

10 July 2021

Eastern Cycling Club

Newsletter

Duty Roster

Sunday 18 July
NC, Tour de Metro Race 2,
National Boulevard,
CANCELLED

Saturday 24 July
ECC Tour de Metro Race 3
Gruyere. Richard Dobson (R),
Neil Cartledge (TC), Rob Lackey
(TC), Max Michelson (TC), Glenn
Newnham (F), Andreas Weber,
Bernard Evans, Craig Oliver,
Tony Dalton, Phil Cavaleri

*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 Justin van Tol:*

mincka82@gmail.com

Editor: Peter Morris
pmoz@ozemail.com.au

The first round of the Tour de Metro kicked off at Yarra Glen and was hotly contested by 113 riders. Eastern put on an excellent show and crisp winter weather ensured enjoyment by all. The [Results Tally](#) is close to say the least but bragging rights go to the Northern Hordes (54 points) to Eastern's 35 points. Mark Edwards captured the day's action and his photos are [Here](#)

Stop Press: The latest Covid19 outbreak has necessitated another lockdown. At the time of printing, a duration of 5 days is envisaged so Race 2 of the Tour de Metro at National Boulevard has been **cancelled**. Hopefully we will look at rescheduling this race when we return to racing.



Ever feel like you are being followed?....

Photo: Mark Edwards

Coming up is **Raclemania**. August 28 will be a day in the hills for the heavy hitters with \$4000 of prize money up for grabs. Also GSR's (grades B,C,D & E) for the not so heavy hitters. Details below.

Yarra Glen, TDM Race 1, 10 July

Grade	1st	2nd	3 rd	4 th	5 th
A Grade (24)	M Sherwin (N)	M Adams (N)	M Spink	M Seddon (N)	T Wood (N)
B Grade (29)	N Nomikos (N)	P Peters	R Clark	P Webster	C Stannard
C Grade (33)	S Gregory (N)	E Carter	M Edele (N)	S Francis (N)	D Bakker (N)
D Grade (18)	T Renehan	J van Tol	R Castellani (N)	J McCoy	R Crowe
E Grade (9)	G Dodds (N)	T Simpson (N)	D van Tol	-	-

C-Grade

By Kym Petersen

Gotta love this Series. Well at least I do.

Time to race for team triumph rather than individual glorification!

I put my hand up to be Grade Captain, as did Webby, what a fun race this was going to be.

I'm usually on the start line, sometimes near the front and in view of the Race Ref, so usually get nominated to be bunch captain. I figured I may as well step up first, get to 'officially' be the bossy one (along with Webby) and hopefully rally up some enthusiasm and some kind of race plan to get ECC across the line in good numbers.

During the week, many emails were exchanged between Webby and myself. As the start list began to populate, a plan started to form. We got more of an idea on how we could use everyone's strengths and involve all of our club Members.

A group email was sent out Fri night (yes, a bit late, but hello, sign up early everyone??) and

our plan was communicated to our hardy and enthusiastic C Grade bunch.

Sat morning. I'm stuffed. I haven't even raced yet and I'm cooked. Woken during the middle of the night, never got back to sleep properly. Additionally, some brainiac turned the central heating on in the wee hours of the morning and due to doors being closed, I am smoked out of bed in a sweaty mess.

No amount of caffeine is gonna revive me today, in fact given its diuretic properties, I'm sending what little energy I have down the pipes. (Too much info?).

I see row after row of cars as I approach our registration area. Wowee this is a massive turnout. Excitement is building amongst the troops! We have our 1.30 team meeting as arranged, everyone does their warm up and we are off.

We have 21 ECC and 12 NCI in our bunch. We have the numbers; we should be able to do something special with that.

Our group has been assigned various roles, we have Antagonists, Diesels, Hill Munchers and Sprinters.





A lovely assortment of work horses, chasers, general nuisances in chasing stuff down and someone to give you the sh*ts up the hill. You know that annoying person that just keeps driving the pace until you have no bar tape to chew on anymore? Thank you, Tim Crowe, what a ripper job you did. Pity that George from NCI was equally as menacing, if I could've got even remotely close to him at the front, I would have helped you, but alas you did a stellar job.

