

22 February 2020

Eastern Cycling Club

Newsletter

Duty Roster

Saturday 22 February METEC

John Williams (R), Keith Wade,
Stuart Bendall

Saturday 29 February Garfield

Mark Edwards (R), Tony Kimpton
(TC), Graham Cadd (TC), Juanita
Stumbles (TC), Andrew
Wedderburn, Marietjie DeKock,
Ian McGeoch, Laurie Gates, Sue
Sharples, Peter Ransome, Adam
Hinds

*If rostered for duty, you must be there
at least 1 hour prior to start time. If
unable to do your duty, it's your
responsibility to find a replacement,
then advise Andrew Buchanan,
tiptop2@optusnet.com.au.*

Editor: Nick Tapp
editor@easterncycling.com

Only a couple of laps into Saturday's first races at Dunlop Road, with the rain getting heavier, the red flag came out. It's always a tough call to abandon, especially once racing is under way, but there was no sign of dissent from anyone present as the rain continued to fall.

Consequently, the annual charity day has been held over to this Saturday at METEC. Start time is 2 pm and the entry desk will close at 1.45. Entry fees from last Saturday will stand, and the raffle (see prizes, right) will be drawn this week so bring your tickets or buy some more at the desk.



Additional donations of raffle prizes will be gratefully accepted even on the day. Speak to Adam or another committee member if you have something you could donate. Half of the proceeds of the charity day will go to Below the Belt, funding research into urogenital cancers. The day's other cause will be the Gippsland Emergency Relief Fund, supporting families in East Gippsland affected by this summer's bushfires.

Not all the racing was washed out this wet and windy week. Rob Suter flew the Eastern flag at the Port Campbell to Warrnambool Handicap, finishing in 29th place, while Paula McGovern, Kym Petersen, Susan Williams and Pam Vandersluys competed in race 1 of the 2020 Conni Classic women's handicap series at Learmonth. Special congratulations to a happy Paula (second from left), who finished 3rd. Race reports and more photos from both races are inside.



And please take a moment to scroll down and read an important message from Andrew Buchanan about how the duty roster works.



Graded scratch races, Dunlop Road, 15 February

Racing was abandoned after only a couple of laps in increasing rain.

Croydon Cycleworks Summer Twilight Crit Series, METEC, 18 February

Racing was cancelled because of continuing heavy rain for much of Tuesday.

Wednesday criterium at the Loop, Yarra Boulevard, 19 February

Ditto the above for Wednesday morning.

Women's Conni Classic, Race 1, Learmonth, 15 February

By Paula McGovern

As part of a push to get More Females on Bikes, a three-race series has been put together by the President of Geelong & Surf Coast CC, Tina Stenos, and supported by VCV. Race number 1 this year was hosted by Eureka CC and proudly sponsored by Conni, with great prize money and trophies on offer.

So, on a wet and cold Saturday morning, four ECC ladies ventured to Learmonth for the first Handicap race of the 2020 Conni Series: Pam Vandersluys (off 25 min), Paula McGovern (me, 22 min), Madam Secretary Susan Williams (19 min) and Kym Petersen ('chopping block', off 4 min). In all, 40 ladies pinned a number on to race!

The course, which is known as the Windmill course, is 17.2 km per lap and we had to complete three laps. Thankfully, the rainy, horrible conditions we had in Melbourne were not in Learmonth, but the winds sure were!

So off we went at our respective intervals. There were six riders in my bunch, including two trial riders. We worked really well and looked after the newbies. The course is basically a rectangle, and one we have raced

as Eastern way back in 2016 (according to my Strava). Block headwind on the home straight, cross and tailwinds around the course, and the obligatory 'risers', which felt steeper as the winds increased and the race unfolded.

After one lap we lost a rider, but we kept our heads down and bums up and continued to work as a well-oiled machine! Lap 2 started and we began to mop up some of the groups in front of us. They joined the line and enjoyed a break as we pushed on. As we neared the start of the third and final lap, I could see the 19 min bunch in the distance behind us. Our group was tiring and I seemed to end up on the front for longer stretches. I was not happy with this so kept it steady and waited for the catch. Sure enough, as we turned to get the crosswind, the 19 min group passed us and I latched on. This group included the evergreen Meg Parnaby from Grampians CC, so I was not going to let it pass. A few others of my 22 min bunch jumped on as well. We had caught Pam, and to her credit she was prepared to share the workload as much as she could, which helped the bunch. We were told that there was one rider away, about 7 minutes in front. We never saw her on the road!





