



Eastern veterans cycling club

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Respecting the Rights of all Road Users

Newsletter April 10th 2010

Graded Scratch Races – Casey Fields – April 3rd

Race report

Easter; a long weekend, school holidays and Maryborough. - large crowds weren't to be expected and so it was with only fifty turning up to Casey Fields for our regular club race.

Unfortunately due to the long weekend I've been unable to collect and collate information from last week's racing to write race reports but for your enjoyment Nigel Frayne has provided some insights into the joys of age based racing at the South Pacific Championships and Colin O'Brien waxes lyrical about riding in the high country.

South Pacific Championships with the 55-59yo's

(Nigel Frayne)

Day 1 (2/4/2010) – Road Race

Phew! Windy out here in the sticks. Race went exactly to plan, push away on the hills, get a gap, smash it into the wind and see who can group up for the run into town, play it safe until the last minute then outsprint em. Only prob was it wasn't me doing it. I wasn't the first to get dropped but dropped I was.

Back to the start, and 20 riders assembled in the 55 - 59 age group. I probably shouldn't have looked around coz my spirits dropped when I saw these guys. I thought Belgium was tough! Well it was, but these guys looked very fit and this was going to hurt. We set off out of town at a very brisk pace with the wind on our tails. A few guys put in some early attacks - I couldn't see their faces but surely they were laughing! Attack with a howling tail wind in this bunch? Ha!

We stayed together until the left turn at Donolly with the speedo rarely under 40kph. Approaching the left turn things bunched up as everyone got nervous about the wind and the tight echelons on the narrow road. However it was generally calm with only a few escape attempts on the hills which were drawn back. Once we crested the third in a series of rolling hills (at Mt Hooghly) we were then hit in the face by the full 35kph cross-headwind. Up until then we had only dropped about 4 riders but now things got much more serious and stretched out. I was one of the last to fall off and ended up with a guy from Ballarat and we set about hurting ourselves even more. The HRM eased out of the 180s and as we rolled turns things calmed down.

But alas the leaders had gone and I could see two individuals off the front with the small bunch chasing in the distance. Incredible how they do that in that wind. We eventually arrived at the left hander and set the storm jib for a tack to Maryborough. This was the toughest section with the wind hard in the face across the open fields. As the two of us pushed on other dropped riders started coming up from behind. A group of about 12 formed and we were doing some nice turns. But the pace wasn't high enough (low 30s) and sure enough the leaders from the 60 - 65 bunch came up on our tail. We let them pass only to find that they slowed and with the follow car now in between the groups we were stuck. Not allowed pass!

As they continued to crawl along we suddenly realised our lead bunch was visible on a long straight section of road up ahead. We wanted to try to chase but would have been disqualified for passing. Finally the older codgers got serious and put on some pace for the run into town. We also picked things up and as we turned for the run to the line it wasn't clear whether a sprint was on or not. Just as someone suggested we roll in grupetto someone else jumped away. I wasn't having that so jumped onto his wheel. I knew Ivan Howes wouldn't be able to resist a sprint so I was listening for him. The line got too close so I went for it and did manage to win the sprint. Think that means 7th or 8th or something. But given the situation that doesn't really allow bragging rights to be fair. Sprint felt good so a confidence builder for tomorrow morning. Phew I'm buggrd now tho.

Distance: 62.8km, time: 1:51:40, avg: 33.7kph (messed up by that last 10km sitting behind the car), max : 53.1kph
HR: avg - 161, max - 185
CAD: avg - 86, max - 118

Day 2 (3/4/2010) – 300m sprint & Time Trial.

So the morning began with the 300m sprint. Fastest 2 in the heats race for Gold and Silver, next 2 for Bronze. Not much to say really - blustery head wind knocked everyone's time about, and it was just a bit nippy at 8:30am. I went into the Bronze ride off pretty safely with only .02sec over my competitor's time: 30.30 versus 30.32 But then I pretty much blitzed the guy to take the prize 28.27 vs 30.19 I guess he eased off when he realised he was done and my last 100 was slower as well, but because I was tired ;-)

Stats for the final run:

Speed: avg - 39.8kph, max - 46.1kph
CAD: avg - 107, max - 108 ;-)

First 100 = 10.7sec; second 100 = 8.1sec; third 100 = 8.4sec.

So, nice, picked up my cheque and medal this evening.

