

Newsletter



Duty Roster

24 December

No racing

31 December, METEC

Tony Curulli (R), Mark McGillivray, Phil Johns

If rostered for duty, you must be at there at least 1 hour prior to start time. It's your responsibility to find a replacement if unable to do your duty, then advise Andrew Buchanan, tiptop2@optusnet.com.au

7 January, Casey Fields

Steve Barnard (R), Andrew Rutherford, Brian McCann

Editor (relieving)

Peter Morris

pmoz@ozemail.com.au



A great days racing was had by all who fronted METEC for the qualifying scratch race and Xmas handicap. With a family theme, those who braved the brisk wind enjoyed some great racing, a fine BBQ and drinks afterwards. A few kids who brought bikes rode the warmup and experienced what it is like to ride a crit circuit. Hopefully a few little 'Cadells' are in the making. Special thanks to Dean Niclasen of www.toybricks.com.au who supplied a table full of Lego. This proved very popular with the kids and some fantastic creations were born. Thanks to all who helped out for what was a very enjoyable day. Be sure to check out Nigel's photos on the [website](#).

There is no racing this Saturday but we return to METEC on 31 December for a Graded Scratch Race.

Brian Farrel.

The club wishes Brian Farrel a speedy recovery. Brian was in hospital over the weekend for a surgical procedure but hopes to be released early this week.



A Grade ever attentive in the scratch race.

Photo: Ben Morris

Message from our President

It's hard to believe that christmas is almost here....where did the year go!!

It has been another big year of racing and riding for Eastern Vets members and most importantly it has been a safe year. We have not had too many serious incidents on or off the track and when you consider we've had approximately 50 odd races for our regular Saturday racing plus the Tuesday night and Wednesday racing, I think overall it has been a safe and enjoyable year of racing.

This will be my last year as president as I am vacating the position in 2017 after four years. I would like to take this opportunity to thank everyone for their support and help over the last four years, I would particularly like to thank all the current club office holders as their support and guidance has made my role of president much easier.

For me there is also another big change next year in that after over 10 years of processing our on-road race applications I have handed over that duty to Colin Mortley, I will be continuing to assist Colin with traffic management planning but Colin now has the job of getting the on-road permits and I would ask that you assist him where you can.

Colin is already working on the race program for next year and I can tell you he is planning some new circuits for us to race on, so stay tuned in 2017!

I think our race program is one of the best going for variety and racing challenges and it is only possible because the club membership supports the program by assisting with traffic control and marshalling on our circuits. Without that support we would not be able to run a typical year's racing program, so a very big thank you to all club members for supporting the road racing.

Finally I would like to wish you a merry Christmas and a happy new year and more importantly, as we head off on holidays, a safe riding new year.

Hylton

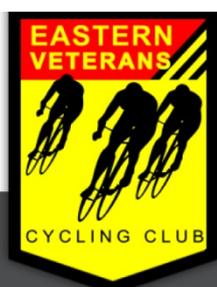


El Presidente tapping it out.

Photo: Ben Morris

Reflections

Dear fellow members, it is that time of year when we reflect on the year that was and the year to come, and it is a good time to reflect on what we have rather than we do not have. It is on this note that I would like to take the opportunity to thank the members of the club committee, other office bearers and key members for the work that they do so that I may occasionally turn up to enjoy safe racing. I do this with little consideration of the work that has gone on in the background so I can enjoy an afternoon with people I share a common interest with. When I arrive for racing there are a team of people already at the race site who have been there long before I arrived. They are unpacking the trailer, which has been maintained and stored during the week and then brought to the races every race day. They are organising a roster of marshals who have been contacted in the weeks preceding to set out the road plan according to a permit that was applied for in the months before. I go and enter the race and am graded according to my ability so that I can extend myself and so that others can enjoy their day of racing as well. I race and if I fall or hurt myself there is first aid at every race. After I have raced I can enjoy a drink or two with friends - drinks that have been purchased during the week and brought to races each week with ice purchased along the way so they are cold. I am also able to turn up to racing at the Loop each





Wednesday all year round or on Tuesday evenings during Summer. This is only a small portion of what is done on my behalf. During the weeks, emails and communications are being sent, newsletters written, club kit bought and sold, trophies ordered and picked up, invoices paid, funds banked and meetings attended. One committee member, brave soul that he is, attends the quarterly VVCC meeting in Geelong and has done so as the EVCC representative for years now. I am also aware of occasions when the club has been required as part of our permit conditions to letter-drop all the residents at race venues days before racing. This is just a sample of what goes on behind the scenes so that I can race each week if I want to turn up.

