

Newsletter



Duty Roster

Saturday 13 October, Yarra Glen

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

Saturday 20 October, Seymour

Andrew Buchanan (R), Ray Watts (TC), Colin O'Brien, Chris Norbury, Rob Suter, John Wilson, Peter Brann, Alison Skene, Lindsay Bridgford, Ed Holmes

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, tip2@optusnet.com.au.

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



Results from last Saturday's graded scratch races at Casey Fields are inside. Just one race report this week, but it's well worth a read – right through to the end.

This Saturday we are at Yarra Glen. Racing starts at 2 pm, and registrations (on Glenview Road, opposite the cemetery) will close at 1.45 pm. Don't forget your tail light. The following Saturday it's the Club Road Championships at Seymour.

The first round of the Croydon Cycleworks Summer Twilight Crit Series last Tuesday had to be cancelled due to rain, but it's on again next Tuesday at 6 pm at METEC driver training facility, Colchester Road, Kilsyth. The following day it was windy but dry for Wednesday racing at the Loop, off Yarra Boulevard. Results are inside.

A reminder that Darryl Blanchett is now on a normal ward at Caulfield Hospital, 260 Kooyong Road, Caulfield, and is OK to receive visitors – after 2 pm, and no more than one or two at a time. Darryl is especially glad of visitors on the weekend.



F Grade at Casey Fields, Michael Waterfield (left) and Rod Goodes – average age 87 years 2 months, and still going strong. Chapeau! Photo: John Williams



Graded scratch races, Casey Fields, 6 October

Grade	1st	2nd	3rd
A Grade (12)	Jean-Philippe Leclercq	Steve Ross	Phil Cavaleri
B Grade (12)	Craig Oliver	Ian McGeoch	Chris Ellenby
C Grade (8)	Bob Lewis	Franc Tomsic	Adam Dymond
D Grade (7)	Peter Gray	Greg Harvey	Neil Cartledge
E Grade (7)	Pat Ruys	J.C. Wilson	Laurie Bohn
F Grade (2)	Rod Goodes	Michael Waterfield	--

E Grade

By Pat Ruys

After last Saturday's flat tyre in the second lap at METEC, I wanted to do good today at Casey Fields. So for my warm-up I rode from home and did a few laps at Casey. I did 39 km before the race actually started. I was feeling good and had a great solid week of training.

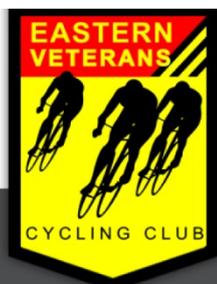
There were seven E Grade riders in today's race: John Eddy, J.C. Wilson, Barry Ellem, Ron Stranks, Clive Wright, Laurie Bohn and myself. After the neutral first lap I was on the front for the first few laps until J.C. came to front. Then we were swapping on the front for at least a lap, until this unknown rider to me (Barry) attacked the field and got a slight break. But I didn't want to chase him down so I waited to see what the others were going to do. John and Laurie chased him down with the rest of us following. I was on the back of the bunch by now, just watching and waiting for my next move. My plan was to attack, but not so early.

Twenty to 25 minutes into the race we had slowed down to about 19 to 21 km/h. So to speed the bunch up I attacked the field. Laurie jumped on my wheel with J.C. Wilson. I heard a crunch of gears. So I put Thursday night's training into reality and went hard for about 40 seconds, then easy for 15 seconds. I did this a few times and it

wasn't long before I was away by myself. I didn't ease up and I could see the rest of my bunch strung out. Lap after lap I could see myself increasing my lead. I really pushed myself today and when I got the bell, I could see what was left of my bunch only about 600 metres in front of me. Paul James on the finish line encouraged me, I put my head down and I wanted to catch them before I finished my lap. I caught them on the back straight and went straight past them. It was the first time that I've ever lapped the field and it felt great. J.C. was 2nd and Laurie was 3rd.

This was one of my best races and I thought a great way to end my time in E Grade. But I didn't do it by myself. Huge thanks to my coach Stef Kirsch of TriVelo Coaching, who the last few months has helped me get stronger and fitter every day with a structured training program. It's not always about the kilometres, it's about training for a purpose, and for me that's racing each week and enjoying my time out on my bike again. Even though I was stuffed after the race, I still rode the long way home, did 52 km, and a total of 122 km for the day – it was a good day.

This month is about the kilometres for me because I'm doing the [Great Cycle Challenge](#). I do this charity every year to fight kids' cancer, and this year I've nominated myself to ride 1500 km for the month of October. My goal is to raise \$500 or more, so if you can make a small donation that



would be great. Just click on this link or copy and paste it into your web browser:

<https://greatcyclechallenge.com.au/Donate/Rider/388>.

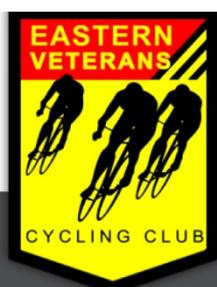
..o&o..

