

21 September 2019

Eastern Cycling Club Newsletter

Duty Roster

Saturday 21 September, Seymour

Mark Edwards (R), John MacLeod (TC), Neville Williamson, Steve Ross, Michael Muscat, Geoff Mackay, Stephen Barnard, Garron Buckland, Dave Moreland

Saturday 28 September, METEC

John Thomson (R), Chris Ellenby, Lawrence Lee

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, tip2top2@optusnet.com.au.

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The Toy Bricks Toughen Up series was concluded at Gruyere on Saturday in cracking conditions. Congratulations to series winner John Blyth, the other placegetters (see photo below) and everyone who took part. Make no mistake – it was tough. Thanks once again to series sponsor Dean Niclasen and Toy Bricks Bayswater. Scroll down to see how close it was at the top of the points table, and also for race reports – I don't know what was in B Grade's water bottles, but it must have been good. Mark Edwards took a swag of good photos at Gruyere, which you can see at <https://photos.app.goo.gl/B84FAQ51GBaC9mcD8>.

This week we race a handicap on Seymour–Avenel Road. Entries have closed. Because of a threatened clash with a local club race, we are starting at the earlier time of 1 pm. The registration desk (to collect numbers) will be opposite the Royal Hotel in Seymour and will close at 12.45. Remember it's 5 kilometres or thereabouts from the registration area to the start line, so leave yourself time to get there. Don't forget to charge your tail light.

The following Saturday, AFL Grand Final day, we race at METEC, starting at 10 am so you can get away and watch the game after.



Toughen Up series sponsor Dean Niclasen (left) and the top five: Paul, Glenn, John, David and Colin. See inside for results and reports from the final round at Gruyere. Photo: Mark Edwards

Graded scratch races, Gruyere, 14 September

Grade	1st	2nd	3rd
A Grade (7)	Glenn Newnham	Rod Aitken	Phil Smith
B Grade (10)	John Blyth	Paul Firth	Paul Webster
C Grade (8)	Mark Sontag	Tim Crowe	John Thomson
D Grade (4)	Max Michelson	Keith Wade	Jason McCoy
E Grade (3)	Peter Gray	John Eddy	Peter Shanahan

B Grade (I)

By Sam Curry

Transition to B Grade: a C Grade perspective

Saturday marked my last opportunity to compete in a road race for a while so I took the opportunity to test myself in B Grade to see how I'd go. For anyone looking to make the 'step up', these were my observations.

Mentality

From pushing the pace to sharing turns at the front, I had prepared before Saturday that my race strategy would involve none of that, but I would rather, in Peter's words, 'just sit in'. A move up a grade meant a drop in the pecking order, and that was that.

Aside from parking my ego, riding a new grade meant a new set of team mates. A bit like first day at work. I actually felt a touch of guilt and sadness when I looked at the other C Grade riders in the marshal area, feeling I had 'left them' or 'rejected them' by donning a green beanie instead of blue. You make friends quickly with those in your grade and get to know their strengths and weaknesses. Riding in a new group and not knowing any of the capabilities of the other riders added another layer of stress I hadn't accounted for.

Nutrition

Every race I've competed in thus far, I've used one water bottle. On Saturday, working harder than I've been used to and in warmer weather, I had to ration what water I had left by halfway to prevent dehydration. My jersey was covered in salt by the finish. Put simply, one water bottle wasn't going to cut it.

I noticed a couple of riders eat during the race, which I hadn't seen before. Racing close to 2 hours, if you don't take on fuel, you're in danger either of eating too much beforehand and racing on a heavy stomach, or bonking. I recommend some form of nutrition in your back jersey pocket.

Distance

It was only when Peter at registration alerted me that B Grade was 12 laps instead of nine that I realised I hadn't taken into account the extra distance at all. My headspace had been focused on a faster tempo rather than a longer distance; now I was dealing with both.

Anyone who competes in mid-week or weekend races can ride a bike for 60 km, no problem. However, it was the cumulative fatigue of an extra 15 km and three more Killara Road climbs that eventually caused me to pop.





It's a bit like a marathon. For those that have run one, it's never two half-marathons back to back. It's a second half-marathon with one already in your legs.

The body has a memory, and it was indeed on the 10th lap that I eventually popped – racing further than I ever had before. Racing at a high tempo for 2 hours, as opposed to the usual 1 hour 30 minutes, is definitely a change.

Speed and power

Without doubt, the biggest difference going from C to B Grade was an increase in power and acceleration. Although I eventually lost touch on lap 10, the reality was I was losing touch every time the group put in a surge. If it wasn't for stubborn determination, I would have been dropped on lap 2 or 3, but the thought of riding solo for nine or 10 laps forced me to use what endurance I have to get back on the group.

When other riders got out of the saddle for 5–10 seconds, they were 10–15 metres up the road. You can ride as much as you wish and get as fit as you like, but without an improvement in power-to-weight ratio you are at the mercy of changes in pace that inevitably occur in races like ours.

Aside from a change in power and acceleration, I had been looking forward to sitting in and racing a higher tempo. You don't have to push the pedals too much harder to stay in a faster bunch, and this was the most enjoyable aspect of riding up a grade.

I've absolutely loved racing this season and am already looking forward to next year. From the marshals and officials to president Adam and other riders, everyone has been so welcoming and always make for a great Saturday afternoon.

Thank you.

B Grade (II)

By Pete Morris

Gruyere,
A cheese
Acquiesced by microbial toil.

Gruyere,
A Franco Crane of fromage fame.

Gruyere,
A hamlet of some relief,
A race with little.

Gruyere,
A pedaller's challenge
With coveted spoil.