What I don't consider is that all of this is done by people who in most instances have day jobs as well and are doing this in their spare time. I pay my membership, of which currently \$65 goes to the club itself and \$35 of that is to cover first aid services. If the club were to pay for all the work that is done by a small number of members, my membership fee would cost much more than it currently does - possibly into the thousands!! Sometimes it is not ideal or perfect and things go wrong, but I recognise that it is all done with absolute good intent and in the interests of providing safe, enjoyable racing, and for that I am very grateful. I have enjoyed many years as a member of Eastern Veterans, met many friends and had laughs along the way. I look forward to many more years with the club I but know that it can't happen without the unpaid and often thankless work that is done by a handful of members, so I would like to thank them and hope that you will all join me in doing so.

I hope you all have a happy and safe festive season filled with gratitude.

V

"Gratitude is not only the greatest of virtues, but the parent of all others." - **Marcus Tullius Cicero**

"In normal life we hardly realize how much more we receive than we give, and life cannot be rich without

such gratitude. It is so easy to overestimate the importance of our own achievements compared with what we owe to the help of others." - **Dietrich Bonhoeffer, Letters and Papers from Prison**

"When you practice gratefulness, there is a sense of respect towards others." - **The Dalai Lama.**

Anon

Peter Gray Reminisces 2016

With 2016 pretty much done and dusted, I thought it a good opportunity to recall the year with 'a few of my favourite things'. Promise.....no more song or movie references!

I guess from a club point of view it's been a year of diminishing membership and numbers attending races. EVCC committee's focus has been to arrest the decline and deserves our encouragement and support. That's not to say that the competition hasn't been tough. In some respects fewer numbers have made the racing harder especially if, like me, you rely on others to do the bulk of the work. So thank you to all I've raced with and against; Chris, Colin, Darren, Dean, Doug, Ken, Max, Nick, Rob D, Rob L, Ron, Steve and whoever I've overlooked, for putting it all out there.

The Venues

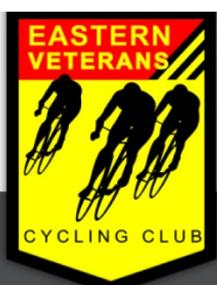
Eildon has produced some memorable racing, if not near freezing conditions. Anyone tried Arctic Cyclocross lately?

Smithy's virtual time trial in the Royce Bennett hcp, to place 2nd from scratch position was truly awe-inspiring.

The confrontation between an Eildon loco...I mean local and a club member, was memorable for all the wrong reasons.

A recent GSR at Arthur's Crk, made the infamous Casey Fields wind look like a Hot-air balloon rally, with a few riders wishing they hadn't fitted their deep-dish carbon wheel-sets.

We travelled to Seymour just to 'Seymour'...good time trial efforts.





Dunlop Road provided some unwanted distraction, unless one is partial to the odd shoe bargain, attending religious conferences, or dodging semi-trailers and street sweepers.

METEC, that twisty, bone shaking excuse for a country road, still remains a good skill development venue. Maybe one day we'll have a smooth Eastern circuit of our own.

Have I left the bestest to lastest? Yarra Glen and Gruyere offered some of the hardest racing there is to be offered in a Kermese circuit and often put our officials' arithmetic skills to the test.

Baby It's cold outside.(Sorry, couldn't resist)

I know for some, waking up on a cold, windy and rainy Saturday morning, makes the decision to go back to sleep an easy one.

One of the positive aspects of being 'Trailer-man' is that it takes that choice away. You've got to go and race every week, rain, hail or shine. If only I could have that kind of incentive to go training!

Personal Highlight.

I think my highlight of the year, would have to be competing in my first Team Time Trial, held at Seymour last September. Given how the 'Rocket 88s' came about, our limited training and failure of one booster to attach herself to the shuttle at launch time, a 7th placing on hcp, was not a bad result and one with room for improvement.

Personal Lowlight

Can't really think of many, except a very poor performance in the VVCC Criterium Championships held at Casey. I think I managed to get dropped on the second lap!

Where to in 2017?

