

7 September 2019

Eastern Cycling Club

Newsletter

Duty Roster

Saturday 7 September, Casey Fields

Andrew Buchanan (R), Dale Maizels

Saturday 14 September, Gruyere

Richard Dobson (R), Colin Mortley (TC), Kevin King (TC), Max Michelson (TC), Anthony Netkow, Stephen Parker, Ian Milner, Sam Bruzzese, Ross Sanelli, 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, tjtop2@optusnet.com.au.

Editor: Nick Tapp
editor@easterncycling.com

The Tour de Metro concluded with a great day's racing at Yarra Glen last Saturday. Eastern took the points on the day, but not by enough to stop Northern from claiming the trophy once again by 225 points to 190. Congratulations to Northern, to series individual winners, and well done to all on a competitive and enjoyable series. There's always next year! Results and reports are inside, along with results and reports from the previous week at Rocco Drive

This Saturday we race (clockwise) at Casey Fields. Racing starts at 2 pm and the desk will close at 1.45. The following week we will try again to run the final round of the Toy Bricks Toughen Up series at Gruyere.

Don't forget the annual Awards Night, coming up on Saturday 26 October – more details at the end of this newsletter.



Graded scratch races (Tour de Metro round 4), Yarra Glen, 31 August

Grade	1st	2nd	3rd	4th	5th
A Grade (17)	Aaron Christensen (N)	Mark Seddon (N)	Jean-Philippe Leclercq	Fraser Short (N)	Paul Moore (N)
B Grade (21)	Rod Aitken (trial)	Craig Harvey (N)	Steve Parker	Perry Peters	Paul Webster
C Grade (24)	Adam Hinds	Craig Davis (N)	Brendan Wain	Shaun Francis (N)	Dale Maizels
D Grade (11)	Brian Marks (N)	Veronica Vandebroek	Glenn Sullivan (N)	Colin Mortley	Keith Wade
E Grade (7)	Phil Taylor	David Drew (N)	Sue Sharples	Fran Medina (N)	--
F Grade (10)	Juanita Cadd	John Eddy	Jo Read (N)	Alison Watt (N)	Petra Nidasen

B Grade

By Nick Tapp


Beautiful afternoon at Yarra Glen on Saturday apart from a solid headwind up the Glenview Road hill. After three rounds of the Tour de Metro, Northern led comfortably but we were an outside chance. Very far outside, but a chance.

There was a decent field in B Grade, 12 of us against eight from Northern. No Trevor Coulter this week, which was a blessing, but Craig Harvey was there, as were Eastern 'come-and-try' Rod Aitken and a couple of other unknown quantities, as well as a good sprinkling of A/B Grade talent from both clubs. I'd had a cortisone injection in a sore shoulder the previous day and felt slightly fragile, so I decided to sit towards the back. The uphill finish at YG suits me and I might be able to contribute to the cause in a bunch sprint, but first I needed to get there.

Dean Niclasen put in a solid session for this weekend's ITT championships with four laps off the front as soon as the flag dropped. While Dean was away, on the first or second lap, there was a touch of wheels mid-bunch and Nick Nomikos from Northern hit the deck. Fortunately, Nick suffered no worse damage

than a bit of skin off, but a few at the back stopped to check on him, and three of us had to chase pretty hard for half a lap despite the call of 'neutral'. Then, once it came back together, newbie Rod Aitken decided to stir things up. I felt OK with the pace up the hill but, being down the back, found gaps opening up by the top and probably would have been distanced for good if not for Dean, who was now back in the bunch. I knew Dean was behind me, and when we turned downhill into King Street he came past, going hard, glanced over his shoulder to check that I was on his wheel, then basically towed me almost to the finish line (about 2 km) before we rejoined the lead group. Two laps in a row this happened, and both times Dean gave me a wheel and dragged me across. I told him he shouldn't worry a third time but, in the event, he disappeared off the back not long after, while I began to feel better (and/or the pace eased off).

