

7 December 2019

Eastern Cycling Club Newsletter

Duty Roster

Saturday 7 December Casey Fields

John Thomson (R), Clive Wright,
Stefan Kirsch

Sunday 15 December Rocco Drive

Richard Dobson (R), Craig
Stannard (TC), Hylton Preece (TC),
Andrew Mapstone, Lisa James,
Alex Randall, Mick Jamieson,
Greg Harvey, Graham Haines

*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.*

Editor: Nick Tapp
editor@easterncycling.com

Big thanks to Club Captain Max Michelson, host of last Saturday's Club Captain's Race Day at METEC. Results, race reports and photos are inside. You'll also find results from Tuesday night's Croydon Cycleworks Summer Crits at METEC and Wednesday racing at the Loop (Yarra Boulevard), a report from the charity day at Dunlop Road, and great reports and photos from both the Women's Conni Classic at Paraparap on Sunday and the Tour of Bright, a Cycling Victoria race which ran from Friday to Sunday. Eastern members performed well at both, in particular Race 3 of the Conni Classic handicap series, hosted by Geelong & Surf Coast Cycling Club, where Susan Williams and Pam Vandersluys took 1st and 2nd places, respectively.

Racing this Saturday is at Casey Fields, Cranbourne East, starting at 2 pm. The registration desk will close at 1.45 – or register beforehand via TeamApp. There will be a 'missing out' elimination race with two sprints for A Grade first up.

Max Michelson and Adam Dymond called in to see Darryl and Cathy Blanchett during the week and dropped off a Christmas card from the club, together with the funds recently raised at Dunlop Road. Darryl has still not returned to work since suffering serious head injuries in a club race at Yarra Glen last year. Adam reports: 'It will be used to help make their Christmas a bit more special and Darryl is also keen to get his bike fixed. Thanks to all members who contributed. This is one example of why ECC is such a great community club.'



Adam, Darryl and Max

In response, Cathy Blanchett sent this message:

We are absolutely blown away by the support that has been given to us. The money raised has meant a great deal to us, we are very grateful and would love to *hug and thank* every single one of you who have supported us during this hard time. I have already hugged Adam, Peter and Max, so they can pass that on!



Graded scratch races, METEC, 30 November

Grade	1st	2nd	3rd
A Grade (5)	Glenn Newnham	Kevin King	Perry Peters
B Grade (9)	Paul Firth	Colin Doherty	Craig Oliver
C Grade (11)	Adam Dymond	Steve White	David McCormack
D Grade (11)	Peter Gray	Geoff Mackay	Colin Mortley
E Grade (5)	Peter Shanahan	Laurie Bohn	John Eddy

A Grade

By Glenn Newnham

Only five of us in A – Alex Randall, Kevin King, Paul Webster, Perry Peters and me. Being pretty windy, I figured it would be a day that a breakaway could survive. Alex has been in good form and was probably going to be the agitator for any break. I'd try to follow his moves and help things along. Kevin would be valuable if he could get away.

On the first lap Kevin reminded me to take the right turn onto the additional loop. I'm not sure I would have remembered. We took it easy for a few laps, all rolling turns and working out the intricacies of the three additional bends.

After a few laps Alex decided it was time to start shenanigans. He made some strong surges, but each time there was someone on his wheel. At about half race distance it was me chasing him down. I could see him looking under his arm to gauge if he had a shadow, and when he realised he did he pulled off. I kept it going, hoping that we'd both made a gap, but I could see he had sat up so I figured we were all together. I kept pushing the pace though, and after about half a lap Kevin came past with some encouraging words: 'Keep it going, we've got a gap.'

I didn't feel like we had a good enough pace to escape, and expected to see Alex jump across to join us. We kept our heads down though, and after a few laps I looked around and couldn't see the other three. Apparently, there was a bit of a standoff going on, particularly between Alex and Paul Webster, with Paul chasing Alex down and Alex not wanting to drag him across. At some point, Perry got tired of the tactics and rode away.

Kevin and I kept plugging away at a consistent pace and the gap stretched further and further. I was surprised when we came around to lap Alex and Paul. I don't think I've ever lapped anyone before. On the last couple of laps we were coming up behind Perry, too, but he decided that was too embarrassing and pushed on to make sure he could complete the final lap and take 3rd place. Kevin gave me some encouraging words coming into the sprint, something like 'I'll see how long I can hold on for'. He was obviously in better condition than me, but I've generally got the sprint speed over him. I went long from the corner and into the wind, assuming I'd have a bit of a gap, but when I looked around after the line Kevin was right on my wheel.

