

NOVEMBER 1989

the SYDNEY CYCLIST

NEWSLETTER OF THE
SYDNEY CYCLING CLUB

2ND BI

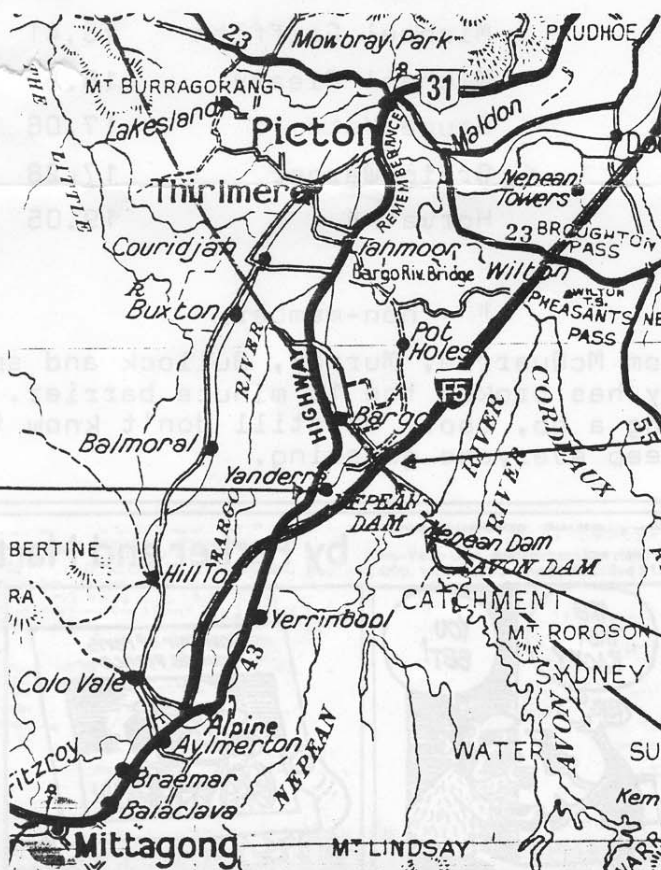
1ST ANNUAL SYDNEY CYCLING CLUB HANDICAP RACE

DATE: Sunday 19 November 1989
DISTANCE: 50 kilometre handicap race
REGISTRATION: 8.30 am at Yanderra (see map)
RACE START: 9.00 am
START/FINISH: Old Hume Highway, Yanderra (there is a line painted across the road)
ENTRY FEE: \$5.00

There will be a BBQ/picnic afterwards at Nepean Damm about 3km from Yanderra. All are welcome, whether you're competing or not - bring your family - there's plenty of room to run around. There are fireplaces with fuel & shelter sheds if the weather turns nasty. If you'd like to go but can't get there, we may be able to arrange a lift - let Michael know. The entry fee will go towards some beer, wine, juice & softdrinks for everyone.

RACE ENTRIES TO:

Michael Griffith,
Phone 699-9681



Take freeway exit
here (Bargo exit)

Picnic lunch here

TIME TRIAL RESULTS

Here are the time trials results for October. Firstly, the short course held on 7/10/89:

Mark Bonwick	11.32	Frank Murray	11.34
Brian McQuarrie	11.38	David Bullock	11.47
Paul Montesin	11.49	Tony Bookes	11.52
Greg Clarkson	11.56	Alan Lumb	11.59
Walter Rolli	12.00	Michael Cleary	12.05
Chris White	12.10	Bruce Vote	12.17
Nigel Walton*	12.21	Gavin Clark	12.24
Frank Milner	12.30	Robyn van Nooten	12.31
Craig Warner	12.33	Gibson*	12.40
Tanya Bosch*	12.41	Russell Black	12.55
Horvath*	13.11	Mark Meltzer	13.18
Kerrie Eaton	13.21	Kiss*	14.25
Siva*	14.36		

What a great ride from Frank Murray! And David Bullock rode extremely well also - a terrific improvement - he must have taken the points this round. Watch out for Alan Lumb, though...

