

03 July 2021

Eastern Cycling Club

Newsletter

Duty Roster

Saturday 10 July

ECC Tour de Metro Race 1

Yarra Glen. John Thomson (R), Hylton Preece (TC), Dean Tune (TC), Peter Webb (F), Steve White, Martin Peeters, Colin Doherty, Edward Zapanta, Marcus Herzog, Adam Hinds

Sunday 18 July

NC, Tour de Metro Race 2, National Boulevard, 10:00 am
(Northern hosting)

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: Peter Morris

pmoz@ozemail.com.au

Pretty bleak conditions greeted the few hardy riders that ventured out to Casey last Saturday. Competitors dealt with a brisk breeze on a cool day, while referees and marshals devised a finish near the club house where shelter was eagerly sort while the riders did their thing.

The annual clash of the clans, better known as Tour de Metro kicks off next Saturday with ECC hosting NC at Yarra Glen. This series relies on team strategy and tactics but also **NUMBERS**. A glance at the TeamApp start list shows us lacking numbers, especially in D and E grades. See Rob Lackey's 'Call to Arms' below in the news section. Rob also thanks all those who made racing happen last Saturday. On this subject, Nick Tapp provided a very pertinent quote from Wade Wallace (Cycling Tips, VeloClub Newsletter):

"I've come to not only accept, but love the fact that most bike racing will never be more than a handful of dedicated volunteers, a community hall, a bunch of eager competitors and, if you're lucky, the back of a pick-up truck as a podium. Without this, the sport would simply not function.

Lift the curtain and take away all the livery from the Tour de France and you're left with the exact same thing.

A simple bike race.

Thank you to all the volunteers and passionate people who make this sport happen"
Wade Wallace

Also at Yarra Glen this weekend we will be presenting prizes and the coveted trophies for the Toybricks Toughen Up Series. More details below.

The ECC kit has now arrived and another order will be placed shortly. See below for more details

Coming up is **Raclemania**. A day in the hills for the heavy hitters. Also GSR's (B,C,D & E grades) for the heavier, but not so heavy hitters. Details below.

Finally, check out the **duty roster**, It is now updated to the end of October.





Casey Fields, GSR, 03 July

Grade	1st	2nd	3 rd
A Grade (8)	Steve Martin	Glen Newnam	Jean-Philippe Leclercq
B Grade (9)	Perry Peters	Dale Walton	Paul Webster
C Grade (16)	Paul Anderson	Paul James	Damien O'hara
D Grade (8)	Justin van Tol	Tony Renehan	Des Brown
E Grade (4)	Philip Johns	Emma Smith	Neil Cartledge

An important message from Rob Lackey

Numbers!

At Saturday's presentation I forgot to name and of course, thank the volunteers for the day (Rob was first in B (Ed.)). As we all know, a race at Eastern cannot happen without the dedication of a few and the support of many. Standing out in the cold watching the riders zoom by is not always easy but should not be thankless task.

A big thank you to (in no order of rank) the below and I am sorry for my mishap on Saturday.

Maxie Club Captain! on trailer duties.

Kevie- First Aid

Paul Firth- Beverages

Grant Farr and Danielle Van Tol- Marshal Duties

Madame Secretary- Chief Commissaire

Peter (Needs a good drycleaner)- Handicapper.

Tour de Metro

The next four weeks will see us battle it out with our cross-town rivals, Northern Cycling club.

This is a wonderful opportunity to measure ourselves against another former Vets club and

square up over a four-week period to work as a team within our grades and earn some club pride. Fresh from the Toughen Up series kindly sponsored by Dean Niclasen of Toy Bricks, we all should be on top of our game and ready to match it and then some with our cross-town rivals.

As in previous series, this is a numbers game with volume having an impact. If you can get there, I urge you to show up and pin a race number on. By having volume, our group/grade captains will have 'weapons' at their disposal to deploy where they need to within the race to strive for victory. A rider will equal a point for the club so even if you are not confident of your current form, simply showing up and pinning a number on will make a big difference- you may even feel the positive impact of exercise and social connection following the race too!!!

Having said that though, our last set of races have seen some impressive numbers and it would be wonderful to continue with that momentum and overrun our opposition.

This week will see us at Yarra Glenn on our 'home ground' so let's get there to make an impact!!!!

