

20 June 2020

Eastern Cycling Club

Newsletter

Duty Roster

The duty roster is in abeyance while racing is suspended in response to the COVID-19 pandemic.

You will most likely have seen or heard the announcement from the Victorian Government this week, further easing COVID-19 restrictions and stating that non-contact competitive sport for all ages could start again from next Monday 22 June. Pending the go-ahead from our parent body, Veteran Cycling Victoria (VCV), and a good deal of other preparatory work, this means that a return to club racing is not far away. Our Race Committee is working towards a date, and there's an update from Dean Niclasen inside. Keep watching your email inbox and/or TeamApp for the latest.

With the resumption of club activities such as racing in mind, the VCV recently established a new interim position of Pandemic Safety Co-ordinator to help implement a consistent and safe approach. At club level, Eastern is fortunate that three members – Dale Walton, Dean Tune and John Williams – have agreed to share the role of Pandemic Safety Officer. Scroll down for an update from Dean Tune on the safety situation. There's also a bit of non-racing news.

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Everybody's doing it! Like many of us in recent months, our committee has been meeting online by Zoom.





Preparing for a return to racing

Update from the Race Committee

The Eastern Cycling Club Race Committee has been meeting during the COVID-19 downtime to plan for the return to racing, as well as to put together the summer 2020–21 race program. The latest announcements by the Victorian Government, along with information from Veteran Cycling Victoria, mean that we are currently planning on a return to competitive racing from Saturday 25 July. Given the long gap since our last race, the plan is to start with some criterium races since:

- this maximises the opportunity for people to race rather than having to stand around on marshalling duty
- our criterium circuits don't require council or police permits, which we haven't been able to obtain in advance during the shutdown period
- the flatter criterium circuits will give everyone a chance to get some race fitness back before tackling any of the harder road races
- the criterium circuits are generally closer to home for most people than the road circuits, so less travel is required.

The exact program will be announced as soon as we confirm the availability of Casey Fields, Metec and the Loop (Kew) for the first few weekends after resumption.

A few other points of note:

- There will be no Tour de Metro for 2020 as the VCV is discouraging interclub activities.
- We hope to keep the Rob Graham ITT and the Team Time Trial on the program at their original dates.
- Subject to obtaining the appropriate permits, the first road race will be on 29 August .

Finally, we are also hoping to have 'training days' on the two Saturdays prior to recommencing racing. These will be held at one of the criterium circuits (depending on availability). The plan is to allow people to turn up and ride some hard laps of the circuit solo, similar to an ITT but not as a race. Each rider would be welcome to time themselves if they see fit, but no entries or times would be recorded. We see it as an opportunity to do some high-intensity training in a closed-circuit environment so you won't have to stop for traffic lights or dodge other riders on the bike paths. We will be limited to 20 people at a time, so will manage start times to ensure this limit is not exceeded. If you are interested in this, please email me at deanniclasen@gmail.com to express your interest so we can gauge whether there is enough support to go ahead.

*Dean Niclasen
Race Committee Chair*

Update from the Pandemic Safety Officers

As we move closer to a return to racing, I wanted to bring you up to date with some work that is happening behind the scenes to allow racing to begin as soon as possible. John Williams, Dale Walton and myself have volunteered to be the club's Pandemic Safety Officers. Essentially, we will be working in conjunction with the club committee and the VCV to ensure that all the legal and





safety requirements related to COVID-19 are in place to allow racing to take place. Dale is currently working on completing and documenting the required safety plans, and by the time you are reading this newsletter, John, Dale and I will have attended a Zoom meeting with the VCV and PSOs from the other clubs in Victoria. I am hoping we will get a good idea from this meeting when the VCV envisages that we will be able to return to racing.

We will endeavour to update you as soon as possible on possible return dates and what the COVID-19 requirements will mean for us all on race days.

In the meantime, if you have any questions or thoughts related to COVID-19 and its effect on our return to racing, feel free to get in contact with John, Dale, myself or any of the committee members.

*Dean Tune
Pandemic Safety Officer
0428 959 166*

News etc.

Recruiting ride?

Louise (who is progressing well on her conversion to dedicated cyclist and rabid Melbourne Storm supporter) and I caught the train to Lilydale and then rode the rail trail out and stayed at Warburton for Saturday and Sunday night of the Queen's Birthday weekend.

We rode out to the Redwood Forest on Sunday morning, but it was closed for COVID-19 so we rode back into town, and then Louise thought it would be 'fun' to ride to the top of Mt Donna Buang. Despite dire warnings of the thousand-metre ascent over 17 km, we thought we would start and see how far we got .

Once we got to Cement Creek and had a bit of lunch, it was looking like a possibility, and a little coffee van parked just before the top was just what we needed for the last 300 m of the climb. The temperature was -1°C at the top. If only we could have diverted all that heat in the brakes on the way back down in the dark into my thumbs, which I couldn't feel, or Louise's legs, which were seizing up badly!

The sun came out on Monday for our ride back down the Warburton Rail Trail and, once we got over Mount Evelyn, the roll back down into Lilydale to the train was very sweet.

Doug Page





Travelling in style – Doug and Louise at the top, before the chilly descent

Trainerroad trials

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Feel free to ask me if you have any further questions.

Max Kornhofer





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