

Newsletter

6 October 2018



Duty Roster

Saturday 6 October, Casey Fields

John Williams (R), Dan Ives,
Paul James

Saturday 13 October, Yarra Glen

Tony Curulli (R), David McCormack
(TC), Mark Granland (TC), Max
Michelson, Doug Page, Martin
Peeters, Ken Allan, Michael Allen,
Leon Bishop, Neil Street

*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,
liptop2@optusnet.com.au.*

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



Results and reports from last Saturday's pre- AFL Grand Final racing at METEC are inside.

This Saturday we are at Casey Fields, off Berwick-Cranbourne Road, Cranbourne East, for a round of graded scratch races. Racing starts at 2 pm, and registrations will close at 1.45 pm. Don't forget your tail light. On your way there, you might want to drop in at Croydon Cycleworks' one-day-only car park sale – details at the end of this newsletter.

The Croydon Cycleworks Summer Twilight Crit Series kicks off next Tuesday at 6 pm at METEC driver training facility, Colchester Road, Kilsyth. Max is excited:

Hello to all members,

A special reminder that Tuesday night racing starts again on 9 October at METEC. This is a great night of racing, it gives you great training for Saturdays. The racing is strong and a lot of fun – as you can see from the photo of four D Graders enjoying after-race celebrations. Pete Mackie organises the race with great help from Chris Norbury. We are very fortunate again to have sponsorship from Croydon Cycleworks so a special thank you to David, Nicko and the team. They are so passionate and love Tuesday nights, they race themselves. If work is a problem, do extra on Monday and race Tuesday. Let's all make it another successful season. Are you riding or hiding?
Cheers,
Max



If you weren't motivated already to block out Tuesday evenings on your calendar for the next few months, scroll down towards the end of the newsletter and check out the list of prizes Croydon Cycleworks is supplying for the series.

Update on Darryl Blanchett

We are pleased to report that Darryl is no longer suffering from post-traumatic amnesia and has been moved out of critical care to a normal ward at Caulfield Hospital. He is likely to be there for a few more weeks. Cathy informs us that Darryl is now OK to receive visitors – after 2 pm, and no more than one or two at a time. Apparently, Darryl gets particularly bored on the weekends so, if any members can visit over the weekend, that would be appreciated. The hospital is at 260 Kooyong Road, Caulfield.



Graded scratch races, METEC, 29 September

Grade	1st	2nd	3rd
A Grade (6)	Jean-Philippe Leclercq	Ken Mayberry	Phil Smith
B Grade (7)	Walter Savini	John Williams	Peter Mackie
C Grade (11)	Franc Tomsic	Chris Beard	Adam Hinds
D Grade (10)	Ken Allan	Colin Mortley	Keith Wade
E Grade (5)	J.C. Wilson	Laurie Bohn	Barry Rodgers
F Grade (3)	Petra Niclasen	Ron Stranks	Rod Goodes

A Grade

By Phil Smith

Leaving the sunny northern suburbs, it was scary to see the thermometer plummeting towards 7 degrees at Croydon.

Numbers were down, with only six starters in A Grade. After a strong TTT, Ray Russo had promoted himself back into A Grade, and he was looking lean and fast.

The track was wet in patches and this was conducive towards punctures. My luck ran out on the first lap as my rear tyre went flat. I was fortunate to be close to the car park and quickly rode to the car to get a back-up wheel. It was a heavy training wheel with 40 psi in the tyre, but it was somewhat better than a light wheel with 0 psi. Reminder to self: always pump up back-up spares before race!

By the time I had changed my wheel, I had lost a lap and the A Graders were around 400 metres ahead. Technically, I had my lap out, and this meant that I had to chase down the bunch, a bit of work to do! Eventually after four or five laps, I did manage to get back on and sat on for a bit of recovery!

Last 30 minutes the bunch was riding a bit conservatively and the track was drying out. This led to a few attacks from Ken Mayberry, J-P and

myself. Ken and I managed to get a bit of a break after the hill and we started to work together to distance the bunch. Kevin King was in good form and he was nullifying many attacks, but I think he was done. J-P must have felt the same as he attacked the remaining three riders to bridge to the leaders.

Once J-P joined us, we started rolling strong turns. The three of us increased the gap to the chasers and, once we had a safe distance, we started attacking each other. J-P and I may have been in same kit, but we were each riding for ourselves and put in many attacks. Ken was caught in the crossfire but was riding superbly to make it a three-way battle.

