

Newsletter

2 March 2019



Duty Roster

Saturday 2 March, Garfield

Mark Edwards (R), Tony Kimpton (TC), Peter Webb (TC), Steve Short (TC), Brett McInnes, Nathan White, Wes Black, Neville Williamson, Grant Farr, Stewart Bendall, Geoff Darroch, Sam Bruzzese

Saturday 9 March, Casey Fields

John Thomson (R), Dale Maizels, David Mann

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

Fans of METEC did well this week, with racing there last Saturday as well as Tuesday night. Numbers were somewhat down on Saturday while 20 members attended traffic controller training. Come Sunday, a number of Eastern riders contested the VCV State Criterium Championships at National Boulevard. Congratulations to all – in particular to Susan Williams, who won Women's C Grade, and Laurie Bohn, who took out Men's F. Results, race reports and photos from the weekend are inside. Don't miss Pat Ruys's report from Sunday, which has a valuable message for us all. Tuesday and Wednesday results are there as well. Also inside is more on the women's Hanging Rock Handicap from the previous weekend, including some great pics from official photographer Louise Wolfers.

This Saturday we are scheduled to contest a handicap at Garfield. Entries have closed. At press time, the forecast temperature of 37°C made it a strong possibility that racing would be cancelled, so keep an eye on your email, Facebook or TeamApp on Friday afternoon for a decision.

Please read on for a message from Club President Adam Dymond. It has appeared here before, but the need for new faces on the Club Committee is even more pressing with the news that Vice President Emma Smith will not be standing for re-election. And finally, there are flyers at the end regarding two big events coming up: the VCV Open Handicap at Seymour on 23 March, hosted by Eastern in partnership with Croydon Cycleworks; and a valedictory dinner for long-time VCV President Tom Finning, at the Ponds Hotel, Waurn Ponds, the following day.



The D Grade podium at METEC on Saturday (L–R): Keith Wade (2nd), Harry Hibgame (1st), Ken Allan (3rd). The message is clear: Ken, you need to try harder with the beard.



Graded scratch races, METEC, 23 February

Grade	1st	2nd	3rd
A Grade (11)	Russell Newnham	Chris Hughson	Alex Randall
B Grade (10)	Dean Niclasen	Shane Crowhurst	Pete Morris
C Grade (7)	Paul James	Franc Tomsic	Doug Reynolds
D Grade (5)	Harry Hibgame	Keith Wade	Ken Allan
E Grade (6)	Geoff Miller	Michael Muscat	Alan Cunneen
F Grade (4)	Clive Wright	Ron Stranks	John Eddy

B Grade

By Rob Suter

This correspondent sulked for two days about the B Grade race because he failed to follow his own pre-race team plan – before deciding to describe the battle that unfolded.

In a race of attrition, fuelled by testosterone/white-line fever/obstinate/pig-headedness or just plain cussedness, the army of protagonists hurled themselves into the attack, counterattack, and go over the top attack mode to wear themselves out (namely Edwards, Firth and Suter). Shane Crowhurst also had one or two strong digs, while the Wasp cleverly sat himself on second wheel as each and every gap was closed, hoping that his orange and black colours would camouflage his intentions. So it would proceed: Edwards would put in a strong one, Firth would close the gap, Suter would hit them, and so on.

Meanwhile, others were dropping off under the pressure: the two recently returned from C Grade after strong showings there, and the old fella (giving away 10+ years). Mackie was there somewhere, and don't forget Deano.

About 45 minutes in, Deano rolls over us – as he told me the next day at Lake Mountain, it wasn't meant to be an attack. A gap appeared, Firth didn't quite respond, Suter didn't want to, and apparently Edwards felt likewise. The Wasp did,

and got across, knowing that his orange and black colours would be camouflaged front-on if he sat behind Dean.

Shane put in a strong effort to get across as the others prevaricated, then it was three vs three plus. The gaps stayed the same, and Edwards, Suter and Firth all tried to work, but not coherently – it was hurting each time one of the others surged to the front. We almost got there, but were baulked by two slower grades on the esses; and the gap grew again, never to be closed down.

Mackie gave us one turn and pulled out, into the same pit straight that he'd detoured into earlier in the race (unbeknown to us – sorry, Pete). Edwards thought about pulling out, did a turn, then did sit up. I relaxed, thinking the others sitting on could help out, only to be politely asked by the two A Graders sitting there if that was it from me. In reality, I had blown – I can't vouch for Mark.