We had big Dean Tune who was Dieseling along, Andre was hanging on each climb and was going to be there at the end to light up the finish chute. Sam Curry and Kris Masters were also like little terriers, just snapping at their heels and chasing stuff down. Mike Lillycraap and John Williams were also in there doing their best. Everyone was giving it their utmost and contributing beautifully.

Poor Rob Birch had a Covid shot during the week and was feeling sub-par. Rob Lackey was doing the double today and raced an ITT up at Eildon in near freezing conditions earlier on. I'm sure he regained feeling in his extremities part way through, but was lacking his big engine due to a hectic morning!

Even though we had numbers, it felt like NCI dominated a lot of the moves. Their style was attacking and quite relentless. We countered where we could, but it looked like a mass sprint was going to eventuate. A late-race move by Steve Parker looked like it was going to stick, but again he was chased down and it all came back together.

With 2 to go, I got a burst of something and grabbed Dean. We moved through the pack and he helped position me right near the front. Our spot was perfect leading into the last flat section on Yarraview Rd, lining up the

finishing straight. Except it was **2 to go and no, we weren't on the bell lap!**

I realised this and somewhat sat up. Dean was anxiously looking around for me, and I waved to him not to go! Can't believe I stuffed that up. Sorry Dean! This extra energy and jostling for position used up what little energy I had for the bell lap and I couldn't contribute one thing to the result. I just hung on for dear life and finished mid-pack.

Enough of me though, I did manage to watch the finisher's line up their sprint. Andre went from what seemed a looooooong way out and I hoped he could hang on. He did say he likes to wind it up. A few got over the top of him, quite a few NCI and a couple others whom I didn't know. Turns out we had a 2nd place finisher, however the other placings all went to NCI – something I didn't realise even at the presos, as the Primary/Secondary club membership caused some confusion amongst everyone!

A great race by C Grade on a tough course. I'm already looking forward to heading over to National Boulevard to see how we fare on the crit track!!! All my thanks for a great team effort everyone!

Sidenote: Toughen Up Series 2021

A big thanks to Dean for the generous sponsorship of this Series. It's one I really enjoy doing. Well maybe not Jindivick in freezing conditions, driving rain and horizontal hail, but nevertheless, this type of racing keeps me accountable over the Winter months.

Being sponsored by a Lego shop means getting a super cool trophy. I particularly love the detail you've gone to Dean, in designing the ECC kit on the minifigure. Thank you.





Also, to Mark Edwards for your roasting, both on FB and in last week's newsletter. Reminds me I need to tighten my privacy settings on the socials 😊. I actually got such a laugh, as did my family. I'm printing your story off and hanging it on the wall in my Zwift cave. It's a great memory to have!!!



The Coveted Toy Bricks Trophy – Congrats Kym & Thanks Dean!

C-Grade

By Sam Curry

With a few emails going back and forth last week regarding 'team tactics' driving out to Yarra Glen Saturday had that football feel about it.

Team meet at 1:30pm to go over the plan, it was time to lace up. All that was missing was the smell of Dencorub.

One lap and a few bike lengths off the back I had underestimated our plan to send too few

riders away up the first climb. This had the effect of pulling the whole bunch out of their comfort zone and initiating a couple of fast 2 laps.

By halfway things had slowed and any attempts to get away were thwarted on tiring legs. Adam Dymond had forgotten to tell his legs we were on a hilly course and when he cruised up at well past the hour you couldn't help but be inspired.

Laps 5, 6, 7 & 8 were our slowest (says Strava) and riders started to steal themselves for a big last lap effort.

The bunch of 36 stretched out on the final climb with one of our sprint hopes, Andre bringing up the rear. Webby had overcome some cramps and was encouraging Kym and others to 'keep going'. Andre flew down the hill and made up nearly half the field before we turned for the finishing straight. Turns out he 'went' early as he made it to the front with too much tarmac left and his legs failed for the final push. Lucky Ewyn Carter and Darren Bakker were on good days finishing 2nd and 5th respectively.