The afternoon was spent wondering why I was even thinking about doing a time trial given the wind, being tired and being a pretty poor TT man. But I turned up anyway, fitted the aero bars, warmed up on the trainer for 30 minutes and waited in line. But there were gaps in the slots, lots of them. Guys weren't turning up. Even the strong man, Ian McGeogh (winner of all the previous stages) didn't show. Hmm, that got me thinking, but when I was clearly within a minute of my minute man at the turnaround I maybe started to believe I could sneak a place.

However, as I turned for home I realised things were going to be just a little difficult. Not only was it generally uphill back to the line but the wind was right in my face as well. I was living a fool's paradise for the 7.5km to the turn where the average speed was 41.25; on the way back it dropped to 31.7 and I was in all sorts of pain.

I just don't have the power for hills and wind. So, my minute man got away and I ran 4th. Drats! But frankly I have no right to be contesting a TT podium. The winner in our grade beat me by 4 minutes! Oh well, you can only race those that turn up.

So I'm glad I went out and did it. Tomorrow we finish off with a 30 minute criterium. Now that's gonna be something very different.

Time: 25:10 (official), Distance: 15.1km
Speed: avg - 36.1kph, max - 52.8kph
CAD : avg - 86, max - 108
HR : avg - 177, max - 188

Day 3 (4/4/2010) – Criterium (1.3k loop).

So it comes down to the day of the 'smash fest' - 30 minutes of the strong men working us over to extract what little self esteem we have left. Well maybe that's a bit strong after all they're actually very nice guys, just awesome riders. There was certainly a sense of intent in the air as we set off for the warm up lap. The aforementioned wind on days 1 and 2 now turned into a fluky blustering affair generally from the North but seemingly sweeping around the course across one or other shoulder at 20+kph. A loss of any wheel could mean curtains for anyone following. Hence my ploy was to stay up front as much as possible and follow any attacks. Any previous notions of my own solo escapades (Plan A) were extinguished by the conditions.

It didn't take long for the first attack to occur and the worrying sight of Ian McGeogh (the strongest rider) out of the saddle and chasing it down gave us the first nasty fright. If he teams up with anyone the rest of us are history. I decided to stick with Plan B - try to stick on his wheel come what may. I hit the red zone and chased onto his wheel and we both bridged to the escapee and sat up. Over the next 15 minutes the pace was held pretty high as we were softened up for the kill. After a few failed attempts a guy who we'd been leaving out there to suffer actually managed to pull a respectable gap. I had just

finished a turn on the front when Ian made his move and succeeded in escaping our clutches. So much for my Plan B.

A quick recalculation to Plan B was implemented; Plan C - go with whoever was the next to chase. One of the strong men from Ballarat jumped away and the rest of us seemed to all have arrived at the same Plan C. However implementing a plan is not so easy when your HR has already been redlining for 10 minutes. Only one rider managed to stick with the chaser so now we had two groups of two away with two or three already out the back door and our little group of four chasing, or was it just surviving?

As it happened three of us knew each other from previous years so we quickly started to cooperate. We flogged those horses as hard as we dared. Can one be arrested for cruelty to oneself? Eventually the wind and the pace and the effort told on the fourth chap with us and he drifted out of the grupetto. Down to three and we're not making any inroads on the pairs up ahead. In fact they were now out of sight. We had already lapped one chap ourselves and started to fear that we too may be lapped by Ian and his cohort.

But it was not to be as the bell jangled for the last lap. I hadn't even noted the 2 laps to go sign. Must have been buried in the red mist and blurred vision with heads pointed at the ground and teeth clenched around the bars. I decided to roll off the front and see if either of the others would take up the reins. Alan (Barney) Barnett kindly obliged perhaps knowing that he was unlikely to entice two medal winning sprinters (Ivan Howes silver and yours truly bronze) to do any more work. I shamelessly sat on his wheel listening to Ivan behind me tightening up his shoes and releasing his brake callipers. Were we going to sprint for 5th? You bet!

Given the head wind the sprint point was going to be a gamble. Go too early and you'll hit the wall. Go too late and he'll get the jump on you with no time to catch. I decided to climb the wall and went for it about 200 metres out staying as low as I possible could - Cavendish style ;-). It worked and I crossed the line clear. Earlier Ian McGeogh had lived up to his odds on favouritism and won against, hmm don't know who he was, and Ken Heres the boy from Ballarat had out sprinted his partner (don't know who he was either) for 3rd.

So that's a wrap. Sth Pacs done for another year. Same good honest and hard racing as other years and pretty much the same results, generally midfield apart from the sprint bronze and unexpected TT result. Hopefully I'll be back next year to do it all again.