If the cycling Gods are kind, I'd love to do more touring around the Victorian high country. A must do for me is Perth to Nanup W.A. (a small town near Margaret River). My sister lives there. Continue with my 'Everesting' goal, about 9km worth of elevation in 16hours. Wonder if I could catch one of them hot air balloons? If there's any time left.....wait.....I don't think there's going to be.

New year's resolutions.

Train harder and smarter. Read and study more.

CU next year.

So have a safe and happy Christmas and be sure to have a relaxing new year.

Hope Santa brings you the new bike you've always wanted. (Sample letter below)

Dear Santa,

I would like a new Pinarello Dogma F8, 52cm please.

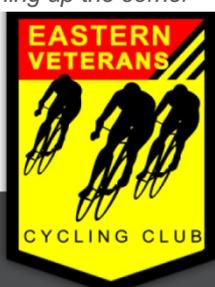
I put out a spare tube (in case you're delivering to the Yarra Blvd) and a biddon just in case it's hot. How much Bundy do you like?

*Sincerely,
Peter Gray.*



Lining up the corner

Photo: Peter Morris



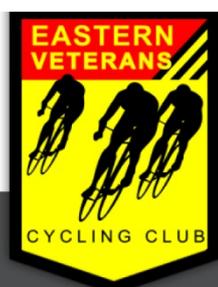
Qualifying GSR and Christmas Handicap, METEC, 24 December

Graded Scratch Race

Grade	1st	2nd	3rd	4th	5th
A Grade (8)	Rob Amos	Alex Randall	Kevin King	Jean-Philippe Leclercq	?
B Grade (11)	Ian Smith	Perry Peters	Paul Semmens	Doug Reynolds	Walter Savini
C Grade (17)	Rob Giles	Darren Woolhouse	David McCormack	Franc Tomsic	Steve Barnard
D Grade (17)	Rob Lackey	Colin Mortley	Ron Chapman	Chris Norbury	Keith Wade
E Grade (7)	Tony Sloan	Craig Stannard	Ron Stranks	Juanita Cadd	Jim Swainson
F Grade (5)	John Eddy	Clive Wright	Tony Lateo	Laurie Bohn	Andrew Rutherford

Christmas Handicap

1 st	Andrew Rutherford (E)	6 th	Craig Stannard (E)
2 nd	Rob Devouille (D)	7 th	Rob Giles (C)
3 rd	Rob Lackey (D)	8 th	Franc Tomsic (C)
4 th	Tony Lateo (F)	9 th	Darren Woolhouse (C)
5 th	Perry Peters (B)	10 th	Steve Barnard (C)



Tuesday racing at METEC, 20 December

Grade	1st	2nd	3rd	4th
A Grade (9)	Richard Able	Peter Howard	Alex Randall	Rob Amos
B Grade (8)	David Pyne	Dayle Goodall	Grant Greenhalgh	Paul Semmens
C Grade (17)	Dean Niclasen	Haydn Chapman	Darren Woolhouse	Adam Dymond
D Grade (5)	Rob Lackey	David Casey	Michael Muscat	
E Grade (5)	Leon Bishop	Peter Barka	Tony Sloan	

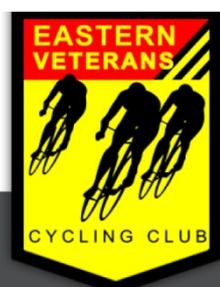
Wednesday Criterium and Agregate results at the Loop, Kew, 21 December

Graded Scratch Race

Division	1st	2nd	3rd
Division 1	Phil Cavaleri	Paul Firth	Dave Holt
Division 2	Greg Foster	Steve Foster	Rob DeBernadi
Division 3	Dean Niclasen	Bernie Evans	Simon Bol
Division 4	Michael Waterfield	Barry Rodgers	Frank Lees

Loop Agregate Results

1 st	D Nichlasen	94 pts	6 th	B Rodgers	60 pts
2 nd	I Clark (N)	84 pts	7 th	P Gray	60 pts
3 rd	F Short	68 pts	8 th	J Eddy	53 pts
4 th	N Cartledge	64 pts	9 th	P Firth	50 pts
5 th	D Page	62 pts	10 th	P Cavaleri	45 pts



Big Wednesday

The last Wednesday before Christmas is traditionally the big day at The Loop, where the medals are handed out. A big thank you to Laurie Bohn for organising the medals, and for keeping score on the aggregate points for the year. This year it came down to a two-way fight for the coveted aggregate winner's medal between Ian Clark (84 points) and Dean Nicalsen (88 points). Either rider could be victorious depending on the points permutations, but Dean sealed it with a fine victory in Division 3.

