



# Eastern veterans cycling club

**Respecting the Rights of all Road Users**

**Newsletter May 31<sup>st</sup> 2008**

## Graded Scratch Races - Macclesfield - May 24<sup>th</sup>

### Vale Ray Aldridge.

The club acknowledges with sadness the passing of Leslie (Ray) Aldridge who lost his battle with cancer last Wednesday, the 21<sup>st</sup> of May. Ray was a tireless worker for the VVCC and the driving force behind the South Pacific Championships, his presence will be missed.

### Race report.

The carpark was full to overflowing as sixty-nine riders unhitched their steeds and set about preparing themselves for the exertions ahead. Cool and overcast conditions had the majority of the starters sporting arm-warmers

#### a-grade

Fifty metres past the start/finish line after cruising up the hill from the School, Guy Green turned to Frank Nyhius and says "this'll throw the cat amongst the pigeons!" as he races off down the road, gaining about 100m on his dozen grade-mates. A couple of minutes off the front and it was looking like he was serious so Tony Chandler jumped across to offer a hand (or two legs). A short stint setting the pace was followed by a twitch of the elbow to call Guy through to take his turn. No Guy, more twitching and still no Guy. A look over the shoulder showed why; no Guy, just the bunch a hundred meters back.

The first turn came and went, Tony, catching the marshals by surprise, overshot the mark. The chase bunch held their neutral pace until Tony had regained the 30-second advantage he'd had before the turn before settling back into the chase.

Tony holding his advantage for the next couple of laps, building it to around 40 seconds at half race distance. Attempts at bridging to Tony by Ian Harper, Phil Cavalieri and Olivier Pomie didn't get very far, a lack of support finding them come up short. An attack by Phil Smith late in the second lap did little to impact Tony's lead, however a move by Rob Amos, Guy and Roy Clark on the way out for the third time saw his lead cut to around fifteen seconds at the turn. The dozen back together at the turn with the nine having chased down the three by then. The politicking on the return enabled Tony to regain many of the lost seconds by the

bell, an attack by Phil Cavalieri late in the lap having little impact as the chasers rode up to take the bell.

Once out of sight of the others, putting all his eggs in the one basket, Tony buried himself in the hope that he'd gain enough of an advantage by the final turn that the chasers' thoughts would shift from chasing to pacing, resigning to race for second. Tony's efforts were rewarded, his lead around a minute at the final turn and, as the chasers marked each other over the last leg, it extended, Tony finishing almost a minute and a half ahead of the race for second.

In the race for the minor placings Damiano took off with about 200 to go and was able to keep his lead to the finish line to take second. And, despite suffering a stitch from laughing every time he looked up to see Tony up the road, Guy Green managed to pass the other ten over the last two-hundred metres to take third.

#### b-grade (Courtesy of Phil Pelgrim)

The venue was Macclesfield, a scenic but leg testing 58 odd km, undulating, out-and-back 4-lapper, with recently laid loose asphalt in parts acting like a game of Russian roulette. I must correct the 'arrive late, panic - no warm up' policy I seem to have adopted. The last minute race strategy adjustment was to sit on the back of the bunch for a while, not do too much for 2 laps and try to work away the obvious car stiffness/lethargy and ease the HR up. Well the first half lap North was fairly pedestrian; very helpful; but it seemed everyone had the same idea – let someone else do the work, but nobody keen to lead.

The return south is where it always happens in this circuit with three moderately tough but short hills that seem to get much steeper each lap. At the first hill, the comment from an unnamed el-presidente along the lines of "fat to the back and skinny to the front" I realised I was in the wrong place and joined my fellow outcasts towards the front. At the crest, thinking I was simply dragging the 'skinny' group to the top, it soon became apparent that I was accompanied by only one other. Sensing a gap of sorts, I knew my plan to do nothing for 2 laps was already flawed, and hurriedly threw together a new one – just go for it!

