

3 March 2020



Eastern Cycling Club Newsletter

Duty Roster

Saturday 7 March

Casey Fields

Colin Mortley (R), Tim Maffey,
Tim Crowe

Saturday 14 March

Casey Fields

Tony Curulli (R), Martin Deeley,
David Griffin

*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

Saturday's 65.2 km handicap at Garfield enjoyed fine weather and only moderate winds. Scratch and the next four or five groups merged with a lap to go, setting the scene for a hectic last lap and an exciting finish. Well done to all riders, and congratulations to handicap winner Glenn Newnham and the other place-getters – with particular mention of the two scratch riders, Stefan Kirsch and Jean-Philippe Leclercq. J-P finished 6th but was awarded fastest time, while Stef, who finished 2nd behind Glenn, and was thus in fact the fastest finisher, was awarded 2nd place (as the higher-paying prize). Well done also to referee Mark Edwards and the day's rostered marshals and traffic controllers. Results and several reports are inside, as are results from Tuesday night at Metec and Wednesday morning at the Loop.

For the next two Saturdays we race at Casey Fields, starting at 2 pm. Note the change of venue and date (as previously announced) from Rocco Drive on Sunday 15 March to avoid a clash with the Below the Belt Pedalthon. We will return to Rocco Drive at a later date. To donate to the Eastern teams taking part in the Below the Belt Pedalthon, get online and go to 2020btb-melbourne.everydayhero.com/au/eastern-cycling-club.

Coming up after that, on Saturday 21 March, is the Seymour VCV Open, which Eastern hosts. Please make an effort to come and race if you are able. As always, there will be post-race afternoon tea and presentations at the Royal Hotel. We are seeking a naming rights sponsor for this race; any member who is interested should contact Adam Dymond ASAP.

There's other important news further down in this newsletter, including a message from Adam regarding the Annual General Meeting and the need for new faces on the Club Committee, and a repeat of Andrew Buchanan's explainer about the duty roster.

Handicap, Garfield, 29 February

Place	Rider	H/c	Place	Rider	H/c
1st	Glenn Newnham	2:00	6th	Paul Firth	4:30
2nd	Stefan Kirsch	Scratch	7th	Paul Webster	4:30
3rd	Rob Amos	2:00	8th	Steve White	7:30
4th	Perry Peters	4:30	9th	Darren Woolhouse	7:30
5th	Steve Ross	2:00	10th	Dean Niclasen	7:30
Fastest time	Jean-Philippe Leclercq	Scratch	1st unplaced woman	Kym Petersen	7:30

Scratch

By Jean-Philippe Leclercq

Last two times I raced at Garfield, I did not do well, and last time I remember being dropped by Phil Smith, and then continuing with Cav until we abandoned on the second lap ...

This time I was on scratch with Stefan Kirsch. Only the two of us on scratch (+41:00), and 2 minutes behind the second scratch group, of six quality riders – I was scratching my head on our chance to catch anyone. Considering I was not feeling well in last three days (frog bug ...) I was concerned on my capacity to hold on Stef's wheel and therefore to help. Anyway, it was too late to think about negative stuff, I thought let's do it and hope my legs come back alive.

Before the start, Stef and I had a bit of a chat on our strategy. Well, it's pretty simple, let's work together! I mentioned to Stef I was unsure about my form today and he replied he would make longer turns if needed. That made me feel more confident. Becoming a bit more optimistic on my chance of survival with Stef, I said, 'If I can hang on, and if we catch the second group (lots of 'ifs'), it will probably be

with some other groups. One of us will have to break, so let's not chase each other but counterattack after being caught.'

The first lap was super fast, and I was surprised and relieved to feel my legs were spinning the right way. On the second lap, it was still super fast but I started to fade in some sections. Stef noticed this and he was doing longer turns so I could recover and do my bit when I could take back a turn. On the second lap, about 2 km before the finishing line, we caught the second group (with third, fourth and fifth groups I think, was about 20 riders or so). Stef and I recovered for some time at the back. I went to the front on the long hill and pushed onto the pace. Stef put an attack on the following corner but everyone followed, in a long queue. I tried to break a couple of times but no chance, I was well marked.

