

02 November 2021

## Eastern Cycling Club

# Newsletter

### Duty Roster

**Saturday 06 November**

**Casey Fields GSR**

**2:00 pm**

Peter Mackie (R), Grant Farr,  
Peter Brann.

**Sunday 14 November**

**Rocco Drive GSR**

**10:00 am**

Peter Mackie (R), Greg Harvey  
(F), Dale Walton (TC), Ian Smith  
(TC), Danielle van Tol, Chris  
Norbury, Nick Panou, Andrew  
Wedderburn, Tim Maffey,  
Veronica Vandenbroeck.

*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:*

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After what seemed like an eternity, Greater Melbourne crawled out of lockdown last week and we at Eastern got back to doing what we do best! Good numbers fronted up at METEC for Race.1. of the Croydon CycleWorks Summer Series. Dave Richards has been good enough to sponsor this fiercely contested series again. A list of the awesome prizes on offer are detailed below. Photos from the day can be found here:

[METEC CCW Race 1 Photos](#)



*Racing resumed with the Cup Day CCW Summer Series at METEC. Great to be back!*

*Photo: P Morris*

See below for some interesting stats from Tuesday's A-grade winner.

In the news section there is information for the clubs' vaccination policy. There is also a request from EntryBoss to make sure that you are using the correct and current membership number.

This weekend we've got GSR's at Casey with 20-35 kph northerlies forecast – Sigh....



## METEC, CCW Summer Series Race 1, 02 November

Grade	1st	2nd	3 <sup>rd</sup>	4 <sup>th</sup>
A Grade (11)	M Sherwin (N)	A Adams	JP LeClercq	
B Grade (18)	D Bishop	G Greenhalgh	C Blackely	C Oliver
C Grade (12)	F Tomsic	P James	D Brown	P Ransome
D Grade (4)	J McCoy	K Wade	T Renehan	
E Grade (3)	P Shanahan	J Wilson	N Cartledge	

### A-Grade

No reports this week however the Strava stats and comments from Tuesday's A-grade winner found their way to my inbox. An amazing insite into what it takes to blow A-grade to bits these days. Well done Matt Sherwin. That is one impressive day on the bike! (my back hurts just thinking about a day on the bike like that).

Optus 2:30 pm 55%

< Ride

**One of the all time most enjoyable rides!**

One of the most satisfying rides of my life.

Subthreshold climbing efforts up:

Devils full

1:20 #01

Perrins

1:20 #02

The Wall

Sky high observatory

5 mins up Montrose


1 hour crit @ METEC (return to racing – lapped field solo then again in break)

1:20 #03

Home

Optus 2:32 pm 55%

< Leaderboards Ride



Distance	Elevation Gain
211.25 km	2,941 m
Moving Time	Avg Power
6:45:01	211 W
Avg Speed	Calories
31.3 km/h	5,721 Cal

View Analysis

Focus Izalco Max

Home Maps Record Groups You







*Matt Sherwin, Monumental Effort!!!!*

*Photo: P Morris*

### Wednesday criterium at the Loop, Yarra Boulevard, 03 November

Grade	1st	2nd	3 <sup>rd</sup>
A Grade (5)	G Farr	A Adams	R Suran
B Grade (0)	-	-	-
C Grade (10)	J Williams	A Martin (BruCC)	I Cicchelli
D Grade (2)	P James	P Curtis	-
E Grade (3)	N Cartledge	M Armour	-





## News etc.

### Harry Hibgame – Fall

Sadly Harry suffered some serious injuries from a recent fall and required surgery. It looks like Harry could be off the bike for upwards of 6 months. Here's wishing you all the best on your recovery Harry.

### Eastern Cycling – Communication to members regarding vaccination policy

Dear Members,

The ECC Executive Committee met today (31-10-2021) to consider the vaccination policy for club events in light of the state governments recent announcement allowing the recommencement of community sporting competition.

*The executive committee unanimously agreed that under our duty of care to provide a safe environment to our members, the appropriate policy at this point in time is to require that all participants at club events are double vaccinated.* This policy is effective immediately including our first race back at METEC at 10:30am this Tuesday (Melbourne Cup Day).

