

May 1988

the SYDNEY CYCLIST

SYDNEY CRITERIUM - OUR RACE !!!

Our annual Cycling Federation event, which has become a landmark on the racing calendar is on again this year. The Federation has marked **Sunday, 26 June** as the day for our event. As the Metropolitan Champs will have finished on the previous day, there should be some top riders around to contest this final event in the NSWCF Criterium series.

Bob Greig has taken on the Race Directorship, ably assisted - yet again - by Bruce Vote. They have both been very active in getting the necessary permits and approvals, and in seeking sponsorship for the event. The **Sebel Townhouse** and **Mico Windows** have already made financial commitments, and we understand that Steve Turner is getting **Paddy Pallin** to contribute again. Bruce and others are still pursuing additional sponsorship, and if any members have potential contacts please get in touch with him...

Owen Lowe has agreed to perform his magic again this year, by producing all the necessary infrastructure for the day. Where does that boy find all those tents and other paraphenelia??? I'm sure he could supply a folding velodrome if required!

The real money spinner, the refreshment kiosk is to be personned by Janine Greig, Marjorie Lobban, Carmel Griffith and others - yet again; and I'm sure mouths are already watering in anticipation of those brilliant biscuits and cakes... Alan Lumb and van will be in charge of the marshalling and Bruno Sibilia is once again acting as Chief Judge (should we buy him a wig?).

Everything appears to be running very smoothly for the time being, but be sure to mark your calendar for the day, as you'll be needed. And I'm sure you wouldn't want to miss it anyway... There is to be a picnic following the event for all members and families who assist with the vent.

• SOUTHERN HIGHLAND FLING •

Plans are well underway for the proposed weekend tour through the Southern Highlands on 28 & 29 May. Arrangements are being made to book a cottage or room in a resort for the weekend, so that participating members will have a base of operations for rides or other activities. As previously mentioned, the intention is to have a weekend in which members can ride to the base, ride around the Highlands, or partake of other events in the area. Meals will be catered for at the base, and other activities will depend upon those participating. Those intending to participate should contact Bruce Vote (344-8156) as soon as possible for further details...

RACE ENTRIES:

A look at the Club Calendar (back page) will jog the memory of our competition riders. The Criterium (road) season has begun. Members wishing to compete should get in contact with Bruce Vote to arrange for FEDERATION Affiliation.

Race entry fees must be sent to:

NSWCF, P.O.Box 2343, North Parramatta 2151

Freewheelin'

INCORPORATION

Little has been said about the resolution to incorporate the Club under the Associations Incorporation Act, 1984. Since the EGM at which the resolution was passed, Bob Greig has been very busy putting the proper terminology to our application and to preparation of the Constitution. The application has been lodged and is working its way through the system. The application for use of the name SYDNEY CYCLING CLUB has been successful, and we now have that registered.

There has been some difficulty with obtaining the necessary third party insurance for members; however, it has been possible to proceed with the application through having sufficient members insured with the N.S.W.C.F. to meet the application requirements. Bob is still looking for a broker who is willing to underwrite this insurance. It could be said that this is yet another reason to affiliate with the Federation!

Our Triathletes.....

Remember back when riding in a bunch, you'd notice some superfit hulk riding at the pace, but not in complete control? We soon discovered the rider to be a 'triathlete', and usually avoided them. They have persisted, and now leave most of us for dead in fitness and often in riding ability... This sport usually consists of competition in swimming, cycling and running; although some events have other legs consisting of surf skiing, canoeing, etc. The big events consist of a 4mi swim, 100 mi cycle leg, and a marathon run. Disregarding the bunch presently paying to be trained in Centennial Park, there are many new candidates for membership coming from these

ranks. In fact, many of our more recent members have joined us because of the training we offer.

Within the Club, we have several members actively participating in competition. Foremost among them, being Russell Black who is our true "Ironman". Russell has competed in the Hawaiian Ironman for the past five years, improving his overall times on each occasion. Brian MacQuarrie and Brian Newell are often seen competing in local events and turning in very respectable times for all three legs. Newell has just returned from competing in the Great Race in Qld, where he improved his previous performance by nearly 100 places!!!