Then, about 12 km or so from the finishing line, Rob Amos broke away. About 7 km before finishing, I put a big attack with three or four riders just able to sit on me. As I slowed down (for being caught again), Stef counterattacked (tactic we discussed before the race) with Glenn Newnham in his wheel.





I tried to go again, but stayed suffering in no man's land in between Stef/Glenn/Rob and the chasing bunch. I capitulated after a few minutes and came back with the bunch. I tried a couple of times to break but was still well marked, with always a few riders just sitting. In the last 3 km, I stopped attacking and did like everyone, just pedalling together towards the finishing line. Sprint started, I went from behind on the outside and managed to finish 3rd of chasing bunch, and 6th overall.

Considering my poor form during the week, and the first two laps at crazy intensity, I was pretty happy to finish 6th.

Massive kudos to Rob Amos, perfect timing to break on his own, and then to hold on to Stef and Glenn on the counterattack/break. Thanks to Stef for dragging me on second lap and well done on his fastest time. [Stef was awarded 2nd place and J-P fastest time since prize money for 2nd was higher – Ed.]

Off 2:00

By Rob Amos

A quick look at the start list indicated it would be a fairly even race. With scratch being only two riders, Stef and J-P, I thought they would be doing well to even catch us. As is usual, the middle order remained the biggest threat. Our bunch started off much too hard for my liking, but with shouts to ease up on the drag after the start, we started to find our rhythm on the downhill. We were almost a man down with Anthony mostly sitting on the back. Glenn being the strongest was putting in big turns, which was making it harder for me as I was not getting any shelter while going to the back, so after a while I parked myself between Steve and Chris, who were riding nice and steady along with Colin.

We got the 4:30 group in sight with the tailwind, and picked them up just before the end of the lap. They all seemed to latch on,

although we lost Colin somewhere, which was surprising considering his strong turns. Luckily, Perry Peters and the two Pauls added to our horsepower as we started to pick up or pass more riders. Shortly before the bell, I was surprised to see Stef and J-P arrive, and the attacks on our ever-enlarging bunch started. J-P attacked up the drag, which I managed to follow, but when I looked around so did everyone else (the chase must have blunted his legs). The next attack came from Stef as we turned into the crosswind, classic Quickstep style. At this point I was cramping in both legs trying to respond, then I had to soft-pedal to recover.

In the crosswind it was only the last three groups doing any turns, so I decided to try and get a gap while Steve Ross was setting the pace on the front. A small gap formed, but I lost some time behind the lead car as a large truck blocked the way into the tailwind turn, where I was still holding off the bunch. Then Stef came flying past, and as I started to try and jump on, I was pleased to see he had Glenn in tow. This seemed the winning move. As we rotated turns, with Stef doing the longer ones, we were pulling away. At the finish it was very close, with Glenn just holding off Stef, who easily got fastest time.

Off 7:30

By Nick Tapp

After being dropped early in a couple of recent handicaps, I was looking to redeem myself and hoping for a well-matched group. Our bunch of seven had the usual range of abilities and engine sizes, but we agreed before the start to stick together as long as we could and to take particular care on the first hill just after the start. It would be rolling turns up the inside.

We soon settled into a smooth rotation, with a bit of gentle instruction from Darren Woolhouse and Pete Mackie in particular. There were some who could have gone





quicker, no doubt, but we stuck to our goals. One goal was to catch the red group, who started 3 minutes ahead of us, and pick up as few 'passengers' as possible when that happened. It happened early on the second lap, which seemed on track. After waiting for oncoming traffic to clear, we went past them fairly hard. Two or three red hats – Tony Dalton, Martin Peeters and I think it was David McCormack – got on, but they were not content to be passengers and came through to lend some support on the front on the next lap.