The group continued to work away and soon we made the final left-hand turn into the 6 km home straight. One more 'bump' to get over and then wind, wind, wind! The group's legs were obviously feeling it as we started our last cresting of the rise, to the point that there were a lot of groans and slowing of the pace. Well, I was carrying good speed into the rise and my legs were good so I went – I attacked hard and headed for home. The wind was tough! We had probably 4.5 km to go at this stage. I wondered if I had made the right decision. I thought they would be all over me – but they weren't. I had a good break so I went into TT mode. How long could I last? I took a peek back and still I had a break. I had surprised them and now they had to work hard to catch me, which they did with about 1 km to go. I saw them and waited to jump on. They were sucking in the big ones (so was I) as two of the riders went past me and sat in front of me – you beauty! So I sat too and caught my breath. I knew the jump for the sprint would come soon, but when? That wind was stronger than when we started. I waited and quietly changed down my gears, ready for the sprint.

Then, from the back, Di Jane pounced. I went with her but I could not get around her and no one could get around me. So, as it turned out, Di and I crossed the line 2nd and 3rd, respectively! Winner Robyn Baker had crossed the line 5 minutes in front of us. I think she had time for a cuppa before we arrived!

To say I was happy would be an understatement. The last few handicaps I had raced were torrid affairs and ended up as solo TT efforts. As usual, Kym and I did our post-race debrief at the golden arches, exchanging stories. It's a wonderful way to finish off the day!

Big shout out to Eureka CC and VCV for all the road marshals, moto marshals and running a good show; and the club volunteers who put on a great spread in the clubrooms after the race! The sponsor Conni for supporting women's cycling, and all the wonderful women who raced. Pam came in 11th, just outside the placings, Kym 15th and Madam Sec 25th. Thanks to coach Gerard Donnelly from TriVelo Coaching for his encouragement and guidance and keeping me focused.



Nearly all of the 40 starters in race 1 of the Conni Classic women's handicap series at Learmonth.



Conni Classic Race 1, Learmonth, 15 February



From top left, Paula McGovern (second from left) sprints to the line in 3rd place; Paula and the 22 minute bunch at the start; Pam Vandersluys working on the front for her group; Kym Petersen leads the 'chopping blockers' into a corner; Susan Williams gets out of the saddle on the bump; scratch riders Renata Bucher and Jess Douglas from GSCC chased hard. All photos: Norm Douglas



Royal Bikes Port Campbell to Warrnambool Handicap, 15 February

By Rob Suter

This race has replaced the venerable Bill Long Camperdown to Warrnambool and is run as a curtain-raiser to the finish of the Melbourne to Warrnambool. This year, run by Cycling Victoria, it had a different feel, and a dearth of AVCC members: new course, lots of youngsters, as well as lots of oldies that we don't see at VCV events. That meant a headache for the handicapper, with the few VCV competitors all off second limit for the 76 km event (when we'd normally be spread through the field of a VCV Open).

A bit more hoo-ha at the start, with barriers and road closures, but a much more casual briefing – and no-one hounding us about being over the white line in the crosswinds! For \$65 I was given a transponder and three race numbers – one for the frame and two for the jersey pockets.

With 15 riders on limit with 10 minutes' start on us, I always thought catching them was going to be a big ask. We had a decent gap to the largest bunch (of 19 riders) immediately behind us, and 23 minutes' start to scratch, with all the other bunches also of 15 riders – so, a decent field.

Less pleasant was the misty rain off the Southern Ocean and the strong southerly, which was cross-side for much of the race, except for the dogleg from Childers Cove to Nirranda and the headwind grind south of Allansford to Hopkins Point Road (the new run-in to Warrnambool that both races used last year).

