

Newsletter



Duty Roster

13 May, Seymour

Nigel Kimber (R), Frank Nyhuis (TC), Daniel Couzens, Gerard Donnelly, Mark Edwards, Paula McGovern, Tony Lateo, Anthony Coxon, Greg Harvey

20 May, Yarra Glen

John Thomson (R), Andrew Nielsen (TC), Neil Cartledge (TC), Emma Anderson, Chris Sheers, Wes Black, Mark McGillivray, Phil Taylor, Rob Devolle, Shane Crowhurst

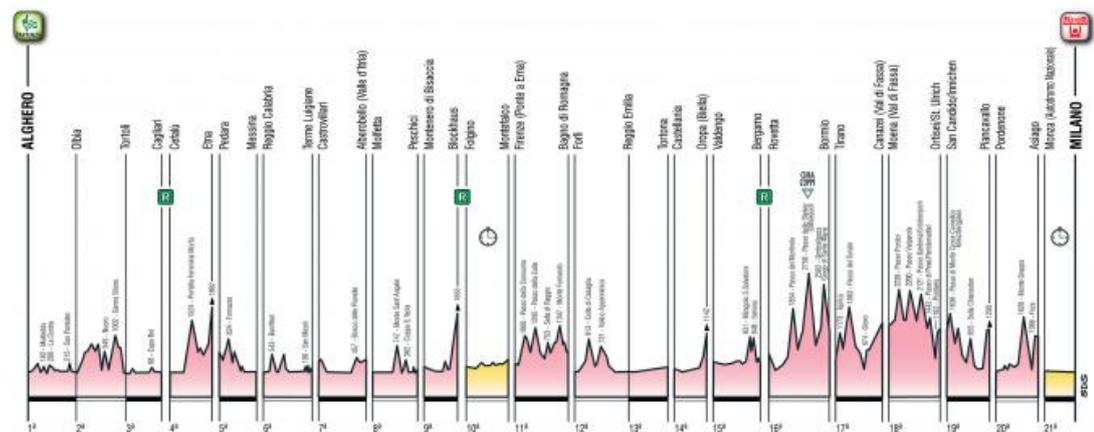
If rostered for duty, you must be at there at least 1 hour prior to start time. It's your responsibility to find a replacement if unable to do your duty, then advise Andrew Buchanan, tiptop2@optusnet.com.au

Editor: Nick Tapp
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Last Saturday's rain arrived at Casey Fields about half an hour before the scheduled start, drenched the track and set in. The racing never did start, though the barbecue fared slightly better. John Williams must have read the forecast and headed north over the Divide for a weekend of racing hosted by Hume and Goulburn Valley Vets. Read his report inside.

This week we all head north to Seymour for the Athletic Soft Tissue Therapy Handicap, sponsored (as it is each year) by David McCormack. Entries have closed. Remember that racing starts at 1.30 pm and registration closes at 1.15 pm opposite the Royal Hotel, cnr Emily and Manners Sts, Seymour. The start is about 5 km from the registration area, so leave yourself time to get there! Tail lights are required. Best of luck to all.

And are you following the Giro d'Italia? If you think the profile of our kermesse course at Yarra Glen looks hard ...





VVCC races, Hume Vets and Goulburn Valley Vets, 6 & 7 May

How many laps of Casey before you start to feel that déjà vu? It helps to have the memory of a goldfish. Hidden in the small print of our weekly emails I found reference to the VVCC and found two Open races at the weekend: Saturday 2:00 pm, GSR from Benalla, and Sunday 10:00 am, 40 km down the road at Dookie, an Open Handicap.

New courses, different people to ride against, warm weather, and most of all, riding for the Eastern jersey against other clubs, rather than an in-house affair. This goldfish decided to try a different pond.

The start list showed two former Eastern Vets (Brave Dave Anderson and Trevor Coulter) had entered, so I hooked up with them and shared accommodation and dinner.

The weather forecast for Melbourne was dismal, but I had the roof down for the three-hour drive up to Benalla, and was greeted with cool, sunny weather and a slight breeze.

All the admin completed with minimum of fuss, Pete Mackie had secured me with a ride in Division 3 and I'm out for a warm-up until, after 3 km, I punctured. No panic, plenty of time to fix it before race time.

Seventeen riders in Div. 3 and paying down to 7th. Pretty generous! The 69 km race consisted of a 12 km flat ride with tailwind to the start of a hilly 16 km loop (to be completed three times), before racing back 9 km into a head breeze towards the start to the finish line.

The start was fast, no neutral or easing into it, flat out from the get go. At the 5 km mark my average speed of 39 km/h flashed up onto my GPS screen, and I felt as though I was holding on, but doubted my ability to do so for another 60 km at this effort. Once we hit the hills the effort seemed to drop and I spun my way towards the front of the pack.

Occasionally one or two riders made breaks but the pack let them go, and soon enough, they eventually came back to the pack. I tried an effort or two of my

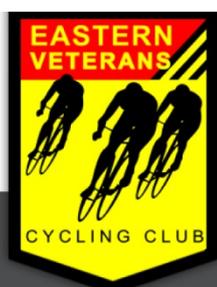
own on the third lap hills, but figured that the 9 km of headwind was going to bring everyone back together well before the finish line, and so it turned out.

