

Newsletter

22 September 2018



Duty Roster

Saturday 22 September, Thornton

Richard Dobson (R), Ray Watts (TC), Hylton Preece (TC), Ed Holmes, Craig Stannard, Darren Rutherford, Chris Beard, Bob Lewis, Peter Brann, Chris Ellenby, Ken Mayberry

Saturday 29 September, METEC

Nick Tapp (R), Paul Anderson, Nathan Dewar

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

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



A hardy few took up the challenge of racing at Gruyere last Saturday. The temperature was about 12°C when racing started at 2 pm, and it dropped to 5°C (according to Dean Niclasen's Garmin) when a rain squall passed through less than an hour later. The hardy few became the hardly any, and it was a very small contingent that huddled under the tent for presentations after the race. President Adam even pulled the plug on podium photos. A common theme in this week's race reports is gratitude and respect for the day's rostered marshals, who stood around getting cold and wet so we could race.

With luck, the weather will be kinder north of the Divide this Saturday for the Team Time Trial at Thornton – two laps of the 25 km circuit, time taken when the third rider in the team crosses the line. Entries have now closed, with 13 teams registered at last count, but note: two teams are still in need of a fourth rider, of C Grade standard. Contact the Handicapper (peter.mackie@spotless.com.au) now if that looks like you. Note the start time of 1.30 pm. The registration table will be at the Thornton Recreation Reserve on Taggerty–Thornton Road, just south of the Goulburn Valley Highway, and will close at 1.15 pm. Tail lights are required.

The following Saturday is AFL Grand Final day, and racing will be close to home (at METEC, Colchester Road, Kilsyth) and early (10 am start).



You get the picture. Phil Smith (no. 5) and Jean-Philippe Leclercq (no. 1) corner cautiously into Killara Road last Saturday. Photo: Steve Ross



Graded scratch races, Gruyere, 15 September

Grade	1st	2nd	3rd
A Grade (8)	Jean-Philippe Leclercq	Phil Smith	Nathan White
B Grade (6)	Tom McDonough (N)	Darren Woolhouse	Nick Tapp
C Grade (5)	Tim Crowe	Russell Wheelhouse	Franc Tomsic
D Grade (3)	Keith Wade	Ken Allan	Colin Mortley
E Grade (1)	Peter Shanahan	--	--



The man in black, Nathan White, took it up to J-P and Phil in A Grade. Photo: Steve Ross

B Grade (I)

By Rob Suter

This one is a great big *Chapeau!* to all those officials and marshals who volunteered to look after the safety of the foolhardy few who pinned race numbers on on Saturday afternoon at Gruyere. After the first cold shower went through at about 2.45, dropping the temperature to well

below 10°C, it seemed there were more fluoro safety vests dotted about the course than there were riders circulating! Bravo, thank you, well done, and kudos to you all.

And that also tells the story of my race: once again the Col du Gruyere proved to be my *trou noir*. From all reports, B Grade (like most of the other grades) finished as solitary riders.





It was great to hear that Darryl is making a recovery from the previous Saturday's race fall – our hopes are with you, and our sympathy with your family.

PS I'm sure Helen's soup would have been a hit – if she'd been there, and if she could have warmed it up!

B Grade (II)

By John Williams

This one had it all: hills, rain, wind, hailstones ...

The temperature dropped about 5 degrees as I got out of the car, and I realised I was seriously underdressed. I didn't manage a full lap warm-up (odd name considering the conditions) as I got blasted with hailstones and tree debris as I neared the end of the finishing straight. Instead I turned and headed back towards the car, hoping somebody would have the sense to cancel the race. Surely there is a pub or coffee shop somewhere near Gruyere?

Only six riders in B Grade. Brave souls or eejits? I was dropped on the Col du Gruyere, first lap, pedalled two laps before C Grade passed me, then another couple before Andrew Buchanan passed me. He had also been dropped on the first lap (by C Grade), but seemed to be in much better shape than me.

By lap 8 I'd had enough, and while I was packing up the car I saw that Tommy Madonna had a couple of minutes on Darren Woolshed, who in turn had a few minutes on Nick Tappster. Rob Suter was still going around but Dean had taken an early bath.