Happy Racing!!!

Rob





C-Grade

By Damien O'Hara

Saturday saw approximately 16 C grade riders roll up, and on for a few laps of the Casey criterium circuit. I have such pleasant memories of racing on this circuit throughout last summer. This race day was not going to be one of those days. With rains forecasted, and a maximum of 10° in biting wind, it was time for thick gloves, long sleeves, and booties. A few "warm-up" laps revealed a taxing headwind on the curving back straight and a shocking headwind on the finishing stretch.

Once the race was underway, I knew I was in trouble. Tired legs from a mid-week soccer match, and my weekly training rides meant there was little in the tank. The incessant winds either slowed the pack down to 27 kph, or pushed it up to 40kph. I spent much of the race getting left behind and burning fuel to drag myself to the back of the pack, and once there, finding somewhere protected and then hang on. I constantly thought about quitting.

After ten laps, the two Pauls took off and made a break for it. Within moments, they'd pulled ahead by 80 meters or so, and stayed ahead. Good luck to them, I thought. I had my head down, and happy to watch the wheel in front weave along the course. Once the bell sounded the final lap for D Grade, the pack slowed down to a friendlier pace as riders recharged. I could sense their excitement building. I was happy to sit on the tail end of the pack and stay out of trouble.

The bell for the last lap sounded. I was glad to get the misery over. Surprisingly, the pack stayed slow for the final downhill leg and the final uphill climb to the back corner. The "Ballarto" back straight saw the pack increase

its pace a fraction. I sat on the back, keeping my head down, and then **it got weird.

The pack rounded the back corner into the final uphill sprint, and riders fanned out wide across the width of track. All the riders were having a crack at it and punishing themselves in the headwind. I sat on the tail as usual, and tagged along, until two things happened unexpectedly. Riders split to either side of the track, leaving a 2 metre gap in the middle, and they all visibly slowed, and dropped off the pace. I picked a line through the middle, and as we approached the final turn, I focused on chasing down one rider after another until we crossed the line. I was happy it was over, happy, that I didn't quit, surprised when our Finish Line marshal congratulated me for 3rd, and remorseful for not doing any work up the front.

Thanks to our organisers, marshals to come out on an awful day, and put on the race, and credit to the real winners of C Grade - those riders who grinded through the headwind up the front of the pack.

See you all next Saturday.

D-Grade

By Peter Gray

Firstly, I'd like to reiterate the congratulations, (as expressed by our Newsletter Editor Peter Morris) to all 48 riders who presented at Casey last Saturday. It was the coldest day of this year but not quite the windiest.

My thoughts were with those lucky few hundred skiers who might be queuing on the slopes of the Aussie Alps, or Anglers wading in the freezing waters of the Goulburn River in order to land a succulent freshwater Trout. (not you PM)





Here I be, freezing my a... off, (editor's deletion?!) about to launch into another 50 minutes of pain and misery.

Memories of an ITT which was conducted by EVCC at Yarra Junction many years ago, came flooding back when I saw Rob Lackey training laps on his TT bike. Brave Lad.

I returned from that ride on the brink of hypothermia. Too cold to retrieve the car keys from my jersey.

Sh** I was cold!!

I'll be forever grateful to Juanita Stumbles & Graham Cadd for their assistance in returning me to normal operating temperature, and home.

So finally, The Race

Eight D grade riders proceeded to roll off the start/finsh line, which I believe had been strategically placed outside the clubrooms, in order to keep Madam Referee, Susan Williams warm and cosy.

I think I would have done the same.

After a very slow neutral lap, the group started to gradually raise the tempo. Many of the early laps were led by Justin Van Tol following his early attack. (Mad) Max Michelson saw an opportunity to escape the bunch with the assistance of a tail wind. However, his breakaway ended shortly after he hit the cross/head wind at the 'S' bends.

Pretty much the same outcome occurred to Peter Shanahan and any rider who dared to venture to the front. Which I guess is why several of us including Nick Hainal and myself, decided to 'tuck in tight and out of sight'.

Des Brown and Geoff Forbes were the riders I kept a close eye and wheel on.

Due to the strong Northerly wind, our pace around the circuit had varied significantly. With about 10 minutes to the bell, Geoff came to the fore, putting

in a couple of consecutive laps of continuous high pace which put many of us in distress.