Stats:

Distance: 19.9k, time: 32:29, speed; avg : 36.8kph, max 50.7kph
CAD: avg - 90, max : 113
HR: avg - 173bpm, max - 210bpm (ahem! think maybe a Polar issue? Average for that sector was only 161)

Terra Australis Mountain Bike Event 2010: March 21 to 27.

(Colin O'Brien)

Well, what a classic and challenging seven days of mountain biking through Victoria's high country and north east. This was a

fantastic experience that took us through stunning scenery and exceeded all of my expectations. Given that we did 590km of riding and 13,000 metres of climbing over seven days that's a big call. And, with three of those days totaling just 186 km and 2,940 metres of climbing you don't have to a math's wiz to gulp at the challenge the other four days represented.

Rocky descents, 20% plus gradients, river crossings (walking and carrying the bike), 40km uphill, 12km 1,000m climb, speeds up to mid 60 kph (higher for the elite) and weather that was about as good as you can get. This was an event that had just about all the challenges you want, and yet still have you coming back for more.

Day one started off with an immediate climb out the back of Falls Creek before descending back into the village, out to Mt. Nelse and a 6km fast descent down a "rock garden" which is likely a river bed during heavy rain. But when you are descending rapidly over sharp rocks and standing out of the saddle for 6km you tend not to take too much notice of such minor details. Bicycle damage and flat tyres were always on your mind and with 28 punctures out of 60 riders for the day the concern was well justified. Troy Bailey, elite rider, had the dubious honour of honing his skills with five flats!!!

By day's end we had done a bone jarring, wind-swept, coolish 90 km and 2,000 metres of climbing...even though we had gone from Falls Creek down to Mt. Beauty.

One thing to remember about the Australian bush...going down means that you go up. Go figure that one out! A nice warm-up for the next day which turned out to be the toughest I have ever spent in the saddle.

We awoke to a beautiful morning at Falls Creek with ice on the windscreen and road and a balmy 3°C at the 8am race start. With no wind it was a perfect start with the sun and our exertions quickly warming us up as we headed out of the village. This was to be a classic day with everything in a mountain bike stage event you could want. Across the Bogong High Plains through snow gums, 20 glorious km alongside a 1940's aqueduct, through remote farms in deep valleys where we dropped below Bogong, trout streams running behind back doors and a long, steady and relentless 40km climb to Dinner Plain to finish the day off. Up, down, up, down, up...until finally we reached the beautiful little village.

A challenging 102km, 2,200m of climbing and 7:07 hours in the saddle. The most difficult, beautiful and rewarding day's riding I have ever experienced...is that all possible in one ride? Flopping on to the grass in perfect sunshine we watched other teams come in as we went into post-race recovery mode. Top up with fluid and electrolytes, eat your favorite food, book in to your accommodation, clean and check your bike, book it in for a service and minor repair, shower and into clean clothes and then enjoy a post-race coffee and cake with other riders in the small village...a routine that you quickly adopted at the end of each day.

Have dinner, attend evening stage presentations, prepare for the next day and try to get a good night's sleep. Up at 6am, eat, prepare food, drink and ready your body and mind for the next stage. Have your bags packed for transporting to Bright.

Then, again in glorious sunshine and about 6°C temperatures we headed out at 8am to Mt. Hotham. From there we enjoyed stunning views of Mt. Feathertop before plummeting down to the Kiewa Valley on fast, rocky and twisty trails. Then, the first of VERY cold river crossings where you have to carry your bike to the other side. A relatively "soft" day of just 75km and 1,220m of climbing.

How can it be...dropping from Mt. Hotham to Bright and still climbing over 1,200 metres? Go figure again!

A cruisy day to prepare body, mind and soul for the next stage, a stage that had been exercising my psyche for the past six months - ever since I had first heard about it. 117km from Bright to Bright that took you half way up Buffalo, back down and then up the rear of the mountain for a 1,000 metre climb over 12 km. With gradients from 8% to 16% you didn't really have any time to stop and smell the roses! Then followed a fast, threatening descent on the gravel of Goldie spur track with a 60 degree precipice to your left that you didn't even want to think about looking at!

Down to the second feed station for the day where you have another opportunity to refine the art of eating fruit cake, torq bars and snakes washed down by electrolyte drink all at the same time...one of the many skills I acquired during the seven day event. Grab a handful of food for your jersey pockets, make sure your fluids are topped up, and then head back towards Bright before another climb of 600 to 800 metres. All designed to make short work of the largest and best spaghetti marinara I have ever had for dinner.