Past the 1 km to go marker the pace had dropped to 20 km/h, and it was all concentration to ensure you didn't land up on the front, nor get boxed in, while all the time avoiding tangling up with other slow riders in the bunch. I nicely positioned myself on the right-hand side of the pack behind a strong Hume rider about three wheels off the front until 500 m to go, when my lead-out man decided to go. Too early, I thought, but our acceleration gapped the field and I hid tightly in his slipstream as he raced towards the line. With 100 m to go he started to die, so I pulled past, but the pack were coming up too fast and a number of riders shot past, one of them veering in front of me and causing me to drop a couple more places. I reckoned about 8th as I crossed the line. The presentations, proved I couldn't count, picking up an envelope for 7th and my entry fee back. Dave Anderson picked up 2nd in Div. 2 (by a tyre width), and Trevor got 4th in Div. 1.

After a pleasant steak dinner with Dave and Trev, and a 40 km morning drive to Dookie, I found myself in a group off 25 minutes, 13 minutes ahead of scratch for a 54 km handicap.

Rob Birch was starting two groups ahead of me, off 21 minutes. Again the early pace was hard, with many of the other eight riders in my group familiar from yesterday. Again the course was three laps of a lumpy circuit, with a 4 km lead-in from start/finish line. I was hoping that the pace might drop a little on the hills, but I took one turn too many leading into the last hill of the first lap. I reached the top in oxygen debt and just outside the draft effect and, try as hard as I might, I could not regain the safety zone of the pack, and gradually dropped further off the pace.

The next group started 4:30 behind us and it took them nearly a lap to catch me. I couldn't hold on to them, but I felt that they were too far back from my





group to feature in the finish. Similar for the final two groups to pass.

Most of the prizewinners were in my start group, and my lead-out guy from yesterday got 3rd, so that was justice.

A brilliant weekend of racing. I wonder why we don't put more emphasis on supporting the VVCC Opens

and flying the EV colours, rather than isolating ourselves to three crit courses and two main road circuits where we race primarily against ourselves? I would highly recommend it!

John Williams

Wednesday criterium at the Loop, Kew, 10 May

Division	1st	2nd	3rd
Division 1 (7)	Iain Clark (N)	Phil Cavaleri	Chris Munro (CV)
Division 2 (12)	Ross Clark (N)	Gavin Wright (N)	Rob Giles
Division 3 (10)	J. Summers	Peter Gray	Neil Cartledge
Division 4 (5)	John Eddy	Barry Rodgers	Clive Wright

News etc.

Rally for a good cause

Shitbox Rally is not a race, rather a challenge to achieve the unthinkable: to drive cars worth less than \$1000 across Australia via some of its most arduous roads, all in the name of charity.

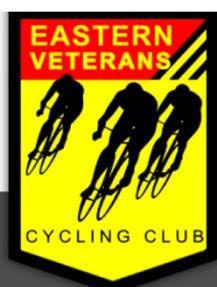
We will drive approximately 3800 kilometres across Australia in 7 days, taking in some of the country's most remote and picturesque locations.

Each team needs to raise a minimum of \$4000 for Cancer Council before we depart on the 7 day journey.

Every year the route of the rally changes and in 2017 we will travel from Adelaide to Cairns via the Oodnadatta Track and the Plenty Highway. During the 7 days on the road we will experience the remote Australian outback and true Aussie hospitality with more than a few laughs along the way.

Shitbox Rally is the largest independently run fundraiser for Cancer Council nationally, having raised more than \$7.8 million since its inception 7 years ago.

Visit the website www.shitboxrally.com.au for more information.





Anyone wishing to donate to my team can do so here: <https://shitboxrallyau-2017.everydayhero.com/au/LemonAid>.

Or anyone who wishes to be an advertised sponsor, where your business sticker is placed on the bonnet of the car, can contact me on 0419 882 386 for details.

David Holt

Help to investigate the causes of cancer



If you're an Australian resident, 40 to 74 years of age, and you have never been diagnosed with cancer, other than non-melanoma skin cancer, you can take part in the Cancer Council's Australian Breakthrough Cancer (ABC) Study, which will work with over 50,000 people to investigate the causes of cancer and other diseases.

Using the latest genetic technologies, the study will investigate the role that genes, lifestyle and environment play in the development of disease. It consists mostly of online questionnaires, plus you'll be sent a tape measure to measure your waist and hips, and asked to provide a saliva sample. A small number of participants may also be asked to provide a blood sample at a local pathology service. If you think you might be interested, take a look at the participant information sheet [online](#) or [download here](#). Or talk to me – I've signed up.

Nick Tapp

Future events

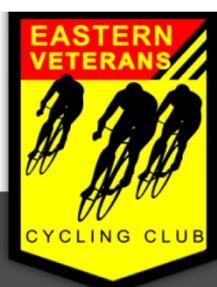
Eastern Vets

For other events, please refer to page 1 of this newsletter, or go to <http://eastervets.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 or Wednesday before the race, as advertised. 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 to the handicapper via email or TeamApp or on any race day before the event.

Northern Vets

For details, go to www.northerncycling.com.





Training rides

Day/Time/Place	Route	Style
<p>Sunday mornings</p> <p>Beach Road Ride. Leave 8.00 am sharp. Meet at Peanut Farm Reserve, cnr Blessington & Chaucer Sts, St Kilda</p>	<p>Ride along Beach Rd to Frankston. 10 min stop. Then ride back to St Kilda (approx. 65 km)</p>	<p>Social ride, coffee back at St Kilda</p>
<p>Saturday mornings (7.30 am) and Sundays/public holidays (8.00 am)</p> <p>Meet at Ringwood Clock towers, Maroondah Hwy, Ringwood</p>	<p>Maroondah Hwy to Carlton for coffee, then return</p>	<p>Fast social</p>

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