

01 August 2021

## Eastern Cycling Club

# Newsletter

### Duty Roster

Saturday 7 August

Casey Fields GSR

Cancelled due to Covid Lockdown

Sunday 15 August

Rocco Drive GSR

10:00 am

(Lockdown dependent)

John Thomson (R), Greg Harvey (F), Kevin King (TC), Ray Watts (TC), Nick Panou, Anthony Gullace, Ian McGeoch, Darren Smith, Danielle van Tol

*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](mailto:mincka82@gmail.com)

Editor: Peter Morris

[pmoz@ozemail.com.au](mailto:pmoz@ozemail.com.au)

The torrential downpour was long gone when heat 2 of Tour de Metro got underway at National Boulevard. Thanks to Northern Cycling for hosting a safe and spirited race. Unfortunately, the points again did not fall Eastern's way, with Northern taking 56 points to our 34 and giving them a cumulative total of 113 points to Eastern's 72. Scheduling of the remaining two TdM races is being finalised.

**Stop Press:** Greater Victoria enters Lockdown #6 as of 8pm Tonight (Thursday). Therefore racing is cancelled for the duration of lockdown



TdM Heat 2, National Boulevard.

Photo: borrowed from NC FB post.



## National Boulevard, TdM Race 2, 01 August

Grade	1st	2nd	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
A Grade (14)	M Sherwin (N)	A Christiansen (N)	G O'rourke (N)	M Gallagher (N)	M Adams (N)
B Grade (32)	N Nomikos (N)	P Peters	S Ross	S Goring (N)	G Harvey (N)
C Grade (29)	A Hinds	C Frost (N)	T Rim (N)	D Tune	J Short (N)
D Grade (13)	J van Tol	T Renehan	R Castellani (N)	P Gray	M Muscat
E Grade (6)	G Summers (N)	A Watt (N)	H Herbec (N)	G Dodds (N)	-
F Grade (3)	B Forbes (N)	M Kelly (N)			

### C-Grade

*By Kym Petersen*

#### Race 2 Tour de Metro C Grade report – ECC v NCI at National Boulevard, Sun 1 Aug 2021

“Kym, you’re a nuisance.”

I had to laugh. They laughed too. Yes, I am a nuisance and the fact it was mentioned at all meant I was doing my job.

Race 2 of the TdM and we have a crit this time, a different course and naturally, different tactics.

My partner in crime Webby wasn’t racing this week and so the Captaining duties fell to me.

A group-wide email was sent out to all C Graders on Saturday arvo and a plan formulated.

This week we have Worker Bees, Build a Bridgers, The Breakaways and the Bring it Homers.

It’s race day and given the changeable weather we’ve had lately, we were super lucky to have a really pleasant, slightly cool start to our race day. Hardly a breath of wind and a really clear, blue sky.

The plan this week, amongst the top-secret plan naturally, was to make our ECC riders more visible in the bunch. Anyone not in ECC or a familiar kit would be at danger of being run down and we wanted to avoid this. To address this, we got some wide yellow tape and stuck a piece to the back of (almost) everyone’s helmet. Job done and it worked a treat!

Race time and as pre-empted we are off and running at full tilt. No pleasantries, nor chitty chatter about what everyone might be doing in their leisure time, it is on like Donkey Kong. Our bunch were ready for this and we had riders to cover every move.

True to form, Northern were attacking for most of the race. I really enjoyed sitting mid-pack and watching our little Worker Bees get busy in the hive and chase those Northerners down.





I could see the attacks being launched and gave a heads up where I could, and every single time, our nominated chasers and Build a Bridgers worked their guts out to mow that red jersey down. I also enjoyed being a 'nuisance' despite feeling a strong sense of being hemmed in. There were at least 3 of them trying to box me in but somehow, I managed to get out each time and assist with the chasing. It did give me a chuckle.

What was quite apparent to me and something I also found amusing was the number of times NCC would chase their own down. Quite a few times there were 2 riders up the road, one from each club and 9 times out of 10 NCC chased their own down. I did comment on this a couple of times in the bunch but think it was lost in the wind.

As predicted, nothing was allowed to get away and it was going to come down to a bunch sprint. We had nominated some Bring it Homers and it was now their turn to shine.

It is always a super-fast finish at National Boulevard and this would be no different. I watched from mid-pack, then the back, as most of the bunch would try their luck at the downhill dash.

We got our man over the line, plus another in fourth. NCC made up the other placings but we managed to take 10 points to their 9. A great race, a really great TEAM effort by all at ECC and we came out on top. Loved it all, can't wait for the next instalment where I can engage nuisance mode once more.

Thanks C Grade.