Results for the long course on 21/10/89 were:

Brian McQuarrie	15.49	Clay Kesting	15.58
Frank Murray	16.04	Steve White	16.23
Nigel Walton*	16.24	Walter Rolli	16.26
Ian Hood	16.27	Michael Griffith	16.41
Alan Lumb	16.50	Michael Cleary	16.55
David Bullock	17.04	Bruce Vote	17.06
Gavin Clark	17.19	Craig Warner	17.28
Robyn van Nooten	17.49	Horvath*	19.05
Martin Hanley	20.01		

* = non-member

This time, big improvements from McQuarrie, Murray, Bullock and specially from Alan Lumb. Note that Clay has broken the 16 minute barrier. Very nice to see Martin Hanley having a go, too. We still don't know the points score - Bill wants to keep everyone guessing.

THE WIZARD OF ID

by Parker and Hart



HILLCLIMB CHAMPIONSHIP 1989

The 1989 Hillclimb Championship was held on 28 October at Vaucluse. Riders mustered at the top of Hopetoun Avenue and enjoyed the downhill to the start opposite the garage at the Jesmond Avenue corner. There were a few ring-ins but members generally supported the event. Kevin Pascolini turned up on his super duper gold beast for a stir, Steve Turner started but retired hurt after 1 minute 6 seconds. Bill Clements wasn't there this year - he'd sambugged off to Forbes for the weekend. Results as follows:

Mark Bonwick	4.44.29	Matthew Haran*	5.01.03
Vybranek*	5.01.12	Ian Hood	5.10.57
Bruce Lamb	5.14.18	Steve White	5.14.29
Brett Heil	5.15.93	Michael Cleary	5.17.38
Clay Kesting	5.22.38	Frank Murray	5.26.01
Walter Rolli	5.27.56	David Bullock	5.29.62
Kevin Pascoe	5.30.31	Chris White	5.31.43
Craig Bryant*	5.32.04	Kerrie Eaton	6.16.37
Stuart Mirabello	6.18.02	* = non-members	

So, Mark Bonwick successfully defended his title won on the same course last year. Thanks to those members who didn't ride but assisted at the start and in timekeeping etc.

[illegible]

COACHING CLINIC with Peter Watters - ACF Coaching Director.

Training Methods - Most cyclists are aware that the effectiveness of their training is influenced by : 1. How often they train (frequency)

2. How long they train (duration)
3. How hard they train (intensity)

Of the three factors, intensity is the most critical. An effective training program **must** seek to recreate the intensities of

competition for a significant proportion of the time spent on the bike. It seems logical that the cyclists who train to ride at 30km/h will be in big trouble if they have to race at 40km/h. Below is a chart of training methods with increasing intensities and the proportions of your training you should roughly spend at each intensity. It's not easy but it makes better bike riders!

TYPE	DURATION	HEART RATE
Continuous (Long, steady distance) 35 - 60% training volume	30 min - 2 hrs	120 - 170 bpm
Anaerobic Threshold 10 - 20% training volume	20 - 60 min Intervals 5 - 20 min 1:1 rest relief	85 - 92% of max HR
VO2 max 5 - 15% training volume	3 - 10 min interval 2:1 rest relief	95% of max HR
Lactic Acid Tolerance 5 - 15% training volume	1. HIGH: 20sec- 2min 2. LOW: 1:4 work ratio	
Speed 5 - 15% training volume	Max effort up to 15 sec approx 12 efforts	Maximum HR

Commonwealth Games

The programme for the Commonwealth Games in Auckland next January has been announced. Those members who plan to travel to Auckland are advised to make their travel and accommodation arrangements soon.

Both the track, located at Papatoetoe and the Road Course at New Lynn are within 10km of the City Centre

The 13.3km road circuit starts and finishes by the Avondale Race course in Ash St and takes in the full length of both Blockhouse Bay Rd and Godley Rd. The circuit will be closed to all traffic for both road races.

The womens race will cover 5 laps and the men will cover 13 laps.

The course will also be used for this years NZ national championships in September.

The road surface will produce very fast racing, however there are 2 climbs in the course, the first not very steep, but spread over 1km. The second climb up Godley Rd, is a nasty little 750m twisting climb which is sure to snap a few legs after 160km.