Just before the bell it was clear we were going to be caught, and very soon after that there were riders from the green (2:00) and blue (4:30) bunches making the pace. Then Jean-Philippe made his move up the hill, Stef appeared from behind as well, and most of the fastest four or five groups had merged into one. It was good also to have a brief chat with Greg Harvey, from the purple (17:00) group, who had stayed in contact and was going strongly in the bunch. Only in a handicap ...!

I felt good, but as we headed south both adductors started to cramp. I tried riding at an even pace for a few kilometres, but when Stef and Glenn took off after Rob Amos's solo break there was a surge I simply had to respond to. The effect was immediate and dramatic. Both hamstrings cramped and I found myself standing in the pedals, as bolt upright as you can be on a bike, unable to pedal or sit down, rolling to the back and beyond as the bunch drew away. I kept on like this, not sure how to stop without falling over, until finally I could get a foot out and onto the ground, lean on the Armco and wait for it to pass. It must have been comical to watch.

Very pleased to see Steve White, Darren and Dean from our group in the top 10, and a mighty effort from Kym rewarded with first (and fastest) woman. Thanks to referee Mark and all the day's volunteers, who kept us safe.

Off 31:00

By Pat Ruys

Wow, my first road race in over a year. Only a few days back on the bike, training every second day, I decided to enter my favourite event, which is handicaps – silly me, definitely not fit and way too heavy.

It's an event where no-one hides and your bunch works as one to help each other get over that finish line first. I felt for Martin Deeley who was our limit rider, the sole rider in his bunch. He had a 41 minute start on scratch, but most importantly had a 10 minute start on Neil 'Superman' Cartledge and myself (Pat Ruys) in the 31:00 bunch. Couldn't ask for a better man to team up with than Neil, and was extremely happy the way we worked well together continuing swapping turns. I only dropped him up the small hill but waited for him each time. Neil dropped me just before we caught the limit rider on the second lap. Neil caught him just before the last corner and I caught him just after the last corner before we got the bell. We were on the final lap and still no one had caught us, but shortly after, at the 45 km mark, scratch and the ones strong enough to stay with them passed me. Shortly after this I pulled out. Neil continued and finished his race – superhuman effort. Great day to be out, great to be racing again.

It's not that I didn't want to race last year but a few injuries held me back – an 11.5 cm clot in my left calf after last year's VCV State Criterium Championships in February, then while in Europe in July–August I hurt my left foot. On my return, after many tests, I was found to have tenosynovitis, an inflammation of the tendon sheath, and a ganglion cyst on the left side of my foot. So with all of this I believe I lost faith and confidence within myself and with my depression. I thought that my support network had disappeared, that this was a lost cause and I had no one to talk to.





I want you all to know how much I appreciate everyone who responded to my post in our newsletter on 21 December and with personal messages after racing at Rocco Drive the previous weekend.

I've been totally blown away by the love, strength and support that everyone has shown to me, that I wasn't alone and that someone was listening. I've responded to everyone's messages, calls, emails, even dropped in on and visited mates. I can tell you now that I've not cried so much in years. But these were sad tears and happy tears.

Starting to feel more and more positive each day, should have had my meds changed so much earlier, and a couple of nights after writing this I got home from work around 7.30 pm, went to bed and slept for 12 hours straight. I can't remember when that last happened.

Late January 2020 I saw my hematologist (blood specialist). She has given me a positive report, I just need to be on blood thinners for the rest of my life. Then, just on three weeks ago, I saw my orthopaedic specialist, who said that I didn't need surgery – what a relief – but arranged for a steroid or cortisone injection

into my left foot, with guidance by ultrasound. I had this two weeks ago and have already noticed a difference – gone is my limp and pain.