Bell lap and J-P was leading, with Ken in the middle, and I was trailing. The speed slowed around the back and I attacked again, not a smart move against more accomplished sprinters, but I was feeling good and fancied my chances of gapping them. It wasn't to be, and on the last bend I was leading out Ken and J-P. I jumped and wound up – but J-P went blasting past for 1st, I tried to hold off the fast-finishing Ken, but he pipped me at the line for 2nd.

B Grade

By Mark Edwards

I went round two laps, ticker bounced up to 265





and atrial fibrillation so I pulled out faster than a priest. Wally S. blew a six bike length hole in the small bunch in the finishing straight.

D Grade

By Susan Williams

Hung onto the D Grade bunch for 38 minutes, at the same time Paula had a flat. Happy with my time, especially the average speed of 30.4 km/h.

#continuousimprovement

E Grade

By Laurie Bohn

Great to be racing at METEC again. A 9 am arrival was like racing at the Loop on Wednesday morning or at National Boulevard on a Sunday morning with Northern. Freezing cold. Plenty of

layers needed – although I noticed nearly everybody was riding in shorts. Must be just me.

Anyway, E Grade consisted of five riders: John Eddy, Barry Rodgers, J.C. Wilson, Pat Ruys and myself. Bad luck for Pat, puncture on lap two. I didn't think anybody would be finishing today's race when Mt Dandenong disappeared under a grey rain cloud. J.C. and John put in a few lung-busting laps but it was a mostly a steady turn-for-turn pace.

Bell lap. Nobody wanted the front so it was a dead slow pace up to the start of the finishing straight. J.C. and I both moved at the same time. I was a half wheel in front and I thought I was a winner but J.C. has a second kick, which has put me into 2nd place before and again today. Congrats, J.C. Barry was 3rd, John 4th. Commiserations, Pat.

Wednesday criterium, the Loop, Yarra Boulevard, 3 October

Division	1st	2nd	3rd
Division 1a (8)	Russell Newnham	Nick Gibson	Troy Jordan (N)
Division 1b (8)	Paul Firth	Grant Farr	James Black
Division 2 (5)	Ian Smith	Russell Wheelhouse	Richard Dobson
Division 3 (5)	Ken Allan	Tony Curulli	Shane Dwyer
Division 4 (5)	John Eddy	Barry Rodgers	Laurie Bohn

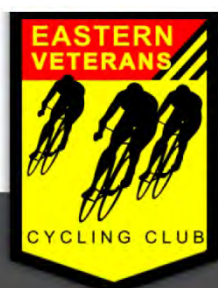
Thanks to referee Nick Tapp, Mark Edwards, Michael Waterfield, Keith Bowen and other helpers.

Division 4

By Laurie Bohn

About 30+ riders today in total, five in Division 4: Michael Waterfield, John Eddy, Paul Griffiths (N), Barry Rodgers and myself. Michael had his usual three laps start. This leaves the rest of us to chase. Each chaser is on the front for one lap and then

has three laps sitting on. This system works very well for us, nobody gets a free ride and it is a very good 40-minute workout. Michael is not very easy to catch, sometimes not at all. After-race coffee at the Boathouse always goes down well, along with some chat along the lines of 'The older we are, the better we were'.



News etc.

Around the Bay (again!)

As usual, several Eastern members are taking part in the United Energy Around the Bay ride this Sunday. If you are, have a good one. For once, the weather forecast could hardly be better – fingers crossed! It may be your first time or your fifth. For me this year is number 18, and I'll be riding Frankston return with my 16-year-old daughter (her first 100 km ride), but spare a thought for Peter Mackie, for whom this will be Around the Bay ride number 23.

All registered riders can use their ride to help Australian children in need by raising funds for The Smith Family. This Australian charity gives disadvantaged kids support and materials to help them make the most of their education and create a better future for themselves. You can sponsor my ride this Sunday by making a donation through my fundraising page at the link below.

<https://www.aroundthebayfundraising.com.au/fundraisers/nicktapp>

Or you could sponsor Peter Mackie, or anyone else you may know who has registered to ride, by going to the fundraising home page at <https://www.aroundthebayfundraising.com.au/home> and clicking **Sponsor a rider**.

You'll get a tax-deductible receipt when you complete your donation.

Nick Tapp

Tour de Cure

In May 2019, on the third anniversary of my breast cancer diagnosis, I will be riding from Sydney to Geelong – a mere 1275 km – over eight days as part of the Tour de Cure team. The tour raises money to find a cure for cancer and promotes a healthy lifestyle among the communities we visit en route. Each participant in the tour must raise a minimum of \$11,000.

We all know that research is the key to beating this beast, so this is why I want to do my bit. It's one thing for my generation to deal with cancer, but I worry about the next generation and am determined that, by helping to fund research and clinical trials, they will make huge progress in the next few years.