CYCLING PROGRAMME

Day 2, Thur Jan 25

11am 100km TTT

Day 4, Sat 27 Jan

7pm 1km TT

10pm Wom's Sprint Qual

Day 5, Sun 28 Jan

11am Sprint Qual

2pm Ind Pursuit Qual

7pm Sprint Qual

10pm Ind Pursuit 1/8

Pointscore Final

Day 6, Mon 29 Jan

11am Sprint 1/4

2pm Ind Pursuit 1/4

7pm Sprint Semi

10pm Ind Pursuit Semi

Women Sprint Final

Day 8, Wed 31 Jan

11am Teams Pursuit Qual

2pm Ind Pursuit Final

5pm Teams Pursuit Semi

10pm Sprint Final

Women Ind Pursuit Semi

Day 9, Thur 1 Feb

5pm Teams Pursuit Final

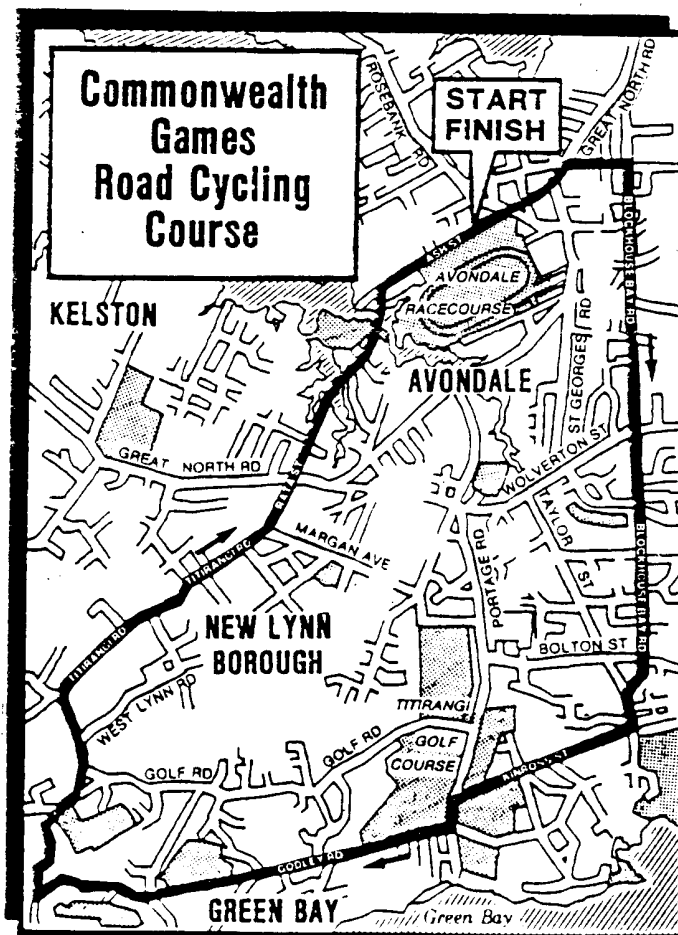
10pm 20km Fm

Women Ind Pursuit Final

Day 11, Sat 3 Feb - Closing Ceremony

8am Women 60km Road Race

12noon Mens 160km Road Race



ROCKLEY A WINNER -- Report

For this year's Rockley Rhapsody, all riders were determined to get an early start from Lithgow (by 10 am at the latest). However, the best laid plans etc...In fact we didn't leave the Pottery until 11 am, after donating two bottles of red wine to the potter, Bob Cunningham, who immediately offered everyone a glass before we left. Riders were Alan Smith, Kerrie Eaton, Clay Kesting, Bob Greig, Walter Rolli, Michael Cleary, Brian McQuarrie, Robyn van Nooten and Mark Bonwick. Walter kindly offered his van as a sagwagon, which was driven by Gwen Chance, Ruth Darling and Janeen Greig.

The day was sunny & clear, although a strong cool westerly was blowing. In spite of the wind, riders made good time to the morning tea stop at Hampton. After a cuppa the group turned west & rode straight into the wind, over a fairly hilly but well-surfaced road to Oberon & lunch at 2.30 pm. The local deli cum cafe had stayed open for us, & coped very well with the ravenous appetites & thirsts. Robyn tried to talk people into chocolate-coated licorice, but not many were convinced.

