

30 November 2019

Eastern Cycling Club Newsletter

Duty Roster

Saturday 30 November METEC

Tony Curulli (R), Ross Bowlby,
Brendan Wain, Paul Webster

Saturday 7 December Casey Fields

John Thomson (R), Clive Wright,
Stefan Kirsch

*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,
liptop2@optusnet.com.au.*

Editor: Nick Tapp
editor@easterncycling.com

Last Sunday, 88 riders from Eastern and Northern CCs contested the Dave Ryan Memorial round, hosted by Northern at National Boulevard. Many of those who raced have fond memories of Dave, who was a well-loved and respected member of both clubs. Congratulations to Northern, who reclaimed the trophy by a margin of 63 points to 35. Results are inside, as are results from Tuesday evening's Croydon Cycleworks Twilight Crits at METEC and Wednesday racing at the Loop.

This Saturday 30 November is Club Captain Race Day at METEC. There will be graded scratch races, with medals (right) for all place-getters in addition to the usual envelopes, followed by afternoon tea and presentations. Club Captain Max Michelson is pleased to put this day on as a way of saying thanks to the club and members, so hopefully you can be there for a great day.



November is almost over, and so is the special deal for Eastern members on bike service at Croydon Cycleworks. 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 bike tours organised by Croydon Cycleworks for 2020.

Among the flyers at the end of the newsletter you'll find a new one for the Below the Belt Pedalthon 2020. This fundraising ride for research into urogenital cancers will be held on Sunday 20 March at Sandown Racecourse. Eastern riders and teams have done the club proud in the two years it has been running. Registrations are now open for 2020.





Dave Ryan Memorial (GSR), National Boulevard, 24 November

Grade	1st	2nd	3rd	4th	5th
A Grade (17)	Emilio Romano (N)	Glen O'Rourke (N)	Iain Clark	Glenn Newnham	Paul Webster
B Grade (19)	Chris Ellenby	Kon Papakonstantino (N)	Maurice Rizzo (N)	Craig Oliver	Walter Dapcich (N)
C Grade (17)	Kym Petersen	John McKinnon (N)	Steve Toogood (N)	Shaun Francis (N)	Adam Eastoe
D Grade (18)	Tamara Riddell (N)	Kellie Murphy (N)	Mick Deans (N)	Tony Gherxi (N)	Colin Mortley
E Grade (8)	J.C Wilson	Luis Laguna (N)	Brian Forbes (N)	Jeff Romans (N)	Geoff Forbes (N)
F Grade (5)	Laurie Bohn	Meredith Kelly (N)	--	--	--

Croydon Cycleworks Summer Twilight Crit Series, METEC, 26 November

Grade	1st	2nd	3rd	4th
A Grade (5)	Garron Buckland	Alex Randall	Kevin King	--
B Grade (8)	Max Kornhofer	Mark Edwards	Ray Russo	Kym Petersen
C Grade (9)	Tim Maffey	Darren Woolhouse	Adam Dymond	Hylton Preece
D Grade (9)	Paula McGovern	Chris Norbury	Adam Shaw	Anthony Cox

Ride of the night was awarded to first-time rider Adam Shaw.

Wednesday criterium at the Loop, Yarra Boulevard, 27 November

Division	1st	2nd	3rd
Division 1a (6)	Mark Seddon (N)	Russell Newnham	Troy Jordan (N)
Division 1b (7)	David Rooke (N)	Ross Clark (N)	Ray Russo
Division 2 (--)	--	--	--
Division 3 (6)	Stephen Barnard	David Drew (N)	Shane Dwyer
Division 4 (3)	Paul Griffiths (N)	Laurie Bohn	Michael Waterfield

Thanks to referee John Williams and helpers.





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 Classics 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 Fedaia, 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 Soudou, 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



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 are also flyers and registration information for the Below the Belt Pedalthon 2020, supporting ANZUP Cancer Trials Group, and the 2020 Autumn Classic virtual race 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 103rd 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

Like cycling, don't like cancer?

Fight cancer below the belt by riding or supporting the Melbourne Pedalthon.

REGISTER
NOW!

www.belowthebelt.org.au/melbourne

Sunday 15 March 2020

Sandown Racecourse,
Springvale, Victoria



LIKE CYCLING?

The Melbourne Pedalthon returns for its 3rd year and invites you to ride and help those living with below the belt, (kidney, bladder, testicular, penile and prostate) cancers. Whether you're a keen cyclist, novice, are just looking for a challenge or want a fun day out with the family – then this is the ride for you!

DON'T LIKE CANCER?

Every cent raised by the Pedalthon goes directly towards clinical trials research, which means straight into the hands of experts committed to improving treatments and outcomes for those living with kidney, bladder, testicular, penile and prostate cancer.

SINCE 2014:

OVER
1,800
RIDERS

24
BELOW THE
BELT RESEARCH
FUND PROJECTS
AWARDED

OVER
\$1.65m
RAISED

With thanks to
our venue
partner:

MRC Foundation

Open race challenge registration (team of 4): \$600

Registration to open race (3 hour challenge),
sprint challenge.

Individual registration: \$180

Registration to open race (3 hour challenge), sprint
challenge.

Family challenge registration for 2 adults and 2 children (team of 4): \$150

Registration to family challenge
(1 hour challenge).

Extra Child Registration: \$30

Registration to family challenge

Sideline Supporter Registration: Free

If you're unable to ride, but would like to support
the Pedalthon through fundraising

Registration includes: jersey or t-shirt, breakfast, coffee, lunch,
beverages, day insurance, awards, supporter page,
entertainment



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

Proudly supported by



The Cycling Fix
Tune Your Bike | Tune Your Body

