

Newsletter

3 June 2017



Duty Roster

3 June, Casey Fields

Tony Curulli (R), Sam Bruzzese, Geoff Cranstone

10 June, Seymour

Nigel Kimber (R), Rob Giles (TC), Tony Kimpton, David Moreland, Stewart Bendall, David Richards, David Holt, Daniel Hulbert

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, tjtop2@optusnet.com.au

Editor: Nick Tapp
nick.tapp@detail-ed.com.au



With last Saturday's graded scratch races at Gruyere, we are now halfway through the Toy Bricks Toughen Up Series. Kevin Mills and J.C. Wilson hold a two-point advantage over five other riders at the top of the Men's series table, and Kym Petersen has a nice five-point break in the Women's. We return to Yarra Glen and Gruyere on 17 and 24 June for the remaining two rounds.

This week we take a breather from the hills and head to Casey Fields for some (flat!) graded scratch races. Registrations close at 1.45 pm and racing starts at 2 o'clock. Tail lights are required.

And a heads up that the following week's race will be an individual time trial at Seymour, a graded handicap event in six grades, A–F. First rider goes off at 1 pm. This is a pre-entry event, and entries must reach the handicapper via Team App or email (peter.mackie@spotless.com.au) by 5 pm on Wednesday 7 June.

Read Club President Adam Dymond's letter inside for details of other upcoming events, including the Tour de France Night and the 'Tour de Metro' series against Northern Cycling. And print a copy of the Tour de France Night flyer for your fridge to remind you to secure your ticket.



What the fuss is all about. Sneak preview of two of the trophies in the Toy Bricks Toughen Up Series.

Graded scratch races at Gruyere, 27 May

Grade	1st	2nd	3rd
A Grade (13)	Richard Abel	Jean-Philippe Leclercq	Guy Green
B Grade (12)	Chris Ellenby	Nick Tapp	Derek Rothsay
C Grade (12)	Kym Petersen	Rob Giles	Bernie Evans
D Grade(7)	Kevin Mills	Max Michelson	Dean Niclasen
E Grade (3)	Geoff Youl	John C. Wilson	Harry Hibgame

A Grade

Gruyere – even though this road circuit hurts, it's probably one of my favourite places to race.

Early start on the Saturday morning, I landed at 4 am at Melbourne airport (after three weeks of good times in Europe and little training). I picked up my 27 kg suitcase, passed through Customs, drove my car (who been sleeping at the long-term car park for three weeks) and arrived home at 5.30 am. By 6 am I was in bed and slept in until 10 am. Woke up at 10, was feeling all jetlagged and with sore back (did my back the day before in the Paris Metro carrying my 27 kg suitcase). My wife looked at me with my cycling gear and said, 'Don't tell me you are going cycling!'

I replied, 'Yes, I am going racing.'

She replied, 'That's crazy', and I said, 'It's Gruyere, I like this circuit, can't miss it, and anyway it will help me to get through the day. I will probably get smashed, but does not matter.'

In parallel, I had a funny bet with Phil Cav that I would not last for more than six laps before being dropped from the bunch. The bet was, if I win, Cav give me six eggs of his chickens, and if I lose (dropped before six laps), I buy a bag of oats for his chickens. (According to Phil, his chickens were highly confident on the supply of oats from a frog.)

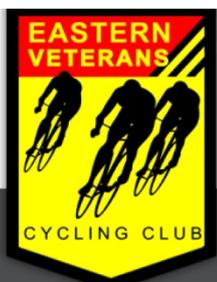
I warmed up with Phil. To my surprise, the legs and breathing were feeling fine (usually all wrong after

flying from overseas) but I was more worried about my sore back, which would (should) cause me troubles on the hill. Let's see, I was thinking, my aim for today was just to show up and see how long I could last (and win the six organic eggs?).

The race started, we were 13 riders. I usually start at the back but this time it was because of low confidence from myself. As we did our first lap, I said to Phil Cav, 'Yes, one lap completed, five more to go!' At the front, we could already see familiar faces such as Phil Smith, Nigel Kimber and Richard Abel. Lap after lap, things were getting tougher as the pace on the hill was increased each time.

On lap four, like an elastic, the group split in two. A breakaway of six riders was formed, consisting of Nigel, Phil Smith, Ken Mayberry, Guy Green, Richard and myself. I did not see this one coming, was surprised to be in the break, happy my legs were reacting well and sore back not giving me any grief. We were rolling evenly (except for Kenny and Guy staying 'strategically' positioned at the back).

