

Newsletter

21 April 2018



Duty Roster

Saturday 21 April, Dunlop Road

Richard Dobson (R), Kevin King (TC), Steve Short (TC), Rob Giles (TC), Darryl Blanchett, John Eddy, Haydn Chapman, Ron Chapman, Lindsay Bridgeford, Franc Tomsic, Ken Allan, Kevin Mills, Michael Allen, Leon Bishop, Bruce Will

Saturday 28 April,

Enterprise Drive

Mark Edwards (R), Rob Lackey (TC), Phil Cavalieri, Graham Haines, David Browne

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

The early call to cancel last Saturday's handicap at Garfield on the strength of the weather forecast was well justified by the wild conditions that swept across the state on Saturday afternoon. It's looking better for this Saturday at Dunlop Road – fingers crossed! Racing there will be split as usual, with B, D and F Grades starting at 1.30 pm (registration closes at 1.15 pm) and A, C and E Grades starting at 3 pm (registration closes at 1.45 pm). Note that the cut-off time is 1.15 pm to use TeamApp to register for any grade. The \$2 'toilet tax' has now come into force, so entry fee will be \$12. The following week we return to the new hot-dog criterium circuit on Enterprise Drive, Rowville.

The Benghazi Handicap is also coming up, at 1 pm on Anzac Day, Wednesday 25 April, at Lancefield – see the flyer inside. Entries may have closed by now. Wednesday racers please note: there will be no racing at the Loop next Wednesday, Anzac Day.

There are still great deals on new bikes from Croydon Cycleworks, exclusive to Eastern Veterans members, until 30 April. Scroll down to our sponsors' page for details.

And there's an Easter's tale inside from Peter Gray ...

Editor: Nick Tapp

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The cobbled classics are behind us, and it's already Liege–Bastogne–Liege weekend. While the northern hemisphere heads into summer, it's a different story here. Make sure you're kitted up for winter riding, and take care out there!



60 km handicap, Garfield, 14 April

Racing was cancelled owing to bad weather.

Wednesday criterium, the Loop, Yarra Boulevard, 18 April

Division	1st	2nd	3rd
Division 1a (6)	Stephen Lane (N)	Tony Hallam (GSC)	Anthony Coxon
Division 1b (13)	Nick Gibson	Ross Clark (N)	Chris Ellenby
Division 2 (10)	David Rooke	Russell Wheelhouse	David Browne
Division 3 (6)	Ken Allan	Mick Dewdney	Davina Calhaem
Division 4 (6)	Susan Williams	Barry Rodgers	Barry Ellem

Thanks to referee Stephen Barnard, Keith Bowen and the usual band of helpers. This week for the first time, Division 1a and Division 1b ran as separate races. Note that there will be no racing at the Loop next Wednesday, Anzac Day.

News etc.

Everest at Easter

By Peter Gray

Who invented 'Everesting'? Any ideas?

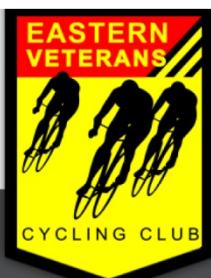
What does one do during the Easter holiday break? Go to the beach? Race at Maryborough? Chill out at a blues and roots festival? What about climbing Mt Everest?

If 'Everesting' is your cup of tea, then I'm afraid my exploits over three of the four Easter days might fall a little short of the perfect brew. Most would be aware of the Everesting phenomenon: 8848 metres of virtual elevation gain, in repetitions of your 'favourite' climb, in one continuous session. It's been on my radar since 2015, when I first started to look at and plan an attempt.

The most effective way to do this would be to select a continuous gradient and gear to match. However, this is not a possible option on a bicycle in this world. I settled on repeats of the lower section of our beloved 1:20 (Basin to Ferndale Road). To achieve this would require 48 reps and 336 km distance. What the @*\$#!

After trialing $4 \times 185 \text{ m}^*$, then 6, then 12 and finally 18 reps, I came to the conclusion that this was not going to be achievable in this body, so I kinda gave up on the goal – for a couple of years, anyway.