E grade had just received their last lap bell as our bunch approached.

Our pace suggested we were going to overtake them but thankfully we didn't.

There was further indecision when another grade, (I think C) caught up with E & D up around the back hairpin.

I found myself distanced and unable to catch the 4 leaders despite spinning my little legs off for a couple of laps.

Justin, Tony Renehan, Des and Geoff picked up the pace once again as they received the 'D' bell.

They appeared to be close together up to the final bend and finished the race in that order.

Well done everyone, and well done Paul James for his C grade 2nd placing.

Must be those cosy baths at Julia Creek Queensland that did the trick!



Paul James' race 'conditioning'

(Photo by PJ.2020)



Wednesday GSR, Teardrop Criterium Track, 07 July

Grade	1 st	2 nd	3 rd
A Grade (5)	Mark Adams (CCCC)	Matthew Sherwin (CCCC)	-
B Grade (14)	Grant Farr	David Rooke (NC)	Ross Clark
C Grade (11)	Tony Curulli	Mark Edele (NC)	Andre Weber
D Grade (6)	Tony Renehan	Philip Curtis	Peter Gray
E Grade (2)	Shane Dwyer	Neil Cartledge	-

News etc.

Toy Bricks Toughen Up Series and Presentation

The Toughen Up Series wound up at Gruyere a couple of weeks ago. Covid tried hard but couldn't stop this Flagship Series from determining the toughest of the tough.

Congratulations to all who ventured into the hills and survived the dizzy heights, rain, hail and gales.

Prize presentation will be at Yarra Glen **this Saturday**. Results summary below and full results can be viewed [Here](#). Also below is a bit of a Roasting of Kym, the series winner! (You can thank Mark Edwards Kym 😊)

Toy Bricks Toughen Up Series Results

Place	Name	Points
1 st	Kym Petersen	12
2 nd	Justin van Tol	11
3 rd	Tim Crowe	10
3 rd	Nick Tapp	10
5 th	Paul Firth	9
5 th	Tony Renehan	9
7 th	Peter Dean	8
8 th	Richard Dobson	7
8 th	Jean-Philippe Leclercq	7
8 th	Paul Webster	7





2021 Toy Bricks Toughen Up Series



Series Winner - Kym Petersen

When the lazy summer crit season fades into autumn and the flat track wheel suckers retreat to their indoor trainers we see the tough riders come out to play. To celebrate the onset of the Winter Road season, the cold winds and rains and the long hard hilly road circuits Toy Bricks sponsors the Toughen Up Series, four races to find the serious riders. Our Kym is serious.

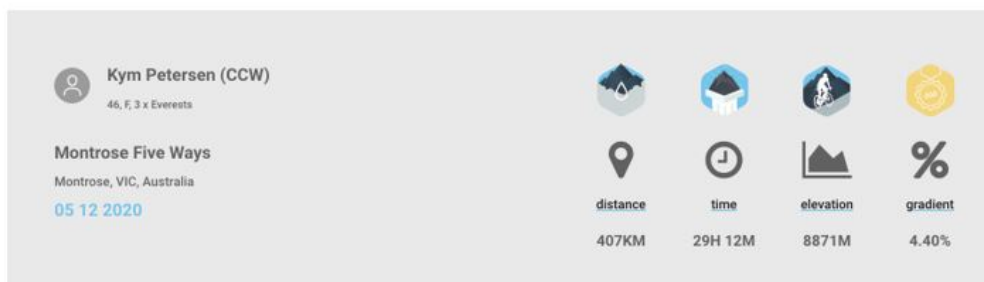


Weekdays Kym is pretty much an anaesthetist, not quite but pretty much, helping people deal with pain at Canterbury Anaesthetic Services, of course playing a central role as Practice Manager.

She's got her domestic goddess side too. Daughter to club Legend Barry, with hubby Adam and kids Darcy and Immi and the family dog Luis keeping her frantic.



Of course, that would be more than enough for anyone, but it's just a start for Kym. Whether it's out training in the local hills, mountain biking, Zwifting it's all the same, just go flat out. They said "Hey Kymmie, do you wanna do an Everest?" "yeah, why not?" Kym said, sounds like a lot of fun. She can cater for anything, including the Inaugural ECC Women's Grand Prix.



