

Newsletter

16 February 2019



Duty Roster

Saturday 16 February, Casey Fields

Tony Curulli (R), Clive Wright, David Pyne

Saturday 23 February, METEC

John Thomson (R), Garry Wishart, Craig Oliver

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
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Racing last Saturday was in some doubt after heavy rain in the morning, but the rain dwindled to showers and then cleared completely by start time. A little judicious sweeping helped the course (the Loop, off Yarra Boulevard) to dry out, and racing went ahead without incident. You can read results and a race report inside. There's also a report from Pat Ruys, who raced with Northern at Gisborne South on Sunday. Tuesday and Wednesday results are there, along with a repeat of Adam's important message from last week about the AGM – please read!

This Saturday's racing will be at Casey Fields, starting at the regular time of 2 pm. The desk will close at 1.45 pm, and you can sign up ahead of time on TeamApp.

Also inside are updated details for this Sunday's social ride in conjunction with Croydon Cycleworks. Monthly Sunday morning rides are getting under way again, and all Eastern riders are welcome. If you scroll through to the end of this newsletter you will also find flyers for two important fundraisers – and one for the VCV State Criterium Championships on Sunday 24 February at Northern Boulevard.

Please note also: Andrew Buchanan has had to rejig the March roster posted last week, as there were too many names who have not rejoined for 2019. (If that includes you, get along now to the membership page of the club website at easterncycling.com/membership, click the 'Renew' button and follow the instructions.) Some members have been re-assigned. The updated version is on the roster page of the website at easterncycling.com/roster.



Coming to Casey this Saturday? Photo: John Williams



A message from the President

Greetings members,

Here are some important updates from last week's general committee meeting for your information and consideration.

Annual General Meeting and committee positions

Our AGM is coming up on Wednesday 13 March and we need new blood coming into the committee.

Please consider putting your hand up for any of the the following positions – or, if you're time poor and just want to help out, let us know and we will find something for you to do. In particular, we need people to fill the following important roles:

- Saturday marshalling and duty coordinator – Andrew Buchanan is standing down after six years in the role; this role requires a few emails and phone calls every week.
- Coordinate Saturday traffic control set-up – we have split Andrew's old role in half to make it more manageable.
- Assistant Handicapper – Pete has put his hand up for the 10th year in a row but can't do this forever; we need 2–3 assistant handicappers to help Pete and learn the ropes for when he does eventually stand down.
- Assistant Treasurer – likewise, Juanita has put her hand up again, however she can't do this for ever either, so we need someone to come in, learn the ropes and hopefully take over in a year or two.
- Referees coordinator – to take the lead on ensuring all ECC races have an accredited race referee in attendance and also that all our referees have the correct accreditation.
- State referee – we need to have our own 'in-club' state referee, whose main duty is to referee club open handicaps; this is a paid position via VCV.
- Miscellaneous helpers – let us know if you want to get involved and we will find you something to do.

Feel free to discuss any of this with the committee executives: Adam Dymond, Susan Williams, Juanita Stumbles, Emma Smith, Max Michelson or Peter Mackie.

C'mon guys, get involved, more hands make light work.

Insurance

A reminder to all members that you must have your own personal ambulance insurance.

Note also that your bike is not covered by your VCV insurance policy so, if you want to insure it, you need to take out a policy.

A review of the current race insurance policy is under way. If you have concerns or are not sure about what you are covered for, please refer to this link for policy details: <https://sport.ajg.com.au/australian-veteran-cycling-council>.

We will post the AVCC policy document on the club website as soon as possible.

Regards,
AD





Monthly Sunday ride with CCW

ECC Sunday morning social rides in conjunction with our major sponsor, Croydon Cycleworks, kick off again this weekend, on Sunday 17 February.

These rides are aimed for everyone, with two groups:

- slow-medium group – leaving from Croydon Cycleworks shop at 6.30 am
- faster group – leaving from Croydon Cycleworks shop at 6.45 am.