Many of the Triathlon competitions offer team prizes, where different individuals can compete in the various legs. Tony Bookes, Paul Montesin, Michael Griffith and others have participated in the bike legs of several events. If like myself, you have difficulty getting in a couple of rides per week, think of those who are undertaking a serious training regimen in all three sports! Just for fun...

Insurance Coverage ?

Having just received my Federation Licence, I was interested to finally be able to read the conditions of the insurance cover provided by affiliation. It would appear that some rather 'lenient' interpretations would have to be made by the insurers for the coverage to extend to us! Personal Accident coverage is provided for: a) *Participation in official club and/or representative events*; b) *participation in official training or practice organised by the ACF*; c) *travelling to or from (other than by bicycle) activities in (a) or (b) above.....*

'BEYOND 2000'

Two weeks ago, the regular episode of this TV program included a segment on the 50th annual bicycle Fair in Milan, and illustrated some of the future ideas in bicycle design. The Colnago Ferrari (shown in this rag some time ago) was shown along with the MODULO-Bottechia "KRONOS" which is much more visually radical. It was also shown at the Milan Fair in 1985. The 'Ferrari' should soon be available at about \$10,000; the "KRONOS" was last quoted at \$25,000.

What's so hard about running consecutive marathons?



It must be all those bowls of porridge

A Scottish teacher has just run in three marathons on consecutive days. He is the first known British teacher called Raymond Hubbard to achieve the feat.

On Saturday, he puffed through the Belfast marathon.

On Sunday, he plodded through the London event, caught a Concorde to New York, a connecting flight to Boston, and finally lined up for the Boston marathon.

Stay in Touch has come into possession of a black vinyl disc with a hole in the middle. Is this a record?

bit more down to earth, the Campagnolo CHORUS gruppings should be available again very soon. The first of these to arrive were sold out upon arrival, they are proving very popular and reasonably economical. CHORUS is the replacement for the 'old' Nuovo Record series.... The CROCE D'AUNE series which is to replace Super Record was shown at Milan, but Campagnolo isn't saying much about delivery times! Where did that name come from, you may well ask??? It's the name of the mountain pass where Tullio Campagnolo had the difficulties with his bike during a race, leading him to develop the quick release hub and other such gadgets...

TIME TRIAL RESULTS 23 April 88

A. Lumb	11:38	B. Lamb	12:07
J. Page	11:39	F. Milner	12:20
B. MacQuarrie	11:55	R. Maestri	12:32
S. White	12:05	W. Rolli	13:04
R. Darling	12:07	R. Peerenboom	13:43

Next TTR 7 May

No waxen wings, but pedal power triumphs

ATHENS, Sunday: A Greek cycling champion set a world distance record for man-powered flight yesterday, retracing the mythical flight of Daedalus who used wings of wax and feathers to flee King Minos 3,500 years ago.

"During the flight everything went well and I thought it was very easy," Kanellos Kanellopoulos said after his 119-kilometre flight over the Cretan Sea.

He pedalled for four hours to

pilot the US-designed aircraft from Crete to Santorini.

Kanellopoulos flew about five metres above the waves and, after his take-off from Heraklion Airport on Crete, was escorted by two Greek Coast Guard vessels and a Greek Navy missile patrol boat.

Members of the "Daedalus Project" from the Massachusetts Institute of Technology, where engineers designed and built the

aircraft, followed nearby in inflatable boats and were in constant radio contact.

"I'm very happy to have broken the record and re-created the mythical flight of Daedalus," Kanellopoulos said after crash-landing the ultra-light aircraft on the shores of Santorini.

In Greek mythology, Daedalus, a brilliant Athenian craftsman and inventor, was held prisoner on

Crete after incurring the wrath of Minos, King of the ancient Minoans, but escaped after he fashioned wings from wax, feathers and string for himself and his son, Icarus.

Despite warnings from his father, Icarus flew too high, the sun melted his wax wings and he plunged into the sea and died.

The island of Icaria and the Icarian Sea are named after him.

Reuter

N.S.W.C.F. Criterium Series

The first race in this series was the "Snow Wilson Memorial" hosted by Randwick-Botany at Heffron Park. Sydney was represented by Ruth Darling who took out 2nd place in the 'B' womens event; and Bruce Vote worked well with his bunch to place 8th in the Vets 2 category.

