

9 November 2019

## Eastern Cycling Club

# Newsletter

### Duty Roster

#### Sunday 10 November Dandenong South

Richard Dobson (R), Ken Saxton (TC), Stephen Barnard, Paul James, Geoff Mackay, Steven Davis, Paula McGovern, Dan Ives

#### Saturday 16 November Dunlop Road

John Williams (R), Mark Granland (TC), Ian M. Smith (TC), Ray Watts (TC), Mark Sontag, Kym Petersen, Phil Cavaleri, Dale Walton, Ian Michelson, Rob Castellani, J-P Leclercq, Daniel Couzens, Richard Harvey, Anthony Cox, Peter Brann

*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](mailto:tiptop2@optusnet.com.au).*

Editor: Nick Tapp  
[editor@easterncycling.com](mailto:editor@easterncycling.com)

Saturday racing was cancelled again this week owing to bad weather, and there was no Tuesday racing at METEC on Cup Day (though a number of Eastern riders took part in Northern's team criterium at National Boulevard). Wednesday morning's criterium at the Loop won the weather lottery and went ahead under sunny skies. Results are over the page.

This Sunday (note the day) at 10 am (note the time) we are scheduled to race at Bazalgette Crescent, Dandenong South. This fast, flat, safe course was well received when we first raced there in April.

On Saturday 16 November we will be holding a charity day at Dunlop Road to support a local charity – details to follow. Any members able to donate prizes for a raffle should email [adam.dymond@outlook.com](mailto:adam.dymond@outlook.com) or bring them along on the day. The club will also be donating any surplus from race entry fees on the day.

The monthly club ride on Sunday 17 November will be a flattish Beach Road loop, departing from the car park of the Wellington Village shopping centre in Wellington Road, Rowville, at 7.30 am and picking up riders at the bus stop on the corner of Springvale Road at 8 am. It's a 75 km 'no drop' ride, with a hillier 90 km option, followed by coffee. More details next week.

The weekend after that, Northern hosts the annual Dave Ryan Memorial round at National Boulevard on Sunday morning.

Entries close at midnight on Tuesday for the 2019 VCV Road Championships, to be held at Lake Learmonth on Sunday 17 November. The flyer at the end of this newsletter includes a link for entries.

Also inside (under News etc.) you'll find a great deal for Eastern members on bike service at Croydon Cycleworks throughout November.





## Wednesday criterium at the Loop, Yarra Boulevard, 6 November

Division	1st	2nd	3rd
Division 1a/b (10)	Russell Newnham	Tony Hallam	David Rooke (N)
Division 2 (3)	Pete Morris	Dean Tune	Doug Page
Division 3 (2)	Shane Dwyer	Susan Williams	--
Division 4 (2)	Paul Griffiths (N)	Michael Waterfield	--

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



Post mortems at the Loop on Wednesday. The drover's dog didn't win.

## Croydon Cycleworks November 2019 service offer

During November, Croydon Cycleworks is offering Eastern members a Gold Service at \$40 off. Get a great service on your bike, including bottom bracket and hub services, wheels trued, plus you will also get fresh brake pads, cables and new bar tape. Call or drop in to book your bike in.

	Bronze Service	Silver Service	Gold Service	Road Value Pack	MTB Value Pack
	45mins	60mins	90-120mins	120 mins	120-150mins
Service Item	\$75	\$119	\$199	\$349	\$549
<b>Assessment</b>					
Safety Check					
Standard Assessment					
Comprehensive Assessment					
Complete stripdown of frame and inspection					
Quote					
<b>Wash/Clean</b>					
Bike Wash					
Drive train removed comprehensively cleaned					
<b>HeadSet</b>					
Check/adjust headset bolts					
Check/adjust/refresh Brakes Front/Rear					
Service/rebuild Headset					
New brake pads **					
New Brake Cables ** (where applicable)					
New bartape/grips **					
Hydraulic Disc Brake Bleed					
<b>Gears/Groupset</b>					
Check/adjust gears front/rear					
Chain relubed					
Cables relubed					
Service/rebuild BB					
Service/rebuild rear derailleur (where applicable)					
New Gear Cables ** (where applicable)					
Electronic gearing firmware updates					
<b>Wheels/Tyres</b>					
Tyres inflated					
Front and rear wheels spot trued					
Front and rear wheels removed and trued					
Service/rebuild hubs					
New tubes/sealant topped up **					
<b>Fork/Shock/Speciality</b>					
Service/rebuild fork					
Service/rebuild rear shock					
Remove/regrease pivots					
<b>Test Ride</b>					
Test Ride					





## Subscribe or view the online Eastern Cycling Club Calendar

For all the advantages of a regularly updated race calendar on your device, including notifications and reminders (if you want them). Note that these instructions work on desktops, not phones or tablets as far as I can tell. Once you have subscribed on a PC, you will see the Calendar on your mobile device, but I don't think you can subscribe from a phone. I could be wrong.

### **Windows format**

<https://calendar.google.com/calendar/embed?src=markedwards%40easterncycling.com&ctz=Australia%2FMelbourne>

Go to the bottom and click add + if you already use Google Calendar.

### **Apple format**

<https://calendar.google.com/calendar/ical/markedwards%40easterncycling.com/public/basic.ics>

and then do whatever it is you mac types do with iCal.

If you want to be an editor of the calendar so you can add or modify events, let me know and we can make it happen. The more, the merrier.