Ruth, recuperating from her mangled tendon, decided to ride for a while & set off ahead with Bob & Alan. The country between Oberon & Black Springs is over 3500' above sea level; in fact it had snowed there only two weeks before, so as the sun got lower, the wind got colder. Robyn & Kerrie finally opted for the van and some chocolate. Mark all this time had been riding with a backpack containing heavy camera equipment - hanging back to take a photo, then sprinting past the pack to get another of them all panting to the top of a hill. Some people make it look easy.

At Black Springs, while Janeen's back was turned, everyone started riding down the wrong road. The wagon caught them & turned them back, all except Alan "I'll do it my way" Smith who refused point blank to go back, and proceeded to ride 26km of dirt into Rockley. The others went by the 40k route which includes only 3k of dirt. They arrived in Rockley just on dusk, to find A J Smith entertaining the locals in the bar with tales of outsprinting everyone to the line. Rooms were quickly allocated, showers enjoyed and very filling dinners consumed, along with a glass or two of wine. Walter maintained a tradition by treating everyone to a port; at least this time it was from a bottle, not a flagon.

Sunday was a repeat of Saturday, minus the wind. Gwen & Ruth decided to ride from just out of Rockley into Bathurst. We had morning tea in a very nice cafe then rode via Kelso & Brewongle to Tarana Quarry. Lunch was a picnic on the grassy bank of the Fish River: chicken, salad, cheese, fruit etc., & fresh crusty bread baked that morning in Bathurst, followed by cake & tea or coffee. A small part of the dreaded Tarana-Sodwalls road has been resurfaced, and it seemed much easier riding west to east. The big hill down to Lake Lyell has been sealed, & the 4k drag up from the dam was hard, but everyone made it (Walter & Bob had retired earlier in the day).

We were in Lithgow by about 4pm, to a very welcome afternoon tea including Ros Rolli's terrific carrot cake (& another offer of a glass of red from the potter). General opinion seemed to be that the ride was better than Sofala, accommodation was superior (if not as quaint) but the food wasn't as good. Clay set a record with 6 punctures, and once again Mark Bonwick was the Blue Heeler of Dad's Army, rounding up the strays & escorting them back to the bunch. Thanks to Mark and all who took part for a very enjoyable weekend.

