

Newsletter



Duty roster

17 July, National Boulevard
Northern Cycling

23 July, Arthurs Creek
Richard Dobson (R), Mal Jones (TC), Peter Webb (TC), Troy Drinan, Andy Burmas, Andre Weber, David Pyne, Peter Bertelsen, Louise Wolfers, Katrina Bolmat, Phil Cavaleri

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, tiptop2@optusnet.com.au

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This month's series of four fixtures between Eastern Vets and Northern Cycling got under way on Sunday. Results are at <http://northerncycling.com.au/10-7-16-national-blvd-tour-de-metro-northeastern-race-1/>. Peter Gray's report is inside.

Racing this week is on Sunday again, at National Boulevard in Campbellfield, starting at 9 am. Be there before 8.45 to register.

The club's Tour de France Night is just one week away on Saturday 23 July, at 7 pm for a 7.30 start, at the Kilsyth Club. Come along to hear an inspirational guest speaker and watch Stage 20 on a big screen. Contact David McCormack pronto if you still want to attend but have not yet booked. Catch him on race day or email at davemacq@bigpond.com. See inside for more.



Vince Sinni and Hylton Preece warm up the crowd at Saturday's post-race presentation.
Photo: David McCormack



Graded scratch races, National Boulevard, 10 July

D Grade

North to Alaska (just turn off at Campbellfield)

I've got to admit to feeling a bit apprehensive the evening before racing at National Boulevard. The weather forecast predicted strong northerly winds, which is about as much fun as having wire braces fitted. My concern was allayed as we arrived at the venue to experience cold but still conditions.

North vs East

Today's event was the first of a four-stage points series race between Northern and Eastern Veterans clubs. The series consists of two criterium stages hosted by Northern and two road stages hosted by Eastern. A 'resurrected' perpetual trophy will be awarded to the club with the highest accrued points for placings attained in each grade and each stage.

Strategy

About half a dozen Eastern D Grade riders presented at the start line, which is very logically placed on a side street linking the finishing with the back straight.

It became evident in the minutes before departure that North outnumbered East by about 3:1. Nevertheless, our group formed a huddle as if to show its quiet solidarity. Some of the regular Eastern riders were there, guys whom I have raced against numerous times but rarely combined with in order to achieve a team result. It was similar to pro racing I guess, except we had no specific strategy to enable this to eventuate. Colin Mortley was nominated in the role of team leader and the remainder as domestiques. Our 'team' consisted of some good sprinters, attack specialists and potential breakaway contenders.

Clear for take-off

Like aircraft on a taxi runway, our group waited patiently to be despatched. It didn't require much rolling by the Northerners to get the pace up to airborne status, particularly on the finish straight

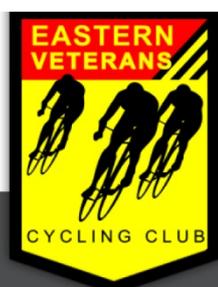


*The D Grade bunch completes the first lap.
All photos: David McCormack*

incline. Up and up it went (like my heart rate) and I wondered – no, prayed – for some back off. It appears North's tactics were to demolish East, by dropping us one by one off the back. So it evolved as a race where North would surge and East respond.

Thirty-six, 33, 36, 35, 36, 39, 36, 41 km/h! for the first 8 kilometres. When would we level out? So far our boys were handling the pace well and I noticed Robert Lackey, Ken Allan and Ron Chapman go to the front, hopefully to contain the 36.6 km/h average speed.

Clearly that tactic didn't work, as the pace for the next 10 km rose to 38 km/h. I was struggling to maintain that pace and focused on following a trusted flight path (wheel). Firstly Colin, then Robert, Nick Hainal, then Colin again. Up to this point I think all the boys were still there, except maybe Harry Hibgame who hadn't been training recently.





Answer my prayers

Thankfully, my earlier prayers were answered and the unsustainable pace eased, although now a conflict of sorts developed due to the slower pace of C Grade. Yes, D Grade had caught C Grade! The Northern leaders decided to overtake. Yep, fair enough, I hear you say, no rule here about not passing higher grades. It came as no surprise that C Grade picked up their pace soon after and overtook D. This juxtaposition occurred several times, requiring a verbal intervention from Northern President Vince Sinni for his comrades to 'back off'. Although this final 10 km was the slowest, it was certainly the most stressful and taxing and I recall several of the 'locals' were feeling the pinch of repeated accelerations. One more surge by Northern, then the pace shut down.

Coming back to Earth, prepare for landing

I was thinking, 'You beauty, finally a rest before the bell'. Ron had made his way to the front with me in tow. As Ron tired, Ken took over the lead-out. He upped the pace like Mark Renshaw might for Mark Cavendish, except I was no Cav. Still 1 km to go and our little impromptu surge was running out of steam. The approaching rise found our dig at an end and we were passed by a succession of rested riders, including Colin. It was all over, red rover, as Northern claimed all bar one of the top 10 placings.