Gruyere,
A whippet's paradise,
A plonker's paradox.

Gruyere,
A tequila sock-rise,
Adieu.

B Grade (III)

By Mark 'Leonard' Edwards

Now I've heard there was a secret gear
That Blyth rode, and it caused you fear,
But you don't really care for climbing, do you?
You're still on the third, the fourth, the fifth,
The minor fall, the major lift,
I'm at the back and dreaming Hallelujah.

Hallelujah, you love Gruyere,
Hallelujah, you hate Gruyere.

Your hope was there but you needed more,
You've followed him up hills before,
His dancing on the pedals overthrew you.
He tied you to his lactic chair,
He broke your heart and he made you swear,
And every climb he knew his Hallelujah.

Hallelujah, you love Gruyere,
Hallelujah, you hate Gruyere.





You know you took that climb in vain
And every lap you took more pain,
But if you failed – well, really – what's it to you?
There's a reckoning on every hill,
Where being there's a joyous thrill,
The holy, the unspoken Hallelujah.

Hallelujah, you love Gruyere,
Hallelujah, you hate Gruyere.

I did my best, but not enough.
I couldn't breathe, no toughen up,
I've told the truth, I didn't come to fool you.
And even though it all went wrong,
I'll Shrek back like I still belong,
With nothing on my tongue but 'I hate
Gruyere'.

Hallelujah, you love Gruyere,
Hallelujah, you hate Gruyere.

B Grade (IV)

By Nick 'Matt' Tapp

Well I remember when I was young,
The world had just begun and I was happy.
I used to watch them ride the Tour,
And how they moved around the Alps so
snappy.

Riding a bike and going wild makes a very
backward child, they told me.
So back at school I'd sit around just waiting
for the sound so I could ride home.

Sometimes I think about it,
It happens every day.
I should think of the present 'cause the
present's now.

Well I remember when I was young,
How a dollar and a bit got you bad coffee.
To look tough we rode up hills, blew some tyres
and had some spills, we called them offies.
Growing older meant you got to buy a fancy-
looking bike and be a racer,
So I'd just ride around all day and let my mind
decay somethin' awful.

Sometimes I think about it,
It happens every day.
I should think of the present 'cause the
present's now.

Well I remember when I was young,
Killara Road it turned me on, I really blew my
mind,
And we raced a different course, you'd only do
the hill times four and have a real good time.
Then they started this new 'kermesse', 12
laps, it blew a fuse inside my head.
So some friends we made a group and
started training on Tony's Loop, it was a
real good thing.

Sometimes I think about it,
It happens every day.
I should think of the present 'cause the
present's now.

Well, these days I'm not quite so young,
And young John Blyth he comes along and
blows us off the map.
He'll cruise round 11 times, then on the last
he rides away and gets a huge gap.
Firthy tries to hold his wheel, and Webster's
made of steel, but they can't do it.
My legs are dead and I am cooked, I tried but
by the top you know I blew it.

Sometimes I think about it,
It happens every day.
I should think of the present 'cause the
present's now.

Well I remember when I was young,
I remember when I was young,
I surely do ...

C Grade

By David Griffin

The final of the Toughen Up series, I knew I
was in trouble before even getting to Gruyere
on Saturday, not a course I'm well suited to,
having been dropped in every race except
one, and the lighter riders evolving out of the



landscape. Thommo was there, Tim C. was there and the Invisible Swordsman (Mark S.) was there.

The talk before the race was all about supporting the points leader (me) in the chase for a 'Lego man', start line banter was the first eight laps were neutral, but Thommo and Mark S. didn't get the memo ...

A small group of eight wasn't going to make it any easier. The first climb up Killara Road, Thomo put the group into the red, with Tim and Mark following close behind and creating a 10–20 metre gap at the top. Bridging the gap I reached my maximum heart rate. Settling on Tim's wheel, all was looking good until we hit the hill again and off Thommo went again, with Tim and Mark in tow. This time the gap was 20 metres plus, and my day was over – hadn't even completed two laps.

The group of eight was now splintered into four, two, one and one in less than two laps.

Talking with Tim post-race, the next seven laps was Mark S. setting the tempo and the remainder following.

In the end, luck and points across the grades fell my way, and I managed to hold onto equal 3rd in the series, and walk away with my Lego Man. Thanks to Dean and Toy Bricks (Bayswater).

Toy Bricks Toughen Up series

And the winners were ...

Points	Rider
11	John Blyth
9	Glenn Newnham
8	David Griffin
8	Paul Webster
6	Colin Mortley

Wednesday criterium at the Loop, Yarra Boulevard, 18 September

Division	1st	2nd	3rd
Division 1a (5)	Mark Seddon (N)	Troy Jordan (N)	Tony Kimpton
Division 1b (11)	Grant Farr	Nick Tapp	David Rooke (N)
Division 2 (0)	--	--	--
Division 3 (2)	David Drew (N)	Shane Dwyer	--
Division 4 (3)	John Eddy	Laurie Bohn	Michael Waterfield

Thanks to referee John Williams, Dean Niclasen and anyone else who helped.





News etc.

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

Annual Awards Night

Saturday 26 October, 7 pm, Maroondah Sports Club. Scroll down for details.

Bike for sale

See the end of this newsletter for details.

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.

Other events

There is a flyer 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.



Australasian Master's Cycling Championship

11 – 13 April 2020



*Australasian Masters
Cycling Championship*

*Visit NZ's beautiful Wairarapa
region for a spectacular 3 race
cycling series held over Easter
weekend.*

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For Sale

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

Frame size M. Will accept any reasonable offer.

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