Enter the 3-day, 10 km elevation indulgence. The 2018 Easter weekend weather looked like a perfect opportunity to achieve this.





Diary

Friday 30/3, 6.08 am to 1.15 pm | 18 reps | 3330 m* | 126 km
Slow progress, several rest breaks. Intermittent abdominal pain.

Saturday 31/3, rest day | Racing at Casey Fields

Sunday 1/4, 5 am to 11.50 am | 18 reps | 3330 m* | 126 km
Quads and back sore early on. Almost fell asleep at the wheel on the drive home. Who's the April fool?

Monday 2/4, 4.45 am^ to 12.35 pm^^ | 18 reps | 3330 m* | 126 km
Refreshed body. Felt remarkably good all the way.

* Elevation underestimated by 1 metre per rep.

^ Scheduled start was 4 am, but forgot to pack head and tail lights. Oops!

^^ Finish time delayed by morning rain and a freak vehicle crash on Mountain Highway.

Highlights

Riding in the dark and dawn. (Need a brighter headlight.)

A protein breakfast on completion at Svaks Cafe. (Thanks, Richard and Maggie!)

Lowlights

Back and shoulder pain. (Plenty of Voltaren gel.)

The vehicle crash. (Could have been a lot worse.)

Driver of a red Mazda coupe, registration WANKA1. (Just kiddin'. But I did record the actual number.)

Must do next time!

Start earlier in the mornings to avoid the brunch tourist traffic.

Future events

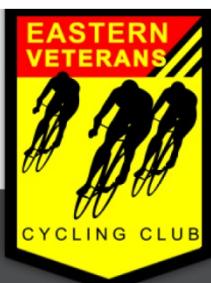
Eastern Vets

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 who enter a handicap *must* pay the entry fee regardless of whether they participate. 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.





Sponsors



Eastern Veterans Cycling Club Road Deals

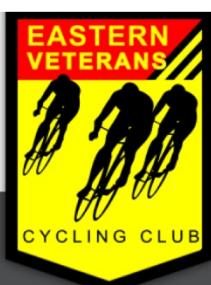
TYPE	BRAND	MODEL	SIZE	Group Set	RRP	SALE PRICE	DISCOUNT	% DISC
ROAD	CERVELO	R2	54	105	\$2,999.00	\$2,399.00	\$600.00	20%
ROAD	CERVELO	R2	56	105	\$2,999.00	\$2,399.00	\$600.00	20%
ROAD	CERVELO	S2	56	105	\$2,600.00	\$2,400.00	\$200.00	8%
ROAD	CERVELO	S2	56	105	\$2,900.00	\$2,500.00	\$400.00	14%
ROAD	CERVELO	S3 DISC	54	Ult Di2	\$9,700.00	\$7,260.00	\$2,440.00	25%
ROAD	FOCUS	CAYO 105	51	105	\$2,499.00	\$2,100.00	\$399.00	16%
TRI/TT	CERVELO	P2	56	105	\$4,000.00	\$3,500.00	\$500.00	13%
TRI/TT	CERVELO	P3	51	Ult	\$7,200.00	\$6,000.00	\$1,200.00	17%

Offer available until April 30 2018



AUTOMOTIVE ENGINE SHOP

BikeGearNow





Northern Veterans proudly hosts the

Top Tech Panels Benghazi 77km

Open Handicap

Anzac Day, Wednesday 25 April 2018 Race start at 1pm



2017 winner James Knipe from Eureka
with Nick Nomikos from Top Tech
Panels.

**Presentations and refreshments at the pavilion after the race –
please join us.**

At a Northern Veterans club meeting in 1979, it was agreed to stage a handicap race on Anzac Day. It was also agreed that the race carry the name 'Benghazi' inspired by the battles for the Libyan city of Benghazi during World War II. The race celebrates the ANZAC spirit and it is in their memory that veteran riders from across the state converge on Lancefield to contest this monumental race.



Information and entries:

www.veterancycling.com.au

www.northerncycling.com.au