

Newsletter

10 November 2018



Duty Roster

Saturday 10 November, Yarra Boulevard

Mark Edwards (R), Nick Gibson,
Veronica Vandenbroeck, Haydn
Chapman

Saturday 17 November, Dunlop Road

Richard Dobson (R), David Brown
(TC), John MacLeod (TC), John
Eddy, Graham Haines, Rob
Castellani, Greg Harvey, Richard
Harvey, John Pritchard, Kevin
Mills, Peter Morris, Tony Lateo,
Phil Cavaleri, Andre Weber

*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



There was a round of graded scratch races last Saturday at Casey Fields, and 'Gale Force Fields' or 'the Wind Farm' lived up to its nicknames. Some strong breakaways survived, while those who were gapped flapped in the breeze. Results, and a report from one of the day's escapees, the in-form Rob Suter, are inside.

There was no racing in the Croydon Cycleworks Summer Twilight Crit Series at METEC thanks to 'that other race' last Tuesday, but numbers were up on Wednesday at the Loop – perhaps not a coincidence. See inside for Loop results.

This Saturday we return to the Loop (aka the Teardrop), Yarra Boulevard, off Studley Park Road in Kew, for graded scratch races. It's within easy riding distance for many, but there is also limited parking available on the Boulevard and more down below at Studley Park Boathouse. Racing will start at 2 pm, and the registration table will close at 1.45 pm. Don't forget your (fully charged) tail light. At this stage, all grades are scheduled to start at 2 pm, but keep an eye on TeamApp and email for any updates.

Awards Night

The annual Awards Night is nearly upon us. It kicks off at 7 pm on Saturday 17 November at Maroondah Sports Club, cnr Mt Dandenong and Dublin Roads, Ringwood East. Guest speaker and local rider Matt Keenan (right) is well known to followers of pro cycling on SBS. After 10 years working as an 'apprentice' to Phil Liggett and Paul Sherwen, Matt now provides the English-language commentary feed for the Tour de France organisation alongside former sprint legend Robbie McEwen. Matt will be presenting Champion of Champions and Club Member of the Year trophies, and there will be a Q&A session in which Matt will answer questions from the floor – so come prepared!



You must book before midnight next Monday 12 November. The Trybooking link is on the website at http://easternvets.com/events-event-list/?event_id2=7783 or you can book and pay directly at www.trybooking.com/book/event?eid=425357&.

If you prefer to pay on the night, please add your name to our list [here](#) – again, before midnight on Monday 12 November.



New logo

Back in May of this year, all members of Eastern Veterans Cycling Club (as it was then) were surveyed and, based on the feedback received, your General Committee set off a series of initiatives, namely the removal of the word 'Veterans' from our title, a brand refresh and an updated logo, which would eventually lead to a new club kit.

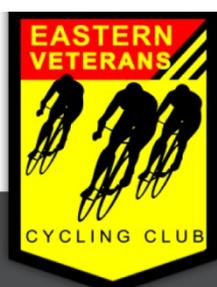
Later in the year we officially changed our name to Eastern Cycling Club (ECC), and in August, in a unanimous vote, the committee agreed to engage graphic design studio Hindsight to help us update the ECC brand and develop a new logo.

The brief we gave to Hindsight was that we wanted to give the club a more contemporary look and feel. We also asked them to try to reflect the Dandenong Ranges, which are the backdrop to our Twilight Crit races at METEC and are also an area where many club members spend a lot of time training.

Hindsight gave us feedback and guidance around the old club colours of red and yellow. They said that red evoked an indication of danger, and also that the combination of red and yellow was hard to work with. Then it was suggested that the Dandenongs are also known as the 'Blue Mountains' and that they are a place with plenty of greenery (with all the gum trees and ferns), and this was how the idea came about for a new colour scheme of blue, green and white.

We are excited to announce that the committee has now approved a new logo (below), which we are keen to launch at the Awards Night on Saturday 17 November. Having the new logo design lets us commence design of a new kit and the update of our website. We hope to showcase the new kit also on 17 November.