So an interesting race, and made more so by the change to the course. Thanks to all those out there who make our racing possible and to the worker bees on the day.



METEC, 30 November



Some of the action from the Captain's Day racing at METEC. There are many more images from the day at <https://photos.app.goo.gl/tZbSNmQqrWALqd1z6>. Photos: Max Kornhofer



Graded scratch races, Dunlop Road, 16 November

E Grade started with five riders: John Eddy, Laurie Bohn, J.C. Wilson, Phil Johns and me. About 25 minutes in, we dropped J.C. I made the mistake the previous week of slowing down towards the end, and Phil got back on and won – I ended up with 3rd on my training circuit. But this week with about 15 to 20 minutes to go I attacked the field and stretched them out up the slight hill. I could see Phil dropping off the pace and wasn't going to give him the chance to get back on, so I kept the speed up. Still had the two crafty old riders who I have much respect for – John and Laurie – sitting nicely on my wheel. I did

probably 90% of the work on the front of the race – at one stage I slowed down to about 19 km/h but John and Laurie just sat there. So I brought the speed back up and led them up to the finishing line, with John Eddy taking the win, myself 2nd and Laurie Bohn 3rd. I was extremely happy with the result and kept the average speed for the whole race up over 30 km/h.

It was a special day and fantastic to see everyone get behind Darryl Blanchett by donating their prize money and buying tickets in the raffle.

Pat Ruys

Croydon Cycleworks Summer Twilight Crit Series, METEC, 3 December

Grade	1st	2nd	3rd	4th
A Grade (5)	Rod Aitken	Garron Buckland	Glenn Newnham	--
B Grade (8)	Shane Crowhurst	Mark Edwards	Ray Russo	Grant Greenhalgh
C Grade (9)	Paul Anderson	Sam Bruzzese	Darren Woolhouse	Adam Dymond
D Grade (12)	Ron Gillies	Peter Brann	Max Michelson	Paul James

Ride of the night was awarded jointly to Shane Crowhurst, who nearly lapped the rest of B Grade, and someone else – anyone want to claim?

Wednesday criterium at the Loop, Yarra Boulevard, 4 December

Division	1st	2nd	3rd
Division 1a (5)	Tony Hallam	Chris Munro (CV)	David Rooke (N)
Division 1b (8)	Ray Russo	Nick Tapp	Roman Suran
Division 3 (5)	Tony Curulli	David Drew (N)	Stephen Barnard
Division 4 (3)	Paul Griffiths (N)	John Eddy	Michael Waterfield



Conni Classic Race 3, Paraparap, 1 December



Spoiler alert – Susan Williams wins with daylight behind. Chapeau, Madame Secretary! All photos Norm Douglas

Off 6 minutes

By Kym Petersen

When the final start list was released, I knew it was going to be a tough race. Myself, Heather Hamling and Rae Lesniowska were together, off chopping block. Each bunch was separated by 6 minutes, a really generous time gap and one that was going to prove impossible to bridge. Limit had been given a 30-minute start on us.

Being only three of us, we were going to have to be on the rivet for the entire 52 kilometres. Which is what a handicap is all about, although you may be blessed with a few more

numbers to allow a bit of respite between turns. With scratch also 6 minutes behind us, made up of two quality riders in Jess Douglas and Renata Bucher, we could not afford to relax for a moment.

Before leaving Melbourne for the trip down, I'd checked the weather again and knew it would be windy. A strong north-westerly that would certainly make its presence felt. Sure enough, when I arrived at the clubhouse, I could see the sway in the trees and knew the forecast was spot on. Furthermore, heading out for my warm-up, it was more than a north-westerly; it was a 'soul-destroying, crouch down as low as you can, make yourself

invisible' kind of wind. I was already halfway there: I'm closer to the ground than most.

After a solid warm-up, our bunch of three gathered on the start line. We had a quick chat about our tactics as we huddled next to a car to give us some shelter from the elements. Oh man, I had déjà-vu. Twelve months ago, Alison Skene and I were huddled on the ground beside a car, getting some protection from the wind, but also from the rain, before embarking on the first ladies handicap run by GSCC. Today was extremely similar, the only difference being it was probably a few degrees warmer. As we waited for our start time of 10.30 am to approach, we watched the group before us head off. We also watched as the limit riders rode back through and noticed they had split already!