On lap eight, Phil S. put in a nasty acceleration at the bottom of the hill and took Richard with him. Phil/Richard is a dangerous mix, so I chased and passed both of them as a counterattack. I got a little gap at the top of the hill but the boys came back on to me not long after, on the flat section. We were down to five riders, Nigel was no more with us. I could see we were going to stay together until lap 12, still with Phil, Richard and JP rolling





(spending energy) and Guy and Kenny staying at the back (strategic resting session).

On the last lap, on the flat section before the bottom of the hill, Kenny took off on his own and with us four looking at each other I could see the gap increasing to 30 metres, which concerned me. ('No, no, no, this race cannot end like this!' I thought.) I said to the guys, 'This is not right, let's get him back.' I took the lead on the hill and drove us four towards Kenny. We caught him on the top of the hill, job was done. From down the hill until the flat section, I stayed behind Kenny.

Three hundred metres before the finishing line I gave a sudden big kick (I knew Richard and Guy were glued on my back wheel, so my aim was to create a little gap so they would have to work hard to pass me). Sprint was launched, in the last 20 metres I started to lose energy and speed as Richard passed me. Richard 1st, JP 2nd, Guy 3rd and Phil 4th.

Really happy with my unexpected 2nd place, was a good race and interesting too. Did not get dropped after six laps, so I won my bet and am now waiting for my six eggs! Funny people we are ...

Jean-Philippe Leclercq

B Grade

It was Tapp. Nick Tapp. For all those B Grade riders wanting to know the cause of their pain and suffering on Killara Road on Saturday afternoon, it was the aforementioned Nick Tapp. Not just once, mind you, but repeated acts of abuse and cruelty from lap three onwards, on 10 separate occasions.

I know. I was there. I thought I was his accomplice for the early few laps, but I was kidding myself – I was really just hanging on.

By lap 10 there were just five left of the original 12 starters. Chris Ellenby had been dropped on several ascents, but dogged as ever had managed to claw back the leaders, and on the final three laps started throwing in counterattacks of his own at various parts of the course. Paul Semmens rode strongly, taking big turns, and always near Nick's wheel up the hill.

Chris made his decisive attack out back on the

undulations. Nick and Paul took turns to chase and then called me through, but although I gave my best, I was struggling to be of much help. And I was aware of a shadow, a fifth rider that none of us had actually seen. Did he really exist?

Last time up the hill Nick urged us all to work together to catch Chris, but soon realised he had a better chance on his own so sped away.

Paul worked hardest from the top of the hill and I gave a turn or two, but the shadow turned out to be the strongest, and finally we were able to confirm that it was a real person with a name – Derek Rothsay, who pipped Paul on the line for 3rd, behind Chris 1st and Nick 2nd.

That leaves two great riders and me from B Grade tied on six 'Toughen Up' points, and looking forward to the next round.

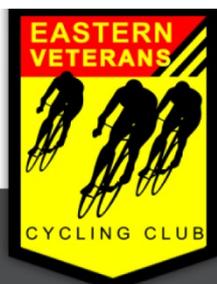
John Williams

C Grade

Breakaway day: a story of two guys and a gal

It was definitely a rush to get out to Gruyere this week. Besides family duties, I had an appointment with my osteo at the unsociable time of 8.30 am. Not that my kids ever allow me a sleep in, but it did add to the hectic nature of the morning. A brief visit to the bike shop, then brekky with my buddy Goose and his wife. A pleasant start to the day, but it was time to get the skates on!

C Grade saw a small but hearty group of riders take on the might of Gruyere. We had a new face in the bunch, Megan, and it was great to see another female amongst all that testosterone – welcome, Megan! Being on a trial ride, her instructions were to sit in or sit on, and just appreciate the magnificence of those around her – oh, whoops, her job was to learn the craft of racing and not compete. Yeah, that was it! I had a nice chat to Megan and then El Presidente rolled alongside us, introduced himself and officially welcomed Megan to the club. I didn't hear him offer an explanation as to why he was racing C and not donning the green hat. Clearly keeping his hangover to himself created a better first impression [insert chuckle]. On to the racing. We pleasantly completed the neutral section to the start/finish line and then





BANG! It was on! Luckily I was positioned towards the front of the bunch and went with the first move. Don't know who created it or why in heck so early, but we flew over the line and up the straight, taking the first left-hander and up the first rise.