You can help too – by sponsoring me!

Sponsor me for 5 cents per kilometre = Rounded up to \$60.00

OR

10 cents per kilometre = Rounded up to \$120.00

Click on this link to donate: <https://tourdecure.com.au/profile/?memberId=87580&tourId=1018>.

Susan Williams





#GIRR2018

Following last year's successful first running, Get Into Road Racing (GIRR) returns this summer. This four-week introduction to road racing will 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.

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.

National Road Champs, Sunday 6 January 2019: Ride from Ballan to Buninyong

For the last five years a small group of Vets have met up at Ballan Station (70 minutes drive from Camberwell) to ride 35 km to the Nationals at Buninyong, and then make the return trip after the events have concluded. This has proved to be a fantastic ride, and provides the following benefits:

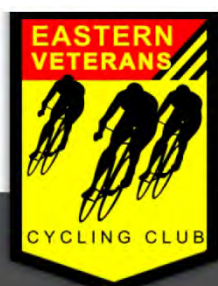
- No parking problems – plenty of space at Ballan Station, just a few minutes off the Western Freeway
- Get to see the Nationals *and* get your own ride in (just under 70 km return)
- Leisurely start – no need to be up at sparrow's. Leave Melbourne around 7.15 am for an 8.30 depart from Ballan. That will get us to Buninyong in time for breakfast near the finish line before the halfway mark of the women's race. We then watch the entire men's race on the hill and the big screen
- Safe, low-traffic ride through attractive 'undulating' countryside.

If you are interested, let me know at John.Williams@jhw.com.au or 0419 713 087. If we have enough numbers, Col Mortley and Mark Edwards have agreed to take the tent and barbecue.

John Williams



And for something completely different, Laurie Bohn's grandson snapped these whale sharks in Indonesia.



Social notes

Awards Night



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

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.

Buninyong tent

More on Buninyong as we get a bit closer (and see earlier re: riding from Ballan Station with John Williams et al.) 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

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 flyers on the following pages for details of the following events:

- Warrnambool Veterans Brennan Hall Memorial Open Handicap on 14 October
- Geelong and Surf Coast Women's Handicap (supported by men's scratch races) on 2 December.

CAMS 2019, Adelaide, 12–17 January 2019

You are welcomed as an interstate rider to this important AVCC/SAMCA event.

What's new?

- A Sprint, Hill Climb and KOM on Willunga Hill (just like TDU)
- You can enter five events: Criterium, Sprint, Road Race, Time Trial and Hill Climb
- Aggregate Mens/Womens trophy with 2nd and 3rd being recognised

Here's what we are offering

- Saturday 12 January: Graded Criteriums at Victoria Park Crit Track followed by Sprints, both using Mylaps timing (\$5 hire covers both events)
- Sunday 13 January: Graded Road Race at McLaren Flat with KOM on Willunga Hill – just like TDU – using Orion timing (\$5 hire)
- Monday 14 January: Individual Time Trial at McLaren Flat using Orion timing (\$5 hire)
- Thursday 17 January: 6 km Hill Climb along Old Mt Barker Bike Track using Mylaps timing (\$5 hire)

We have deliberately kept the transponder hire as low as possible.

The events are being run as close to the city as possible and finished in time for you to get to the TDU.

Road Race and Time Trial are in the McLaren Vale premium wine district in beautiful countryside.

Photos of you racing and on the podium, with results, will be posted on the website that day.

We are asking our riders if they would be willing to host a fellow cyclist from interstate. If you are interested, please contact me: rfreak@bigpond.com.

The usual attractive prize money, recognising more riders in bigger fields; giveaways; incentives for being there at presentations.

We look forward to having some of the best Masters/Vets cycling in Australia. You have to experience the fantastic hype around the TDU to believe it!

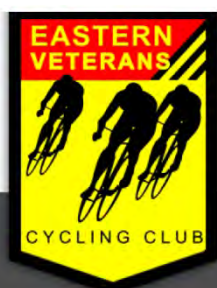
Keep watching the website for registration and more details.

