

20 February 2021

Eastern Cycling Club

Newsletter

Duty Roster

Sunday 28 February

GSR, Rocco Drive, 10:00 am

Richard Dobson (R), Max Michelson (TC), Ray Russo (TC), Greg Harvey, Kym Petersen, Rob Amos, Daniel Bolton, Peter Brann

Saturday 06 March

GSR, Casey Fields

John Thompson (R), Nick Panou, Max Kornhoffer

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.

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We ventured out to Garfield for our first handicap in a long time and were blessed with calm, albeit muggy conditions. Forty-five riders, spread over nine groups, contested the race with five of the nine groups represented in the top ten. Race reports below.

Also below, in the News Section, is a report from Susan Williams and her inaugural effort in a gravel race. Dale Maizels and David Richards also tried their hands at this event – also with great results.

If anyone else has an account of their pedal-related ventures and would like to share with your fellow members please email your editor with your 'words of wisdom'.



Garfield Winners

Garfield Handicap, 20 February

Place	1st
1 st	Anthony NetKow 4 minutes (Caulfield Carnegie CC)
2 nd	Andre Weber 22 minutes
3 rd	Perry Peters 7 minutes
4 th	Cameron White 7 minutes
5 th	Steve Ross 4 minutes (also fastest time so remaining placers promoted 1 spot)
5 th	Paul Firth 10 minutes
6 th	Matt Clarke 10 minutes
7 th	Anthony Gullace 4 minutes
8 th	Anthony Kimpton 4 minutes (Southern Masters CC)
9 th	Rob Amos 4 minutes
10 th	Sam Bruzzese 14 minutes
Fastest Male	Steve Ross 4 minutes
Fastest Female	Alison Skene 17 minutes

4 Minutes (Green Hats)

By Rob Amos

2nd Scratch

The weather-men had got the forecast wrong again (35 degrees and windy). It turned out perfect for a handicap, when I left home it was 32 degrees, but as I drove through the Dandenong's it started to rain and the temp dropped. On Arrival I found myself in second scratch with five other strong riders, 4 minutes ahead of the club superstars in scratch and chasing 2 strong bunches, 3 and 6 minutes ahead. We started nice and slow as it was clear that some of the group were less experienced at handicaps, so instructions were called out as it's important that you stay

together and work like a community with the stronger riders helping the not so. As we got to Tynong, Anthony Gullace slipped off the back, but just as we started to think that the task was now more difficult Anthony got back on and rolled through. On the second lap we started track turns with Peter Howard leading up the hill the intensity increased with Steve Ross & Anthony Netkow (CCCC) also doing strong turns, half a lap later we caught our 3 min group who had lost Dean on the first lap, Cam and Steve White then started to work with us along with Steve Parker, the others less so, but we were grateful of a longer rest. On the final lap we started to pick up more riders most seemed to jump on the back, with even less riders willing to do a turn and the





lead car still a fair distance away. I put in a couple of attacks in the hope of thinning the bunch down which did not work. When we took the sharp turn onto the back straight Anthony Netkow got a small gap, a few riders were chasing, but with all the sprinters licking their lips it was catch 22. So you had to work out who the bludgers were, saving their legs. A few kilometres from the finish Cory Williams took a flyer and opened a big gap before blowing up as the sprinters made their move. A great ride by Anthony to maintain his gap, and my bunch with all but Peter who cramped (our strongest rider), finishing in the placings as well as knocking time out of scratch who unfortunately had lost Chris with Di2 problems, I felt bad that we did not pool our winnings and split it between our bunch as we did in the VVCC opens so everyone gets rewarded. It was great handicapping by Pete again, with a good mix of riders in the placings and only coming together on the finish line.

14 Minutes (Red Hats)

By John Williams

Arriving at a muggy Garfield I am greeted with a red helmet cover for a B and C grade blended team including Pete Mackie, Rob Lackie, Sam Bruzzese, Doug Page and Michael Lillycrap. Whilst I am honoured at the handicappers confidence in my ability, I am hoping I can contribute to a team of such class, and I can't help noticing that there are some very capable C graders in purple hats starting 3 minutes ahead of us. They're gunna take some catching! However, there is a perceived advantage in being in the handicappers group?

We agree that we should go hard, but make sure we don't drop riders - we're gunna need 6 pairs of legs working in cohesion if we're gunna do any good.