We were sent on our way and hit the pedals in earnest. No time for cruising as Heather led us into the first stretch. As we made the right-hander, we were blessed with a glorious tailwind and it was all systems go. Rolling through, we kept the momentum going and tried to keep an even pace, making sure we were all together. As much as we loved this tailwind, once we made the U-turn to head back, it was quite the opposite and the effort certainly went up a notch. This was now indicative of how the race would pan out. Constant pressure on the pedals the entire time, both with the tailwind to maximise its advantage, and pushing hard into the head and crosswinds.

Heather had mentioned that we should roll turns and either signal when we'd had enough or just roll off the front. It did mostly go like this – occasionally her elbow would flick out and I would roll through – but quite often, no sooner had I got to the front than Rae would cruise on past, relieving me of my duties. This was a godsend, as taking a turn came around mighty quickly and, considering



The 6 minute bunch, with Rae Lesniowska (Northern) on the front and Kym in the middle

I seemed to be the only one taking gels on board, the one-in-three ratio didn't allow much time to choke something down before hitting the wind again. A couple of times I missed the signal and someone would jump in for me while I was squeezing every last essential bit of goop out of the packet!

As the race wore on, it was quite apparent that we would not catch anyone. Yes, this was a bit disheartening. I love it when you make the catch and you grow in numbers, it certainly spurs you on. You may get more workers in your group, the dynamics do change, but it is also extra motivation to keep forging on.

However, on the flip side, it also became apparent that we were not going to be caught either. Now this I was happy with! We turned into our final corner of the race, with Mt Misery ahead of us. Throw in the wind factor and it was going to be murder. As horrible as it was, there were two positives to this section: first, we finally managed to catch a few ladies – those that had been dropped from their bunches and were in survival mode along this rotten stretch of road; and secondly, the positive was that no one was stationed along this section taking photos this year – thank goodness for small mercies! I have the evidence from last year and I can't



imagine, 12 months on, that my expression would've changed much.

We hit the final few kilometres with gusto – time to wrap this up. Even though we were way out of the placings, for some reason we all like to sprint, and so it was. If that's what you could call it. I am sure I did stand at some point but quickly planted the butt firmly back down as I couldn't sustain my weight, I was done for. Sprinting in the saddle, now there's a novel concept.

While we didn't place or catch the groups in front, we were out there to give it our best in trying conditions and that's what happened. Our little bunch was cohesive, we communicated really well (mostly non-verbal hahaha!) and looked after one another. Thanks, girls, a pleasure racing with you.

Off 30 minutes

By Susan Williams

The wind howled, it was bloody cold and rain threatened as 35 riders prepared to brave the elements to ride in the third Conni Classic handicap of 52 kilometres.

We started off with six in our bunch at 6 minutes behind limit and worked well, with rolling turns down and back Blackgate Road. There was some confusion at the corner of Hendy Main Road, by which time Alison Watts, Jo Read and I had peeled off from Elizabeth Randall, Cecilia Digenis and Lynette Bilton. Having taken the wrong turn, we motored up the road to catch the girls again and stayed together for another few kilometres.

Midway down Forest Road, Alison, Jo and I left the bunch again and continued on our way. Alison and I were too strong for Jo, and continued to work together for the rest of the course until the 10 km to go mark, where the wind hit us with its full force. Struggling with a strong crosswind and many an expletive from

me, we soldiered on until Alison dropped off well before the second last turn, where I could just see the tail lights of limit ahead.

I spent the next few kilometres hunting down fellow Eastern member Pam Vandersluys and Danielle Bond. I caught Pam and Danielle on the corner of Larcombes Road and Nobles Road and nipped in front of Pam. It felt like Nobles Road was never going to end and it was with 2 km to go that I realised Pam was not behind me. The whole time I expected to be mown down by the next group and didn't dare look behind.

Finally I could see the finish line ahead and it dawned on me that I had a genuine chance of winning, so with my legs still in good working order I sprinted with the last bit of gas I had left, and that was that.

My thanks to GSCC, VCV and Conni for a well-organised race and generous prize money. I had the best time in the worst weather, and the race yet again confirmed my firm belief that the fairest racing is against your own gender.