This was our best stage result for the week where we finished 14th of the 29 teams reflecting our complementary hill and climbing strengths. If you say 8 hours and 17 minutes quickly it doesn't seem quite that bad! But, there are some tender moments for your body to remind you that you were seated for that long.

Just when you think you can relax your mind quickly reminds you that the day after is going to be another lung-busting day in the saddle. Almost 2,300 metres of climbing and 92km...is there no respite? Day five is a simple reminder that if you spend your bickies too early in this event you will pay the price. A 14km climb up Mt. Porepunkah to soften the legs, across a paddock full of cow shit and millions of flies, and then a 5km VERY steep climb into Mt. Stanley forest reserve. Don't ever listen to anyone who says that you shouldn't have a granny gear.

From there it was meant to be a gradual descent into Beechworth...the first time I actually believed the organizer the night before at the pre-stage briefing! Big mistake. In case the first lesson hasn't sunk in yet let me refresh your memory. Going down in the Australian bush means going up! For 20km while we descended we climbed...all the time. Finally we actually dropped into Beechworth after six hours in the saddle.

The next day, though only 48km we still climbed 1,100 metres and our steepest gradient yet. A late (9.30am) start had us back by lunchtime, plenty of time to recover, clean up and then spend many hours relaxing outdoors at the Beechworth Brewery. It was a great afternoon with most competitors, support crew, family and friends in attendance at some time during the afternoon. Pizza, beer, coffee, getting to know your fellow competitors and others

with the thought that there was just one more day to go...an easy 66km and 650 metres of climbing.

Whoa, who said any of these days were easy. A twisty, rocky, technical start the following morning through Beechworth's mountain bike park quickly reminded me that my skills need improving in this department. A low speed fall over rocks followed by an attempt to push down a tree with my shoulder were painful reminders that this race wasn't over yet. Once we were out of this section and into climbing mode Marius (my partner) and I were back doing what we did best...love them hills! Finishing at Wangaratta just after noon we both felt an enormous sense of satisfaction and achievement. This was the biggest physical challenge I had ever attempted and I made it.

I had worked very hard the past six months to prepare and yet a month out I started seriously debating with myself why I was doing it and finding the "I have to go for a long ride" wearing me down. I'm so glad I persisted.

Although only being introduced to my event partner via email and meeting him just four days before the event I was very lucky. As a 50yo from Sth. Africa and now an Australian citizen living in Western Australia Marius had previously done the 7 day Cape Epic, similar in distance and climbing. He was patient and always mindful of how I was going. A man of few words (who wants to talk when you are labouring up a 20% gradient!) his experience was invaluable. Although stronger than me we were not too dissimilar in fitness, both preferring the long climbs which was our forte. Our downhill skills were not as good as most competitors around us and we usually lost some time in these sections...something that can be improved upon. Our cautiousness was in part to avoid punctures, bike damage and high speed falls. Each competitor makes his or

her own decisions regarding descents but the seven day event saw a big improvement in this and general bike handling skills.

There were some exceptional performances during the event that are worth mentioning. The winning team had one partner, Robbie Hucker who was just 20 years old. One woman competitor was blind in one eye...and finished the event and did very well. Next time you go for a mountain bike ride cover one eye and see how you go! Kerry Ryan, 67 yo and ex Eastern was outstanding and with his 53 yo partner finished 6th of 29 teams and 1st in the men's 50+. Our own John Pritchard and Nigel Letty (Bicycle Superstores) were 4th in the men's 50+ and improved 8 ½ hours on last year!

Marius and I were 3rd in the men's 50+ in 36 hours and 49 minutes...just an hour slower than Kerry Ryan's 2009 time but 5 hours slower this year! As I said, Kerry's performance and improvement were outstanding.

Will I do it next year...definitely! It exceeded my expectations in every way possible. And, as tough as it was there is one word that comes to mind when I think of mountain biking...fun! And this was fun.

I will write a third article on preparation and equipment on the Terra, should I have piqued anyone's attention in the event for 2011.