With a couple of laps to go, I was still not far from the back, hoping no one would attack – though I think the wind pretty much ruled that out. Ahead of me were Aitken, Webster and Peters, Steve Parker, Firth, Stannard, Gavin Plummer and Mark Edwards, as well as strong Northerners Harvey, Dave Anderson,



David Rooke and one or two more. Hmm, a few too many. But the last lap unfolded as it often does at Yarra Glen. I got into a nice spot towards the outside in the run to the finish (though briefly boxed in by Craig Oliver from even further to the right) and worked my way up. Watched someone open the sprint too early, followed the response, then went hard for the line. Moved up a few spots, then dug extra deep and passed Dave, David and Paul F. I could see Craig Harvey, Steve Parker, Perry and Paul W. ahead of me on the line and there were series points and envelopes down to 5th. Then I saw that Rod Aitken was also there and had in fact won, which put me 6th. But Rod didn't qualify for series points, so I collected the final point for 5th place, which was a nice consolation prize. Everyone after Rod was bumped up one in the series calculations, so we took the points in our grade. At the preso I offered to buy Dean a drink but it was a bit superfluous since he was running the drinks counter.

The shoulder injury dates back 6 weeks, when I lost balance and fell on it while standing still on the start line at the Loop. One foot still in the pedal, dead embarrassing. Got up and raced, so I figured I hadn't torn anything, but it stayed sore so I went to the physio, who diagnosed bursitis. It didn't improve much over the next 3 weeks and the physio sent me off for an ultrasound scan. Which showed bursitis but no frozen shoulder, thankfully – hence the injection, which is supposed to settle the inflammation. In the meantime, riding is one of the things I can do without stirring it up. Moral of the story: don't stand still. And don't get caught down the back when the pace goes up.

C Grade

By Mark Sontag

All riders arrived at Yarra Glen greeted by

magnificent sunshine, dry roads and just a hint of a breeze for round 4 of the Northern CC vs Eastern CC challenge.

Riding my second race ever, I was greeted at registration by the Pres, who was happy to have another rider joining him in C Grade. After a short chat to marshal his troops, the Pres let us loose.

When the peloton got under way it was a fairly sedate affair for the first couple of laps. I noticed there was a bloke on a fixie, who was apparently a neutral rider, and I thought he might later regret being a 'purist'. Turns out I was right.

Early on there were a couple of half-hearted attempts by both teams to get off the front, but they all looked back fairly soon after hitting the headwind that greeted them at the bottom end of the course and rounding the corner into Glenview Road. By that time the breeze was something more than just a hint and made the slight grade up towards the cemetery uncomfortable.

All attacks were quickly marked by one side or the other until Kym found herself with a handy lead of 150 metres or so on about lap 4. This forced Northern to do the majority of the work for a lap or so. Unfortunately, it couldn't last, and the bunch come back together again.

The pace gradually lifted as the race progressed through laps 5 and 6 until the bloke on the fixie had a go. He did really well and got out by up to 400–450 metres. Initially I was worried. I was calling for some direction from fellow Eastern members about how this was going to affect the points available in the race. In the end, we all stayed pretty calm and very gradually reeled him in with two laps to go. I was then looking to Dale and Brendan to see what tactic I might be able to employ and help us snatch the points. Dale said he





wasn't travelling so well, and I really didn't have to ask Brendan if he wanted to sprint or go early!

Sam Curry come up to the front and it looked like we might control the bunch for the last couple of laps. I was feeling OK and contemplating trying to TT off the front from halfway along the back straight on the penultimate lap. As we were approaching the place where I planned to have a go, a bunch of four Northern riders came to the front, and I was concerned that they might have a bit more in the tank than I did. It took a bit of effort to mark them and I just did my best to sit in at about 5th wheel and cover off any attempt to break away.