I was too cold to hang around, and could be found recharging on fish, chips and hot tea before some riders had finished their warm-down.

Well done to all finishers on such a grim day! Especial thanks to all officials – it was not a pleasant day for standing a corner.

C Grade

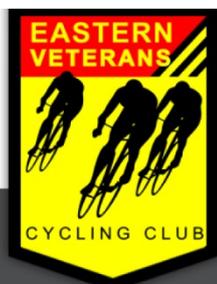
By Russell Wheelhouse

Why wasn't this in the 'Toughen Up' series? Cold wind, rain, and not many wheels to suck.

I'm not sure if Andrew Buchanan and Franc Tomsic thought that Saturday's race was over before it had begun but, as the fourth member of C Grade was Tim Crowe, I suspected we would be fighting for 2nd place. First time up the hill saw Franc set a brisk pace. As I was at the rear of the group, I realised that Andrew was unable to keep up the pace (must warm up properly, Andrew?) so had to swing past him and get back on a wheel quickly or the race would have been over for me. I was surprised to see Andrew dropped but then, next lap (or the third), Franc also dropped off.

With just two of us and six laps to go, Tim and I evened up the efforts around the circuit at a steady pace. Every now and then, Franc appeared on our wheels, and I couldn't work out if he'd taken a lap out or had worked his way back to us. I think this happened a few times but I can't be sure. When it came to the hill the last time, what I'd suspected came true, with Tim gently upping the pace just enough to shake me (and Franc) off his wheel. I was only 50 metres short at the top but couldn't close the gap in the run-in. I thought Tim was always in control of the race, was well within himself on the hill and so ran out a deserved winner. He really does like this course.

Apologies to organisers for not staying to 'collect' but my feet were icy cold and didn't thaw until back in Kew an hour later. Well marshalled on an unforgiving day, weatherwise.



Wednesday criterium, the Loop, Yarra Boulevard, 19 September

Division	1st	2nd	3rd
Division 1a (6)	Chris Munro (CV)	Russell Newnham	Nick Gibson
Division 1b (9)	David Rooke (N)	Dean Niclasen	John Williams
Division 2 (3)	Doug Page	Ross Bowlby	Richard Dobson
Division 3 (6)	Rob Giles	Ken Allan	Peter Gray
Division 4 (3)	Barry Rodgers	Laurie Bohn	John Eddy

Thanks to referee Stephen Barnard, Dean Niclasen and other helpers, and welcome to trial Vets racers Jenny Pettenon and Keith Trovatello. Both sat up before the sprint as instructed, but Jenny, in particular, who rides for Holden Team Gusto in the women's NRS, put a rocket under Division 1b this week.

News etc.

#GIRR2018

Following last year's successful first running, Get Into Road Racing (GIRR) returns this summer. This four-week introduction to road racing will again be held on Wednesday evenings in October and November, on a closed road circuit at METEC driver training facility in Kilsyth. See the flyer at the end of this newsletter for full details.

Monthly ride with CCW

On the third Sunday of the month, beginning on Sunday 21 October, there will be a monthly club ride in conjunction with Croydon Cycleworks, departing from the CCW shop, 182 Mount Dandenong Road, Croydon. Two groups, a 'Hot' and a 'Mild' group, will hit the Dandenongs and then meet for a post-ride debrief and coffee at a cafe in Croydon. More specifics will follow closer to the first ride.

Social notes

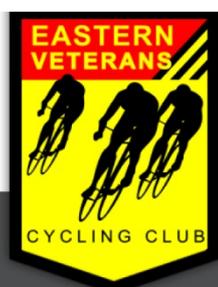
Thanks to those who responded to the survey regarding the Awards Night. We have a start but want a lot more.

It looks like there is a preference for neat casual, but feel free to scrub up if you want.

It's great for us if you can book and pay here at www.trybooking.com/425357.

If you prefer to pay on the night, please add your name to our list [here](#).

Tables If you want to organise a table, let me know somehow.





Eastern Cycling Club
2018 Club Champions Awards Night
November 17th
with special guest Matt Keenan
Maroondah Club - \$70 per person

Buninyong tent

More on a club presence at the Road Nationals at Buninyong as we get a bit closer. Col Mortley has kindly offered to set up again with a bit of help with the transport.