Emma Smith, Vice President





Graded scratch races, Casey Fields, 3 November

Grade	1st	2nd	3rd
A Grade (15)	Glenn Newnham	Scott Riddell (N)	Phil Cavaleri
B Grade (10)	Walter Savini	Rob Suter	Craig Stannard
C Grade (10)	Ian Milner	Andrew Wedderburn	Ross Bowlby
D Grade (11)	Chris Norbury	Veronica Vandebroeck	Colin Mortley
E Grade (7)	Geoff Miller	Michael Muscat	Laurie Bohn
F Grade (2)	Michael Waterfield	Rod Goodes	--

B Grade

By Rob Suter

'Saint' Nick described the weather at Thornton for last week's handicap as 'windy'; well, you ain't seen nothing yet, Nick! How windy was it at Casey? Windy enough to blow my front wheel over before I'd even put it in the bike! Which made me question the decision to leave the standard rim at home! (Then again, it was barely rustling the trees in our sheltered gully at Seville.) That windy that 'the Feather' decided to stay in his doona, rather than hustle with us! That windy that the spinner playing on the oval next door was bowling at gully so as to land it on the pitch! That windy! So, a strong man's day, but not one for solo glory hunters, with the WSW gale ruling affairs.

The other concern was having Long John Silver (haired) Thomson sending us on our way for 'a little over an hour'. Long John seems to be from another era, or the backblocks of Arkansas, where time moves inexorably, and very slowly; something that needs to be factored in when going for glory at the end of a race limited by time, rather than distance.

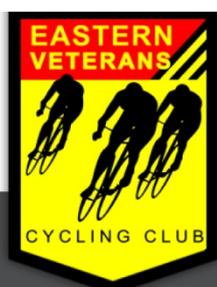
Missing from the smallish field was El Presidente, perhaps not willing to risk his foreshadowed promotion in this gale, after placing at Thornton. Also missing was the One-armed Bandit, Chris

Ellenby, which relieved us of the worry of watching out for his usual salvo of telling attacks deep into the race. There were also a few bodies I didn't recognise, to be sussed out as the race unfolded. After last week's accolades I wondered how 'the Rocket' could hide in the bunch all day; but was doing OK with that tactic early on while looking after my fellow Jolly Green Frogman, Pistolero Pete, who was having an off day.

Mark Edwards was frisky, rolling off the front on the second lap. Two laps later he was brought back, but only briefly: his next foray came half a lap later. Walter 'the Magpie' Savini swooped to join him. Hmmm – the two strongmen off the front already. How much does the field have to control these two? Not so much, it became apparent. Do I stay, or do I go? Now? So early, 15 minutes into a long, 'one hour' crit at Gale Force Fields?

By this time, my fellow Jolly Green Frogman was off the back, sparing me from chaperone duties. Doug Reynolds, first race back from a European holiday held over from the year before because of his accident ('I don't know how it happened'), tried to get across to the pair, but his legs were unlikely to be as good as his head wanted them to be so early in his comeback.

Past the finish line the opposite way, and time to light the booster rocket. Got to Doug as the course flattened at the swamp, where we were





feeling the full force of the wind in our faces, and Doug wasn't going to be any help to bridge, or even for a brief sit. Keep chasing, and at the teardrop the pair ahead saw me coming and decided to wait for a third set of legs.

Three against the field, and we held the gap for about three laps before the wind started to claim its victims. Lightly built Saint Nick clearly doesn't like the merest zephyr, let alone a Casey gale, with his build favoured by lumpy terrain ('Two lumps, please, or even more'), although Eildon's flats have been kind to him this spring, so was one of the early departures, along with the guy from Northern in the smart Mercedes gear.

Working hard, we slowly prised the gap open, and began the countdown. Three vs six. Three vs five. Three vs four. Then Doug was off the front of the remaining three: Craig, Pete Mackie and Dale.

At around 40 minutes Mark was asking us to 'save a bit for the finish'. Mark's next plea was, 'I'm happy to settle for 3rd'. Then, as we lapped Pistolero Pete, there was discussion behind me about 'taking a lap out', and Mark was gone (due to a slow leak).

A bike change to make Richie Porte proud of his BMC team support (aka Stage 2, TdF 2016: <http://www.cyclingnews.com/news/porte-suffers-disaster-at-tour-de-france/>) saw Mark miss rejoining us the next lap. Do we wait or do we go? We had a big enough gap on the field to do an easier lap, but Mark just gave us a wave across the bottom teardrop. Oh, well, two of us; let's hope Mark can keep circulating in front of the others to get his deserved 3rd place. That wasn't to be, as he pulled out, too, disconsolate over

mechanical stuff-ups; unable to emulate Fabulous Phil's recovery at METEC in the frigid cold on Grand Final Day.