We understand that this is a highly contentious issue and feedback was sought from a significant number of members as part of the process at arriving at the policy. There were many other considerations which included:

- The state governments policy is a minimum standard, and as such does not account for the different risk profiles of various sporting activities and differing participant demographics. What may be sufficient for a group of teenagers playing netball outdoors is not necessarily sufficient for a much older demographic engaging in an activity that generates significant clouds of sweat and exhaled particles.
- The club's membership is a high risk demographic in terms of age and in many cases other underlying health conditions including being immunocompromised, and as such exposure of our members to covid-19 brings a significantly higher risk than it would to other demographics.
- The presentations of a number of our events are held in hospitality venues which by law require vaccination as a condition of entry. In addition we anticipate that a number of venues including





Casey Fields and METEC may adopt compulsory vaccination as a condition of use of the facilities.

- Multiple other cycling clubs are adopting a similar position requiring full vaccination, including Northern Cycling Club.

This policy will be reviewed regularly as more information is provided by various facilities and the state government, with the next review to occur no later than when Victoria reaches 90% double vaccination of the eligible population (expected around 26th November).

We understand that this is a divisive issue unlikely to satisfy all members, however member safety is at the forefront of this decision. Anybody that has particularly strong views against this decision is welcome to speak to a member of the executive committee to discuss further.

Yours sincerely,

Dean Niclasen - President

Rob Lackey - Vice President

Susan Williams - Secretary

Dean Tune - Treasurer

Peter Mackie - Handicapper

Glenn Newnham - Club Captain

## **EntryBoss – Reminder for Members**

This is a reminder for clubs using EntryBoss – please make sure members are changing their Membership details from any previous legacy membership number (that is not in use). To their AusCycling (AC) membership number. If a member is having trouble changing their details in EntryBoss they can contact [support@entryboss.cc](mailto:support@entryboss.cc)

Members can find their membership number:

- In their confirmation email on the top right hand side.
- Once a member downloads their digital membership cards.







## Croydon Cycleworks Summer Series

Dave Richards and Croydon Cycleworks are again sponsoring the Summer Series at METEC. The prize list is spectacular. Thanks Dave for your generous support!




### Summer Series Prize List

1st	Kickr Core	\$1,249
2nd	CCW kit	\$350
3rd	Shimano RC5	\$250
4th	100% Sunglasses	\$220
5th	Pirelli Tyre Pack	\$200
6th	CCW Free Service	\$150
7th	Muc-off cleaning pack	\$100
8th	Road Tube Pack	\$60
9th	CCW Gift Voucher	\$50
10th	CCW Gift Voucher	\$25




## Blackburn Cycling Club: 'Come and Try' Track Cycling Sessions




**BLACKBURN**  
Cycling Club  
[www.bbn.org.au](http://www.bbn.org.au)

**Come & Try Track** is a cycling program developed specifically for young people and delivered to you at the Blackburn Cycling Club Velodrome. It is a fun and interactive learning experience that teaches kids to race in a fun and safe environment. The program allows kids to develop the knowledge, skills and confidence to take the next step into racing. Kids aged 7 to 17 years.

**Come & Try Track Cycling!**




**INSPIRING KIDS TO RACE**  
**COME AND TRY TRACK - FREE 4 WEEK TRIAL**




Register for your 4 week free trial here  
<https://auscycling.org.au/membership/other/free-trial>  
Then book your spot at one of our Come & Try training sessions. Thursday or Saturday  
<https://blackburncyclingclub.teamapp.com/events>

**RIDE NATION**  
BIKE FOR LIFE  
[www.ridenation.com.au](http://www.ridenation.com.au)

The AusCycling 4 week all discipline free trial membership is a great option for people who are looking to get into riding and racing. Experience the thrill of participating in all disciplines recreationally or competitively. Disciplines include Road, Track, BMX, MTB, CX & Freestyle.



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More details with links on the BBNCC webpage: [Here](#)





## 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](http://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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