[MarkEdwards@easterncycling.com](mailto:MarkEdwards@easterncycling.com)

## 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**

Entries close at midnight on Tuesday for the 2019 VCV Road Championships, hosted by Eureka, which will be held at Lake Learmonth on Sunday 17 November. This will be the last VCV event for the year. See the flyer at the end of this newsletter, which includes a link for entries.





## AVCC events

Entries for the 2020 AVCC National Championships, to be held in Adelaide on 18, 19 and 20 January, the weekend prior to the Tour Down Under, are now open.

Here's the link: <https://www.samc.org.au/2020nats/>.

This link will also take you to plenty of other information about the Nationals, including race location, times and distances, plus course maps.

Lock in the dates for great racing and a chance to enjoy the TDU as well.

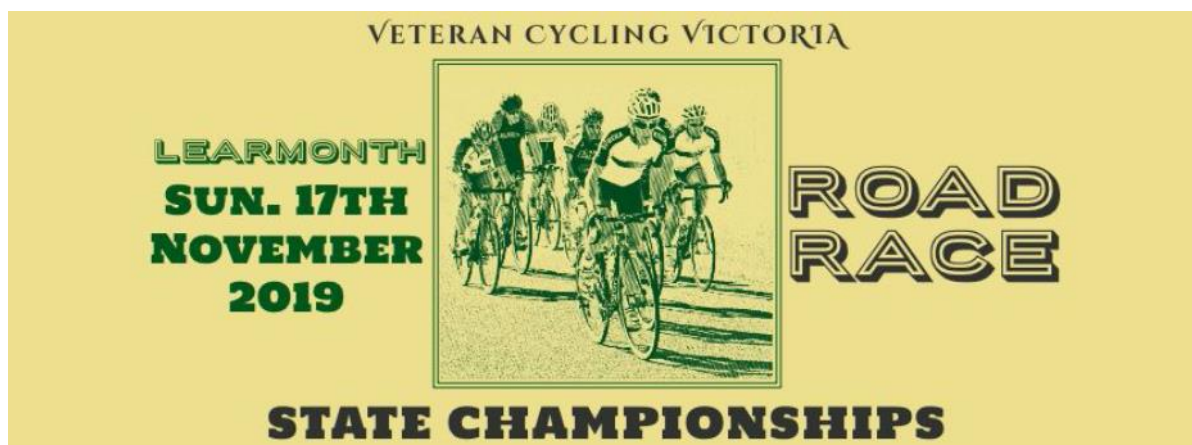
## Other events

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.

There is also a flyer and registration form for the 2020 Autumn Classic virtual race to raise funds for Very Special Kids, supporting families caring for children with life-threatening illness.

## Sponsors





### **VCV State Road Race Championships**

<http://www.veterancycling.com.au/events.html>

#### **Sunday 17th November 2019 - 2 Aggregate Points**

Hosted by Eureka on behalf of Veteran Cycling Victoria

To be held as graded races. Men and women race separately.

**Women.** Start time **10:55am**. All women's events will start at the same time, and all women will do the same 45km circuit. Number of divisions depends on entries.

**Men.** Men's events will start in 3 waves. Divisions A to F  
Men's Distances.

Men Division A - 77km

Men Division B - 77km

Men Division C - 55km

Men Division D - 55km

Men Division E - 45km

Men Division F - 45km

Wave 1. **10:00am** Men Division C. **10:05am** Men Division D

Wave 2. **11:00am** Men Division E. **11:05am** Men Division F

Wave 3. **11:45am** Men Division A. **11:50am** Men Division B

Entries close midnight Tuesday 12th November 2019.

<https://www.registernow.com.au/secure/Register.aspx?E=36619>

Entry Fee \$10. Transponder hire \$5



# *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.*

*[www.masterscycling.co.nz](http://www.masterscycling.co.nz)*



# VERY SPECIAL KIDS

## Autumn Classic

FRI 15 MAY 2020

7AM – 11.30AM

VERY SPECIAL KIDS

321 GLENFERRIE ROAD, MALVERN

The Very Special Kids Autumn Classic is a virtual cycling race, bringing together Melbourne's cycling community as they compete for podium places and ultimate bragging rights.

Riders will attack mountain and prologue stages individually, with the winning team taking home the sought after perpetual cup. Trophies and prizes will be awarded to the winning teams at a celebratory lunch. Check out the 2019 coverage [here!](#)

With up to 16 teams competing, the racing - and spectating - will be more exciting than ever. Limited team places available for 2020, get in quick!

All proceeds will assist Very Special Kids in providing free of charge services to families caring for children with life-threatening conditions at the hospice onsite.



To express interest or for further information, please contact Kristi Ingrilli at Very Special Kids 03 9804 6217 or [kingrilli@vsk.org.au](mailto:kingrilli@vsk.org.au)







# VERY SPECIAL KIDS

## Autumn Classic

FRI 15 MAY 2020  
7AM – 11.30AM

### Registration details:

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email Address: \_\_\_\_\_

Team Name: \_\_\_\_\_

Team Captain Details (if different from above):

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email Address: \_\_\_\_\_

### Fundraising commitment:



We are committed to team participation of \$6,000 through personal donations and/or fundraising, plus an additional minimum fundraising goal of \$4,000

Proudly supported by



**The Cycling Fix**  
Tune Your Bike | Tune Your Body