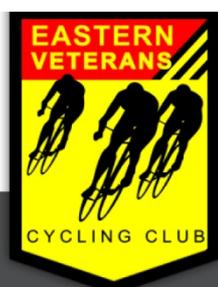
A Grade passed us at around 55 minutes, approaching the swamp, inspiring the Magpie to have a dig and pass them back on the uphill past the gums into the gale. That momentary glory lasted until the finishing straight, when they sailed by, but never distancing us rapidly thereafter.

Sixty-one minutes passed, now it was Long John Silver's turn to influence events. No bell this lap, nor the next, nor ... Were the blue hats on the bell? No. Past them, and don't bother waiting once they did get the bell: there was too much foxing going on amongst Tres Blues for us two to get in their way, with the gap we already held ahead of them. At this time I asked the Magpie if Long John meant two hours, or perhaps even three?

Finally, the bell, and I pulled a massive turn into the Casey gale (all of 25 km/h!) up the rise past the gums. Then to side-by-side chatting at 48 km/h in the tail-gale along the bottom straight, select a gear, and try to sprint as fast as the Magpie up the hill – not to be, as he flew away.

Craig deservedly won the sprint for the minors, some recompense for his mechanical at Thornton last week when his bunch got up. Perhaps that is an omen for Mark at Yarra Bend next week?

Thanks to John Thomson (timing aspersions aside) and to his sidekick Stefan for getting us all home safely – a pity Stefan's protégé found the move up a grade too much while his coach was present. And especially to Pete Gray for the very welcome BBQ rissole washed down by a coldie.

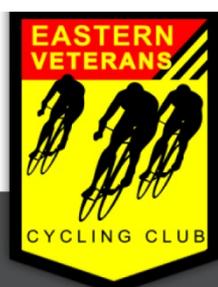




Wednesday criterium at the Loop, Yarra Boulevard, 7 November

Division	1st	2nd	3rd
Division 1a (9)	Stephen Lane (N)	Chris Munro (CV)	Tony Hallam (G)
Division 1b (15)	Ray Russo	Nick Tapp	John Williams
Division 2 (7)	Ross Bowlby	Nick Nomikos (N)	Doug Reynolds (GC)
Division 3 (4)	Neil Cartledge	Simon Bol (N)	Geoff Forbes
Division 4 (4)	John Eddy	Barry Rodgers	Laurie Bohn

Thanks to referee Susan Williams, Stephen Barnard, Dean Niclasen and other helpers.



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



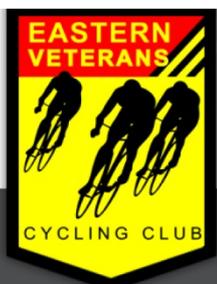
National Road Champs, Sunday 6 January 2019: Ride from Ballan to Buninyong

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





Social notes

Buninyong tent, National Road Champs 2019

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

VCV State Road Race Championships

Sunday 18 November 2018 – 2 aggregate points
Hosted by Eureka on behalf of Veteran Cycling Victoria
Sponsored by Krehalon
Raced in 5-year age groups



Racing starts from 9 am. Registrations at Eureka clubrooms, at Lake Learmonth, near Learmonth, Victoria.

75 km – Men 35–39 yrs, 40–44 yrs, 45–49 yrs
56 km – Men 50–54 yrs, 55–59 yrs, 60–64 yrs, 65–69 yrs
46 km – Men 70–74 yrs, 75–79 yrs, 80+ yrs and all women's age groups

Entries close midnight Tuesday 13 November 2018. Entry fee \$10. Transponder hire \$5.

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

See flyers on the following pages for details of this event and for the 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.

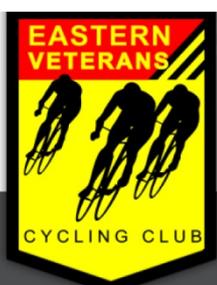
We are asking our riders if they would be willing to host a fellow cyclist from interstate. If you are interested, please contact me: rfreak@bigpond.com.

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!