The next race in the series will be at Sutherland's Waratah Park on May 1.

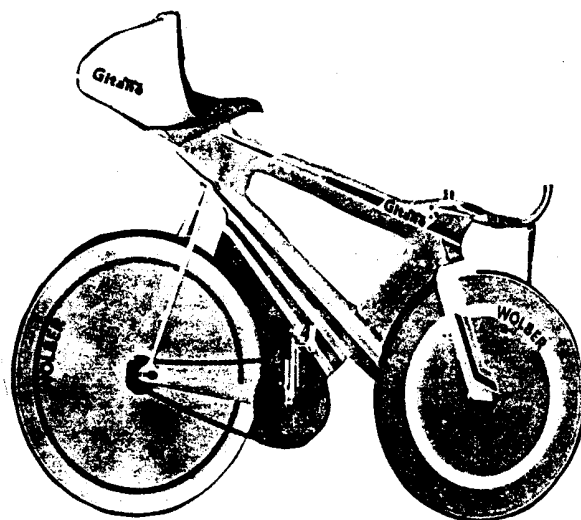
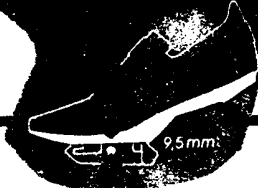
TIME FOR A NEW PEDAL/SHOE SYSTEM

The Time system unveiled in Paris introduces the concept of more play between foot and pedal, allowing a lateral movement of up to 9 mm and an angular movement of plus or minus 5° before releasing. Time says this lets the foot position itself better in harmony with each cyclist's anatomy, and



avoids necessary compensation being done by the rider's joints ... especially the knee ... which can lead to tendon problems. Step-in is accomplished by bearing down on the ball of the foot after placing the stop wedge in the U-shape at the front of the pedal. Step-out is obtained by any rearward twisting movement of the shoe.

TIME gives you that added performance plus. With your foot positioned remarkably low and perfectly placed, you'll transmit all your effort. It's our BIOPOSITION concept.



GITANE SCULPTURES THE HOUR

Aboard this splendid machine, Laurent Fignon will attack the world 1-hour record in 1988. Carbon/Kevlar monocoque frame with hand laid carbon fiber forks and stays has a Campagnolo drive train, Wolber disk wheels ... 700C rear, 28" front ... and Gitane's patented Delta wing handlebar and "UCH-Illegal" aero seat attachment. Not yet accepted as legal by the racing authority, the bike is said to absorb half the energy consumed by conventional designs.

A timely reminder...

Road Riding Regulations

ANZAC DAY CLUB RIDE

The Committee has for some years set about providing a series of 'club rides' which would allow its riders to have an opportunity to ride together and show their colours. These jersey rides are planned to allow riders of differing abilities to ride together for -at least - part of a days ride, with different options available for all. The West Head ride planned for Anzac Day was meant to be just such a ride.

On the day though, it turned into a bit of a free-for-all, sadly lacking in clear communication or common sense. It seems a shame, that we cannot abide by the rules of the road, especially on such a special event. Riding third or fourth wheel in a bunch, is rather discomfiting when you discover that the leaders have led you through red lights with oncoming traffic charging at you! Besides, it's illegal!!!

On the previous day, there had been some whinging about riders being late for the start of the Sunday rides, and it was resolved that that ride would leave at 6:35 sharp from now on. Some riders didn't read that the starting time for the Anzac ride was 6:15 though, and there was a bit of chasing to catch the bunch which waited only five minutes for the dwadlers... Punctures slowed the pace on a rather brisk pace so that no one really got warmed up. The beautiful clear day proved very pleasant for the ride into Ku-ringai Chase and down to Akuna Bay. Lo and behold, the Sydney CC curse has struck yet another stopping place. No tea and cakes at Akuna Bay anymore!!!

Following a brief stop, the 'guns' decided not to ride to West Head and headed back to the city with great haste. The remainder of the bunch regrouped at Mona Vale, and rode back at a slightly more sedate pace and enjoyed the sun, and finally a cup of tea, at the Centennial Park kiosk.

