and Andrew and I said farewell. He was aiming to go under 10h and I had hopes of getting under 9h, so either Andrew was going to do it easily or I was dreaming.

Buffalo is such a great ride on its own in the cool of the morning, and such a beast at the end of an Alpine Classic. Settled into a rhythm, and I guess you could say I felt OK. Plugged on, ever upward, past all the landmarks: the steep first ks past Eurobin Falls, the false flat at halfway, the traverse of the slabs, and Waterland, where I took a foot out only long enough to swap full bottle for empty. A rider who was leaning on his bike, helmet off and head down, groaned as I stopped: 'How can it be another 8 km?' Left him to sort that one out and pushed on. Around Mackinnons Corner, where it kicks up again, then Devils Elbow and the last grunt to the Gap. 1h30 from the gate – compared with 1h07 and 1h13 on fresh legs earlier in the week – but so good to be there, over the top and rolling down to the cool plateau. Yelled out to Quentin as he swept down a bend below the Chalet, but he didn't hear. Then I was there, at 1402.

Threw the card, ate half a serve of trifle with one hand while filling a bottle with the other, and headed for home – sparing a thought for Nigel Frayne, who I'd been with at this point in 2007 and who had been training hard and in great form, but was back in Melbourne, recovering from a crash. Those two 'laps' earlier in the week paid off just as much on the way down. I'm not a great descender, but this was fun – even after 170 km. A couple of groups in Eastern tops came and went in a blur, still going up, but quick with yells of encouragement in spite of the warm work ahead of them. Just above the gate, I found a stranger travelling at about my pace and we struck up a conversation. The big pinch disappeared, then the long swoop to the valley floor, and we set to work, swapping turns at 34–37 km/h nearly all the way back into Bright. Like the previous year, I wondered where the energy had come from and felt a bit sheepish to have so much left. Had I held back too much, or is that the only way to do a ride like this? Maybe it was just the tailwind. Not too much left by Gavan St, anyway, so I guess I'd judged it OK after all. Rolled in,

stamped the card. What did the clock say? 1502, or 8h42 after the official 0620 start time, and 35 min faster than the previous year's PB. It was time to relax.

Peter Doonan's Alpine Classic

I decided to get real & do the long Alpine this year, after a couple of years doing the shorter distances, as it's unlikely that I'll be back at Bright for the next few years. Family activities are taking over - as well they should - & making it too hard to get any training time. This year's ride started in an inauspicious manner, as I left my tent too late and wound up at the back of a hundred-odd metre queue for the 06:20 start. I reckon it took 3 or so minutes to get to the start line ! Nice cool start & I took it easy out to Tawonga, passing the first guy with a puncture (about 4km in !) and then a car-wreck in the ditch partway up the Gap, with the police & ambulance escorting a shaken-up guy to the back of the ambo. Steady up Tawonga on the 23/25, lovely quick descent, short stop in MtBeauty to fill-up a bidon & grab a couple of jelly snakes, steady up Falls Creek also on the 23. Quick stop at Falls, toilet, fresh bidon & rice cream(yum)/oranges/melon. Nice fast descent feeling in the groove with only 1 minor inner-leg cramp (a recurring problem for me) near the base. Continued the tempo pace back to Tawonga, then just tapped up that on the 23 until the 2nd hairpin then the 25 thereafter - felt quite OK. Another quick descent and jumped into a pace-line for a few kms to help pass the k's. Short stop in Bright for fruit & snakes, fill bidons & toilet, then off to Buffalo at tempo. It was getting quite humid by now, with cloud coming over & a bit of a breeze springing up. Saw a wedgetail eagle only a few metres up (very unusual to be that low) in a dead tree on the little climb before the Buffalo gatehouse - a nice highlight ! As usual, the heat during the 1st half of Buffalo was oppressive and I went straight into the 25 & stayed there the whole way except for a short midway bit in the trees. I found the whole climb really hard this year & rediscovered suffering - my core temp was at the threshold & I had no power, swimming vision, heartbeat thumping through my head, and was bloody creeping, albiet not much slower than a handful of blokes I saw off & on so far. Stopped at the halfway drinkstation & tipped water on my head which, combined with the by-now cooler air temp, helped keep me inside threshold (just). Stupidly, I then went hungerflat about 4km from the top, even though I still had a gel pack & half a power bar in my pocket - I just wasn't thinking by this stage. Struggled into The Chalet - thank God we didn't go to Dingo Hell - and proceeded to eat trifles, pizza slices, fruit, snakes, etc, until the shakes eventually stopped. Setoff after ~10mins and had a fairly quick descent down this bone & eye rattling surface, back into the humid air at the bottom. Decided to just tap along to the finish, until I was overtaken by three guys in a train at the Buckland River. Overheard one say "come on, we can do this under 8 hours". Good enough for me I thought, so I jumped in with them. One guy cooked himself by Porepunkah, leaving three of us to swap turns & hammer home btwn 40-45kph. Feeling surprisingly strong, I dropped the other two unintentionally a couple of times but waited each time, and we made it in by 1 minute - 7hrs59mins elapsed ! Actual ride time 7hrs25mins, ave 26.4 kmh, which is my quickest so far.

I saw a number of Eastern jerseys out there, flying the colours. Other participants this year would have seen the 'winner' far off the front - I found out later from my Audax contacts that he's 18yo, rides for Jayco & he finished in 6hrs20mins elapsed (not ride time). Wow. There was a young girl who finished not far behind him too - another very impressive ride. I should also mention my MTB mate Adam. He decided the day before that he'd join me, so he threw the family into the car & drove up, just making the Saturday 6pm entry time limit. Although highly skilled & race fit (he'd just finished the Wildside MTB stage race down in Tassy), his longest training ride has been a single 100km ride on his road-bike back in November. He also refuses to be seen dead in lycra, and won't wear a chamois, so rode the whole thing in long baggy board shorts. Iron Arse. He finished in 9 hours elapsed - not a bad effort.

Carnival:

The season immediately preceding Lent, often observed with merrymaking; Shrovetide.

[Origin: 1540-50; < It carnevale, OIt carnelevare taking meat away, equiv. to carne flesh (< L carnem, acc. of caro) + levare < L levāre to lift]

Other Results, etc.:

Congratulations to the following Eastern members on their results at the VVCC Criterium championships;

35-39 1st Stephan Kirsch
40-44 1st Peter Howard
45-49 1st Guy Green
60-64 2nd Robert Lewis
65-69 1st Ken Bone
70-74 1st Paul Kelly (in a full race break away)
2nd Neil Wray
Women 44-49 1st Louise McKimmie