Past the finish line and the bell goes. The effort is gradually lifting as we go up the back straight of Glenview Road. The bunch really tightens up at the turn to the final straight of 1.2 km as riders come from the back to start making their claim. In amongst this I saw Adam Hinds, who rolled to the front and then slowed the pace down a touch so he wasn't leading out. I knew I didn't have the top-end speed to win a sprint and Adam looked a likely contender. I rolled up next to him on the

front and gave him the briefest of instructions to hang on, then take the sprint. From about 1 km to go until about 250 m before the line I gave the pedals all I could and managed to max out at 58 km/h according to my Garmin data.

With about 250 metres to go, the lactic acid in the legs become too much and I called Adam through. I estimate he had about 5–7 metres gap on the chasers, including Brendan, who come through next. I yelled my lungs out at Adam, who was smashing it towards the line up the slight incline. Adam held off all comers for the chocolates and Brendan managed to hold on for 3rd – even though I thought it was 2nd from where I saw it. Well done to both of them.

I had an absolute ball and was so stoked to have been able to help influence the race outcome in only my second race. As I get fitter, I hope to go even better.

Congratulations to Northern on the series win.

Thanks to all officials and marshalls who put on an enjoyable and safe event. Chapeau!

Graded scratch races, Rocco Drive, 25 August

Grade	1st	2nd	3rd	4th
A Grade (10)	Russell Newnham	Iain Clark	Kevin King	--
B Grade (9)	Pete Morris	Nick Tapp	Craig Oliver	--
C Grade (14)	Dale Walton	Dean Tune	Brendan Wain	Mark Sontag
D Grade (6)	Michael Muscat	Keith Wade	Ron Gillies	--
E Grade (6)	Sue Sharples	John Eddy	Phil Taylor	--





B Grade

By Pete Morris

Rocco Drive is a great little circuit, similar to the Loop, but with a slightly longer and higher hill. It wasn't surprising to see B Grade at the starting gate consisting of Loopy regulars: Tapp, Farr, Niclasen, Russo, Edwards and Firth. Savini and Oliver are not so blooded at such a circuit, but they are fearsome on any given day.

If you google 'Rocco', it comes back with some interesting information. Its roots are Germanic, strangely meaning 'rest'. The name has also been passed down to a famous porn star, Rocco Siffredi, aka The Italian Stallion. There is also an indicted drug lord, Rocco Arico. He is currently appealing his conviction on the grounds that, when he offered to sell an undercover agent a kilogram of ice, he was 'only joking'.

So what can be gleaned from this? 'Rest' is obviously hard to do in a bike race; however, as it turned out, it is a very good strategy. The competition would have other ideas. Russo and Savini are more like Italian Broncos than stallions and both are still very far from the glue factory. They would not make my day easy.

Farr and Tapp are of thoroughbred ancestry, tall, sleek and not an unnecessary gram out of place. These guys are genetically designed to inflict pain on mares, stallions and geldings alike, which they do with scant regard.

Niclasen is a breed of his own, a pacer consisting entirely of Power and Heart. He's not a great lover of uphill sprints. Just don't let him get away. If you do, it is all over.

Edwards is 'the Grey'. I had a young infatuation with such beasts of burden. I sort of remember a day at the Balnarring Picnic Races. I bet on the Grey in every race. I won six out of the eight races, and things get a bit foggy from there on out! You have to respect the Grey.

Then there is Firth, a brother from another bloodline. Now, there are definitely some horse genes in this punchy little mule. I rue the day I reintroduced him to cycling. He's been nothing but trouble ever since.

So, under starting orders, we complied with neutrality up to the line, and then it was on! The Grey launched himself from the pack and was furlongs away before someone got sick of looking for someone else to go and bring him back. And it wasn't me! Remember that bit about 'rest'. It suddenly came clear to me. Let the 'rest' do all the work, and 'rest' up while they are at it. So the scene was set for much of the race. The Grey kept attempting solo charges off the front, and some poor old hack would rein him back in. As the race progressed, the charge came from other corners. Both Broncos had a crack, but neither were given much rope. The Thoroughbreds also announced their intentions a couple of times, but it wasn't to be. Even the Mule showed off his new Trainer(road) prowess, but 'neigh' one was having a bar of it.