A good team hit out in beautiful surrounds

E-Grade

By Danielle van Tol

It. Was. Hard! Race report over.

I lined up knowing that I was outnumbered by the Northern folk. I knew Tanya S had annihilated me on our last race. I knew I hadn't been riding all that well on account of that family box of Maltesers in the cupboard.

My game plan was to be a barnacle. Cling to Tanya or the Northerners as much as possible and for as long as possible. I figured well, Kim





told me to do that. She said not to work, don't come to the front and she won the Toughen Up Series so heck yes I'm going to listen to her.

My fellow E Grader Neil was unfortunately taken out of the race by A grade racing by as we were on the neutral lap. The mere fact that Neil showed up when many of my fellow E Graders didn't meant the world to me.

Di, the pop-up E Grader I never knew I needed, was an absolute powerhouse. We worked together as best we could. Di had an incredible turn of speed up the short hill and I tried to keep us clinging to the Northerners on the big hill.

As expected, Tanya and her crew were strong. They worked well together. They strategized. They are going to be a nightmare on their home ground.

Di and I came into the home stretch still in contact with three of the North. We sprinted. They sprinted faster.

I came away with 3rd place and let me tell you, I was exhausted.

Thank you to all the volunteers and a huge thank you to Max who cheered me on each lap as I plodded past.



Dani deals with the Blues. A great effort to hang on for third place in E grade!
Photo: Mark Edwards

Wednesday GSR, Teardrop Criterium Track, 14 July CANCELLED due to weather.

News etc.

Duty Roster

Justin van Tol has volunteered for the Duty Co-ordinator role and thanks goes out to Andrew Buchanan for the many years of service he has given to this role. 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 (Justin van Tol) preferably within 72 hours of your scheduled duty. If members need the phone number of a potential swap, contact Justin van Tol.

Tour de Brisbane Gran Fondo

At least two ECC members were lucky enough to ride the Tour of Brisbane Gran Fondo and Tony Dalton was good enough to send in a report:





The Tour de Brisbane Gran Fondo was held on Sunday 11th. It was a great event, well run on an excellent closed road course. It started on Gregory Terrace, went onto the CBD streets followed by a south bound stretch on the M3 freeway, a loop of lumpy riding in the southern suburbs, a return north bound stretch on the M3, a loop up and over Mount Coot-tha and back to Gregory Terrace. I raced along with another ECC rider, Chris Ellenby, in the 65+ wave which combined the 65-69 and 70+ categories.

The way this GF played out was quite different to other gran fondos I have raced, as we stayed together as a bunch for most of the ride. A few riders, including me, tried to get a rotation going on the freeway on the way out but there were a lot of passengers who balked at this idea. When we came off the freeway the bunch continued to stay together around the lumpy loop with many short descents and climbs. After this loop it was back onto the freeway and back to town.

The 65+ bunch disintegrated where you would expect - on the 2.2 km Mount Coot-tha climb near the end of the race which has a total ascent of 200 metres at an average of 8.9%. I had checked out this climb the day before and found a steady pace a little under threshold

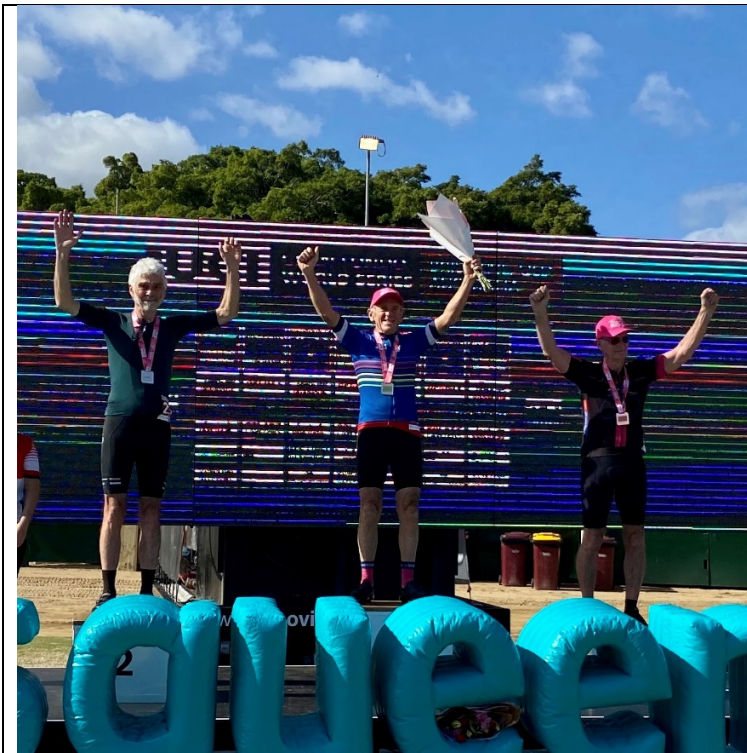
and tapped it out. There were a few cramping cyclists who came to a halt on this climb. It was a fast descent off the top followed by a little more freeway and tunnel riding finishing with some more CBD streets with tight turns back to Gregory Terrace.

