

23 November 2019



# Eastern Cycling Club Newsletter

## Duty Roster

**Sunday 24 November**  
National Boulevard  
[Northern CC]

**Saturday 30 November**  
METEC  
Tony Curulli (R), Ross Bowlby,  
Brendan Wain, Paul Webster

*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, [tip2@optusnet.com.au](mailto:tip2@optusnet.com.au).*

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

Results from last Saturday's racing at Dunlop Road are inside. Thanks to Mark Sontag for many great photos from the day. You'll also find results from Tuesday evening's Croydon Cycleworks Twilight Crits at METEC and Wednesday racing at the Loop, and a report from Paula McGovern on the fortunes of four of our women members who raced in the Coburg CC Christmas Women's Kermesse last Sunday.

This Sunday at 9 am, we take on Northern CC at National Boulevard for the Dave Ryan Memorial trophy. Be there if you possibly can. And you really should read what Rob Lackey has to say about this event on the next page.

The great deal for Eastern members on bike service at Croydon Cycleworks continues throughout November. Scroll down to News etc. for details. Before you get there you'll find details of a special offer for Eastern members on two great tours organised by Croydon Cycleworks for 2020.

\*\*\*\*\*  
You have until 4 pm this Saturday to order items from the latest round of the new club kit. Contact Croydon Cycleworks (182 Mount Dandenong Road, Croydon, ph. 9723 5164) to place your order.  
\*\*\*\*\*

## From the President

Thanks to all members who supported our charity day last Saturday at Dunlop Road, either by donating prizes for the raffle or by buying tickets. The most outstanding gesture was that every member donated back their prize money without prompting. E Grade led the way and all other grades followed suit. This is what makes ECC such a great club – kudos to all. We will update you all in due course on how and when the funds are disbursed.

*Adam Dymond*



## Dave Ryan Memorial trophy: a call to arms

The Dave Ryan Memorial trophy (right) has a line on it: 'One bloke on a bike may be training, two or more and it's a race!' I'll come back to this in a moment as I think it is important. (The 'One bloke' part less so; substitute that with 'One member ...') It's adorned with a resting dog, a bicycle and our respective club emblems. It's tall enough for any cabinet and certainly draws the attention of anyone who hasn't seen it before.

Northern has dominated proceedings over the history of the competition and it would be really nice to even things up. While the trophy has resided at the Lackey house over the past year, I would be very happy to pass it on to a fellow east-sider!

The line is significant as to me it somehow describes to me why we race. There is that element of excitement, of pushing and thinking and stretching ourselves. We all work hard at training hard so we can race hard. We also come together for company and companionship. Swap stories, share a joke or a beer, and generally enjoy the Saturday afternoon together. You only need to hang around for the presentations to hear how much more people still have to discuss, always with laughter and a smile.

We are a proud club with a loyal following, a club that has gone through a lot of significant change in the past few years but is still very true to the roots of amateur club racing.

We race against each other weekly – in many cases, several times a week. Some of us no doubt train with those we race against and so have a very good understanding of the strengths, weaknesses and tell-tale signs of our fellow club riders. It is not often that we get the chance to race with each other for one common objective rather than against one another.



This Sunday will be the seventh running of the Dave Ryan Memorial Race between Eastern and Northern cycling clubs. We have won the competition for the past two years because we have wanted to race with each other for that common objective. We dominated both in numbers and in tactics because we worked well together. We knew each other, when to take that line, when to hold that wheel or go with it. We knew to push that little bit extra because – well, because we wanted to win, and win it for each other.

I'm hopeful we can do the same again this Sunday. I'm hopeful we'll arrive in numbers and work as one with our fellow club members – the ones we train with and race against regularly. The ones who would be ever so proud to see their names etched on the plate, right below the words '2019 Winner: Eastern'.