Not going to get crazy and do too much at once, but I do plan on racing again every weekend and doing more handicaps, opens, just getting away on the weekends and hopefully, by the end of the year, I will finish with the bunch. These are the dates of the opens which I hope to do: 21 March (Eastern, Seymour), 29 March (Eureka, Ballarat), 13 April (Eureka, Learmonth), 31 May (Colac, Cororooke), 5 September (Eureka), 11 October (Eureka, Learmonth) and 25 October (Geelong, Paraparap). If anyone would like a lift to these events, I have a spare bike rack on my car.

Last of all, I know that I'm not alone or the only one who suffers with depression, but if any of you ever need help, please don't be afraid to ask RUOK or check out the Beyond Blue site. It could change your mind and your life – I know it did for me. I have a much more positive outlook on life, a long way to go but I'll be okay and survive.

Cheers and thank you all again.

Croydon Cycleworks Summer Twilight Crit Series, METEC, 3 March

Grade	1st	2nd	3rd	4th
A Grade (11)	Jean-Philippe Leclercq	Chris Hughson	Steve Ross	Glenn Newnham
B Grade (8)	Ray Russo	Dean Niclasen	Darren Woolhouse	Craig Oliver
C Grade (4)	Dean Tune	Paul James	Greg Harvey	--
D Grade (11)	Peter Gray	David Brown	Michael Muscat	Peter Brann
E Grade (4)	Harry Hibgame	Pam Vandersluys	Neil Cartledge	--

Ride of the night was awarded jointly to Pam Vandersluys and trial rider Paige Hartley.



Wednesday criterium at the Loop, Yarra Boulevard, 4 March

Division	1st	2nd	3rd	4th	5th
Division 1 (12)	Phil Cavaleri	Tony Kimpton	Nick Tapp	David Rooke (N)	Chris Ellenby
Division 2 (4)	Ken Allan	Michael Muscat	--	--	--
Division 3 (4)	Andre Weber	David Drew (N)	--	--	--
Division 4 (2)	Michael Waterfield	Laurie Bohn	--	--	--

Thanks to referee John Williams, Dean Niclasen and other helpers.

News etc.

Program change

Thanks to Dean Niclasen, who pointed out a clash in our program, with racing at Rocco Drive scheduled for the morning of Sunday 15 March – the same day as the Below the Belt Pedalthon. We have been able to secure the use of Casey Fields for the day before, so we will now race at the usual time (2 pm) this coming Saturday 14 March at Casey. There will be no club race on Sunday.

AGM and Committee positions

Please be advised that our Annual General Meeting will be held at 7 pm on Wednesday 11 March at Maroondah Sports Club. All members are invited and encouraged to attend – come along and have your say.

Can you please consider stepping up and helping out with running the club – in particular, in assistant roles, such as Vice President, Vice Captain, Assistant Treasurer, Assistant Secretary and Assistant Handicapper. We also need help with other important functions, including race day co-ordination, duty roster co-ordination and trailer transport on race day. We are always on the lookout and it's important for the progress of the club for new people to come onto the committee, so please put your hand up and help out to make our great club even better. We are all time poor, and the more hands-on people who help to run the club, the better.

A blank nomination form is at the end of this newsletter. The completed form needs to be with Madam Secretary, Susan Williams, before the start of the AGM.

Adam Dymond, President

Vacancies in Traffic Controller course

Apparently Southern Masters have some spare spots in their Traffic Control course on Saturday 28 March. Any member prepared to become a T.C. can contact me on 0472 699 322 to find out more.

Andrew Buchanan, Roster Co-ordinator





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 such a way that, when a member marshals at one of these 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

Future events

Eastern CC events

Please refer to page 1 of this newsletter, or go to easterncycling.com/roster/.

Note: Graded scratch race entries are accepted ahead of time on TeamApp, or 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 at Casey Fields 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 northerncycling.com.au. Please note that Northern road races start at 10 am on Sunday; start time for criterium races at National Boulevard is 9 am.