All back together (I think) and it was onto the back section of the course. Trouble with being up towards the front is that you lose track of what is going on behind you. This only becomes a problem when it comes to writing a report; clearly, in the race it is exactly where you need to be!

We hit that first hill at a good pace, Rob G. on the front and me thinking oh dear, he looks strong and today is going to hurt. Bernie was behind him, then myself. Now I can't be sure on this first lap if we split the bunch going up the hill or whether it was down across the flat section after the descent, but the three of us got away and it was ON.

I didn't have a chance to look behind because it was just a matter of getting some clear ground between us and the chasers. All credit to Rob, he had us motoring along like clockwork. We'd each pull a turn to the tune of Rob calling instructions. Our own mini-handicap group, it was ace. We managed to stay away for five laps and during this time Daz Woolhouse bridged across solo, which was very encouraging. It meant we would have more firepower and a bit more of a break between turns. He also provided an update on the time gap back to the chasers. Alas, the group of four was soon back to three as we lost Daz on one of the climbs. Another few tough races and Daz, I reckon you will be back punishing us all once more.

Shortly after, as we approached the climb for about the sixth time, we hear an almighty CRUNCH! Rob had dropped his chain. Bernie continued up the climb ahead of us, albeit very slowly, and I stopped to see if everything was OK with Rob. It was about a minute before we were going again and I led the three of us back up and over the climb. I didn't for a second consider not stopping. I figured that with the three of us working so well together, we were a real

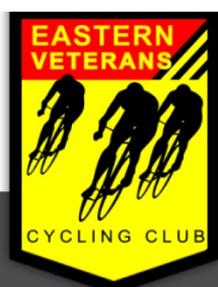
chance to stay away. I wasn't so confident I could go it alone and it just wouldn't be right.

As it turned out, we only had about a minute's gap on the bunch and during the next lap we were caught. Between the three of us we muttered, let's sit in and take a breather, but it didn't quite go that way! More turns at the front but at least we could control the pace. Next time up the hill, Anthony (from Northern and our winner last week) came to the front and slowed the pace. I guess he was trying to dictate the speed but we wouldn't hear of it. I overtook him and rode tempo all the way up and I figured, if I was hurting at that point, then hopefully a few others were also.

Coming into the bell lap, we still had a good pace going and hitting the climb for the final time it was anyone's guess as to who would attack first. Round the outside comes Pete Mackie, just to stir the pot. A solid stir it was, this was definitely the move to go with. Rob jumped on his wheel and I was glued to Rob's. Once we crested I quickly glanced behind to see that we had created a break and then it was head down and bum up. Someone shouted at me, 'Go, Kym!' or 'Keep going!', I don't know, I could hardly breathe at this stage, but I do recall it was female. Well done, Megan, you were not too far behind us and that little shout out gave me the impetus to suck it up and bury my head. Down the final descent we went and round the left-hander onto the false-flat finishing shute.

That section seems to take forever but I had Rob's wheel to chase. Another little moral dilemma: with Rob being the initiator of our break and doing a ton of work up that hill, should I just sit on and be happy with second? That fleeting thought wasn't persuasive enough and I'm sorry to say that yes, I did come around Rob and we both sprinted for the win. I was fortunate enough to cross first but it wasn't by much. I congratulated Rob; I have a lot of respect for your tenacity and it was a pleasure to share some 'hang time' with you and Bernie. We certainly gave it a red hot go!

Kym Petersen





Letter from the President

Dear members,

Just a few matters that I wanted to bring to your attention:

Annual Awards and Tour de France Night

This is our only social function for the year. Please see the flyer over the page for the details. We have a great line-up of speakers who will inform, entertain and inspire you.

We also will be inducting Juanita Stumbles as a life member of the club. This is well-deserved recognition for Juan for her service as Club Treasurer over the last eight years.

Our key sponsors, Croydon Cycle Works and VeloEx Wheels, will be in attendance with product displays.

The night will culminate with live coverage of Le Tour Stage 20, the Individual Time Trial, on the big screen so you can enjoy the atmosphere of watching this with your fellow club members.

Feel free to bring family and friends, the more the merrier. Tickets will sell fast so please come with your cash to any race day between now and 22 July as no tickets will be sold on the night.

I look forward to seeing you there.