Medals were also up for grabs for the winner in each division. Phil Cavaleri and Paul Firth had broken away from the field in Division 1, leaving a very shattered bunch in their wake, and it was Phil who got to the line first ahead of Paul. David Holt then won the sprint for third ahead of the rest.

Despite a few substantial breaks during the race Division 2 came down to a bunch sprint. Greg Foster took the win in fine style, with Steve Foster just finishing over Rob de Bernardi for second, with only a tyre width in it. Good to see Steve back in form after his major accident at METEC not that long ago.

Division 3 pretty much stayed together for the whole race. After winning C Grade at METEC on Tuesday night in a solo breakaway, Dean Nicalsen backed up by garnering the medal for first, and by so doing emphasised his win in the overall aggregate. Great riding Dean. Second went to a relative stranger at The Loop this year, Bernie Evans, and third to the consistent Simon Bol.

Every week Division 4 pool the prize money so that the winner can shout everyone else a coffee. And, in the spirit of sportsmanship, the not-so-fast rider(s) get the advantage of some form of handicap. Which means that anyone can win it! Today Dr Michael Waterfield out-stayed the chasers (he asked me not to reveal just how many laps handicap he got), and won the medal

by about one metre from second and third! Excellent handicapping from the referee I thought: yes, it was me. Second was a fast finishing Barry Rodgers, followed by Frank Lees. It was great to see Frank has recovered from his fall a few weeks ago at Dunlop Road.

A big thank you to the guys who make this event possible every week of the year (weather permitting). Keith Bowen is the head honcho, and he even made an appearance today, despite doctor's orders to rest for six weeks. Oops, maybe I shouldn't have mentioned that. Barry Rodgers and Laurie Bohn share the job of bringing all the paraphernalia needed to run the race every week, so big thanks to them.

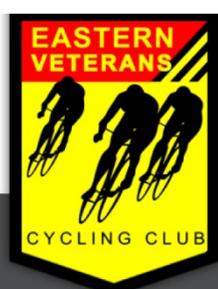
Attendance this year has been extremely good, with at least 30 riders each week, pushing up towards 50 on occasions, which is very gratifying. And the coffee down at the boathouse afterwards has been the major attraction, more so than the race according to some people. Like a lady once asked us : *"Haven't you people got jobs you should be at?"*

Steve Barnard



Xmas Scratch Race – METEC

Photo: Ben Morris





Future events

Road National Championships

Ballarat (Buninyong), Sunday 8 January 2017

Women's race at 8.00 am (102 km)

Men's race at 11.50 am (183.6 km)

EVCC BBQ on the Hill

Location is near the top of the Mt Buninyong climb (look for the EVCC tent).

The barbecue is fully catered for by EVCC volunteers. Drinks are available at club prices.

Parking is available near to our proposed site if you arrive early enough.

Further details to be advised later, when known (by email or on EVCC website).

All welcome. If you are interested in watching the racing and having a barbecue with your mates, please email Colin Mortley (cmadcab@bigpond.net.au) so that numbers are known for catering.

Ride to the Road Nats

Last year, a small group drove to Ballan Station and rode 30 km or so to join the BBQ on the Hill and enjoy the closing stages of the women's race and the entire men's race. At the end of the day we had a return ride. It solved a number of difficulties with attending the Nationals:

- Have to leave so-o-o early to get a park.
- Even then, difficult to park near the course.
- Miss out on my Sunday ride.

John Williams, David Brown, Mal Jones and Walter Savini are all intending to repeat the ride next year, meeting at Ballan railway station at 8.30 am on 8 January. Let John know (0419 713 087) if you want to join us (so we know who to wait for). Also please email Colin Mortley with BBQ numbers.

Eastern Vets

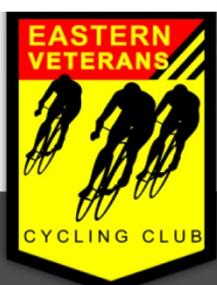
For other events, please refer to page 1 of this newsletter, or go to <http://easternvets.com/roster/>.

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 www.northerncycling.com .





Training rides

Day/Time/Place	Route	Style
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

Sponsors



BikeGearNow