With the toll of a bell we were all together. I think I was second last wheel at the bottom sweeper. It was time to stretch the legs. I got a good drive down the straight on the outside and snuck onto Savini's wheel after the tight left-hander. Head down, bum up and blinkers on. And it was all over. A pretty decisive win, I thought at the time. However, in the mounting yard post-race, I learnt that there had been a bit of friskiness into the last corner by some, which put them off their game over the final furlongs. Regardless, a win is a win. Tapp and Oliver were the two stayers for the minor placings, and both well deserved. Thanks ECC for this excellent circuit, the Beach Hut Brewery for hosting us, and all who helped out on the day. Maybe we could get a bookie for the next Rocco outing?





C Grade (I)

By Dale Walton

So a combination of race reports (and wins) being like hens teeth, it's clearly time to make a contribution.

Some admissions before I start. I admit early in the year I got tired of sometimes being dropped off the back, sometimes finishing middle pack, sometimes missing the sprint, and generally being walloped by the usual suspects (whom I have great respect for), and wondering how to get to the pointy end of a bike race. I certainly don't consider myself a natural at this sport, and a podium finish seemed a distant prospect. Enter regular Wednesday racing at the Loop this year, which is not only great racing/training, but involves an enjoyable social get-together afterwards at the Studley Park Boathouse – get on board if you can! After some Wednesday successes and a few Saturday minor placings, the confidence started to grow, which led me to think that Rocco Drive, being another uphill sprint, possibly suited my style of racing (though I'm not entirely sure what that is yet).

Being direct neighbours and regular riding partners, Brendan Wain and I commence the warm-up ride from Blackburn to Rocco Drive. We joke that today could be a good day for a 1-2-3 finish with our other regular riding partner Dean Tune. Further discussions centre on the possible ramifications of this in regards to our handicap in the upcoming TTT, so we dismiss the possibility, and simply hope it doesn't happen.

On arrival at Rocco Drive we hear Adam suggest that the numbers in C Grade are pretty good, so naturally we assume that we're probably in for a difficult race. I adopt a 'Sunday is rest day' attitude as the tactic for the first half of the race and think I might hang

towards the back of the bunch for a while before casually moving towards the front at some stage.

Early into the race, the initial tactic seems to be working well, however I notice that no one really wants to do any work at the front and the pace is reasonably casual. It must be casual Sunday, I think, which I'm not unhappy with! Now forgive me, because this is where I don't remember with great accuracy who did what and when. But I'm sitting behind the trusty David Griffin in about 7th wheel when the pace is lifted, but Dave leaves about a 3–5 metre gap and I'm not sure if he's foxing or not quite up to speed. I fill the gap, and some time later notice that a group of seven riders has formed, including new member Mark Sontag, Adam Dymond, Brendan Wain, Dean Tune, myself, David Griffin and one other.

The group creates a gap but is not working well together, when El Presidente moves to the front and suggests that we get our act together in order to stay away. Good advice I think, so we try to reset, but Mark and I continue to rotate at the front with the occasional third or fourth rider chipping in. We continue, and at some point I notice that Adam and two others have dropped off, so the group is down to four riders still with some time to go.

It now comes down to assessing who is likely to be stronger in the sprint. By this stage it is evident that Mark is the strongest rider of the group, but in my mind Dean has to be dropped before the sprint, or I am toast. Mark quietly suggests three hard laps to soften the group up before slowing the pace to force the others to work, after which we accept that this is now more than likely to be a four-person sprint.

We get the bell but are directly behind B Grade, who politely decide to let us pass





(thank you!). Much to my surprise and satisfaction, the order sets itself as Mark, Dean, myself and Brendan around the final bend. Given Dean is straight off night shift and suggested he has a bout of man flu, I'm amazed he's still there. I decide that Brendan is in the box seat and is the main competition albeit Mark remains an unknown. Mark does a sterling lead-out up the hill, Dean breaks with 100-odd metres to go, which is my cue to do the same and to leave his stripstream. I'm feeling good, and one last burst gets me across the line, with Dean 2nd and Brendan 3rd. Hmm, this is not good for our handicap, I think, but hey, what the heck, an enjoyable race nonetheless.