There were a few other good points about this race besides the course. The weather was mild and sunny and I did not even have to wear arm warmers! The other was that I came second in the 70+ category which had a field of 16 riders. The winner was 75 year old Mick Patton, who is a Sunshine Coast local and came in 3 mins 30 seconds ahead of me. Chris Ellenby also achieved a good result by placing 6th out of 35 in the 65-69.

I can thoroughly recommend this Gran Fondo to ECC members as a well-run event on a great course that will suit those who like fast flat riding with a small amount of climbing. Also, like the Amy Gillet Gran Fondo and the Bathurst Challenge, it is a qualifier for the UCI World Masters. This year the event is scheduled for Bosnia-Herzegovina but it is very unlikely that any Australian cyclists will be there.

Tony Dalton





TdB GF 70+ Podium. Tony 2nd

Photos supplied by Tony Dalton



Tony and Chris Ellenby at TdB GF

ECC Fantasy TDF Update



With only 4 stages to go, the Fantasy TdF looks like it could just about be won and done. While the fat lady is only warming up the vocal cords at this time, it will take some special work for Nick Tapp and Team Sensei to be denied the top step of the podium. After a relatively slow start, Nick has been gradually accruing a huge number of points, mainly on the back of Cav's 4 stage wins I believe. With another 2 probable wins on the cards for Cav, it's hard to see how Team Sensei can be topped.













































Having said that, Team Tour de Merlo, captained by some mysterious B-Grader, has been gradually racking up some big gains to move clearly into 2nd place. The likelihood though is that they will run out of stages to improve any further in the standings.

After a solid opening week, El Presidente and Team Springsteen have been gradually moving in the wrong direction. To the extent that their 3rd position is currently under threat from a fast-finishing Team Pigs Fly (DS'd by Glenn New Ham) who has started to amass some big point points after eventually discovering that he could get double points for one of his riders each stage (Oh, what could have been for the former club champion?).

A full outline of the current standings is below. Best of luck to all those DS's still in with a show for the podium and its cash prizes. The rest of us are either considering career changes or enlisting the services of Dr Michele Ferarri to boost the performances of our lack-lustre teams.

1		SENSEI Nick F		10822.0pts
2		TOUR DE MERLO B Grader		9999.0pts
3		SPRINGSTEEN Dean A		9261.0pts
4		PIGS FLY Glenn New Ham		8525.0pts
5		NICO -		8327.0pts
6		KERMIT'S FLOGS Shane F		8201.0pts
7		SHARWORKS John S - Big Ted Lee		7774.0pts
8		BROWNDOG -		7769.0pts
9		LEZARD -		7638.0pts
10		STEVE -		7280.0pts
11		LANTERNE ROUGE -		7112.0pts
12		JVT -		7019.0pts
13		DOUGY -		6224.0pts
14		QUENTINO -		5783.0pts
15		5WOOD Dale W		5323.0pts
16		JOHNNY BG -		4434.0pts
17		PHIL -		2748.0pts
18		MAD SEC -		2408.0pts
19		WAVELL -		2252.0pts
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

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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