I kept circulating, watching the gap to the threesome grow faster than the gap to Paul Firth; and each time into the finishing straight the Wasp would be 1–2 lengths off the others, only to get on by the line; then I could see, while the legs were failing me, that I was about to be lapped.

Thankfully, Long John Thomson was having a regular day. He rang the bell for me right on 60 minutes, as I watched the sprint unfold in front of me (one lap down), to see the Wasp honestly



keep the other two honest while trying to hand it to them.

Chapeau to all three of you for your race smarts. And me, the dumb-A, who did an Aussie-Pommie Simon Yates on stage 14 of last year's Vuelta. The only difference is that A-P Simon went on to win the whole damn thing!

PS The reference to Mr Yates's mixed heritage comes because I am reading and thoroughly

enjoying John Williams's coffee table book about his travails as he biked from Spain to Scotland. My only gripe is that with each day's 60 or so km hike in the Pyrenees, the route profile – as published in landscape view almost as a footnote – makes the Peyresourde (or any of the other, mythical Pyrenean cols they cycled) look as flat as the Geelong Freeway (where the only climb of note is the Westgate, and that is before said freeway starts!)

Croydon Cycleworks Summer Twilight Crit Series, METEC, 26 February

Grade	1st	2nd	3rd	4th
A Grade (15)	Andrew Mapstone	Chris Hughson	Richard Abel	Glenn Newnham
B Grade (8)	Shane Crowhurst	Grant Greenhalgh	Dean Niclasen	Ray Russo
C Grade (11)	Nick Panou	Doug Reynolds	Peter Ransome	Kym Petersen
D Grade (10)	Peter Gray	Peter Brann	Veronica Vandenbroeck	John Cochrane
E Grade (3)	Alan Cunneen	Peter Shanahan	J.C. Wilson	--

Wednesday criterium at the Loop, Yarra Boulevard, 27 February

Division	1st	2nd	3rd
Division 1a (9)	Russell Newnham	Phil Cavaleri	--
Division 1b (11)	David Rooke (N)	Darren Woolhouse	Pete Morris
Division 2 (11)	Terry Hollibone (N)	Adam Eastoe	Trevor Perry (N)
Division 3 (6)	Stephen Barnard	Ken Allan	David Drew (N)
Division 4 (6)	Michael Waterfield	Paul Griffiths (N)	Alan Cunneen

Referee was Nick Tapp. Thanks also to Dean Niclasen and other helpers.





VCV State Criterium Championships, National Boulevard, 24 February

E Grade

By Pat Ruys

Eastern Cycling had four starters in this grade today – Neville Williamson (4th), Zenon Gawronski (12th), Michael Muscat (14th) and myself (15th) – and there were 11 others from Northern, Central and Geelong. For once I got to a race early enough to have a decent warm-up, mainly because I knew it was going to be quick.

We had 35 minutes plus two laps, and from the beginning I took it to them. First half of the race I was one of the many workers. Mid-race, I don't know why I went to back of the bunch, but I did. I needed a bit of a rest because of how quick it was – our speed never went under 32 km/h. But I was feeling it, and I don't know why I did, but with three laps to go I was back on the front and stretched the field out – a rush of blood. But as they went past I just couldn't recover quickly enough and went straight out the back. On the last lap I was way off the back and my speed dropped below 28 km/h.

Feeling overwhelmed and a bit disappointed with all my efforts, but huge kudos to Umberto Scolaro (GSC) who took 1st place, 1st lady Kellie Murphy (Northern), who was next, Tony Gherxi (Northern, 2nd), Henryk Herbec (Northern, 3rd) and all of the rest of the guys in the bunch. It was a great day and a great race.

Two Eastern members won their races: they were Susan Williams, who won Women's C Grade, and Laurie Bohn, who won Men's F Grade. Huge congratulations to them both.

Part 2 of my day

I pulled up a bit sore after the race, especially my left calf muscle – it was very sore to walk and the drive home was just painful. Pain factor on a scale of 1 to 10 would be 10 or 11. Anyway, I hoped that I was worrying over nothing but made

a doctor's appointment that night to check it out. I saw my doctor late Sunday night and he said that I had strained or had a slight tear in my calf, but he also wanted me to have a scan on my leg for deep vein thrombosis (DVT). I had a 2–3 cm clot about eight years ago, which had cleared up a long time ago.