Road Riding Regulations

- + A cyclist is a vehicle in law with similar rights and responsibilities to motorists and must observe all relevant traffic regulations.
- + Riders should always ride for the safety of the group and for the reputation of the cycling movement.
- + Riders should wear clean, well-designed and brightly coloured clothes to be prominent in traffic.
- + Bicycles must be in clean, mechanically sound condition and free from protrusions which may injure others.
- + Group members ride two abreast only, occupying the inner lane where possible; or in single file on busy roads.
- + Lead riders should call out any instructions of approaching intersections, turnings, etc. They should also point out any hazards on the road.
- + Riders should ride at least one metre from the road edge to assert their position on the road, and avoid hazards.
- + Riders should always leave an escape route for following riders, and never ride closer than one metre to parked cars.
- + Riders must ride in line and not allow their front wheel to overlap the wheel of the bicycle in front.
- + Riders should keep their eyes to the front, and both hands on the handlebars.
- + When riding in a large bunch (peleton) the following always apply:
 - never swerve or brake suddenly,
 - never freewheel in front of the group,
 - do not leave your saddle unless climbing a hill.
- + The group should ride at a pace to suit all riders with the front pair changing regularly to share the work. When finishing a spell at the front, the pair should part to allow the group to move forward between them.
- + The group should always stop in formation, in one lane at intersections and take off with a minimum of disorder.
- + The rear pair of riders should signal to following traffic to indicate the group's intention. No rude signs!
- + Riders should never harass or abuse other road users.
- + Some riders should stay back to assist a rider with mechanical difficulty or a puncture.
- + All riders should carry identification, including emergency contacts and medical data (blood type, etc.).
- + All accidents involving injury or extensive damage must be reported to the police. Obtain witnesses...

CALENDAR OF EVENTS

May

28/29 SOUTHERN HIGHLANDS WEEKEND

- 1 Sutherland 1000 - Waratah Park (CF)[17/4]
- 7 Mt Panorama Downhill Races
- 8 Bathurst Criterium/Road Race (CF)[23/4]
- 28/29 Grafton Two-Day Tour (CF)[8/5]

June

- 4/5 Canberra Two-Day Tour (CF)[15/5] •
- 19 Eastern Suburbs Criterium (CF)[29/5] •
- 25 Metropolitan Championships (CF)[5/6] •

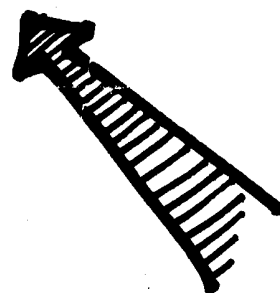
NOTE =
CLOSING
DATESSOOO



26 SYDNEY CRITERIUM (CF)[5/6] and Club Picnic

July

- 2 Sundowner Race (CF)
- 3 Gunnedah to Tamworth Race (CF)
- 9 Mattara Criterium (CF)
- 10 Newcastle Open Race (CF)
- 23 N.S.W.A.C.F. Premierships [TTT]



AUCTION SALE

August

? Penrith - Albion Park One Day Ride Winter Dinner

- 7 Penrith Panthers Open (CF)
- 13 NSW Vets Championships - Newcastle (CF)
- 21 Muswellbrook-Tamworth (CF)
- 28 Goulburn-Liverpool (CF)

September

Wyang One Day Ride

- 11 Cowan-Calga Handicap Race (CF)
- 18/24 National Vets Championships - Forster

October

Sofala Weekend

- 2 Southern Hemisphere Cup - Vets
- 8 Grafton-Inverell (CF)
- 16 Green Valley Twin Century - Audax
- 16/29 Commonwealth Bank Cycle Classic
(race marshalling)

November

- 1 Annual General Meeting
- 5 N.S.W. Cycling Federation Dinner
- 10 Fisher's Ghost Criterium (CF)

December

Club Picnic and Time Trial

(BINSW) = Bicycle Institute of NSW function

(CF) = NSW Cycling Federation event

[15/5] = Race entry closing date - Entries to:

NSWCF, P.O.Box 2343, North Parramatta 2151

Remember:

**SOUTHERN HIGHLANDS FLING
28/29 MAY**