*Rob Lackey*

### Graded scratch races, Dunlop Road, 16 November

Grade	1st	2nd	3rd	4th
A Grade (14)	Paul Webster	Phil Cavaleri	Phil Smith	Russell Newnham
B Grade (16)	Dan Hulbert	Boyd Williams	Ross Clark (N)	Paul Firth
C Grade (15)	Steve White	Chris Joy	Adam Dymond	David McCormack
D Grade (11)	Peter Gray	Colin Mortley	John Cochrane	--
E Grade (5)	John Eddy	Pat Ruys	Laurie Bohn	--
F Grade (4)	Ron Stranks	Clive Wright	Rod Goodes	--

### Croydon Cycleworks Summer Twilight Crit Series, METEC, 19 November

Grade	1st	2nd	3rd	4th
A Grade (12)	Vaughan Bowman	Jean-Philippe Leclercq	Steve Parker	Garron Buckland
B Grade (15)	Max Kornhofer	Shane Crowhurst	Craig Oliver	Ray Russo
C Grade (11)	Darren Woolhouse	Adam Dymond	Doug Reynolds	Sam Bruzzese
D Grade (14)	Ron Gillies	Paula McGovern	Richard Vernon	Chris Norbury
E Grade (3)	Peter Shanahan	Petra Niclasen	J.C. Wilson	--

Ride of the night was awarded jointly to Kym Petersen and Ron Gillies.

### Wednesday criterium at the Loop, Yarra Boulevard, 20 November

Division	1st	2nd	3rd
Division 1a (7)	Trevor Wood (N)	Mark Seddon (N)	Russell Newnham
Division 1b (8)	Pete Morris	Ray Russo	Peter Webb
Division 2 (4)	Tony Dalton	Adam Eastoe	Doug Page
Division 3 (5)	Shane Dwyer	Tony Curulli	David Drew (N)
Division 4 (3)	Petra Niclasen	John Eddy	Laurie Bohn

Thanks to referee Nick Tapp, Dean Niclasen and anyone else who helped.



## Coburg Women's Kermesse, Yarra Glen, 17 November

On Sunday 17 November, Coburg CC held a Women's Christmas Kermesse at Yarra Glen. Yep, at our home course – but in reverse direction! All left-hand turns. Coburg have been conducting women-only races in a crit series on Saturday morning, and a few of us were keen to have a crack at this race and support this initiative. So Kym Petersen (B Grade, 12 laps); Madam Secretary Susan Williams, Judi Duke and yours truly (Paula) (C Grade, 10 laps) all pinned a number on.



*Judi, Kym, Paula and Susan*

The start/finish line was also different. Everything was based on Greenstone Vineyards (heaps of parking and toilets!) and we finished just on that rise before the winery. We knew it was going to be different after a couple of warm-up laps. Any hope of a 'home ground' advantage dissipated fairly quickly – this was a new experience.

We had 12 ladies in our grade, including Kellie Murphy from Northern, so the Vets were well represented. Kym was on her own with some heavy hitters in her grade. So down Glenview Road we went – downhill into

a headwind and that sharp left-hand turn at the bottom to go up Yarraview Road. This was actually quite OK, but it did feel weird to ride past where we finish our races! We also discovered it is quite pinchy up to the top to make your way onto King Street. A short downhill and then a lo-o-o-ong drag back up to Glenview Road, left and up the rise near the winery and one lap complete. Only seven to go!

The pace was on early, and many of the ladies said they had never raced this circuit before. I wondered whether I would make the distance if they kept this pace up. The climb is such a good leveller! Laps two, three, four, five and six really started to hurt, and the pace was 'easier'. Did I mention that the hill was a long drag? Never really appreciated it before now.

The raced ebbed and flowed, with some attacks, but nothing could stick. Then on the last lap, Kellie from Northern just rode away from the group, off the front, around the corner and off for the win! Madam Sec. came in for a respectable 5th, with Judi and me finishing at the back of the sprint group.

Kym was battling it out in her grade and was smiling at me when her peloton came past us but, alas, she too was not in the money. Presentations were held at the winery and there were lots of chatter and laughter post race. It was a beautiful setting. Big thanks to Coburg CC for conducting the race, all the corner and ride marshals and all the partners (and kids) who came and supported the riders. Thirty-eight women signed up to race. Build it and they shall come!

*Paula McGovern*



## Dunlop Road, 16 November



*A selection of the action at Dunlop Road on Saturday, as recorded by Mark Sontag*





## 2020 European Cycling tours with Croydon Cycleworks

As part of our ongoing sponsorship and continuing to create great offers for Eastern members, we have a great one as part of our tour program.

We have three amazing tours in 2020: Italian Classics, French Connection and Girona Experience. Our Girona Experience is already sold out, but we still have plenty of spots available for both Italy and France. We are offering paid-up Eastern CC members 10% off the price of each of these tours; however, they must be booked before 15 December 2019 to qualify. Ask any of our members who have been on these tours and they will tell you how much of an amazing time they had with us on tour. Spots are strictly limited.