When the weekend comes and it's time to go racing on her beloved Mercx she's not relieving pain anymore...she's dishing it out, in buckets. A long time EVCC and ECC member, Kym comes Ready To Race



Winners are Grinners KP from 2005 to 2021



Toughen Up series winner Kym Petersen was the only rider to win more than one race in the four race series.
Here seen on the famous Neil Cartledge podium as the Winner, C Grade, Race 4 at Yarra Glen.

Well done Kym.

Of course, others contested the series



ECC Kit

All those that have ordered kit, will be pleased to hear that it has now arrived. If you haven't got yours yet, you will get it on Saturday or by post as arranged with Doug.

There have been further orders since, and Doug is aiming to place another production order within the next week, so if you missed out first time, or would like to add to your kit drawer, get online quick. A number are keen on the long-sleeved fleece jersey for these cold mornings. Orders in the next week will be delivered in around 6 weeks.

<https://www.bikegearnow.com/>

Click on the 'Store' tab and select 'Eastern Cycling Club, then enter the password: **eastern2021**

While you are there, check out the Super Roubaix fleece arm and leg warmers. Great value at just \$25, and very cosy, when the air is frosty. Doug will have samples to try on and purchase this Saturday at Yarra Glen. Finally, check out the chamois cream. Great value and does the job.

John Williams

Covid Protocols. Message from your Covid Officer

Covid restrictions have recently eased however spectators will be discouraged from attending ECC events and all attendees will be required to check-in via the QR Code system.

ECC Fantasy TDF Update

We are into Week 2 of the TDF and the Fantasy Lads are fighting hard for supremacy. Current ladder (at the end of stage 11) is below for those who are watching from the sidelines.





1		SENSEI = Nick T		7043.0pts
2		TOUR DE MERLO +1 B Grader		6376.0pts
3		SPRINGSTEEN -1 Dean N		6315.0pts
4		NICO =		5738.0pts
5		PIGS FLY +2 Glenn New Ham		5558.0pts
6		BROWNDOG =		5252.0pts
7		DOUGY -2		5073.0pts
8		KERMIT'S FLOGS +2 Dean T		4825.0pts
9		SHARWORKS = Sue S - Big TdF fan		4731.0pts
10		JVT +2		4713.0pts
11		LANTERNE ROUGE =		4707.0pts
12		LEZARD -4		4689.0pts
13		QUENTINO +1		4133.0pts
14		STEVEW -1		4131.0pts
15		5WOOD = Dale W		3479.0pts
16		JOHNNY BG =		3194.0pts
17		PHIL =		2324.0pts
18		MAD SEC =		1775.0pts
19		WAVELL =		1715.0pts
NC		CYCLOPATH =		0pts



Raclemania 21.

August 28th 2021. Big Masters Race, Big Hill, Big Money, Big Competition and Big Pain. Entries open soon on EntryBoss.

eastern CYCLING CLUB and BOONGALLA BUILD present



Masters Scratch Race

Saturday 28th August 2021, 2pm start at Gruyere

15 Laps, 77km, 1125m Climbing, \$20 Entry Fee, AusCycling Licence required
ECC Membership or Club add on membership required
AND at least two ECC races entered after Oct 2020..Entries may be capped
Plus usual B, C, D and E Graded Scratch Races on the day



\$4000 Prize Money
\$1000 First Prize



More details to come ECC Web, Instagram and ECC Facebook





ECC YouTube Channel

Thanks to Mark Edwards, your club has just grown another social media wing with a YouTube channel. We are looking for usable footage from members to upload, on or off the bike, old or new.

- * Please subscribe, we need 100 subscribers to get our own channel name
- * Channel link is: youtube.com/channel/UCaBq6iyx_22APIW3tiEG_BQ
- * Looking for volunteers to help Mark Edwards, to create some member videos for keepsake

Duty Roster

A friendly reminder to all club members. If, for some reason you are unable to fulfil your roster responsibilities, it is your responsibility to find a replacement marshal to swap with AND then notify the duty co-ordinator (Andrew Buchanan) preferably within 72 hours of your scheduled duty. If members need the phone number of a potential swap, contact Andrew Buchanan.

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 in coins or a \$5 note. No change is offered due to ECC Covid-Safe procedures.

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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