Quick introductions to my fellow escapee; Doug, and with an agreement to swap turns, we were off. We shared solid turns for the next 2+ laps and each time at a turn-around we got to gauge whether the gap stretched or shortened. It max'd out probably around 30sec early at about 1.5 laps and stayed there! We

worked the 2nd and 3rd laps to stretch that but the bunch matched the effort. Each time we turned I was hoping the gap to be bigger, and we would see rewards for our dual efforts, but the effort wasn't paying dividends – the bunch was aware of the danger.

We persisted but on the last turn, the gap was a tad shorter and you could sense the bunch was smelling blood. I was hoping they were getting tired too. We nevertheless persisted; but then on the first of the last three hills I was suddenly alone and understood the only option - an individual 5km TT to the line – not quite in the ‘plan’. A few km’s later I soon heard the unmistakable sound of multiple gear shifts from multiple bikes as they – a reduced bunch of 6 I think (though I tend to lose the inclination to count when tired!), came past – swallowing me up!

You watch the majority of pro races where ‘brave or stupid souls’ try their luck off the front of the peloton, sometimes 100-150km from the finish only to be eaten up with ‘cm perfect’ timing from the bunch. Well not quite the pro-peloton, but I can now concur that yes the feeling is not real nice. Despite staying on their heels until the decisive surge for the line (someone went for it – very successfully too I might add!) I had no petrol cards left. A case of ‘what if ....’ Again. The lesson? Stick to your first plans! Or wait a week and try it again!

### c-grade

## Results

	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>
<b>a-grade (13)</b>	Tony Chandler	Damiano Ambrosini	Guy Green	
<b>b-grade (12)</b>	Glenn Newnham	Nick Tapp	Leigh Bailey	
<b>c-grade (15)</b>	Glen Pascall	Darren Joy	Nick Bird	
<b>d-grade (18)</b>	Gary Leroy	Beb De Jong	Tony Rodriguez	Graeme Parker
<b>e-grade (11)</b>	John Axsentieff	Paul Kelly	Brett Robinson	

## Officials

Thanks to Graeme Parker and Ronnie Stranks who were on the desk taking entries. And to all of those out on the course ensuring we had a safe race we always say thanks. Thanks also to JC for bringing the trailer and to Peter Mackie on hand with the drinks.

## Eastern Vets Program

Saturday	May	31	2:00pm	Killara Road	Graded Scratch Races
Saturday	June	7	2:00pm	Casey Fields	Graded Scratch Races
<b>Saturday</b>	<b>June</b>	<b>14</b>	<b>2:00pm</b>	<b>Yarra Junction</b>	<b>Eastern v Southern</b>
Saturday	June	21	2:00pm	METEC	Graded Scratch Races
<b>Monday</b>	<b>June</b>	<b>30</b>	<b>8:00pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
				The Loop – Yarra Boulevard	Scratch Races + post race coffee

**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.

The c-grade race was fairly uneventful for much of the race, most of the attrition coming through lack of hill fitness rather than aggressive riding, a few falling off the wagon along the way. c-grade not riding away from d-grade indicative of the fitness of the bunch, reflecting a fairly casual pace.

One of the anticipated aggressors in Nick Bird was not to be seen for the majority of the race and it wasn't until the last of the big hills that he came out to play. Accelerating up four or five of the remaining "little hills" prior to the finish to soften everyone up.

Despite the relatively easy pace of the race the efforts extracted on the last couple of rises took their toll, someone said their computer only showed a top speed of 24 kph in the uphill big bunch finish so Nick's softening up clearly worked.