The early pace was hard with everyone taking their turns. Sam, Michael and Rob seemed very comfortable. Soon after turning southwards into Nine Mile Road, Pete started to struggle, and as agreed dropped out of the rotation. He holds on for the rest of the lap, and even comes back into the rotation a few times, but he's riding so far back that he's getting little draft, so is probably working harder than the rest of us.

Approaching the finish line Pete is dropping, Rob is backing off to help him back on while Sam and Michael are powering on, Doug and I are staying out of the rotation to give the others a chance to get back on, but soon they are over 50 metres back, and we decide that we'll have to leave them to jump onto the next bunch, otherwise we'll undo all the good work we've done. I really wanted Rob's power in the bunch, but post-race he confided that he had actually popped, so we probably made the right decision.

Doug and I get back up to Sam and Michael at the bottom of the hill out of Garfield, but Doug's heavy frame needs a lot of watts to get up slopes and he's starting to drop back. I don't want to lose another big engine so I hold back a little to help Dougie back on. At the top of the rise we are 70 metres down but between us we manage to get within shouting distance and we all turn together for the second time down Nine Mile Rd.

I can see riders ahead - looks like purple hats - that lifts the morale and with it the tempo. Sam is going really strong taking longer turns, and Michael is also going well, but I'm starting to miss a few, and Doug is done and sits up.

As we get close to the purples, I ask if we're going to work with them, or shoot straight past. 'Straight past' is the consensus, so having missed a few turns, I wind up and surge past them with all the speed I can muster, with Sam and Michael in tow. At first it seems to work,





but I'm past the red line, and eventually I'm relieved that the pace drops, the purples (Alison Skene, Adam Dymond and Dave Brown) jump on, and Alison (always game) takes the lead. Soon Dave is also taking a turn, and once we have cleared the hill for the third time, Adam gets to the front for some solid turns.

Our third trip down Nine Mile Road sees 2nd, 3rd and 4th Scratch come past, and our pace for the next 12K jumps from 36 to 40 KPH. Adam and Michael are a little too deep in the pack, and miss a surge at the next corner, while Sam, Alison and I pay the price for being closer to the front, by having to take the odd turn on the front. It's a little disconcerting to be coming off the front and hear Steve Ross suggest to his second scratch mates "let's pick up the pace".

Turmoil at the last turn as the horse box trailer that has just passed us virtually stops at the corner. Around 10 riders get through and jump away, and I empty the tank to get onto the back of them - this looks like the decisive break!

It isn't. The rest of the mob get back on (sans Dave Brown and a few others), and when the next surge comes, the brain is sending messages that the legs are simply ignoring. Rolling home over the last 3K I pass a couple of near limit riders who have ridden magnificently to survive so long.

Alison holds on for first female, but just misses out on a place. Sam grabs 10th which was well deserved. I'm sure he doesn't hear this so often, but he was HUGE!

17 Minutes (Purple Hats)

By Alison Skene

So here we are, emerging from lockdown again, I wonder what Eastern is up to this weekend, ooh it's a handicap, my favourite, I so need to get some longer races in if I want

to have another crack at the Benghazi; this will test the legs, especially as I'm in the midst of another stupid Sufferfest challenge, oh well, consider it a mental test as well; everyone's been doing crits but how's their endurance? Where is Garfield anyway, near Nar Nar Goon, I say, yeah where's that? Near Bunyip, huh? Gumbaya Park, ok, now I get it, should only take an hour from my place, relaxed freeway driving, go through some focus exercises and remember what to do, it's been so long since I've done a handicap; what's this drizzle, hadn't banked on getting wet, you've spent too long indoors, gone soft, it's only water; I'm in the 17 minute group, looks about right, maybe I could have gone in 14, bunch captain, nice, rehearse the pep talk, keep it simple, a couple of riders new to the handicap but everyone knows the drill, stick together for the first lap, easier said than done, almost lost Adam on the first rise, too early! Settle guys, close those gaps, quit surging off the front, keep talking, settle into smooth rolling turns, ah that's it, poetry in motion, this is living! No sign of the group in front but that's to be expected, we can't make up 5 minutes that easily, no one behind, also good, nearly a lap done, the calm before the storm, oops, the pace is too hot for Justin; pot hole! We've lost Sam, bet it was a pinch flat, down to three, but David is looking fresh, I'm feeling strong, Adam is sure powerful on the flat, something about heart rate, just keep those turns going, here, have a jelly snake, all sticky but no one is complaining; another left hand corner, geez these roads all look the same; bunch coming from behind, prepare to make the jump, okay that wasn't bad, there are only 3 or 4 of them, and they seem pretty knackered, especially John, close the gap, mate! but he just shakes his head; this little guy Sam is eager, wants to drag us all home by himself, try and lend a hand, yep we're all still here, final lap, roads are familiar but still no idea which part of the course we're on, there's that dead animal





