

21 December 2019

Eastern Cycling Club

Newsletter

Duty Roster

Saturday 21 December Casey Fields

Andrew Buchanan (R), Tony
Lateo, Nick Panou

Saturday 28 December No racing

Saturday 4 January Casey Fields

Colin Mortley (R), Andre Weber,
Glenn Newnham

*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,
tjptop2@optusnet.com.au.*

Editor: Nick Tapp
editor@easterncycling.com

Racing last Sunday at Rocco Drive drew a good crowd, including a visitor from Gawler, South Australia. The Saturday Aggregate for 2019 hung in the balance, and Glenn Newnham clinched it with 3rd place in A Grade, maintaining his one-point advantage over Paul Firth, who finished 3rd in B. A quick look at the Aggregate results table at <https://easterncycling.com/results-aggregate-current/> demonstrates the importance of consistency – of simply turning up to race, week in, week out – in deciding the result. Of course, winning and placing on the podium on a regular basis helps as well! Well done to both Glenn and Paul on a consistent and strong year of racing. Results from Rocco Drive, METEC and the Loop are inside. Also there are a message from Adam and a letter from Pat Ruys that you really should read.

This Saturday at Casey Fields, starting at 2 pm, there will be graded scratch races, and the top five in each grade will qualify for the Christmas Handicap. A barbecue will follow. Then it's time for a short break before racing resumes at Casey Fields on Saturday 4 January.

Thanks from the Editor to everyone who has contributed to the newsletter during 2019, whether with race reports, photos, news or other items, or with results and other support in the back room. There will likely be one or two newsletters during January, so keep an eye out. Feel free to send items for inclusion to editor@easterncycling.com – or take a break and just go riding!



Glenn Newnham won the 2019 Saturday Aggregate by a single point from Paul Firth (left), with three-time (2015–17) winner Jean-Philippe Leclercq close behind in 3rd place. Congratulations all round!

Graded scratch races, Rocco Drive, 15 December

Grade	1st	2nd	3rd
A Grade (12)	Chris Hughson	Russell Newnham	Glenn Newnham
B Grade (13)	Boyd Williams	David Anderson (N)	Paul Firth
C Grade (15)	John Brennand (SA)	Ken Saxton	Andrew Buchanan
D Grade (14)	Ken Allan	Paul James	Keith Wade
E Grade (4)	Peter Shanahan	Pat Ruys	--



2019 Club Member of the Year Nick Hainal leads D Grade onto the testing rise to the finish line at Rocco Drive. Photo: Ron Gillies

Saturday Aggregate 2019

This year's Aggregate was decided at Rocco Drive on Sunday when both Glenn Newnham and Paul Firth finished 3rd in their respective races. This meant that Glenn kept his one-point lead and won from Paul by 77 points to

76. Jean-Philippe Leclercq finished 3rd in the Aggregate on 70 points. Congratulations to all three on a strong and consistent season. Full results are at <https://easterncycling.com/results-aggregate-current/>.



A Grade

By Rob Amos

With a strong group of A Graders, the pace was hot from the start and it was obvious that Glenn Newnham would have to work hard for his Aggregate points if he was going to take out the championship. Chris Hughson launched the first big attack of the day, opening a big lead for a few laps, followed by the next super sprinter in Russell Newnham. J-P attempted to cross the gap and dragged

along Garron Buckland, Glenn and Rob Amos, with the bunch fading in the distance with 30 minutes to go. On the next lap Chris and Lawrence Lee bridged across to join the break. Everyone seemed happy to roll turns until a few laps to go, when J-P made his bid for glory, only to be caught just before the bell. As we hit the hill, Glenn started the sprint early and was passed by Russell and Chris, but by holding on to 3rd managed to take out a well-deserved Aggregate for 2019.

Croydon Cycleworks Summer Twilight Crit Series, METEC, 17 December

Grade	1st	2nd	3rd	4th
A Grade (12)	Jean-Philippe Leclercq	Chris Hughson	Garron Buckland	Steve Parker
B Grade (10)	Grant Greenhalgh	Nathan White	Ray Russo	Kym Petersen
C Grade (12)	Darren Woolhouse	Brad Jones	Gary Pye	Adam Dymond
D Grade (11)	Max Michelson	Peter Gray	Geoff Mackay	Peter Brann

Ride of the night was awarded jointly to Max Michelson and Darren Woolhouse. Thanks to Peter Mackie, sponsor David Richards of Croydon Cycleworks and all those who have helped out this summer. Tuesday night racing will resume on 7 January 2020.

Wednesday criterium at the Loop, Yarra Boulevard, 18 December

Division	1st	2nd	3rd
Division 1a/b (14)	Stephen Maheras (N)	John Hasouras (N)	Chris Ellenby
Division 2 (5)	Geoff Darroch	Tony Curulli	Stephen Barnard
Division 3 (4)	Vince Sinni (N)	Paul James	Michael Muscat

Thanks to referee Grant Farr, Dean Niclasen and all those who have refereed, brought equipment and generally helped out during 2019. The next Wednesday crit will be on 8 January 2020.