The ride

This is a 'no drop' ride, so even if you don't feel you have the pace to keep up, a smiling face will be there to greet you at main corners so you won't get left behind.

After the ride, everyone will gather in Main Street (at a cafe to be announced) at about 8.30 am for a well-earned coffee/cake.

The route

Heading out from CCW shop, we head up Mount Dandendong Road, making a right-hand turn into Colchester Road. Following this road and making a left-hand turn at Alber Street roundabout into Mountain Highway takes each group to the base of the 1 in 20 to regroup.

Everyone will pace themselves up to the top to regroup again at Sassafras.

Taking a left-hand from here, both groups will proceed up to Olinda with a final descent into Montrose, regrouping again at the main roundabout. Groups will decide on the day whether to continue up to Sky High.

Taking Mount Dandenong Road back leads both groups to the final destination – coffee!

Dates

17 February

17 March

14 April or 28 April (as 21 April is Easter Sunday) – to be confirmed

19 May

Then let's see what the weather is doing after that.

Visit Team App and reply to let us know you are coming.

Hope to see you all there!

Cheers,
ECC and CCW





Graded scratch races, Yarra Boulevard, 9 February

Grade	1st	2nd	3rd
A Grade (10)	Chris Hughson	Kevin King	Phil Smith
B Grade (10)	Paul Firth	Ross Clark (N)	Pete Morris
C Grade (5)	Dean Tune	Ian Smith	Stephen Barnard
D Grade (6)	Hylton Preece	Ken Allan	Keith Wade
E Grade (–)	No race		
F Grade (5)	Alan Cunneen	Ron Stranks	Laurie Bohn

B Grade

By Mark Edwards

Halfway in and it's all going to plan. The No Plan Plan. I've got Oasis Sings the Beatles in my head when A Grade rolls by again. Paul Firth is channelling Liam Gallagher. Something else is in his head. He's restless, relentless. That solid blue jersey must be itchy. He keeps banging us into the back of A Grade, catch and release, roll, repeat. He's on a mission.

A Grade clear out and we are all playing nice again. There's a desensitising sameness at the Loop, especially for those of us Wednesdayers when it's more a pre-coffee warm-up than a race, except for the quicks. Saturday is longer, harder, and the envelopes are fatter, not Chinese New Year Red but still coveted. There's that awkward lull when it's unlikely anyone can get away and the turns are ho hum if you don't count the imaginary hill sprints for the polka dot jersey. That magpie swooper Ellenby is on holiday so everyone can relax a bit.

Dean has had a few honest cracks. Grant is spinning away on that no-name bike. He's got form here. Craig looks comfortable. Big Doug's gone. Ross Clark is a worry, he's not going anywhere, he says he's struggling but those Northern boys are cunning and can't be trusted. Morris is doing weird stuff again. He's chasing down anything, esp. his brother-in-law Firthy, and

he's on tubs. Man that's serious. I've heard about tubulars, I've seen 'em on YouTube, they make ordinary blokes look handsome. Now I'm thinking about how good I would be rolling round just on the scent of glue. I could be a pro. Tom is just off the back, real close but far away in TommyWorld, a world I'm afraid to enter, there's no turning back.

The bell rings for E, D, C and I'm sensing a pattern. I can't sprint this hill against these blokes but there's no point in not trying. I know that from all the other times. This time I'm gonna show 'em. I'm thinking Firth and Farr. My superstitious mum always thought if you had a short surname you should have a long first name to balance it up. Maybe that's why they race so hard, they gotta beat the curse. It's probably because they are just better but I like an excuse, however poor.

The bell goes, I've officially had enough but everyone else seems up for it. Grant is in front of me but at the back. Good wheel to follow. Definitely, maybe. I'll sit and surf. Too easy. I change up a couple and wait for his launch down the back, any moment now. The pace fades in the dip, perfect opportunity but Grant lets me down, I've picked the wrong horse and forgotten my jigger. I watch helplessly as Firthy launches for the hundredth time, hits the corner first and powers up. I come round and visualise a magnificent pass-everyone finish. I might even throw the arms and take the penalty! I start a

revolution in my head but sadly it's not in my legs and I sit down to watch Paul hold off Clark and Morris in a close one.