Last Christmas I met a bunch of Eastern riders on a club ride from Rowville down Springvale Road, then Beach to North Road and back to Rowville. One of the first things I thought was that these guys were all in higher grades than me and would drop me, but they patiently waited for me and no one was dropped that day. One of those riders who I met for the first time was Darryl Blanchett, and ever since that day we would always greet

each other at races or warm up together. We might all ride in different grades, but we do look out and encourage each other, which is one of the things I love. Even on the day of his accident, Darryl still encouraged me on Strava. So last Sunday I visited Darryl in hospital. One of the first things he asked was, 'Do you live close to here?' and I said no. But I thought that he would be alone and needed someone to chat to and I spent about an hour with him. I have never been to his home or met his family but felt obligated, not only because he's a friend or a rider within our club, but because he's a mate. So if you have time please drop in and visit Darryl because it will help him with his recovery.



E Grade intact – before Pat (second wheel, in black) took off. Photo: John Williams





Wednesday criterium, the Loop, Yarra Boulevard, 10 October

Division	1st	2nd	3rd
Division 1a (8)	Stephen Lane (N)	Tony Hallam (G)	Matt Arthur
Division 1b (10)	Craig Tucker	Tom McDonough (N)	Dean Niclasen
Division 2 (6)	Alison Skene	Emma Andrews	Doug Page
Division 3 (4)	Rod Moore	Paul James	Tony Curulli
Division 4 (5)	Paul Griffiths (N)	Barry Rodgers	Daniel Shacklock

Thanks to referee Susan Williams, Dean Niclasen, Michael Waterfield and other helpers. A big thanks this week to all the Wednesday Loop riders, who agreed before the race that all entry fees would be donated to Tour de Cure to help fund cancer research. For more, or to make a donation, see below.

News etc.

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

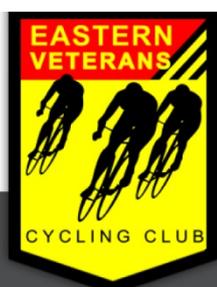
OR

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.

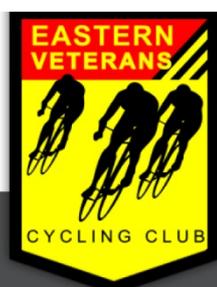
National Road Champs, Sunday 6 January 2019: Ride from Ballan to Buningyong

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 Buningyong, 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 Buningyong 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



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.

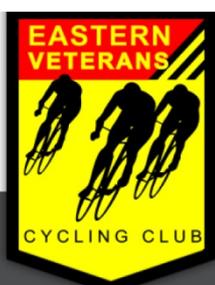
Mark & Helen Edwards markedwardsmac@gmail.com

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 event:

- 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.

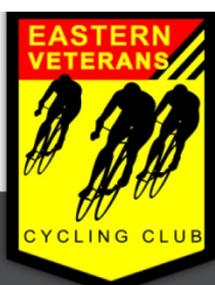
We are asking our riders if they would be willing to host a fellow cyclist from interstate. If you are interested, please contact me: rfreak@bigpond.com.

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!

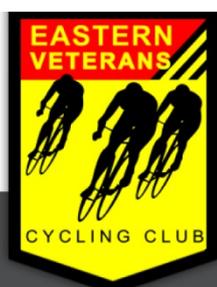
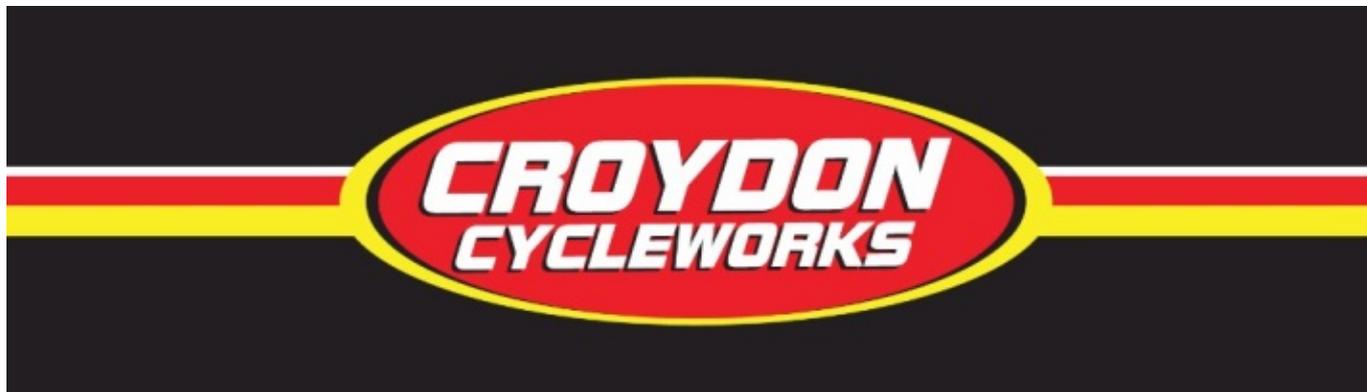
Keep watching the website for registration and more details.

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





Sponsors



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;