Anyway, Monday morning I went to work, told them that my leg was sore and that my doctor wanted me to have a scan for DVT. My boss said make your appointment and go, so I did. I had my last scan in September, which was clear; with today's scan they found several clots in my thigh, behind my knee and my calf. Without telling me how bad the clots were, they made a call to my doctor and then sent me to Monash Emergency, which was next door. There they investigated my scans and took blood from me. The doctor assigned to me at Monash thanked me for my patience – I was there for six hours. After confirming with the haematologist (blood specialist), they told me that they had found a 12 cm blood clot in my left calf and that this is the reason why my calf was so sore.

Straight away I was put on blood thinners and I have an appointment with a specialist in three months' time, by which time they believe my leg will be cleared up. Apart from that, I'm all good. I've been told that I can ride, but I've decided to give myself a two-week break off the bike. I see my own doctor on Thursday and have many questions for him; one is when I can race again.

One of the main reasons I've included this in my race report is to ask all members to be vigilant of aches and pains, to listen to your bodies. If you think that something is not right, then don't be ashamed to go to the doctor. It might be nothing but it could be something, and getting that something checked out in time might save your life.

We've only got one life; let's all enjoy the ride life brings us.



Susan Williams on the top step of Women's C Grade at the VCV Crit Championships on Sunday; and Laurie Bohn, winner of Men's F Grade. Nice steps, by the way.

Melbourne Bicycles Hanging Rock Handicap, 16 February

While a bunch of Eastern male riders were battling it out in the Camperdown to Warrnambool 74 km handicap race, five Eastern women (Dale Maizels, Paula McGovern, Kym Petersen, Veronica Vandebroek and Madam Secretary) had answered Alison Skene's call to ride in a women-only handicap of 64 km, starting at Hanging Rock and navigating two laps of the Newham/Lancefield course.

Conceived and organised by Eastern member Alison, who did a brilliant job of securing sponsorship and support, the event attracted more than 100 women entrants, of whom a whopping 93 competed on the day.

Designed as a way of encouraging women to come out and compete, for many this was their first race. I brought along two newbies who are strong riders, and the entire experience was certainly positive, aided by the HCC members who rode alongside the bunches encouraging the riders and offering race and bunch riding skills advice.

This was the first handicap race where I actually managed to stay with a bunch for virtually the entire race. I couldn't believe how much easier and enjoyable it was – and, to top it off, I was in the money, in 8th place!

Susan Williams





Eastern women in action in the Hanging Rock Handicap (clockwise from top L on previous page): Susan Williams (waving); Kym Petersen (on the back); Paula McGovern (going it alone); Dale Maizels (second from left). Photos: Louise Wolfers

News etc.

Annual General Meeting and committee positions

A reminder that our AGM is coming up on Wednesday 13 March. 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:

- Vice President – Emma Smith has decided not to stand again for this important role.
- 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 current committee executives: Adam Dymond, Susan Williams, Juanita Stumbles, Emma Smith, Max Michelson or Peter Mackie.

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.

Tom Finning dinner

Scroll down for details of a dinner to recognise the long service of former VVCC/VCV President Tom Finning, at which Eastern members are welcome.

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.

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!



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**.



Eastern Cycling Club
in partnership with
Croydon Cycleworks
presents the...

Prize from 1st to 10th

1st \$500

2nd \$400

3rd \$300

4th \$200

5th \$150

6th \$120

7th \$100

8th \$80

9th \$70

10th \$50

Fastest overall \$250

Fastest unplaced female \$50

60km Open HANDICAP at Seymour

Saturday 23rd March

Online entry: www.veterancycling.com.au

Entries close at midnight on Tuesday 19th March

Race Start Time 1.30pm

Registration Manners St, Seymour
(Opposite the Royal Hotel)

Rider briefing and race start is 3.5km along the Seymour-Avenel Rd)

\$2000 in Prize Money plus Trophies



www.croydoncycleworks.com.au

Proudly sponsored by www.croydoncycleworks.com.au

*Join Us
For*

Tom Finning's

DINNER

At
The Ponds Hotel

1154 Princes Hwy, Waurin Ponds

Sunday 24th, March 2109

Commencing at 4.00pm

Full menu available and drinks at bar prices

*Come along to help celebrate Tom's lifelong
service to Veteran Cycling*

*Presented by: Geelong Surf Coast Cycling and
Veteran Cycling Victoria*

RSVP : Mar 15 to Gordon Spargo secretary@gscc.net.au