Here is a bit of an overview of each, and you can scroll to the end of this newsletter to see flyers for both tours. I (David Richards) will have flyers at each of our Tuesday evenings at METEC.

Any questions should come to me or to Nick Thompson.

### Italian Classic 2020 Tour

This tour is led by myself and Dale Maizels. We pick up and drop off our group in Venice (and suggest getting there a day or two early to explore this amazing city).

We head off to the Dolomites and spend 4 days there riding such great climbs as Passo Gardena (both ascents), Passo Sella (both ascents), Passo Pordoi, Passo Campalongo (both ascents), Passo Fedaiia, Passo Valparola, Passo Giau and Passo Falzarego. The Dolomites is my personal favourite. The landscape is mind-blowing and the locals are very, very friendly. Food is fantastic.

We then transfer to Bormio for 4 days, tackling the legendary Passo Stelvio, mighty Passo Gavia, fearsome Passo Mortirolo, with some deserts of Laghi di Cancano and Bormio 2000. Our accommodation is First Class and is a cycling-centric hotel. Plus we aim to be on race route for the climactic finish of a stage of the 2020 Giro d'Italia that takes in Stelvio, before descending toward Bormio and then finishing atop Cancano. My friend Daniela from Hotel Funivia is going to help us secure an amazing spot to view the race.





Next we transfer to Valdobbiadene in the heart of Prosecco country. This place is like our Yarra Valley on steroids. Rolling hills of vineyards and amazing produce, with the ever-present Monte Grappa hovering behind. Grappa has 11 ascents, but we will pick one of three that are regularly used as race routes. Our marquee day in this region is a more chill day that takes in a small but legendary climb up Passo San Boldo – an absolute engineering feat as the switchbacks for this beauty are built into the mountainside in tunnels. We have lunch at the top and I can thoroughly recommend the Wild Boar Ragù!

Lastly and somewhat sadly we return to Venice to drop you guys off.

## **French Connection 2020 Tour**

This tour is led by my very experienced guides Adrian Rowe and Peter O'Callaghan. We pick up and drop off our group in the beautiful city of Toulouse (and suggest getting there a day or two early to explore the city).

We head down to our base in Bagneres-de-Luchon, staying in a lovely country house, with authentic French provincial feel. Our host Elodie will be providing much of our cooking so expect the real deal. Riding straight out of our front door, we will tackle some great rides and climbs, such as Superbagneres, Col du Peyresourde, Col de Mentre, Col des Ares, Col d'Portet d'Aspet (site of the 1992 Olympic RR Champion Fabio Casartelli memorial) and Port de Bales. We will ride across the Col du Portillon for a spot of tapas lunch in Spain. Our Queen Stage day will be the legendary Col du Tourmalet from the traditional side, first used in the 1910 Tour de France. There will also be on our menu options to do Col du Soulor, Col d'Aubisque and Col d'Azet. A serious road cyclists dream.

We will have the opportunity to see Stage 8 of the 2020 Tour de France as it passes the Col de Mente, Port de Bales and the Col du Peyresourde, and we will pick the very best vantage point to experience Le Tour.

Finally we will return to Toulouse to bid our group 'Adieu' from what will be an unforgettable experience.

*David Richards, Croydon Cycleworks*



## 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
<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.

### **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





# Italian Classic 2020



## Dates

**21 May -1 June  
2020**

## Cost

**\$4990**

## Participants

**10 people (max)**

## Difficulty

**Medium/Hard**

Croydon Cycleworks are proud to offer another Italian cycling adventure for 2020! Cycling enthusiasts argue which is the best place to ride, but the legendary Dolomites provide a magnificent backdrop for some epic rides, which are steeped in history and Giro folklore. Stelvio is one ride that needs to be on every bucket list and who can resist the beauty of Prosecco country.

We will be running this tour during the 103<sup>rd</sup> edition of the Giro d'Italia. We may see 2 race stages up close, potentially one high mountain stage, and one stage start if the course aligns with our dates. The cycling routes in our tour will be challenging, and while all can complete these climbs, this tour is for experienced cyclists.

We will be cycling the legendary climbs of the Sella Ronda and Marmolada loops, as well as the Stelvio and Gavia. Most days you will ride from the front door, providing more time to ride and also more time to relax and enjoy the other aspects of holidaying in the Italian countryside.

All breakfasts, some picnic lunches and snack foods are included. Four dinners are included, while all other dinners are at your own cost as are lunches at cafes or restaurants.