MEMBERSHIP LIST @ 31 OCTOBER 1989

Anderson, Spot	7 Birriga Rd Bellevue Hill 2023	30-4336
Beauchamp, John	41 Byron St Coogee 2034	665-4255
Beavis, Don (life)	4 Clarke St Annandale 2038	569-8274
Berveling, Steven	3/22 Hastings Pde North Bondi 2026	30-6522
Black, Russell	154 Carrington Rd Randwick 2031	399-9578
Bonwick, Mark	3/49 McDougall St Kirribilli 2061	955-4401
Bookes, Tony	61 Osborne Rd Lane Cove 2066	427-1771
Briggs, Juel	4 Ferris St Annandale 2038	550-0952
Bullock, David	38 Croydon Rd Croydon 2132	798-3314
Browne, Jack	42 Read St Waverley 2024	387-3412
Carter, Desma & Perc	19 Cook St Woollooware 2230	523-6157
Clarke, Victoria	3/46 Kareela Rd Cremorne Point 2090	909-8120
Clarkson, Greg	92 Wentworth St Randwick 2031	398-7528
Cleary, Michael	8/1 Aston Gdns Bellevue Hill 2023	326-1556
Clements, Bill	26 Napier St Paddington 2021	331-3434
Darling, Ruth	4a Rhodes Ave Naremburn 2065	439-4996
Doldissen, Andy	17 Clements St Five Dock 2046	713-4459
Eaton, Kerrie-Ann	7/52 Cowper St Randwick 2031	399-6935
Freedman, Gerald	P O Box 574 Morley WA 6062	
Frost, Douglas	11/44a Bayswater Rd Kings Cross 2011	356-4509
Greig, Janeen & Robert	4 Holt St Stanmore 2048	569-1736
Griffith, Michael	38 Parkham St Surry Hills 2010	699-9681
Hanley, Martin	19/339 Edgecliff Rd Edgecliff 2027	328-7159
Harold, Peter	36 Bower St Manly 2095	898-6200
Heil, Brett	10/221 Darley Rd Randwick 2031	398-3082
Hood, Ian	16a Robinson St Croydon 2132	745-3858
James, Anton	32 Dalmeny Rd Northbridge 2063	958-1554
Kesting, Clay	5/6 Prince St Randwick 2031	399-5519
Lamb, Bruce	2 John St Glebe 2039	660-3637
Lobban, Marjorie	77 Young St Redfern 2016	699-5081
Lowe, Owen	32 Campbell St Abbotsford 2046	712-1907
Lumb, Alan	27 Albion St Waverley 2024	389-7695
Maestri, Robert	49 Middle Head Rd Mosman 2088	969-2402
Marlow, Matthew	48/50 Willis St Kingsford 2032	399-6423
McNulty, Louise	32 Gipps St Drummoyne 2047	819-7974
McQuarrie, Brian	4a Rhodes Ave Naremburn 2065	439-4996
Meltzer, Mark	Level 18 500 Oxford St Bondi Junct 2022	
Milner, Frank	8 Rockley St Castlecrag 2068	958-6533
Milner, Hugh	12 Godfrey St Artarmon 2064	419-5968
Mirabello, Stuart	25 Yanko Ave Bronte 2024	389-3747
Montesin, Ovidio	92 Perry St Matraville 2036	661-4305
Montesin, Paul	38 Australia Ave Matraville 2036	661-1394
Murray, Francis	58 Beach Rd Bondi 2026	300-9805
Newell, Brian	188 Ewos Pde Cronulla 2230	523-1152
O'Toole, Roy	81 Bunnerong Rd Kingsford 2032	344-5130
Page, Jeff	18/1 Ramu Pl Sylvania Waters 2224	522-6867
Pascoe, Kevin	27/267 Castlereagh St Sydney 2000	283-1473
Pedersen, Rosanna	7/52 Cowper St Randwick 2031	399-6935
Pettigrew, Marilyn	19/89 Mount St Coogee 2034	665-7790
Revell, Alan	56 Wallaroy Rd Woollahra 2025	327-5037
Rolli, Walter	34 Earl St Randwick 2031	399-9991
Sallaway, Murray	157 Gordon St Port Macquarie 2444 (065)	83-2866
Sibilia, Bruno	259 Birrell St Bondi 2026	389-3144
Sigsby, Don	77 Young St Redfern 2016	699-5081
Smith, Alan	11a Rowley St Brighton-le-Sands 2216	59-2455
Smith, Peter	67 Glenmore Rd Paddington 2021	361-5457
Turner, Mark	3 New Jersey Rd Five Dock 2046	713-2240
Turner, Steve	35 Holmwood St Newtown 2042	519-2871
Van Nooten, Robyn	4/58 Golf Ave Mona Vale 2103	99-4186
Vote, Bruce	7 Beulah St Kingsford 2032	344-8156
White, Chris	147 Rainbow St Randwick 2031	398-7773
White, Spencer	10/21 Burlington Rd Homebush 2140	76-0525
White, Steve	2 John St Glebe 2039	660-3637
Wilhelm, Tom	21/30 Blues Point Rd McMahons Pnt 2060	

New Briefs

Now that daylight saving has started, the 6 pm Wednesday ride in Centennial Park is on again.

All refugees from the Tuesday/Thursday mayhem take note!!

ANNUAL GENERAL MEETING: 7 November 1989

Yes, once again the AGM is upon us. As usual, the members of the executive committee are retiring and a new committee will be voted in. Some members are standing again, others are not. It has been suggested that a new position of Club Captain be created to help control behaviour and riding regulations on club rides. This will be voted on at the meeting, as will membership fees for next year. If you want any say in the running of your Club, come to the AGM. Bronte Surf Club, 8 pm.

Sex leads cyclists astray

NOW all you motorists just thought cyclists were a pain in the bumper bar, didn't you. But there will be a few people around town with a healthier respect for bicyclists after they read this.

I know you've never yet met one who keeps to the kerb and never known one who could cycle in a straight line. And I can tell you why.