The announcer was especially welcoming to Michelle Ferris, former Warrnamboolian and Olympic track sprinter, who was in our bunch. Warned of the hill as we left town, at least the bunch went reasonably casually over it, but



Looking down Tregear Street towards the water at the start in Port Campbell (left); and a giveaway that you're on the Great Ocean Road. Photos: Rob Suter



not casually enough for Michelle; now we didn't have to concern ourselves with her sprint home on Raglan Parade.

We were also warned of a stretch of 1 km of unsealed road, made dirty from the showers, but not of the other three, shorter stretches; nor of the recently sealed road on a right turn with lots of loose stones on the top: apparently that unhitched a few of our bunch. There were also issues with cars and milk tankers – at times it was a busier road than those previously used.

Daryl Suter (no direct relative, casually referred to as 'bro') proved to be one of the strongest of our bunch – he rides second scratch in Vets' opens – and John Hasouras from Northern also put in over the journey, although often struggling with changes of pace.

We had only made up 2 minutes by halfway at Nirranda, a feed zone for the main race, which decreased our appetite for chasing hard – we were averaging just below 40 km/h to that point, when the winning bunches in the Bill Long usually averaged 43 or so.

With only nine left and none of the dropped riders still with us at Allansford, we then faced the new run-into Warrnambool along two dragging rises on Hopkins Point Road, where Daryl and two others rode away, and I was dagged off, shortly before third limit (also now only nine riders) came past me.

So, a different sort of race to what we normally experience, with a change of scenery and different competitors adding some interest. Next time I might look at staying at the Port Campbell Hostel, right at the start, and has a boutique brewery!

News etc.

How the duty roster works

As a cycle racing club, we use a number of courses to provide a range of opportunities for members to enjoy their passion. Some are closed circuits; others (most) are on open roads.

In order to race we must supply accredited referees, marshals, and in many cases qualified traffic controllers. To meet this requirement, we can only draw from our membership. Hence it is a condition of ECC membership that members participate in the duty roster. That said, we try to make things as *fair as possible* for all.

In order to find safe, suitable road courses we have been forced to travel to areas some distance from the 'burbs – **Thornton**, **Seymour** and **Jindivick** being those that are furthest to get to. For the purposes of our roster, these three are treated as our 'longer haul' courses. We recognise that there is an extended time commitment in travelling to these locations. Hence the importance of sharing the load, with a system that is as fair as possible.

We aim to frame the roster in a way that ensures that, when a member marshals at one of these outlying places, they won't be called on to do another 'long haul' for around 18 months (at current membership levels). We keep records to support us in achieving this aim. Those members who support the club by committing to roles in traffic control and as referees are rostered on more frequently.

Of course, outside cycling, *life happens*, so members always have the option of swapping their duty with another, or supplying an able replacement on the day. (In this context, 'able' means 18 years or





older, and OK with handling signs etc.) The roster co-ordinator can help with seeking swap opportunities, but it is up to the member to secure the swap/replacement. The roster swap page on the website (easterncycling.com/roster/roster-swap/) can be a good place to look.

Thanks for your support.

Andrew Buchanan, Roster Co-ordinator

Renewing your membership

To those who have not yet renewed your membership: a reminder that renewing ensures you are covered by the insurance that comes with membership whenever you are out training or racing.

Give Juanita Stumbles a call on 0408 180 673 if you have any problems with online renewal here: <https://easterncycling.com/membership/>. You can renew your membership over the phone if you prefer – just have your credit card handy. Please do not start a new membership online just because you cannot remember your username or password.

If you are turning 70 (or older) 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 Juanita.

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.

Eastern Grand Prix women's race

Entries for the Eastern Grand Prix women's race on Saturday 4 April are open at entryboss.cc/races/4484. For more details, go the Eastern GP page on the club website at easterncycling.com/events/eastern-grand-prix/.

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.

Other events

You will find flyers and entry forms at the end of this newsletter for the Below the Belt Pedalthon, coming up on Sunday 15 March, and the Very Special Kids Autumn Classic, on Friday 15 May.



Sponsors



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: _____

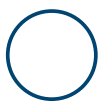
Team Name: _____

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