Afterwards an unusually small crew decamp to the river to discuss all things. I'm tired, I'm old. I'm using food, coffee, coke and powerade to will myself to ride home when my gorgeous wife rings and offers to pick me up. How does she know? What a girl. On the way home I think about racing

Sunday morning at Casey. What fun! I have a very short attention span but my legs remember. Every week I'm gonna do the Clocktower ride. I've got a good head start. It would be good for me and after three negronis I'm fully committed. I've done one in five years. Next week for sure.

Thanks to everyone. Even making up the numbers is a pleasure. Don't look back in anger.

Croydon Cycleworks Summer Twilight Crit Series, METEC, 12 February

Grade	1st	2nd	3rd	4th
A Grade (10)	Lawrence Lee	Richard Abel	Chris Hughson	Glenn Newnham
B Grade (9)	Mark Edwards	Shane Crowhurst	Dean Niclasen	Walter Savini
C Grade (11)	Haydn Chapman	Kym Petersen	Dean Tune	Sam Bruzzese
D Grade (8)	Anthony Cox	Peter Brann	John Cochrane	Peter Gray
E Grade (2)	J.C. Wilson	Peter Shanahan	--	--

Wednesday criterium at the Loop, Yarra Boulevard, 13 February

Division	1st	2nd	3rd
Division 1a (9)	Russell Newnham	Troy Jordan (N)	Phil Cavaleri
Division 1b (10)	Ross Clark (N)	David Rooke (N)	A. Grech
Division 2 (8)	Raelene Lesniowska (N)	C. Eastoe	Roman Suran
Division 3 (4)	Shane Dwyer (N)	Kellie Murphy (N)	Susan Williams
Division 4 (5)	Laurie Bohn	Petra Niclasen	Alan Cunneen

Thanks to referee Stephen Barnard, Dean Niclasen and others.





Northern Cycling graded scratch races, Gisborne South, 10 February

E Grade

By Pat Ruys

Decided not to race the loop this week as I'm doing the Camperdown to Warrnambool next Saturday, so I wanted to save my legs and my coach Stef from Trivelo wanted me to include as much undulation as possible in today's ride. This is something I don't normally do, so yesterday I looked at Northern Cycling's race programme for today. A new course, a 10.5 km out-and-back circuit at Gisborne South, gently undulating. I thought that this would suit me perfectly. I also thought that no else had raced this course before so, no matter what grade I raced in, there would be no home ground advantage.

It took me about an hour and a half to drive out to Pitruzello Estate, Gisborne South, arriving at 25 minutes to 10. I found the registration table and entered in E Grade. The numbers and transponders were in someone's car at the start/finish line. I asked where that was and was told, 'Up the hill'. They weren't kidding – 3.06 km up was my warm-up (glad we weren't racing that hill). Found my number and transponder, then waited patiently for the race to start.

There were five starters in my grade, and one of these was a new trial rider. It was a road race and they were rolling turns in front of me like in a handicap race. The first hill was within the first kilometre. Just over that hill I rolled to the front. Being the big guy, I always use the downhill as momentum to get up the top of the next hill, which was at 1.9 km. I just couldn't believe it – I was about 200 to 300 metres in front of them. Do I wait for them or do I just keep going? I decided to keep going and pushed hard.

After a right-hand turn there was a slight tailwind and I used every ounce of it. I was opening the gap. Just before the next left there was a steep downhill. I slowed for the corner then, still going down at the end (the turnaround), it was like a court with plenty of room to make the U-turn.

I found that road quite dead going up, and as I was going up that crest, the rest of my bunch was coming down. Up a few gears before the right-hander, then once around that corner dropped a few gears to make up the next hill. Once over the top, up went my gears and I kept riding within my limits, pushed hard after the left-hand turn along the M79 freeway. There was a nice hill climb to the finish line. One lap down, three to go.