No wonder they wobble all over the place - they're all thinking about sex. Slippery Sid, my man in Manhattan, reports that a Bicycling Magazine survey has shown cyclists have anything but cycling on their minds when they wheel around the block on their Malvern Stars.

Yes folks, sex has reared its ugly head again. They're all at it.

Proclaiming "Cycling Gets Sexy," the magazine survey says:

- 84 per cent of cyclists think about sex while they are pedalling.
- 68 per cent of women cyclists and 60 per cent of men find cyclists more sexually attractive than pedestrians.
- 28 per cent have met a sex partner through cycling.
- 14 per cent have had sex during a rest stop on a bike ride.

Of course you can do anything you like with surveys, but this one did reveal cyclists are anything but committed to their pastime.



Anyway, in the interests of public safety I thought you should know that the next time you see a cyclist wobbling along the road it might not be that (s)he and the machine are totally uncoordinated.

There's a fair chance it may be that (s)he is anticipating what's to come - or exhausted by what just went.

DAILY TELEGRAPH.

CAR-FREE DAY IN CENTENNIAL PARK

Would all members who enjoyed the car-free day on 22 October please consider writing a letter of thanks to the Minister for the Environment, Mr Tim Moore, at Parliament House, Macquarie Street, Sydney 2000. A copy could be sent to the Centennial Park Trust.

Some club members had a picnic in the Park - others rode on the road with their kids, in safety. No nasty fumes or speeding drivers - unfortunately not as many people as usual, either.

New Zealand Latest

Members interested in the New Zealand trip next year have agreed on an itinerary, vehicle hire and type of accommodation. A meeting was held recently and it was decided that all those going would have to pay deposits by the end of November. Anybody wishing to join the tour after this time may do so but they must arrange their own support vehicle.

Higher Education

The last newsletter mentioned the importance of a well hydrated body. With summer approaching, it is necessary to protect the body from the ravages of the energy sapping heat.

With high temperatures and humidity, it is necessary to increase the fluid intake so as to consume a quarter of a large bidon (approx. 7-8 oz/200ml) once every 15 minutes. Fluids can be water, sports drinks and fruit juices. Each will hydrate the body. Water is best and is absorbed quicker by the body if it is cold. Sports drinks, whilst relatively new and expensive, are the best choice when you wish to drink fluids as well as "food". Many will replace electrolytes lost through sweating. Fruit juices, as well as supplying water, replenish the body with minerals, some electrolytes and energy. The latter can lead to stomach upsets for some people and needs to be tested before relying on this option. Sugar-based drinks (incl. glucose) should be made up of between 3-10% sugar. Whatever you choose, do not wait until you're thirsty - it's then too late to prevent dehydration, let alone loss of performance. If you're trying to hydrate, do not consume caffeine-based drinks or alcohol before or during riding. Carrying one large bidon with cold (ice) water and another with one of the sports drinks available will give protection for at least two hours on a hot, humid day.

To prepare for the ride, the equivalent of two 8oz bidons of water will hydrate you to the point of confidence. Sounds a lot, but the body will expel any excess before riding and once exercise begins, the kidneys virtually shut down.

Dehydration and hyperthermia are serious issues. It is vital that the symptoms be understood and we know how to help our fellow riders when they are in trouble. The first signs of hyperthermia are heat cramp - the cure is fluids and massage. If ignored, heat exhaustion is the next problem, with the addition of fatigue, weakness, headache, profuse sweating and fainting. Stop riding immediately. Rest in a cool area and slowly drink plenty of fluids - ideally cool to cold water. The final stage is heat exhaustion, a potential killer, do as above while waiting for the ambulance^{to} arrive (no joke).

The choice of clothing is important in allowing the body to function efficiently. Choose tops that are light in colour, made of a fabric that wicks perspiration away from the body's surface, fits snugly but not tight. Wear knicks fitted with chamois and cotton absorbant gusset at the front. Choose a design where the seams will not cause heat rashes around the region of the crotch. By washing the clothes after use, the growth of bacteria which cause skin irritations and maybe infections can be prevented. If you ride between 10am and 4pm wear a cap and use a sunscreen to protect exposed skin areas.

Members are strongly urged to familiarize themselves with the symptoms of dehydration. For further details ring the editor.