Congratulations to Pam, who hung on to come 2nd, and kudos to Eastern members Kym Petersen, Lisa James and Ricky De Kock, who waged their own campaigns out in the brutal conditions.



From left, Kym Petersen, Pam Vandersluys, Susan Williams, Lisa James and Ricky De Kock, after Sunday's race



Off 36 minutes (limit)

By Pam Vandersluys

Firstly let me say a huge thank you to GSCC for hosting Race 3 of the Conni Classic series. To all the volunteers and road marshals, thank you so much for your time and effort in keeping us safe on the road. And to the sponsor Conni for their generous sponsorship of the series – I'm off to buy their environmentally friendly cloth nappies and training pants for my grandchildren!

Thirty-five women from various clubs took part. Eastern Cycling Club was well represented. The chance to ride a women-only event means everything to me as it's often hard racing against men.

The limit group were so friendly. Most of us, including myself, had been dropped early in Race 1 at Learmonth, but we were all back for more!

Race started, we were off and headed out to the first turn-around, making sure we were all together, all looking out for one another, and even slowed, at the turn-around to make sure we were all on. It was then we encountered a nasty headwind, and by the time we passed the starting area Danny noticed that she and I were by ourselves. It hadn't been intentional, the strong winds proving too much for some riders. Unbeknown to us, a little way back was Shelley, another limit rider, trying to get back on. However, we were battling strong headwinds and not looking over our shoulders at this stage. Danny from GSCC had a knowledge of the course. I had not managed a recon and was soon wishing I had! A true sportswoman, in fact definitely sportswoman of the day, Danny was happy to share her course knowledge – hills soon, headwind around this corner, tailwind here – so we capitalised on our strengths and took advantage of the course, all the while working together, rolling turns.



Pam (front) and Danielle Bond share the work.

At or around the 33 km mark I said, 'I think we've got this in the bag – no, *you* have, Danny', as I felt she was one very strong rider. Heading back along Forest Road, we passed the other bunches, and from then on we were constantly checking over our shoulders for riders (wasted a lot of energy there!) We believed Andrea Wilson (former series winner) was closing in on us, but all the while it had been Shelley riding by herself. She was my champion of the day, riding close to 45 km on her own!

We turned into the final stretch, still both rolling turns and in a world of pain (my legs were cramping badly, not enough fluids with me). I was in the lead, waiting for Danny to roll over, when I heard a voice. It was Madame Secretary – or should I say Madame Power-to-weight Ratio! Susan forged to the front up the incline, much stronger than Danny or me. We had had a plan to jump on the back of any group that came past us, but this didn't eventuate. I turned to see how Danny was doing, and she was totally spent. My heart went out to her as we had both been looking out for each other, and it was in that moment I lost Susan's wheel (as if I could have stuck there long anyway!) but I wouldn't have had the race any other way without checking on Danny first. For me some days it's not about winning but about the



journey. Huge congratulations, Susan, on a strong and gutsy, outstanding and well-deserved win. I was elated for her. I was also very thrilled to see Danny had come 5th – with prize money, too. Seriously love handicap racing – it can be a beast at times but oh so worth it.

Congratulations to the series winners, too, and well done GSCC.

As the Terminator says, 'I'll be back'. If you're a female Vets member, do get along to one or all of these *awesome* events.



Pam holds onto 2nd place.

Tour of Bright, 29 November – 1 December

Masters B

By Rod Aitken

I raced the Tour of Bright in Masters B grade on the weekend – a fantastic weekend of racing and hanging with friends in Bright. Managed 5th place on Stage 1, the ITT, after only having a TT bike for a couple of months – super happy with that. (John Clarkson was a huge help with bike setup and sourcing fast wheels for me.)



It took 'two friends and some baby powder' to squeeze Rod into that skin suit for Stage 1!

Stage 2, the Gaps loop, not so good. Had the legs and the form, but decided to not go with the break, and it put 6:30 into the bunch, but I

rode my plan and tried my best so had to be happy with that.

Stage 3, Mt Buffalo. Well, let's just say it was absolutely epic. It was on from the gun, surging attacks all the way up the mountain in the rain, wind, hail, sleet and snow. Managed to finish 4th, 11 seconds behind the leader, and had absolutely no feeling in my fingers and arms by the top.



On the 'absolutely epic' Stage 3





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 Ragu!

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.

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