Congrats to the committees of both clubs for organising the series. I'm confident it will become a feature of our winter calendar.

Peter Gray



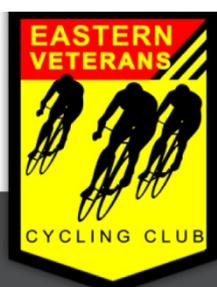
The Gate Opening Systems boys pre-race. Michael Borowski (R) and Darren Roberts (L) placed 1st and 2nd in A Grade. All photos: David McCormack



Chris Ellenby took out 1st spot in B Grade.



Steve Ross (L) was the best placed Eastern rider in A Grade, in 6th place.





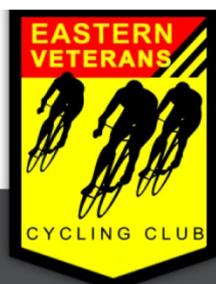
Wednesday criterium at the Loop, Kew, 13 July

It was cold, damned cold, at the Loop this week, but it takes more than a chill wind to deter that lot.

Division	1st	2nd	3rd
Division 1 (10)	Fraser Short (N)	Chris Munro (CV)	Paul Firth
Division 2 (6)	Geoff O'Loghlen	Mark Edwards	Rob De Bernardi
Division 3 (4)	Shane Dwyer	Doug Page	

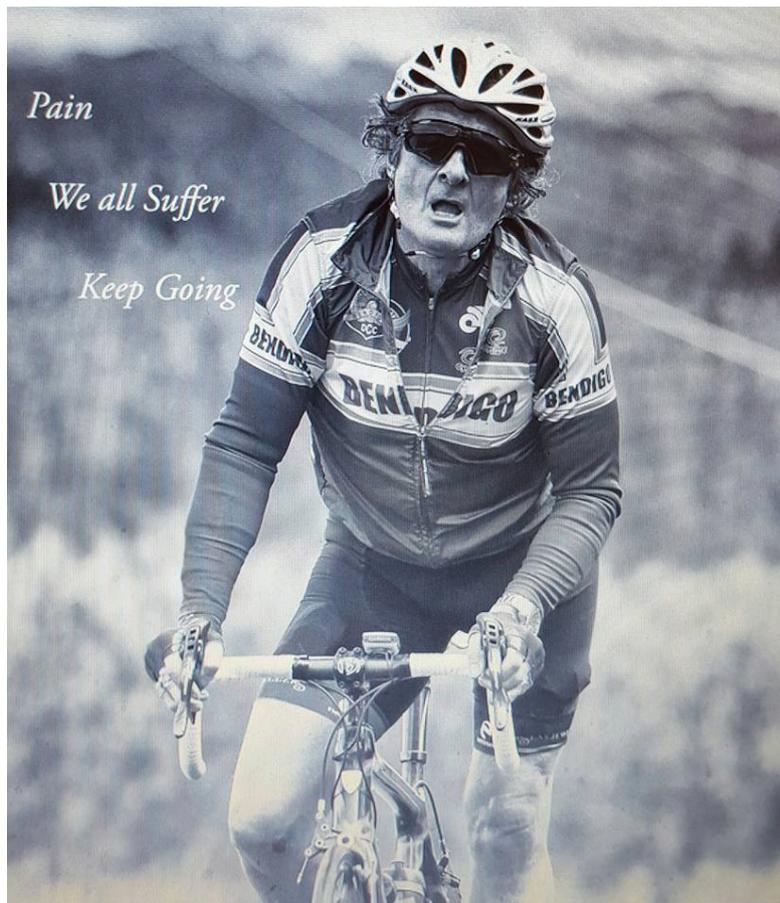
Thanks to Keith Bowen, Steve Barnard and Barry Rodgers for setting up and running proceedings.

Sponsors



Future events

Paralympian Noel Sens completes the gruelling Mt Gambier 100 Mile Handicap



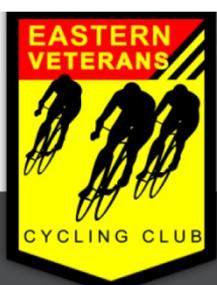
‘This is me in the Mt Gambier 100 mile race. I was a mess. Embarrassing. But I finished the bloody thing.’

If you would like to hear the amazing Noel Sens story, come along to our Tour de France Night! Noel is the guest speaker and it is truly an inspirational story. Book a table with your cycling mates, workmates, family. All welcome.

Tour de France Night Saturday 23 July 2016

Please book ASAP

Tickets available from David McCormack at davemacq@bigpond.com or at racing on Saturday





Eastern Vets

See the previous page for details of the forthcoming Tour de France Night.

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	