Thanks to all.

Mark & Helen Edwards markedwardsmac@gmail.com

Cycling movies

Get in quick for a season of cycling documentaries screening at ACMI at Federation Square from 10 to 25 September. On offer are old favourites *MAMIL*, *All for One* and *Le Ride* as well as the Australian premiere of *Time Trial*, featuring David Millar and with a soundtrack by Dan Deacon. There's a button to book if you go to <https://tinyurl.com/yvvh3rpo>.

Save another date

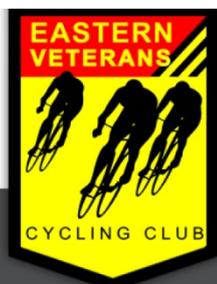
On Thursday 11 October at Curve Cycling, [36 Bond St, Abbotsford](#), a criterium info night is being organised by the SheRace crew, to kick-start crit season. Stand by for details.

Future events

Eastern CC events

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 until 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 ECC 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.





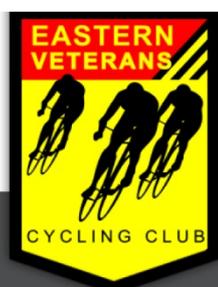
Northern CC events

For details, go to <http://northerncycling.com.au>. Please note that Northern has a new start time of 10 am for road races. Start time for criterium races at National Boulevard remains unchanged at 9 am.

VCV events

See the flyer on the next page for details of Warrnambool Veterans Cycling Club's upcoming Brennan Hall Memorial Open Handicap on 14 October.

Sponsors





Warrnambool Veterans Cycling Club Inc

ABN 55 878 540 480

A0013587D

PO Box 1144

Patron: Jim Hocking

Warrnambool 3280

www.warrnamboolvetscycling.com

mail@warrnamboolvetscycling.com

“Warrnambool Veteran’s Cycling Club”

Are proud to present the

Brennan/Hall Memorial

66Km Open Handicap

Dixie Memorial Hall
Timboon Terang Road Dixie 3265

Sunday October 14th 2018

Start 10.00AM

Entries close 11:59pm Tuesday 9th October 2018

Good Prize money and trophies

Entry \$25

Online entries via VCV Website

www.veterancycling.com.au

(Remember late entries will not be accepted)

Supported By

Wannon Water

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President: Barry Warren
Phone: 0478 313 493

Secretary: Darren Ladhams
Phone: 0428 517 663

Treasurer: Barry Wurlod
Phone: 0419 591 580

Get Into Road Racing

(#GIRR2018)



If you've considered road racing & have reasonable bike handling skills, but don't have the knowledge or confidence to race, then this course is for YOU.

Eastern Cycling Club is running a 4 week introductory course that provides all participants with the necessary skills and confidence to start competing in road cycling races.

This course is aimed at Female road cyclists over 30YO and Male road cyclists over 35YO with reasonable road cycling skills.

Your safety is our priority.

All ECC road races are fully approved by Victoria Police and local council with traffic management including: traffic control, marshals and first aid officers.

What can you expect?

Over the four-week period, all participants will complete three weekly training sessions and a trial race supervised by two qualified Cycling Australia coaches as follows:

- Week 1 – Wednesday 24th October – Introduction, safety & basic skills.
- Week 2 – Wednesday 31st October – Overview of a race, warm-up, where to position in a race, drafting, skills and techniques etc.
- Week 3 – Wednesday 7th November – As per week 2 plus a short mock race.
- Week 4 – Wednesday 14th November – Warm-up & trial race with fellow GIRR's.

Where? METEC Driver Education Centre, Colchester Rd, Kilsyth, 6.00pm – 7.00pm

This is a “closed private” circuit, so no traffic.

How much does it cost? \$50 includes insurance, off-road venue and coaching

Further Info: Contact Emma Smith, ECC Vice President 0437 437 800 or at fortune5@live.com or register at www.easternvets.com

Registrations close Sunday 30th September 2018, numbers are limited to 20

Eastern Cycling Club is proudly sponsored by;