Eastern vs Northern series

Northern hosts rounds 1 and 2 at National Boulevard on Sunday 2 July and 9 July. They always outnumber us there so we need all members across all grades to come along, get involved and make it a real contest. If you haven't been out there, it's not as far as you think. I live in Rowville and it's 50 minutes via the Monash and Tulla. The circuit is very similar to Dunlop Road, so all you sprinters who come out of the woodwork every time we race at Dunlop, I need you to come across to Campbellfield for some fast and furious TEAM racing action. As we don't race on the respective Saturdays of these weekends, you will all be fresh and ready to go for a big hit-out on Sunday morning, and will be home by late morning.

We host rounds 3 and 4 – round 3 at Yarra Glen on Saturday 15 July and round 4 at Arthurs Creek on Saturday 22 July. Won't it be great to have the trophy full of champagne to celebrate at the Awards Night in the evening of 22 July, after round 4 ...!

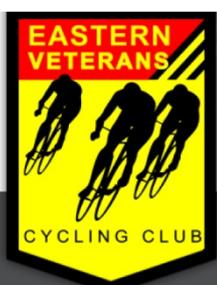
Please make an effort to get along to all four races. It's great fun racing as a team with some tactics and moves that you wouldn't perform/experience in a scratch race. I guarantee you'll enjoy this format.

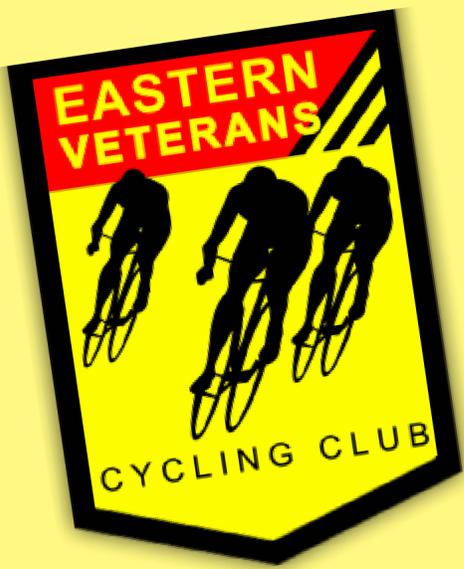
Facebook page

All members, please note that we will be using Facebook a lot more as another medium to get information out to you. If you're on Facebook and haven't already done so, can you please 'like' our Facebook page: Eastern Veterans Cycling Club.

If you're technologically challenged or not on Facebook, maybe ask your better half, kids or anyone close to you who can keep you suitably informed to 'like' our page on your behalf and relay the information on to you. The more 'likes' we get, the better.

Regards,
Adam





EASTERN VETS

Annual Awards & TDF Night

Saturday 22nd July 2017

7:00pm for 7:15pm start

The Kilsyth Club

Cnr Canterbury & Colchester Rd Bayswater Nth.

Celebrate the year that was.

This is our only social event for the year so please get on board.

All Club Crit Champs trophies for the year to be awarded.

Guest Speaker – Steve Fairless

1988 Seoul Olympian 2015 UCI World Masters Champion

Special Guest Appearances:

Anna Davis, UCI Hour World Record Holder, Womens Masters 50-54

Nic Skewes, 2017 Indy Pac Wheel Race Competitor

~ Also we will honor new EVCC life member, Juanita Stumbles ~

TDF live coverage of Stage 20, ITT on the big screen from 10.30pm

Tickets \$70 (no tickets sold on the night)

3 Course Meal, drinks at bar price Tickets available from

David McCormack on Race Day or davemacq@bigpond.com



News etc.

Toy Bricks Toughen Up Series – and beyond

The first half of the Toy Bricks Toughen Up Series is over. Additional prize money is being offered for the first three place-getters with the highest points at the conclusion of the four race series. It is inclusive of all grades in both male and female categories.

The idea of the series is to try and toughen up our legs and to learn to love and embrace hills. Because later in the year you will need to draw on that love in order to enjoy the scenic vistas of Jindivick. It is a new circuit for us and is a challenge, but it has something for everyone – downhill rollers, flats and even some short hills. It will also be the circuit that we will use for what I have called the 'Robin Hood 100'. Just my warped sense of humour – take from the rich sprinters and give to the poor all-rounders. A working title, until we have found a naming sponsor.

The Toy Bricks Toughen Up Series is designed to try and get people to participate in a number of races. Gruyere is the poor neighbour to the more favoured Yarra Glen circuit with regard to participation rates. This series then leads us into the Tour de Metro with Northern Cycling. For the last couple of years we have come up short in the winning stakes, both in the number of members racing (even though we are the larger club) and in being tough and smart on the circuits.