As I came back down that hill, the rest of my bunch was going up. They weren't that far behind so I didn't ease off and kept the pressure on. This time after the U-turn I was already on top of the crest when I saw them. The gap was getting bigger and I was feeling good, just kept riding tempo until the finish line, two laps to go.

This time we passed each other in the valley of the two hills, but as I was near the right-hander I saw another rider break away from the others – it was the trial rider. He did an amazing ride across to me and had caught me on the downhill to the U-turn. He was strong. Going up the hills he rode away from me but waited. I told him to keep going and he told me that once he saw D Grade coming up from the other direction he would turn around and sit on them. He did this before the hill to the finish line, where I got the bell.

By this time I was really feeling it. My gap had grown and no way was I going to give up. This time at the U-turn they had gained some ground on me, but I was still quite comfortably ahead of them. Once over the dead road climb I gave it my all and didn't let up until I crossed that finish line in first place by 2 minutes 3.936 seconds to Ian Buckingham, who took 2nd by 7.133 seconds from Allison Watt in 3rd place.

I really enjoyed the course today. Huge thank you to Northern Cycling for the event and I believe today was great training for next Saturday's Bill Long Camperdown to Warrnambool 74 km Open Handicap. Best of luck to everyone who is racing in it, but especially all the Eastern and Northern members.





News etc.

Below the Belt Pedalthon

This ride in support of research into urogenital cancers – the ones below the belt – is on again, on Sunday 17 March at Sandown Racecourse. Three teams with members from Eastern Vets took part in the 2018 Pedalthon. Neil Cartledge's team raised the third-highest amount of money and finished 4th in the three-hour event. See the flyer at the end of this newsletter for more.

Tour de Cure dinner dance

Susan Williams continues in her efforts to raise \$20,000 in support of cancer research and the 'Fit for Life' program in primary schools before she rides from Sydney to Geelong with the Tour de Cure. As part of this, Eastern CC members are all invited to the Tour de Cure Dinner Dance on Saturday 6 April at Royal Brighton Yacht Club. See the flyer at the end of this newsletter for full details and a link to book.

Future events

Eastern CC events

Please refer to page 1 of this newsletter, or go to <https://easterncycling.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 at the end of this newsletter for details of the VCV State Criterium Championships for 2019 on Sunday 24 February at National Boulevard. Entries close at a minute to midnight on Tuesday 19 February so you'd better get cracking!





Sponsors



Like cycling? Don't like cancer?

**RIDE WITH US
IN MELBOURNE**

**SANDOWN
RACECOURSE
SUNDAY
17 MARCH
2019**

Join us in the ride to defeat testicular, prostate, bladder and kidney cancers!

Following on from the success of the inaugural Below the Belt Pedalthon in Melbourne, we are doing it again. Register, ride and raise vital funds in the ultimate community challenge on Sunday 17 March at Sandown Racecourse.

Whether you are an avid cyclist, new to the sport or just looking for a challenge, we invite you to ride to help those living with urogenital cancers and to improve outcomes for the next generation.

Ride as many laps as you can in 3 hours (open race) or 1 hour (family challenge) on Melbourne's iconic Sandown Racecourse. The day also includes the short course competition, best dressed, post ride lunch, awards presentation and great entertainment. A fun day out for all!

The Pedalthon was founded to promote awareness of these common but 'less glamorous' cancers and to provide ANZUP with critical funds needed to improve the lives of so many.

Every cent raised by the Pedalthon goes directly towards clinical trials research, which means straight into the hands of experts committed to treating testicular, kidney, bladder and prostate cancer better.

We can defeat these cancers – but only with your support!

How are you helping?

All funds raised will benefit ANZUP Cancer Trials Group in their efforts to improve treatments and outcomes for those affected by urogenital cancers.