A message from the Club President

Greetings members,

As we come to the end of another busy year at ECC, it's a great time to reflect on what the club has achieved. It's been another big year, with the final phases of the rebranding of the club: the refreshed website, new kit, new tent canopy and trailer signage. Our membership, as always, has seen attrition with some members not renewing, but many new faces have bolstered the ranks across all grades, and we love seeing new members at ECC.

I'm particularly proud of the camaraderie we have built over the last few years. The BBQs at Casey, a few beers and a pizza at the Beach Hut Brewery, the Annual Awards Night – they are all testament to the growing bonds and culture we have as a club. Riding and racing is good for our physical and mental health, the sense of community you get from being in a club makes all this all the better. Remember to check in and ask your bunch mates, 'Are you OK?'

As always, my thanks go to all the committee members and volunteers who make it all happen. As I said at the Awards Night, I don't think there is any other club in Australia that runs as many races as we do, with the variety we have. It never ceases to amaze me how it all comes together on race day. I can assure you it's not by luck, but by design, with a very passionate and dedicated crew – there are too many of you to mention here, but you all know who you are.

Please ride safe and smart over the holidays, we want to see you back fitter and not too much heavier for another big year in 2020.

On behalf of the ECC Committee, I'd like to wish you and your family a wonderful Christmas, a safe and happy New Year, and just keep riding.

Adam Dymond
ECC President

Adam and members of the Club Committee celebrate the end of a big year and wish everyone a safe and happy Christmas.





An open letter from Pat Ruys

Everyday things we take for granted, I struggle with, like getting out of bed in the morning. Lately on the weekends I spend more than half a day in bed. But I don't sleep, I cry. I know that's it's a waste of a day but I struggle with going out, catching up with family and friends, letting them know how I feel. With my medication I struggle with my weight, but I'd rather be a little bit heavier than to be in a box. I love cycling and gardening, but of late I even find these a struggle and a huge effort to do, and a few injuries this year have slowed me down. With over 30,000 km of cycling over the past 3 years, this year I'll be lucky if I get to 5000 km.

As many of you know, I do suffer with depression, was diagnosed with chronic depression just over 10 years ago. I do live alone, which is my choice, and I do shut myself off from the world, I hate being a burden on others in life or cycling. Depression itself can be an unspeakable, horrendous, lonely experience. Even when I'm with family and friends (mates) there are times I still feel isolated. I don't know why, but I hide it, and I know that I'm not alone, but I do.

It's a digital world we live in these days. How often do we actually pick the phone up and say G'day? I know I don't. I know that I come from a huge family, lots of cousins and lots of friends (405 on Facebook) and many more. Each and every one of you I've met through my own family, growing up as a kid in Noble Park, through the Fire Brigade as a volunteer, through my work and my jobs, through my travels and through my cycling. In the end of the day I don't know where most of you live or your contact details, but I do know that you will always have my back and would be there to support me if I needed you.

The ones I do know your contact details, I find the hardest thing is to make that contact; but it's a two-way street, I find it easier to write down my feelings as I'm doing now. I don't want you to feel sorry for me, just treat me as normal and pass on some of your love.

Over the last few months I've been getting an average of 5 to 6 hours of sleep a night. I know that this isn't enough. I finally made the first step last week, just couldn't cope any longer, the way I was going, so I saw my GP and had my prescription increased to ease that chemical imbalance.

Don't know what has triggered my latest bout of depression. I still miss visiting my mum on Sundays and having her stay with me on Christmas Day. It's been 3 years now since she passed. I've made the first step by getting my prescription right, and told my work colleagues during this past week that I've been struggling when not at work. I've always tried to be open about my depression and I know that there are more family and friends who also suffer. But this is my way to cope and manage it – hopefully with your help, support and encouragement, which I will try to accept. At times I find this the hardest, but please don't despair. I will begin to value myself and get on top of this again, I've done it before and I know that I can do it again.

Probably wondering why I've opened up. If I don't speak, it gets me down and there's nothing worse than keeping everything bottled up inside you – it 'sends you to breaking point' and it's somewhere I don't like. Living alone, I feel that I don't always have that full support.

I've started to get my sleep patterns back to normal. Just have to start exercising, cycling and gardening again on a regular basis, which in the past has always helped me clear the fog in my head. Got to remember to relax and enjoy the ride life brings me.

So glad that I've spoken up, it's taken some weight off my shoulders, and if I didn't, who knows what would have happened. I love life and don't plan on doing anything crazy.

Pat Ruys



Renewing your membership

We are close to the end of the year and I would like to encourage those of you who have not yet done so to renew your membership with the club prior to the end of the year. I am aware that many of you choose not to renew until early in the new year, but would like to remind you that if you are planning to do some training rides while you are holiday, this will ensure that you are covered by the insurance that comes with your membership.