smell again; big bunch coming! Oh well, I guess that's it, they'll just pass by like a steam train, it's a massive bunch alright, there are hats of every colour, which ones are the fast ones? I'm sure that's Rob Amos, he and his mates will put on the afterburners soon and get rid of us hangers on, but it's so ragged, gaps everywhere, there they go! fight back, move up, I see a purple hat up there, must be David still in it, keep moving up, you got this, another surge, getting kind of used to it, there's that tight left-hander, can't believe I'm still in it, phew, last corner, oh no a massive ute with a horse trailer wants to turn right, they've stopped, don't they know we are on the bell lap? Carefully sneak around, bugger, too slow, you're off the back, could be curtains, just...keep...pushing, phew back on, think we dropped a few, I'm invincible, I wonder how many are in front now? I can't see past this group, bit of tunnel vision, there goes another white hat, give a shout out to Paula and Danielle, then Ronny V, I think I might be in the running for something, can't be long to go; now they take off, give it everything Al, man the legs are burning now, that was Sam in front of me, remember that for later, they might not be counting all the way down to 20th or whatever I'm at, wow I'm on a high, stayed with the fast bunches, that's never happened before, I love handicap racing.

In short: started in 17 minute bunch, caught by 14 minute bunch on second lap, caught by the combined 4/7/10 minute bunch 12 kilometres from finish, ended up 11th, fastest female.

This report is dedicated to all those at Eastern CC who continue to provide fabulous, challenging and safe race experiences for us punters. Thank you!

22 Minutes (White Hats)

By Andre Weber

What an ideal day for a handicap race at Garfield. Not too windy & hot.

We settled in to a two minute rhythm with good speed and cohesion between us four: Keith Wade (c), Veronica Vandebroek, Tony Renehan and myself. Great work team. Thank you.

Our hard work was rewarded with hitting the front of the race just before the last corner. Little did I know the peloton was 200 metres behind us as a voice called 'Rider coming through' (I think it was Paula McGovern). My natural racing instinct said 'Get on the wheels'. Well, I love a sprint but not for 3.5 kilometres. Each time I looked back there was a wall of riders closing in, and the best rider of the day calling out to me 'Help-help me-come on help me!!!'. Anthony Netkow thanks for bringing me home in second place. Chapeau to you.

Some stats: Time: 1:57:50, Ave. Speed:34.3 kph, Max Speed: 49 kph, Max Power: 784W, Normalised Power: 169 W, Av. Heart Rate: 161 bpm, Max. Heart Rate 188 bpm, In Red Zone: 91%, Est. Sweat Loss: 1963 ml.



Croydon Cycleworks Summer Twilight Crit Series, METEC, 23 February

Grade	1st	2nd	3rd	
A Grade (14)	Glenn Newnham	Alan Adams (Sey CC)	Shane Crowhurst	Max Kornhofer
B Grade (16)	Dale Walton	Matt Clarke	Walter Savini	Craig Oliver
C Grade (11)	Paul Rousch (BBCC)	Peter Ransome	Adam Dymond	Ed Zapanta
D Grade (10)	Darren Thompson	Damien Ohara	Philip Tomaszewski	Anthony Cox

Aggregate Prizes: With over \$2500 worth of value spread over the top six places, the CCW Summer Twilight Crit Series will no doubt be hotly contested. David and the CCW team have been sponsoring this series for over 15 years. Thanks as always for your support. Please make sure you support CCW with your custom.