It can be challenging to obtain initial funding to move a concept through to being a viable clinical trial. That is why the Below the Belt Research Fund has been established: to move new ideas into the next evolutionary phase and ultimately completion.

Fundraising efforts from the Pedalthon has provided 18 medical researchers' funds for their successful projects. These projects are crucial to improve treatments and outcomes for those living with these cancers.

We need your help to fund more trials.

www.belowthebelt.org.au

With thanks to our venue partner MRC Foundation

Through your support, the Pedalthon aspires to change how we view, act, respond, and treat below the belt – testicular, prostate, kidney and bladder – cancers.

Every dollar raised will help ANZUP improve the treatment and outcomes of those affected by these cancers.

**OVER
23,988**

PEOPLE DIAGNOSED
EVERY YEAR NEED
YOUR HELP

Package highlights

- Individual, team or family registration
- Access to food, coffee, refreshments, and entertainment
- Insurance
- Awards for champions and other categories
- Post ride lunch with awards ceremony
- Complimentary 2019 Pedalthon jersey and t-shirts for children
- Plenty of entertainment and fun!

Event details

Sunday 17 March 2019

7.00am - 7.45am

Registration and breakfast

7.45am - 8.00am

Safety and event briefing

8.00am - 11.00am

Open race (most laps in 3 hours)

11.05am - 12.05pm

Family challenge (most laps in 1 hour)

12.15pm - 12.45pm

Sprint challenge

12.45pm

BBQ Lunch and awards presentation

Registration fees

Open race challenge registration
team of 4):\$600

Family challenge registration
(2 adults and 2 children): \$150

Individual registration: \$180

Individual fundraising goals:

Individual: \$500

Children: \$100

To register go to www.belowthebelt.org.au

Let's fight cancer below the belt!



*'Keep riding,
spread the
message and
thank you for
being part of
the Pedalthon'*



Simon Clarke,
Pedalthon Founder

For further information please contact pedalthon@anzup.org.au or 02 9562 5042



Susan Williams invites you to



The Tour de Cure
DINNER DANCE

Saturday 6th of APRIL 2019
Royal Brighton Yacht Club
6pm – 11pm

Dress: Cocktail

HELP US FIND A CURE FOR CANCER

Your ticket includes

2 course Sit Down Dinner

All Beverages

Special Guest Speaker

Live & Silent Auctions

Conducted by Auctioneer Extraordinaire

Andrew Reynolds

The White Tree Band

Tickets

\$200 per person

\$150 under 30's

<https://www.trybooking.com/465203>

Tables of 8 and 10 available

Please note that tickets are non-refundable

Tax deductions will be emailed to you as the ticket contains a donation.

Be a part of finding a cure for cancer. Tour de Cure funds cancer research projects and the 'Fit for Life' educational program for Primary Schools.

I had Breast Cancer in 2016 and reaped the benefit of the years of research that has been made possible by public fund raising and philanthropic donations. For this and the care I received from every single professional, I am eternally grateful.

To mark the 3 year anniversary of my breast cancer diagnosis and treatment I am riding from Sydney to Geelong, inland, via the Blue Mountains for 1275 kilometres over 8 days. My Aim is to raise **\$20,000** over 6 months and I am currently sitting on **\$11,235**.

V.C.V State Criterium Championships



Sunday 24 February 2019 at National Blvd, Campbellfield

Hosted by Northern Cycling

Racing will be graded scratch A to F with women and men racing together in the grade selected by the handicapper, but with separate placings being awarded.

Each grade will have an intermediate sprint, with a medallion presented for the first man and first woman in each grade.

Medals to be awarded at the conclusion of each event.

Start times:

F: 10am, 30 min plus 2 laps

D: 10am, 40 min plus 2 laps

E: 11am, 35 min plus 2 laps

C: 11am, 45 min plus 2 laps

B: 12pm, 50 min plus 2 laps

A: 1pm, 60 min plus 2 laps

Enter online now www.veterancycling.com.au

Entries close Tuesday 19 February at 11.59pm. Café and barbecue facilities available.