Please can I ask that you give me a call on 0408 180 673 if you have any problems with the online renewal. We can renew memberships over the phone – just have your credit card handy. Please do not start a new membership because you cannot remember your username or password.

If you are turning 70 anytime in 2020, you are entitled to a reduced membership fee, which is only the AVCC and VCV portion of the fee. This is effective from 1 January 2020, regardless of when in 2020 you turn 70. Again, if you have any issues renewing, please call me.

I hope you all have a happy and safe Christmas and New Year and look forward to seeing you all in 2020.

*Juanita Stumbles
ECC Treasurer*

National Road Champs, Sunday 12 January 2020

A group of riders will be heading up to Buninyong on 12 January for the men's and women's road races. Same as last year, the plan is to meet at Ballan Station at 8am and ride the 'undulating' 30 km to Buninyong, where we have breakfast at the start/finish line, catching the second half of the women's race. Then we head up to the Buninyong Hill, where we watch the men's race and take in the carnival atmosphere, watching live on the big screen and seeing them in the flesh 16 times up the hill, where most of the big moves happen. We finish off with a ride back to Ballan and drive home. Everyone welcome, no one gets dropped on the ride.

Text John Williams on 0419 713 087 if you are interested.

Claiming on member insurance after a bike accident

Have you had an accident on your bike?

Download the AVCC insurance claim form from our website: <https://easterncycling.com/wp-content/uploads/2019/12/AVCC-Sports-Injury-Rehabilitation-Claim-Form.pdf>.

Complete the member injury details section, and then email this to Madame Secretary (secretary@easterncycling.com) and she will complete the Club declaration section (page 6) and send it back to you.

Complete the injury data collection section. Ask your treating doctor to complete the athlete injury medical statement.

Return all completed sections to: sport@ajg.com.au.





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





ITALY 2020

21 May -1 June

\$4490 *ECC only
10 people (max)

When we at CCW think of Italy we think of passionate cycling nation, with some of the most amazing riding in the world. **Cycling enthusiasts will argue which is the best place to ride, but the legendary Dolomites provide a magnificent backdrop for some epic rides, steeped in history and Giro folklore.** Stelvio Pass is one ride that needs to be on every bucket list and who can resist the beauty of the vineyards of Prosecco country.

We pick up and drop off in Venice. Includes twin share accommodation. 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.



France 2020

2 July -13 July

\$4490 *ECC only
10 people (max)

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.** Everyone knows the Tour de France and we always aim to immerse our tours, in and around the action of Le Tour. Our tour will tackle the big one - Col du Tourmalet, plus Col du Peyresourde, Superbagneres and several more.

We pick up/drop off in Toulouse. Includes twin share accommodation in beautiful French gite. All breakfasts, some picnic lunches and snack foods included. Four dinners included, while all other dinners are at your own cost as are lunches at cafes or restaurants.

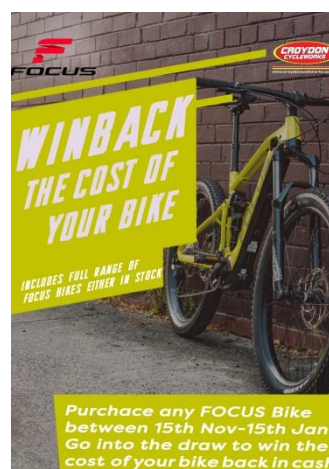
No better time to buy a new bike



Two opportunities
To get a new
Bike

And.....

WIN!



Win with Cervelo: Buy any Cervelo bike (Aspero, S Series, R Series, P Series & C Series) before January 10th 2020 and go into the draw to **win one of three VIP Experiences to the 2020 Tour Down Under in Adelaide**. Includes return airfares, two nights accommodation, transfers plus VIP Experience on Willunga Hill stage.

Win with Focus: Buy any Focus bike (Izalco Max, Izalco Race, Paralane, JAM MTB, etc...) before Jan 15th and go into the draw to **win one of three COST OF YOUR BIKE BACK**. That is your new bike for free.



ECC SPECIALS	RRP	ECC Price
2020 Cervelo C2 105 Disc	\$3700	\$3300
2020 Cervelo R2 105 Rim	\$3000	\$2700
2020 Cervelo S3 Ultegra Disc	\$6300	\$5750
2018 Cervelo R3 Ultegra Rim (Size 56)	\$4800	\$3400
2020 Focus Izalco Max 8.8 Disc - Ultegra	\$5499	\$4950
2020 Focus Izalco Max 8.7 Disc - 105	\$3999	\$3600
2020 Focus Izalco Race 9.7 Disc - 105	\$3099	\$2800
2020 Focus Izalco Race 9.8 Disc - Ultegra	\$3999	\$3600
2018 Focus Paralane 105 Disc (Size L)	\$3499	\$2700
Northwave shoes and 2019 Winterclothing	50% off	

Plus heaps more options across Road, MTB, Gravel, e-Bikes

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