### d-grade

No report

### e-grade

No report

## Southern Vets Program

Sunday	June	1	9:00am	Cora Lynn – Modella	Anniversary Handicap
Sunday	June	8	9:00am	Casey Fields	Graded Scratch Races
Sunday	June	15	9:00am	Lang Lang – Yannathan	Graded Scratch Races
Sunday	June	22	9:00am	Crib Point	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	June	1	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Sunday	June	8	10:00	Lancefield	Handicap (48k)
Sunday	June	15	9:30am	Freight Drive, Somerton	Graded Scratch Races
Sunday	June	22	10:00	Avenel Road, Seymour	Tom Stewart Handicap (64k)

## Victorian Veteran Cycling Council Program

Saturday	May	26	1:00pm	Rochester	“Oppy Race” – 70k handicap	Closed
Sunday	June	22		Lang Lang	VVCC State Road Championships	15/6 - \$15 22/6 - \$20

## For your calendar

Date	Location	Event
14/6/2008	Yarra Junction	<b>Ike Collings Shield</b> It's on again, club pride is at stake as Eastern host this year's annual Eastern versus Southern road race challenge. Set this date aside and bring out your best legs to wrest the shield back from the southerners.
15/6/2008		EastLink Cycle Challenge Registrations close 13/6/2008
12/7/2008 - 13/7/2008	Lang Lang/ Cora Lynn	Southern Vets Two Day Tour Day 1; 22k ITT and Road Race (A-D - 66k, E & F – 44k, G - 22k) Day 2; Road Race (A-E - 72k, G - 50k) Entries are \$40 with the secretary and close 7/7/2008
30/8/2008 31/8/2008	Halls Gap	Grampians VCC Graded Scratch Races VVCC Handicap A great weekend of socialising and cycling Contact Ian Smith for details or expressions of interest.
19/10/2008	Melbourne	BV Around the Bay Registrations open - 210k via Queenscliff sold out (2/4 -11/4/2008 (9 days)) Nigel Kimber will be leading a 250k group, there will also be a group going to Sorrento and back.

## Committee Matters

Several things from the committee meeting of Monday 26<sup>th</sup> of May;

### New Club Rule

At the meeting on Monday the Club passed a rule clarifying the situation where a rider asks to ride down a grade. The general principle is that, if a rider asks to ride down a grade, the rider should not take any part in the race, ie the rider should just sit on the back of the bunch. The rule is as follows:

A rider requesting to ride down a grade will not be given a race number and must sit at the back of the main bunch and not take part in the race in any way. The rider must not participate in any breakaways, assist the bunch in riding down breakaways, or take part (including giving a lead out to a rider in the race), in any intermediate or finishing sprints.

This rule does not apply if a rider is put down a grade or grades by the handicapper.

Due to a clash of dates between the Rob Graham Memorial Time Trial and Southern’s three stage tour there may be a change of date for the Time Trial. The most likely scenario is that the Time Trial will be held a week later, on the 19<sup>th</sup> of July and the Group Handicap will be run on the 12<sup>th</sup>. The time trial will still be held at Yarra Junction and the handicap at Steels Creek. Be aware of this possible change, any change of fixture will be notified via e-mail, through this newsletter and at the post race presentations.

The annual Eastern v Southern Road Race is only a couple of weeks away and the club needs your support to get the Ike Collings Shield back from Southern.

A proposal from Southern that entry fees for the two annual Eastern v Southern races be directed to charity and not to individual prize monies has been adopted by the club.

The club actively encourages members to make use of the free classified section on the club website. Ads will be kept on the site unless the item is sold for a period of 3 months and will then be deleted. We would like to keep the classifieds current so if you haven't sold your item and want to renew your ad you will need to email the webmaster Phil Spona at phil@ausbike.com to renew your ad near the end of the 3 month period. The ads that are currently on the web page will be deleted on the 30th of May unless Phil receives an email advising that you still want the ad to be there. Please make sure if you sell the item let our webmaster know.

### **Fat Tyre Flyers:**

Looking for something different to do Sunday 15<sup>th</sup> of June, maybe spin the legs down after the challenge of the bump at Powelltown. Rob Amos is hosting the opening race of the FTF Winter series at his Chum Creek property near Healesville.

Day licenses are available for anybody wanting a go on this technical track.

Other rounds in the series include a dirt crit and an enduro at Gembrook later in the year. Details of all events are available at [www.ftf.com](http://www.ftf.com)

### **Other Results, etc.:**

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