VCV events

As well as the flyer for the next VCV Open, which Eastern is hosting at Seymour on Saturday 21 March, there are flyers a couple of pages down for the upcoming VCV Criterium and Time Trial Championships, at Ballarat and Learmonth on the weekend of 28 and 29 March.

Other events

You will find flyers and entry forms at the end of this newsletter for the Very Special Kids Autumn Classic, on Friday 15 May.

Sponsors



EASTERN CYCLING CLUB

**PRESENTS THE..
OPEN HANDICAP**

57.6KM AT SEYMOUR

SAT 21ST MARCH

RACE STARTS 1:30PM

**REGISTRATIONS AT MANNERS ST, SEYMOUR
(OPPOSITE THE THE ROYAL HOTEL)**

Riding briefing and race start is 3.5km
along the Seymour-Avenel Rd

**1ST-10TH PLACE.
FASTEST OVERALL.
FASTEST FEMALE.**

Prize money TBC depending on size of field

Online entry: www.veterancycling.com.au

Entries close midnight
Tues 17th March



***eastern*
CYCLING CLUB**

GRADED DIVISIONS

0900h	C, D women	30 mins + 2 laps
0901h	D men	35 mins + 2 laps
0940h	F men	30 mins + 2 laps
0941h	B women	35 mins + 2 laps
1020h	E men	30 mins + 2 laps
1021h	A women	35 mins + 2 laps
1110h	C men	35 mins + 2 laps
1200h	B men	40 mins + 2 laps
1300h	A men	45 mins + 2 laps

VETERAN Cycling Victoria

2020 STATE CHAMPIONSHIPS

Victoria Park - Ballarat



SUNDAY 29TH MARCH

CRITERIUM

TIME TRIAL

SATURDAY 28TH MARCH

10 AM



VETERAN Cycling Victoria

**2020 STATE
CHAMPIONSHIPS**

Windmill circuit - Learmonth

5 YEAR
AGE GROUPS

**35
KM**



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: _____

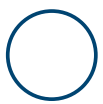
Team Name: _____

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



EASTERN CYCLING CLUB

Nomination Form for Elected ECC Office Bearers - 2020

I, (please print), being a financial member of the Eastern Cycling Club, do hereby nominate:

..... (please print)

For the position of:

.....

(please print)

President / Vice President

Secretary / Assistant Secretary

Treasurer / Assistant Treasurer / Membership Officer

Handicapper / Assistant Handicapper

Club Captain / Club Vice Captain

I, (please print), being a financial member of the Eastern Cycling Club, do hereby second the above nomination.

I, (please print), being a financial member of the Eastern Cycling Club, do accept the above nomination.

Signed:

Dated:

...../...../..... (nominator)

...../...../..... (seconder)

...../...../..... (nominee)

This form is to be completed by the relevant parties, signed and dated in the appropriate places and forwarded to the club secretary one month before the Annual General Meeting of the ECC for which the nomination is to apply.

Members may be nominated for more than one position; a separate form is to be completed for each nomination.

EASTERN CYCLING CLUB

Nomination Form for non-Elected Office Bearers - 2020

I, (please print), being a financial member of the Eastern Cycling Club, do hereby wish to volunteer my services in the position of:

.....
.....
.....
.....
(please print)

Safety Officer
Newsletter Editor
VCV Delegate (1 of 3)
Race Committee member

Signed:

Dated:

...../...../.....

This form is to be completed by the nominee, signed and dated in the appropriate places and forwarded to the club secretary one month before the Annual General Meeting of the ECC for which the nomination is to apply.

Members may nominate themselves for more than one position, these can be listed on the one nomination form.

Where more nominations are received for a position than there are positions available a process will be undertaken to determine how to resolve the situation and appoint someone to the role, this may be offering joint holding of the role or may be decided by a vote of the membership that is in attendance at the AGM or by any other means the nominees and/or the membership decide.