Top Six Prizes

Wahoo KICKR Core RRP\$1250

Road Ultimate Service & Bikefit RRP\$500

PRO Digital Torque Wrench RRP\$350

100% Sunglasses RRP\$250

Pirelli Tyre pack (Tubed or Tubeless) RRp \$220

CCW Gift Voucher RRP\$100

Wednesday GSR, Teardrop Criterium Track, 24 February

Grade	1st	2nd	3rd
A Grade (8)	Russel Newham (CCCC)	Phil Cavaleri	Pierre Pino (?)
B Grade (15)	Nick Tapp	David Rooke	Nick Nomikos (?)
C Grade (11)	Tony Curulli	Andre Weber	John Williams
D Grade (7)	Tony Renehan	Philip Curtis	Ken Allan
E Grade (3)	Alan Cuneen	Paul Griffiths (NCI)	Shane Dwyer



Great Otway Gravel Grind

By Susan Williams

In between the lockdowns last year I bought an entry level Trek Boone 5 XC bike thinking I'd have a nice time doing Victoria's rail trails and get a bit of variety into my training week. But after my first ride on regional gravel roads I was completely hooked, what's not to love? Compared to road riding there is no noise, minimal traffic and spectacular scenery that you have time to appreciate.

Last weekend I had a go at my first gravel event, the 48k 1,085vm GOGG, deep in the depths of the Otway ranges starting at the mountain bike hub of Forrest.

145 of us started in a light mist and by the time we had finished climbing a never ending series of pinches of mostly 10% it had turned into a steady drizzle and we were all wet, dirty and cold. I wasn't expecting the course to be so steep but have to say it was so satisfying passing the mountain bikers who were spinning on sawmill sized gears and getting nowhere!

Having been recently drenched twice on training rides I made sure I had a rain jacket for a fantastic 15k hoon down to the finish line. It wasn't until someone said you better wait for the presentations that I realised that I had been racing against women in my age group. Lordy, if I'd known that I would have tried harder!

I came third in the Women 60-70yo and eleventh out of 45 women. All that training paid off and I still had gas in the tank. Next grind is the Giro Della Donna, time to upgrade the bike?



Madam Secretary dishing it out at the GOGG – Well done Susan.



Steve Barnard Accident / Injury

Wishing a rapid recovery to Steve Barnard, who unfortunately crashed and broke his collarbone (again) on a descent of the 1 in 20 last Thursday. Heading into the bus stop turn, Steve inexplicably went straight on according to Martin Stalder, who was following him, and was able to keep him safe until the ambulance arrived.

Later inspection of the bike showed a broken rear spoke, and the rim jammed against the brakes - may explain a lack of manoeuvrability!

Many will recall Steve breaking his collarbone at Casey several years ago. Infection and complications kept him off the bike for months, so wishing Steve a faster recovery this time around.

From John Williams and Eastern Cycling.

Race Entries

Race entries for Tuesday night and Saturday are online via Entry Boss .

Sunday Club Rides

Details for this Sunday's Club Ride are the same as last weeks cancelled one. Meet at The Basin Shops at 7.30 am, 21st February. There will be hot & mild groups and all will meet back at the Basin Shops for the all-important post-ride coffee and debrief.

The plan is to have a club ride every Sunday except when we race, ie Rocco Drive on 28th Feb.

We plan to mix this up a bit with Captain Maxi taking us up the Warby Trail & also a flat ride leaving Rowville and along Beach Road in the coming weeks. Details on these rides will follow in due course.

Please wear your ECC kit (Old or New) if you have one.

ECC on Instagram

Eastern Cycling Club has cast its social media net further and now has an Instagram page. Be sure to follow your club to access photos, news etc



Future events

Eastern CC events

Please refer to page 1 of this newsletter, or go to <https://easterncycling.com/event-calendar/>

Note: Graded scratch race entries are accepted ahead of time on Entry Boss <https://entryboss.cc/calendar/ecc>. 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. 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.

Wednesday racing at the Teardrop/Loop is still cash on the day with registration closing at 10:00 am and a start time of 10:15 am. Cost is \$4 coins or a \$5 note. No change is offered due to ECC Covid-Safe procedures.

Eastern Grand Prix Women's Race

Saturday 1 May is the ECC Womans Grand Prix at Casey Fields. This is a multi race womens only event with more details to follow. So mark this in your diary and spread the word. If you're female, 30+ years of age and would like to give this road racing a try, get yourself an Australian Cycling license and come along. Casey Fields is a closed circuit so is a safe place to learn the art of cycling!

Eastern Grand Prix

3 races in 1 day

brought to you by

Save the date!



closed circuit!
new fun format!

eastern
CYCLING CLUB

Saturday May 1st 2021
Casey Fields

give racing a try!
it's just for women, 30+yo with
current AC race licence.





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.

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