I quite like the brewery/racing concept, so would encourage members to support this particular event, which for me ended up being an enjoyable family outing, with pizzas for the kids, and a catch-up with friends outside of the club.

A big thank you to the endless efforts of all marshals and assistants etc. for another day of great racing.

C Grade (II)

By David Griffin

Lately things just never seem to go to plan. All set for an early start to leave for Rocco, up and over the Dandenongs from Mooroolbark, then an easy roll down Ferntree Gully Road with half an hour to an hour up my sleeve before the race to be well warmed up and ready to go.

Well, that was the plan. Reality was, I drag myself out of bed just over an hour before the start! With a 1½ lap warm-up we set off, thinking, C Grade always stays together, I'll warm up during the race and be ready for the final laps. Well, this was a day for the breakaway and they did it well, very well.

Early laps we had a constant push off the front, then back, by a single rider. Around lap 6 or 7 this became two riders, half a lap later it became four, another half a lap later we were seven, and we were off. With no organisation. Adam D. tried in vain to get the group to work together, with a few trying to take turns, but in the end it was the stronger riders who took control, driving on the front.

Around halfway into race we became six and I was struggling to hang on. I felt a little better when I heard two dropped A Graders, sitting on the back, say, 'Geez, these C Graders are doing alright', but that only helped for another two laps and I cracked. 'Stick a fork in me, I'm done.'

I managed to grab onto the chasing group but I struggled. I could offer a list of excuses, but the reality is, the Three Amigos and the Invisible swordsman were too good today.

Great effort by Dale W, Dean T, Brendan W. and Mark S, the final four in the break.

E Grade

By Sue Sharples

This was my first race on this course. I found it challenging but fun. The guys I raced with were very strong on the descent. I had to work out a way to race them so it meant big efforts in the steep corner and continuing up the hill to forge a gap. This seemed to work and I slowly created a gap between us all, taking my first win in a long time.

Well done everyone for a lovely race. Thanks to all the helpers too. (I was meant to be one of those and was lucky enough to have Ron fill in for me so I could race, a big thanks to him.)

It was also nice to have sunshine, and to have the brewery to go to after the race.





Wednesday criterium at the Loop, Yarra Boulevard, 4 September

No racing this week as the Loop was double-booked with Cycling Victoria's primary schools competition. Laps of the Boulevard and further afield had to suffice, followed by coffee.

News etc.

Duty roster

Please check your roster dates on 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 Buchanan (0472 699 322) if clarification is needed.

Race day trailer update

In great news, the club has been able to secure a permanent place for the race day trailer to be kept at METEC, which will help with our Tuesday night summer crits and is central to all Saturday race venues. We still require some extra drivers to have a roster system in place, so if you were thinking of helping but storage was a problem – it has been solved! Hopefully, we can resolve this soon; if not, we may be faced with only racing at METEC and Casey Fields because we can't get the trailer to other locations. To ensure we don't get that desperate, make some enquires to Pete Gray on 0418 333 342 or Max Michelson on 0438 538 139.

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


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

The VCV Individual Time Trial championships will be held on 8 September at Balliang. Entries close Tuesday 3 September. See the flyer at the end of this newsletter for more details.

Other events

There is another flyer and an information sheet/media release at the end of this newsletter with details of the inaugural Australasian Masters Cycling Championships (criterium, TT and road race) to be held at Wairarapa, New Zealand, over Easter (11–13 April) 2020. Australian riders are welcome, we are told, though it's not 100% clear whether a Veterans licence will suffice or whether you will need a Masters licence.

Sponsors



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.



For Sale

An Oldie but a Goodie

Spelialized Transition Pro TT Bike. Once a World Champion, not ridden by me!!

Frame size M. Will accept any reasonable offer.

Contact David McCormack 0419 536 717