### Wednesday GSR, Teardrop Criterium Track, 04 August

Grade	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
A Grade (2)	Robert Young (AWCC)	Russell Newnham (CCCC)	-
B Grade (7)	David Rooke (NCI)	Dale Walton	Grant Farr
C Grade (10)	Ivana Cicchelli	Peter Webb	Laurie Venn (PresCC)
D Grade (5)	Philip Curtis	Tony Renehan	Kerry Gigante (BruCC)
E Grade (2)	Neil Cartledge	Shan Dwyer (NCI)	-



## Rider/Member Feature—Rod Goodes.

Long time member and Club Statesman, Rod Goodes and his wife Anne, recently settled into the newly constructed John Flynn Retirement Village in Burwood. This village is owned by Ryman Healthcare, who have similar villages dotted throughout Australia and New Zealand. Being an Olympic year, Ryman organised a Seniors Olympics. This gave the residents of all the villages the opportunity to contest in various sports, including swimming, cycling and bowling, but equally important it riled the non-competing residents into Olympic Frenzy! Rod, of course put his hand up for the cycling and did very well for the 'Flynn's Flyers', but unfortunately he just missed out on progressing to the finals by mere seconds. An article written up for Ryman Healthcare's newsletter features our good Rod and is reproduced below. A couple of YouTube links featuring our latest Club Celeb are included at the end of the article. Rod and the Flynn's Flyers even got some airtime on Tuesday's Channel 7 news!

## Chapeau Anne and Rod.

### Flynn's Flyers living a 'fabulous' life

*Written by Margot Taylor June 30 2021*

If Rod and Anne Goodes had all their trophies from cycling and ballroom dancing on display, their apartment at Ryman's John Flynn Retirement Village would sparkle like a disco ball.

Instead, there are only hints of Rod's huge achievements as an Australian cycling title holder, and Anne's as a successful student of ballroom dancing legend Mark Wilson.

Anne completed her medal tests with ballroom heavyweight and Dancing with the Stars professional Craig Monley, who was partnered on the show with Bec Hewitt.

"For me, dancing with a good partner was like floating on cloud nine, and Rod says there is nothing like the sun on your face and the wind at your back when you're cycling," Anne says.

It was while dancing that Anne and Rod, who have been married for 64 years, met.

"My mum thought I should learn to dance, so I fronted up with two left feet and not much ability and I saw this vivacious young lady and she started to teach me to dance," Rod says.

"She was very strict and kept my feet together, and I had to keep coming back."

While Anne, 87, hung up her ornate ballroom gowns more than a decade ago, 91-year-old Rod is preparing to hit the competition cycling circuit again.

"I did something I said I would never do and parked my own race bike behind my car and of course I completely destroyed it," Rod says.

"But I'm still a member of Cycling Australia and the Eastern Cycling Club.

"I didn't want to spend \$10,000 on another bike, because you do lose your form, but they reckon I can get the edge back and a few





weeks ago they appeared here with a loan bike for me to get training again.”



Rod and Anne, in their competition best  
Photo: Ryman Healthcare

He will also compete in a 10.5km virtual cycling race during the Olympics@RYMAN.

Rod will help make history when he competes in the event which is part of the world's first international retirement village Olympics.

But he will have to juggle his training with what is turning into a busy social schedule at the village.

“We’ve formed a group and called ourselves the ‘Flynn’s Flyers’,” Anne says.

“We do things like go out for dinner together, like the other night when there were 39 of us, which was terrific.

“When new people move in, we enjoy getting to know them and inviting them to be part of the group.”

The strong sense of community at the village came as a relief to the couple, with Anne initially hesitant to move from their home in Box Hill of 63 years.

“I thought for quite a while that our place was getting too big, but Anne loved it and she was reluctant to leave, right up until we did actually,” Rod says.

“We took the Ryman contract to our solicitor and he said ‘it’s the most straightforward contract I’ve ever seen, there’s nothing hidden so if you wish to go, have no hesitation’.

“With advice from Ryman sales advisor Lina, our solicitor and our financial advisor, Anne agreed.”

Anne says life at John Flynn is far from good, it’s ‘fabulous’.

“It’s a beautiful place,” she says.

“It’s just so fabulous because everyone is so nice, the staff are fabulous, the residents are fabulous, you could knock on anybody’s door and we all help each other.

“It’s absolutely lovely.”

## Links:

[Rod Goodes and Jane Jackson Stories](#)

[30 metre Breast Stroke](#)

Note: cycling finals will be contested later this week (Women Thursday and Men Friday)





## Wanted



Ron Gillies' 11 year old grandson is keen to take up road cycling and is on the hunt for an extra small road bike. If someone in the club has one they would like to sell please contact Ron: [Ron.Gillies@snooze.com.au](mailto:Ron.Gillies@snooze.com.au)

## 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.



## 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/UCaBg6iyx\\_22APIW3tiEG\\_BQ](https://youtube.com/channel/UCaBg6iyx_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](https://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.







ECC Sponsors



ENGINE REMANUFACTURING

Proudly supported by

*Snooze* Nunawading

