



Duty Roster

**Sunday 21 July,
National Boulevard**
Northern Cycling

**Sunday 28 July,
National Boulevard**
Northern Cycling

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.

Banner photo: Pete Morris

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Lately it's been one week on, one week off. Last Saturday's scheduled racing at Yarra Glen was cancelled as temperatures dived, and rain and hail swept through town (see below). The decider in the Toy Bricks Toughen Up series has been rescheduled to Saturday 31 August at Yarra Glen. In place of race reports this week, scroll down for a bit of a travelogue from Doug Page, on the road in France.

This weekend the Tour de Metro, the annual four-race interclub series between Eastern and Northern, gets under way. First up is a criterium at Northern's National Boulevard circuit in Campbellfield on Sunday, starting at 10 am – note the day and time! Online entry is preferred. Enter online at <https://entryboss.cc/races/2665> before midday on Saturday and pay \$12, or pay \$15 on the day (desk closing at 9.45 am). Please make the effort to come and race. Ours is the larger club, but Northern will be strong and motivated after taking out the series last year.

A reminder that, if you ordered the new club kit, you can collect it from Croydon Cycleworks during normal shop hours. Wear yours on Sunday! And see the next page for a great offer from Croydon Cycleworks for Eastern members during the Tour de Metro.



Mount Dandenong Road, Ringwood East, 1.10 pm last Saturday. The dashboard gauge read 3.5°C.





Croydon Cycleworks special offer

In support of our Eastern members racing to win the Tour de Metro against Northern Cycling Club, Croydon Cycleworks has a great offer for Eastern Cycling Club members.



We have added more value into our Comprehensive Service package. Normally, this package is valued at \$199 – for Eastern Cycling Club members during the Tour de Metro race series – JUST \$149. Cash in now and your bike will be ready for the challenge.

Here is what you now get under our new package:

Overall

- Comprehensive assessment (including frame)
- Full bike wash (drive train removed and comprehensively cleaned)
- Quote
- Test ride

Cockpit/Brakes

- Check/adjust headset bolts
- Service/rebuild headset
- New bar tape*
- New brake pads*

Drivetrain

- Check/adjust gears front/rear
- Cables relubed
- Service/rebuild BB
- Service/rebuild rear derailleur (where applicable)
- Chain relubed

Wheels

- Tyres inflated
- Front and rear wheels removed and trued
- Service/rebuild Hubs

* Now we have also added new brake pads and new bar tape to this package.

David and the CCW Team





Wednesday criterium at the Loop, Yarra Boulevard, 17 July

Division	1st	2nd	3rd
Division 1a (6)	Tony Hallam	Chris Ellenby	Pete Morris
Division 1b (6)	Nathan Darcy	Tom McDonough (N)	Mark Edwards
Division 2 (3)	Dean Tune	Brendan Wain	--
Division 3 (4)	Michael Muscat	Pam Vandersluys	Andre Weber
Division 4 (1)	Michael Waterfield	--	--

Thanks to referee Susan Williams, Mark Edwards, John Williams and anyone else who helped.

News etc.

Race day trailer

Our club is in need of someone to take over trailer duty. After six years, Peter Gray needs a well-earned break and will be doing some overseas travelling. Amazing job, Pete, and we thank you very much. This is our clubhouse on wheels. It contains everything for our race days, so we need a new volunteer, or maybe a few volunteers to put a roster in place. Petrol money and race day fee paid for by the club. We are a fantastic club with great members and if you would like to make some enquiries, please contact Adam Dymond, Peter Gray or Max Michelson.

Max Michelson

Mornington Peninsula Ride for Relief, 20 October 2019

Come and join us on a fabulous ride on the Mornington Peninsula that includes lunch and bathing at the Peninsula Hot Springs after the ride. The funds raised from this event will go to Mentis Assist, a not-for-profit mental health support service that provides specialised mental health services for people (and their carers) living with a diagnosed mental illness in and outside of Victoria's Mornington Peninsula.

Please ctrl-click on the link to download a brochure for further details.

www.peninsulahotsprings.com/wp-content/uploads/2019/05/Ride-for-Relief-Digital-Brochure-2019.pdf

Juanita Stumbles





Dispatches

Doug Page has been sending news and photos from France. Thanks to Roman Suran for sending them on to the newsletter.



After riding up and staying at reasonably high altitude at Villar d'Arène, I only had about 1500 more metres to climb to get up to Col du Galibier (below), passing through Col du Lautaret (left) on the way up, then a descent of about 2000 metres via Col du Telegraphe (the ski resort was just a little below) on the way down to Saint-Michel-de-Maurienne. All photos: Doug Page





Top: scenery from the Lauteret/Galibier/Telegraphe day. Bottom: Tour de France scenes, including Australian sprinter Caleb Ewan (right), who now has a stage victory in all three Grand Tours after a narrow win on stage 11.



Top left: I headed out at 8 am from Saint-Étienne and it was only 20 km to the base of the climb. There before 9. If I had left it any longer, there would have been too many people walking up the climb to be able to ride it. A fun 3 km or so up some rather steep bits with thousands of people set up in their spot for the day cheering you on. The race wasn't going to start back in Saint-Étienne until 1.30 pm but you'd swear it was only 15 minutes away. Top right: one for the Valverde fans. Bottom: Saint-Étienne.



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.

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