# Italian Classic 2020



## Venice

Our pick up point will be at Marco Polo Airport on Day 1. Our recommendation is to arrive at least one day prior to the tour commencing. Explore Venice and enjoy the culinary delights of the restaurants and sights around the Grand Canal.

## Dolomites - La Villa (21-24 May)

We have an amazing 4 days of riding planned in the Dolomites. Our base is in the town of La Villa with our hosts at Ciasa Montanara.

We will experience the Sella Ronde loop, Marmalada loop and the challenging Passo Giau loop. Each of these loops have climbs that have been regulars on the Giro.



## Stelvio National Park - Bormio (25-28 May)

Bormio is a medieval town, where head Roman aristocracy used for hot spring baths. We, however, will head there to tackle the Stelvio, Gavia and/or the Mortirolo.

A regular on the Giro landscape. These are big climbs, but definitely achievable for all. We have some amazing accommodation here.



## Valdobbiadene (29 May-1 June)

Valdobbiadene is in the province of Treviso, and right in the heart of Prosecco country. While the climbing is not as high as the Dolomites or the Stelvio National Park, but it can be just as breathtaking. We will do loops that tackle the mighty Monte Grappa, plus another that will take you up Passo San Boldo, one of the most amazing feats of engineering. The final day sees us return to Venice as our tour concludes.



## Key Points/Dates

- Holding Deposit \$500 – immediately. Remaining deposit \$2000 – due 30 Oct 19
- Balance \$2490 – due 28 Feb 2020
- Price does not include airfares or travel insurance
- Accommodation is twin share. Single supplement on request to be quoted
- Passports require 6 months remaining before expiry



## Dates

2-13 July 2020

## Cost

\$4990

## Participants

10 people (max)

## Difficulty

Medium

Cyclists around the world agree, France is truly the Mecca for road riding. Magnificent scenery, excellent roads, friendly motorists, great food and wine and a rich cycling culture are elements that make cycling in France a lifetime goal for many bike enthusiasts.

The 107th edition of the Tour de France promises some terrific action and close racing. Will Chris Froome and Geraint Thomas be back in search of another Yellow Jersey or will Bernal get the nod, and will Richie Porte be the Aussie challenger we have been hoping for (don't forget Rohan Dennis too). The French will be hoping for a local to show form. Alaphilippe nearly brought it home for the French, however, don't dismiss Romain Bardet, who is a real contender for the yellow jersey.

We will be in a perfect position to experience the colour and spectacle of the world's greatest bike race, while riding the Pyrenean roads and mountains that are part of our folklore. Viva le tour! Most days you will ride from the front door, providing more time to ride and also more time to relax and enjoy the other aspects of holidaying in the French countryside.

All breakfasts, some picnic lunches and snack foods are included. Four dinners are included, while all other dinners are at your own cost as are lunches at cafes or restaurants.

## Toulouse

Our pick up point will be at Toulouse Matabiau railway station on Day 1. Our recommendation is to arrive at least one day prior to the tour commencing. Explore Toulouse – The Pink City, enjoy the history and food of the restaurants & food markets.

## Bagnères du Luchon (2-13 July 2020)

We have secured comfortable accommodation in a quiet scenic location a short ride from town centre (rooms are shared). We will have four dinners at our accommodation which are included in the price for our tour. All other dinners are at tourists cost.



We have an amazing 11 days of riding planned in the Pyrenees. Now let's talking about some of the most iconic mountains in bike racing folklore. Straight out of Luchon we have designed routes that will enable all riders to experience Tour de France climbs.

We will tackle:

- Superbagnères
- Col du Peyrourde
- Col du Portillon
- Port de Bales

Just to name a few.

A couple of key “Bucket List” climbs are only a short transfer away via our minibus. The **Col du Tourmalet** and the **Col du Soulor/Col d'Aubisque** combination are within a short drive, to enable all riders the chance of completing these amazing climbs. The Tourmalet is Legend as the first mountain the tour passed over in 1910. The Aubisque is a beautiful climb that blows you away with the scenery.



## Key Points/Dates

- Holding Deposit \$500 – immediately to hold **your** spot!
- Installment #1 \$2000 – due 31 Nov 19
- Balance \$2490 – due 30 March 2020
- Price does not include airfares or travel insurance
- Accommodation is twin share. Single supplement on request to be quoted
- Passports require 6 months remaining before expiry

# *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