Robert Freak – CAMS Race Director, on behalf of the CAMS committee





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

South West Credit

Callaghan Motors



President: Barry Warren

Phone: 0478 313 493

Secretary: Darren Ladhams

Phone: 0428 517 663

Treasurer: Barry Wurlod

Phone: 0419 591 580

WOMEN'S HANDICAP RACE

SUNDAY 2ND OF DECEMBER 2018 10AM

GSCC CLUB ROOMS, HENDY MAIN AND
GRASSDALE ROAD

MEN'S SCRATCH RACES 9:30AM



GEELONG & SURF COAST CYCLING CLUB INC



VETERAN CYCLING Victoria

TROPHIES

PRIZE MONEY

51.6 KM

<https://ridewithgps.com/routes/28628201>

AFTER RACE BBQ

ONLINE ENTRY ONLY: \$20 FOR WOMEN'S RACE

<http://www.veterancycling.com.au/>

MALE SCRATCH RACES: EMAIL GSCC AT

daverobbo@hotmail.com NO LATER THAN

30th NOVEMBER 6PM: \$15



**simply
helping**

In-home Care & Support Service

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;





Croydon Cycleworks Tuesday Summer Crit Series – Prize list

Placing	Prize	Value
1 st	DT Swiss PR1400 wheelset	\$1500
2 nd	Northwave Road Shoes	\$480
3 rd	BBB Stand/Pro Toolkit	\$450
4 th	Wahoo ELEMNT Bolt	\$400
5 th	MET Trenta Helmet	\$350
6 th	CCW Guru Bikefit	\$250
7 th	CCW/Supacaz Bike Birthday	\$210
8 th	Sportful Fiandre	\$200
9 th	Pirelli Tyre Pack	\$140
10 th	Focus Race Day Bag	\$130
11 th	BBB Floor Pump	\$90
12 th	CCW Gift Voucher	\$40
	TOTAL VALUE	\$4240

Plus great weekly prizes/give aways

Saturday 6th October Car Park Sale

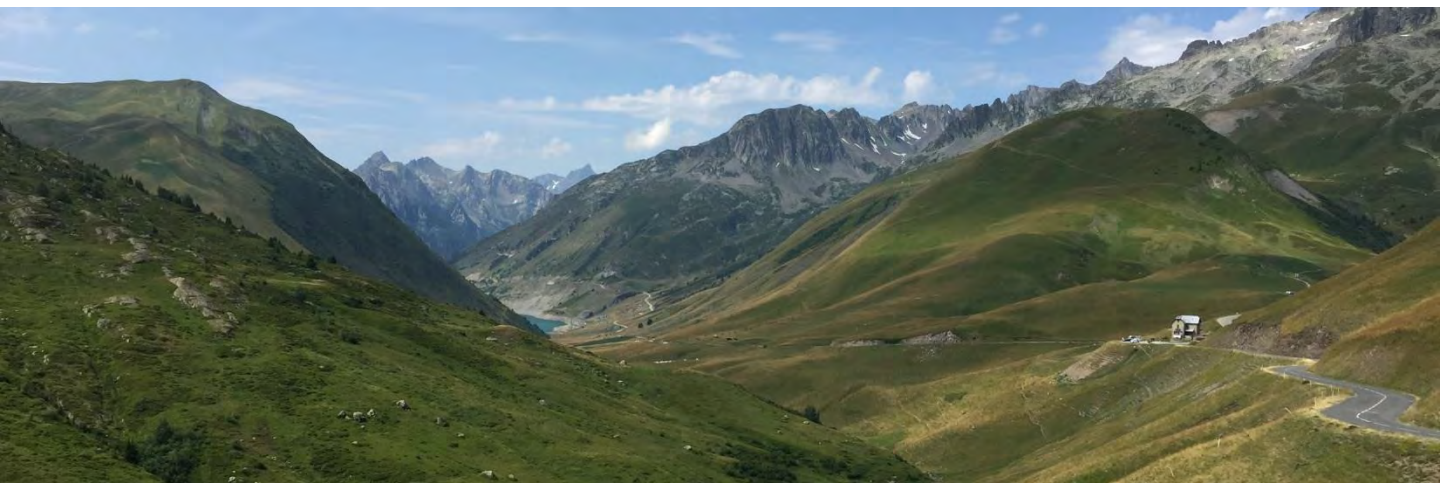
9am – 4pm ONE DAY ONLY PRICING!

- BBQ
- Reduced clothes & shoes
- Discontinued components
- Bike discounts



ECC Members Servicing Discount

Receive 10% discount off parts when you book in your bike for our Comprehensive Service (\$149)



2019 European Tours

- Italy May 2019 – Sold Out
- France Pyrenees July 2019 – Just 4 spots left
- France Alps Aug 2019 – Available
- Spain Sept 2019 – Just 1 spot left
- Italy Sept 2019 – Available



Car Park Sale

6th October 2018: 9am – 4pm



- Free BBQ
- **One Day only** prices on bikes
- Shoe & Clothing prices slashed
- Discontinued new/2nd hand bike wheels & components
- Sunglasses slashed
- Selected Nutrition 50% OFF
- 2nd Hire Scicon Bike bags
- Plus more.....