Later in the year, in order to create some healthy competition and variety, we have scheduled a series of three graded teams races at Casey Fields. Teams will be self-selected within the respective grades. The more people participating, the bigger the challenge. More details will be forthcoming, but get in early and start thinking about forming your team of four.

Currently being planned for later in the year is an effort called 'Get into Road Racing' to try and encourage new racing members so that we see some fresh new faces around the club.

Our summer race program is currently in the early stages of development. Two, if not four, new circuits will be introduced at that time. If anyone has any ideas to spruce up our calendar (within practical limitations), then I would like to hear about it. The ideal forum would be at our monthly club meetings. Otherwise, send me an email at cmadcab@bigpond.net.au.

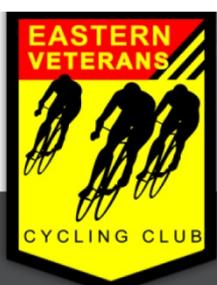
A word on behalf of our sponsor – Toy Bricks. If you have any children or grandchildren who are into Lego, then have a chat to Dean, who could fix you up with a Lego kit that is a bit unique and that the chain stores will not have.

On a personal note, I would like to ask all the real D Grade riders to come out of the woodwork and start racing again. D Grade has shrunk over the years and for the teams races it would be good if we could have at least four or five teams of four, rather than just three teams of three.

Colin Mortley (race committee member and event coordinator)

Charity ride

Committee members and others occasionally receive some pretty dodgy-looking emails, addressed to us as Eastern members and requesting support for one scheme or another or simply touting for business. The Club Secretary will make these more widely known if they seem legitimate and of interest to members; otherwise, they go straight in the bin. The email on the following page came through recently and may interest some of you. Note that the club supports a nominated charity once a year with our Charity Day and also supports the CFA local to where we race – Yarra Glen, Gruyere, Arthurs Creek.





From: Emily Williamson <emily@feedingdreamscambodia.org>

Date: 20 May 2017 at 8:07:17 pm AEST

To: <adam.dymond@outlook.com>

Subject: Cycling Charity Event Cambodia

Dear Adam,

My names Emily, I am originally from Melbourne, but am now based in Siem Reap. I am hosting an international charity bike ride in Cambodia for the grass roots registered charity which I work for Feeding Dreams Cambodia.

I was inspired to create my own event after participating in an incredible charity ride in Thailand where I cycled over 800km from Bangkok-Phuket for Hands Across the Water.

Our registered charity is directed by Australian humanitarian Ms. Kerry Huntly, we are grass roots and are seeking support of a local cycling club to help get this event off the ground.

We are being hosted by the best touring company in Cambodia 'Grasshopper Adventures', it is a 650km ride on GT Avalanche Mountain Bikes. As a group, we will pedal our way through a mix of stunning coastline scenery, local fishing villages and rural farms and up to the capital city of Phnom Penh. Proceeding this we will follow the Mekong river and make our way North. We will ride along charming rural roads and pass through cottage industry local villages, completely untouched by tourism, and see the way most Cambodians live.

Our 9 day challenge will conclude in Siem Reap, gateway to the world-famous Angkor temple complex and UNESCO world heritage site. The ride ends once we pedal through the gates of Feeding Dreams Cambodia, where all of our students, who we have worked so hard to support, will be waiting ready to celebrate all that our group will have achieved.

Our dedicated website & promo video can be found at www.feedingdreamsbikeride.org

The event is being held in January 2018 and I was wondering if this life-changing experience is something that might interest you, our members of your club.

If you or any members of your club can help me get the word out, that would be greatly appreciated. I am so passionate about our cause and truly believe that this annual event could be the answer to sustaining each of our 7 established programs. I have attached the event flyer and our charity overview for further reading.

If you are willing to discuss further I would love to have a chat with you.

I look forward to hearing from you.

Kind Regards,
Emily Williamson

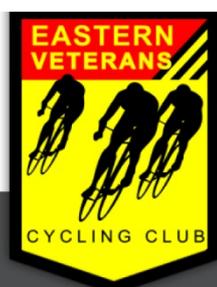
PROGRAM SUPPORT OFFICER

Feeding Dreams Cambodia / Dreams Training Center

P: [+855 \(0\)10 835 074](tel:+855010835074)

E: emily@feedingdreamscambodia.org

W: www.feedingdreamscambodia.org/vocational_training/





Future events

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 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
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

