

16 November 2019

Eastern Cycling Club

Newsletter

Duty Roster

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

Sunday 24 November National Boulevard [Northern CC]

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.

Editor: Nick Tapp
editor@easterncycling.com



The flat circuit at Bazalgette Crescent, Dandenong South, attracted a decent crowd last Sunday, especially in B Grade (see below). Reports are inside.

This Saturday 16 November at Dunlop Road we will be running a raffle in support of a very worthy local charity – details were announced at Dandenong South. Please bring some extra dollars to buy a few tickets. Any members still able to donate prizes for the raffle should email adam.dymond@outlook.com or bring them along on the day.

The monthly club ride scheduled for this Sunday 17 November has been cancelled. Instead, a number of Eastern riders will be taking part in the 2019 VCV Road Championships at Lake Learmonth. Best of luck to all.

The following weekend, Northern Cycling Club hosts the annual Dave Ryan Memorial round at National Boulevard on Sunday morning.

The great deal for Eastern members on bike service at Croydon Cycleworks continues throughout November. Details are inside (see News etc.)



Graded scratch races, Bazalgette Crescent, 10 November

Grade	1st	2nd	3rd	4th	5th
A Grade (13)	Glenn Newnham	Jean-Philippe Leclercq	Phil Cavaleri	--	--
B Grade (20)	Paul Firth	Shane Crowhurst	Ray Russo	Grant Greenhalgh	Craig Oliver
C Grade (10)	Boyd Williams	Tim Maffey	Steve White	--	--
D Grade (5)	Colin Mortley	Geoff Miller	Max Michelson	--	--
E Grade (5)	Phil Johns	John Eddy	Pat Ruys	--	--

A Grade

By Steve Parker

I love that track, good fast flowing corners and not a hill in sight. I just wish I didn't try and attack the group on the bell lap. Happy to race there any time.

B Grade

By Mark Edwards

No Sat'dy racing so it's the old DW Classic: 7 am, Blackburn Skate Park, south to Mordy, Beach Road to St Kilda for coffee, then home via the Boulevard. A footy club friends bunch ride I did religiously for 15 years. It used to be a pleasant no-drop roll but lately some sons of guns have joined. They don't push it hard – for them, anyway – but they are young and virile and pull on the front, checking every now and then to make sure we are still there. The kids mother ducking. It's doable but tough for me, too tough for a tomorrow race warm-up. A fun ride though with the blokes who got me into riding. Forever grateful.

Bazalgette Drive, Dandy South, my first time. A sweet street circuit. Flat, fast, furious, factories. Ray Russo, Col Mortley and a few of our other Uteheads went down Saturday night to check it out and smoked a few tires for some traction. A bit untidy but these kids just wanna light it up. An easy roll warm-up,

lots of green hats and we're off. Ray Ray jumps at the go, I get excited and jump across and we're off, downwind flyers, a fine half lap of hope 'til we get hauled in and sent down the back to cool off. A few other flurries. I'm trying to work out who's who and who's new. I got Webby's and Shane's thighs mixed up, only a mother could tell them apart. I had to separate them by their different kits. I look at the white hats. I try not to, those pedigrees feed my inferiority complex. Robbie Suter is there. I say good luck Rob but he's going to need more than that. A lot of jets there.

There are some strong riders in B Grade now, kids just passing through while others of us desperately try to avoid sliding back to C. Workhorses, sprinters, wheelsuckers, jumpers, nous riders. A tricky field. A few more opportunistic jumps but the pack is wary. I have a crack, hoping a couple might come across, but the field leaves me dangling for four cruel laps then lets me whimper back. Then one away, no worries, two, now three, hmmm, then I realise who they are. Firth, Kornhofer and Stannard working hard together, going away. Someone will chase, won't they? Someone? Anyone? The breakaway is nearly out of sight when a few start to get panicky. Shane Crowhurst, Ray Russo, Ian McGeoch, me, a few others, start pulling. A couple are noticeably absent, staying





near the front for safety but dodging turns, so that's #\$\$%ing annoying. Maybe they had mates away, I dunno. Over five laps we crawl closer and closer, they should give in but they won't and we have to close every last inch.

There's a false truce as the hour is nearly up, then the big boys come out to play, heavy into the wind. At one stage we were all strung out like Smith Street on a fresh batch but everything calms down and we are all together again, except for the few that didn't make it. The bell, I don't fancy a big bunch sprint, especially when I can't place, so I drift to the back for safety. Big Max goes early, long and hard but he can't hold into that wind for that long. The wide road is spread full at the finish. I was too far back to see what happened but it looked like a blanket finish. Fast Firthy gets it from the Tuesday Club – Crowhurst, Russo, Greenhalgh and Oliver. See you next Tuesday, boys.

C Grade

By Steve White

I had been promised that the course was 'pancake flat'. When my Garmin revealed an elevation of 3 metres per lap, I very nearly packed up and went home in disgust. Worse – there was a distinct headwind on the approach to the climb. My plan to go off the front on the first lap, time-trial away and get a lap up on the bunch was looking shaky.

I was relieved to see that many of the regular C Grade big hitters had responded to the call to arms and moved up to B Grade. I applaud

you. From a distance. Ten dedicated souls rolled around, cataloguing the latest list of injuries and missed opportunities. Adam D. pushed the pace a couple of times and put the bunch under pressure. I started to feel good and decided to lead through the corners to test the response. I get a small gap. Two metres, it's growing, 5 metres. Three metres. One metre. I look back to check on the destruction that I have inflicted upon the bunch. What I see is a perfect formation of cyclists, four wide and three deep, not so much drafting as being sucked along in the vacuum created behind me. That's 200 watts I'm never getting back.

I roll off and let the skinny guys see what the wind feels like. They seem to like it. Skinny guy number one pushed the pace. The big guys in the bunch look angry: 'Today was supposed to be our day,' they mutter. Skinny guy number two puts in some strong moves and, before I know it, it's bell lap.

'Get up the front,' Coach Mackie tells me as he rolls back. I'm in third wheel as we power through the final bend and into the final stretch. The wind has died a bit but it's still decisive. I put the power down and expect to be swamped by Dymond, Buchanan and Lackey, but it doesn't happen and I manage to hold on for 3rd.

Thanks to everyone involved in getting the races on each week. I appreciate how much work it is to get road closures, permits and bourbon.





Wednesday criterium at the Loop, Yarra Boulevard, 13 November

Division	1st	2nd	3rd
Division 1a (5)	Tony Hallam	Chris Munro (CV)	David Rooke (N)
Division 1b (8)	Pete Morris	Mark Edwards	Chris Ellenby
Division 2 (4)	Tony Dalton	Ian Smith	Nick Tapp
Division 3 (5)	David Drew (N)	Tony Curulli	Susan Williams
Division 4 (4)	John Eddy	Paul Griffiths (N)	Michael Waterfield

Thanks to referee Stephen Barnard, Dean Niclasen and anyone else who helped.

News etc.

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
Assessment					
Safety Check					
Standard Assessment					
Comprehensive Assessment					
Complete stripdown of frame and inspection					
Quote					
Wash/Clean					
Bike Wash					
Drive train removed comprehensively cleaned					
HeadSet					
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					
Gears/Groupset					
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					
Wheels/Tyres					
Tyres inflated					
Front and rear wheels spot trued					
Front and rear wheels removed and trued					
Service/rebuild hubs					
New tubes/sealant topped up **					
Fork/Shock/Speciality					
Service/rebuild fork					
Service/rebuild rear shock					
Remove/regrease pivots					
Test Ride					
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

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.

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



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



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





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

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