

3 August 2019

Eastern Cycling Club

Newsletter

Duty Roster

Saturday 3 August, Gruyere

John Thomson (R), Rob Lackey (TC), Ray Russo (TC), Neil Cartledge (TC), Grant Greenhalgh, John Cochrane, Rob Suter, Wes Black, Richard Vernon, Andrew Wedderburn, Keith Wade

Saturday 10 August, Yarra Glen

Mark Edwards (R), Dean Tune (TC), Walter Savini (TC), Matt Clarke, Phil Smith, Roman Suran, John Blyth, Anthony Gullace, Stuart Bendall, J.C. Wilson

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, tjtop2@optusnet.com.au.

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



Your club needs you!

It's now halfway through the Tour de Metro and we have our backs to the wall. The annual series against Northern CC continued last Sunday at National Boulevard, with an identical result to the previous week – at least on paper. Northern again outscored us by 67 points to 39, and the overall scorecard now reads Northern 134, Eastern 78. There is serious work to do this Saturday at Gruyere and the following Saturday at Yarra Glen. Please make every effort to race both weeks if you can. Scroll down for Rob Amos's race report from Sunday and details of the overall and individual scores.

In case you needed more persuading, Helen Edwards will be bringing a couple of pans of tasty homemade minestrone soup to Gruyere this Saturday. Free to a good home. Bring your own mug.

A reminder about the great offer from Croydon Cycleworks on bike service for Eastern members throughout the Tour de Metro. Scroll down for details. And be quick – ends Saturday 10 August.

Put Saturday 26 October in your diary. That's the date of our annual Awards Night, with guest speaker, the SBS presenter and former Giro d'Italia stage winner Dave McKenzie. Scroll down for details.

And a plea to all from Andrew Buchanan: please check your roster dates on the Roster page of the website (<https://easterncycling.com/roster/>). Some changes to earlier notifications were necessary when posting the current version (in late June). Any member who received a notification around mid-June can contact Andrew (0472 699 322) if clarification is needed.

Finally, have you ever wanted your own @easterncycling.com email address? Scroll down to see what Mark Edwards has done about it.





Graded scratch races (Tour de Metro round 2), National Boulevard, 28 July

Grade	1st	2nd	3rd	4th	5th
A Grade (22)	Troy Morgan (N)	Jean-Philippe Leclercq	Rob Amos	Mark Adams (N)	Morgan Belbrun (N)
B Grade (27)	Trevor Coulter (N)	Paul Firth	Peter Mazzarella (N)	Mark Micallef (N)	Paul Webster
C Grade (28)	Ian Michelson	Michael Lavender (N)	Craig Davis (N)	Brendan Wain	Dale Walton
D Grade (20)	Greg Harvey	James Stuart (N)	Tommy Gray (N)	Brian Marks (N)	Tony Gherxi (N)
E Grade (11)	Fran Medina (N)	Harry Hibgame	Gregory Dight (N)	Donna Jamieson (N)	Susan Williams
F Grade (6)	Ian Buckingham (N)	Brian Forbes (N)	Meredith Kelly (N)	Sue Scott (N)	--

A Grade

By Rob Amos

After last week's thrashing, all the Eastern A Graders were determined to do a better job tactically, and numbers were fairly even. Their A Graders looked much younger than most of ours, and we were missing our super sprinter Andrew Mapstone.

As per usual, Phil Smith went off from the start, but was soon chased down, before the moves started from Northern, with Glenn, Laurence and Steve quick to react. A big attack by a Northern rider saw a big gap open up, but with Kevin chasing him down and not working, they slowly came back to the bunch. Garron Buckland then went flying off the front, forcing Northern to chase. Last week's winner Aaron Christiansen seemed happy for a break to go; he looked confident of crossing the gap – like last week – so was blocking the moves. I took advantage of this and attacked down the hill. I was soon joined by Northern's Troy Morgan and we started to work together.

I was not sure if I would last, as the previous week had been my first block of training since suffering a labral tear in my hip after Easter, and we still had at least 45 minutes to go.

After a couple of laps we were caught by another Northern rider, who came flying past and opened up a gap. Luckily, J-P was in hot pursuit and I managed to grab his wheel and get back on.

With two versus two we all worked together and slowly increased our lead, waiting for the counterattack to come and bridge across. With 10 minutes to go, it looked like we had a safe lead and one of the Northern riders started to miss turns. Morgan seemed the strongest, pulling big turns into the wind, until the other Northern rider attacked over the hill. J-P went with him and they sprinted for the line. As I had not heard the bell, when I caught them up I told J-P to keep going, and as we hit the finish straight I could see the chequered flag. The previous lap's sprint must have taken the edge off J-P, and Morgan pipped him in the sprint as I rolled in for 3rd – a better result than last week for Eastern.

The Ghost of Northern Flats returns

After a period in hibernation, Peter Gray seems to have regained his mojo and reports as follows: Eastern (and Northern) racers may recall a couple of years ago, during round 2 of the Tour de Metro at National



Boulevard, the dozen or so punctures that occurred as a result of some hyperactive burn-out enthusiasts.

Well, it seems to have happened again in 2019, although thankfully to a much lesser extent. Both punctures I'm referring to were caused by tiny steel shards – at least one

immediate puncture and one discovered the following day.

It's a handy reminder to check your tyres closely before riding again, as these shards can remain embedded in your tyres for some time before causing flats.