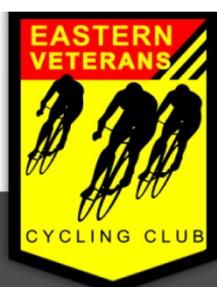
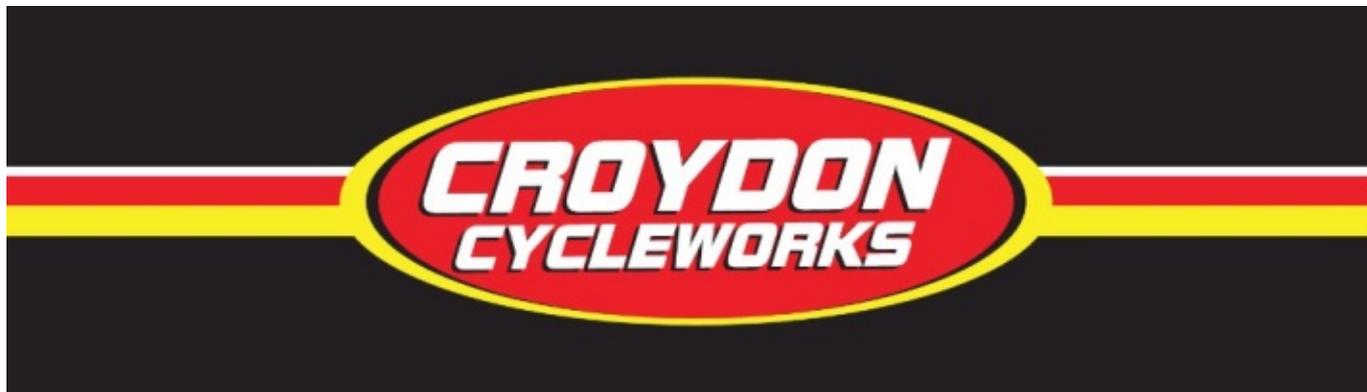
Nominations for CAMS events are now live on the SAMCA website: <https://www.samc.org.au/cams/>.

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





Sponsors



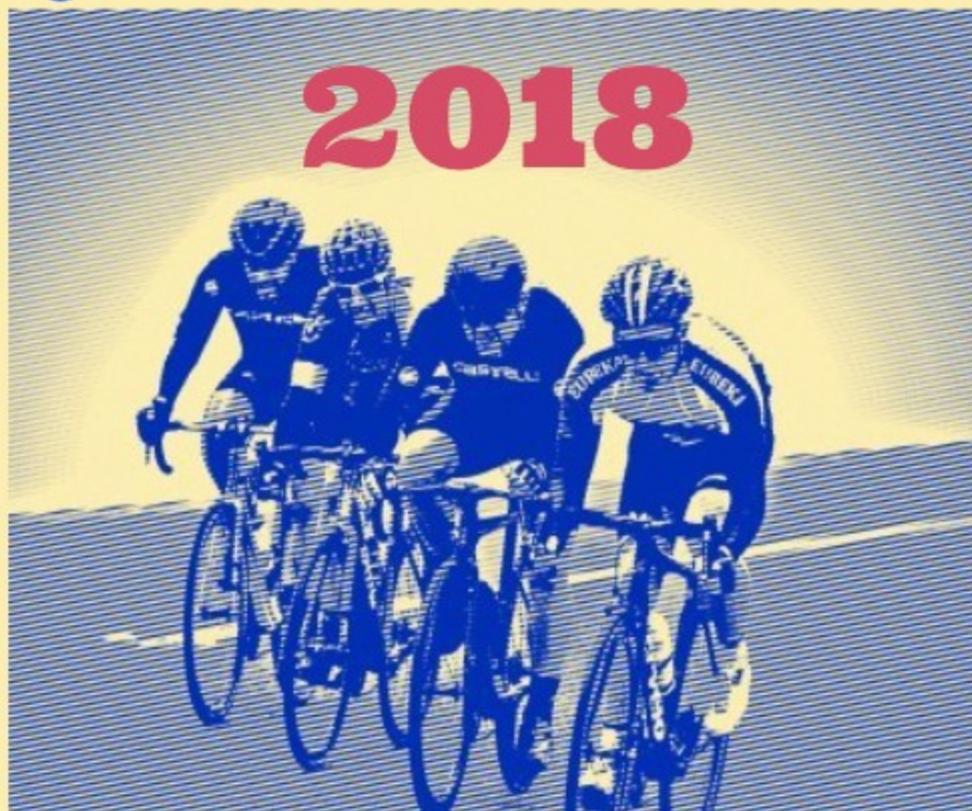
KREHALON

Preserving Quality Together

STATE CHAMPIONSHIPS ROAD RACE

Age Based - 44 Km - 55 Km - 77 Km

2018



BALLARAT

SUN. 18th NOVEMBER

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