For further information check out the following web site;
- www.terraaustralismtbepic.com/index.asp

Colin O'Brien
Proud Terra Australis Finisher, 2010

Results

	First	Second	Third
a-grade (6)	Justin Davis	Frank Nyhuis	Phil Thompson
b-grade (10)	Rob Harris	Anthony Gullace	Ray Russo
c-grade (11)	Chris Norbury	Dean Niclasen	Michael Paull
d-grade (12)	Chris Ellenby	Jake Jodlowski	Mark Cheeseman
e-grade (7)	JC Wilson	Graham Cadd	Ross Gardiner
f-grade (4)	Phil Cox	Alison Barnard	S. Goldsmith

Officials

Thanks to those on the desk taking entries. And thanks to Mal Jones, Tara Davis and Ray Watts for keeping an eye on proceedings and finishing it all off safely. Also thanks to Richard Dobson who manages the duty roster and ensures we have enough people on the day for our races, to JC Wilson who brought the trailer along and Peter Mackie who was on hand with the drinks.

Note : Members rostered for marshal or traffic control duties must be at the circuit at least one hour before the scheduled start time to assist with the setting up of the course.

Eastern Vets Program

Saturday	April	10	2:00pm	Dunlop Road	Graded Scratch Races
Saturday	April	17	2:00pm	Arthurs Creek	Graded Scratch Races
Sunday	April	18	10:00am	Kernot	Gippsland invitational handicap
Saturday	April	24	2:00pm	METEC	Graded Scratch Races
Monday	April	26	8:00pm	Maroondah Club	General Meeting
Saturday	May	1	2:00pm	Casey Fields	Graded Scratch Races
Wednesday			10:00am	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.

Northern Vets Program

Sunday	April	11	10:00am	East Trentham	Pig & Whistle h'cap (44k)
Sunday	April	18	10:00am	Kernot	
Sunday	April	25	1:00pm	Lancefield	Benghazi h'cap (VVCC Open)
Sunday	May	2	10:00am	Lancefield	Club Championships

Gippsland Vets Program

Sunday	April	11	9:00am	Pakenham	Graded Scratch Races.
Sunday	April	18	10:00am	Kernot	Handicap Entries to ?? BBQ and refreshments served post-race
Sunday	May	2	10:00am	Kernot	Graded Scratch Races

Victorian Veterans Cycling Council Program

Sunday	April	25	1:00pm	Lancefield	Benghazi handicap (79k)	18/4 - \$25
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Note : Entries can be made on-line through the VVCC website or are to be on the appropriate VVCC Open entry form (available on VVCC website) and are to be accompanied by the requisite fee.

Other Results, etc.:

For your calendar

Date	Location	Event
11/4/2010	Tarrawarra	Just Cycle Yarra Valley - 45k (Maroondah Hwy, Warburton Hwy Healesville-KooWeeRup Rd loop) - \$130, - 120k (45k ride plus Donna Buang) - \$145. - www.justcycle.com.au
15/5/2010	San Remo	bridge 2 bass hills 8:00am start - 114k (\$70)(does most of the Kernot race loop), 8:30 start - 63k (\$55) http://www.eventsupport.com.au/
17/10/2010	Melbourne	Around the Bay in a Day Registrations open 1/4/2010 for BV members, 8/4/2010 for general public - www.bv.com.au
27/11/2010	New Zealand	Wattyl - Lake Taupo Cycle Challenge Mal Jones on 0412 569 100 or email mal@shotproperty.com.au

South Pacific Championships

Congratulations to all our members who competed in the South Pacific Championships and well done to the medal winners;

- Jamie Goddard (35-39); 300m Sprint - 3rd, Criterium - 2nd
- David Holt (40-44); Road Race - 2nd, 300m Sprint - 1st, Criterium - 1st and aggregate winner
- Boyd Friis (40-44); Road Race - 3rd, 300m Sprint - 2nd, Time Trial - 2nd, Criterium - 2nd
- Roy Clark (45-49); Time Trial - 1st, Criterium - 2nd and equal aggregate winner
- Phil Cavaleri (45-49); 300m Sprint - 3rd
- Rob Amos (50-54); Road Race - 3rd, Criterium 1st
- Tony Chandler (50-54); Time Trial - 2nd
- Nigel Frayne (55-59); 300m Sprint - 3rd
- Ken Bone (65-69); 300m Sprint - 2nd
- Martin Peeters (70-74); Road Race - 1st, Time Trial - 2nd, Criterium - 1st and aggregate winner
- Ron Stranks (75-79); Road Race - 3rd, Time Trial - 3rd
- Jodie Batchelor (40-44); Road Race - 2nd, 300m Sprint - 1st, Time Trial - 1st, Criterium - 1st and aggregate winner
- Deborah Chambers (40-44); Road Race 1st, Criterium 2nd
- Carol Ross (45-49); 300m Sprint - 2nd, Time Trial - 3rd, Criterium - 3rd