Tour de Metro series points

	A		B		C		D		E		F	
	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC
1st		8	8		8		8		8		5	
2nd		5		5		5	5			5		3
3rd		3		3	3		3		3		2	
4th	2		2			2		2		2		1
5th	1		1		1			1		1		
Total	3	16	11	8	12	7	8	11	3	16	2	9
							ECC	NCC				
Race 1 total							39	67				

	A		B		C		D		E		F	
	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC
1st		8		8	8		8			8		5
2nd	5		5			5		5	5			3
3rd	3			3		3		3		3		2
4th		2		2	2			2		2		1
5th		1	1		1			1	1			
Total	8	11	6	13	11	8	8	11	6	13	0	11
							ECC	NCC				
Race 2 total							39	67				

	ECC	NCC
Progressive total	78	134



Tour de Metro individual aggregate points – Male

	R1 - 21/7 Nat Blvd	R2 - 28/7 Nat Blvd	Total
James Stuart - N	8	5	13
Greg Harvey - E	3	8	11
Paul Webster - E	8	1	9
Aaron Christiansen - N	8	0	8
Adam Hinds - E	8	0	8
Gregory Dight - N	5	3	8
Harry Hibgame - E	3	5	8
Brian Forbes - N	5	3	8
Troy Morgan - N	0	8	8
Trevor Coulter - N	0	8	8
Ian Michelson - E	0	8	8
Ian Buckingham - N	1	5	6

Tour DeMetro individual aggregate points – Female

	R1 - 21/7 Nat Blvd	R2 - 28/7 Nat Blvd	Total
Fran Medina - N	8	8	16
Meredith Kelly - N	3	2	5
Donna Jamieson - N	1	2	3
Petra Niclasen - E	2	0	2
Sue Scott - N	0	1	1
Susan Williams - E	0	1	1

Wednesday criterium at the Loop, Yarra Boulevard, 24 July

Division	1st	2nd	3rd
Division 1a (10)	Tony Hallam	Fraser Short (N)	Glenn Newnham
Division 1b (4)	Roman Suran	Ross Clark (N)	Craig Blowfield
Division 2 (7)	Brendan Wain	Ian Smith	David Griffin
Division 3 (4)	David Drew (N)	Susan Williams	Shane Dwyer (N)
Division 4 (1)	Michael Waterfield	--	--

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



News etc.

Lost and found

Peter Gray needs to get rid of this stuff (below), all left at races over the last couple of years. See Peter on race day if you recognise any of it as yours.



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

The Big Bike Film Night

Movies about bikes! Eleven short films from 2 minutes to 27 minutes long. Screening in Melbourne Tuesday 13 August. Details here: <https://mailchi.mp/9f1f8d944ebe/lights-camera-bikes-bikes-and-yip-bike-films?e=927687e968>.

Future events

Eastern CC events

Please refer to page 1 of this newsletter, or go to <https://eastercycling.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





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



Eastern Cycling Club Annual Awards Night

SATURDAY 26TH OCTOBER - 7PM

**MAROONDAH SPORTS CLUB - DUBLIN RD, RINGWOOD EAST
2 COURSE MEAL**

DRINKS AT BAR PRICES

GUEST SPEAKER - DAVID MCKENZIE

TICKET PRICE - \$70EA

TICKETS MUST BE PURCHASED ONLINE BY 21/10/19

www.trybooking.com/BEDIZ

Our special guest speaker & presenter is David McKenzie. David won the Australian National Road title in 1998 & his biggest victory came on stage 7 of the 2000 Giro d'Italia where he rode to victory after a 164 km solo breakaway. David now works as a cycling journalist and commentator on SBS.





Under the possible but not essential business of Google Apps for ECC, photos, videos, mail, storage, archiving, spreadsheets (like the aggregate), calendar and more we now have

@Easterncycling.com email addresses.. free to a good home

Sick of being JoeBlw1B1956@bigpond.com ...that you can't explain to people?

Or JuvenileName-69@hotmail.com you made as an 15 year old spotty faced monster?

Do you want people to be impressed you are an elite cyclist from a great club?

Want to enquire about that new bike without telling the loved one you share your email with?

You could be Something@easterncycling.com



Like JP@easterncycling.com

Or leFrog@easterncycling.com

Or MultiClubChamp@easterncycling.com

Or all three if you like

These are basically google gmail addresses via the ECC Google For Non Profit G Suite Apps with all the back end "support" and "help" of Google..free to us as we are a non profit.

We can do this.. all easy..you must be capable of creating and remembering your own password or at least owning a child or a grandchild with opposing thumbs

If you want one tell me markedwards@easterncycling.com what you want and as long as it's not taken then it's yours. By the way please tell me by email not in a passing conversation!

Also if you want your own group or forum email, for you and a few others, say referees@easterncycling.com and raclemania@easterncycling.com (yeah those are up and about already:-)) or say DGrade@easterncycling.com or TdU2020@easterncycling.com (they aren't things as yet) we can do that too, as long as one or more of you in the group wants to own and manage it (and edit in and out changes of people)

Lastly if anyone is a bit techie (I'm not I just crash about and try stuff) and wants to help administer the apps, or be a backup I am looking for collaborator(s). As much or as little scope and work as you want. It's not ideal for me to be solely in charge, these are collaboration tools, designed to load share