Tattle Tattle Tattle

QUOTABLE QUOTES

MARTIN HANLEY: (at the T/T 21/10)

Don't forget, I did three laps.

CLAY KESTING: (before the hillclimb)

Of course, the rules say you have to ride it in the big ring.

STUART MIRABELLO: (after the hillclimb)

Wait till I catch that bastard who said you have to ride in the big ring (puff).

OLD FRIENDS

BOB CUNNINGHAM: (the Lithgow Potter)

At a party once, all the grog had run out except some sweet vermouth. Bruce Vote wanted some, but refused to drink it at room temperature. There were no iceblocks left, so in went some frozen peas ...

BRUCE VOTE:

Bob Cunningham is the only bloke I know who has a cask of red stashed behind every chair in the lounge room. That way, wherever he sits, he doesn't have to get up when he wants a glass.

PROVISIONAL CLUB MEMBERS

Gavin Clark,
43/1 Dalley Street,
Bondi Junction 2022

Phone: 387-5747

Sponsor: Greg Clarkson

Craig Warner,
25 Tudor Street,
Surry Hills 2010

Phone: 319-2904

Sponsor: Clay Kesting

While everybody else was having a slack time over the October long weekend, Kerrie Eaton was at the Australian Institute of Sport in Canberra, doing a coaching course run by the Australian Director of Coaching, Peter Watters.

Kerrie is the only member of the club with any qualifications - well done, Kerrie.

Rumour has it that Owen & Josie Lowe are expecting their first child in December.

Frank Milner demonstrating the latest in thief-proof bicycles in Oxford, UK.



CALENDAR OF EVENTS

NOVEMBER

- 4 Time Trial - Centennial Park, 7 am
- 4 Racing: Jacaranda Criteriums, Grafton
- 7 ANNUAL GENERAL MEETING - Bronte Surf Club 8 pm
- 12 Racing: Fisher's Ghost Criterium, Campbelltown
- 18 Time Trial - Centennial Park, 7 am
- 19 CLUB HANDICAP RACE: Yanderra (old Hume Highway)
followed by Annual Picnic at Nepean Dam
- 26 Freewheeling's City to the Gong Ride for MS
- 28 ANNUAL DINNER - Royal Hotel, Randwick, 7.30 for 8

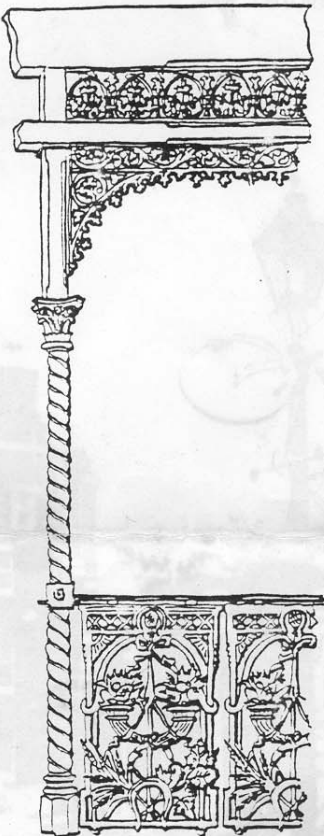
DECEMBER

- 25 Christmas Coast - Centennial Park, 4 pm
(Ocean Street gates)

ANNOUNCEMENT

Don Beavis has arranged our Annual Dinner at the recently restored Royal Hotel, Randwick, which has heritage listing. Dinner will be in the Mews Restaurant, which is licenced.

- DATE: Tuesday 28 November
- PLACE: Royal Hotel, Corner Coogee Bay Road
and Perouse Road, Randwick
- TIME: 7.30 pm for 8 pm dinner
- MENU: Three courses: for example
- Pumpkin Soup or
 - $\frac{1}{2}$ dozen oysters
 - Satays or
 - Barramundi with dill or
 - Veal in cream sauce
 - Black Forest cake etc
- COST: \$20 per head
- GROG: Can be purchased at restaurant
- RSVP: To Brian McQuarrie on 439-4996
by Friday 24th November.



XX

A newsletter is only as good as its contents, so the Editor wishes to thank all those who have made her job easier in the past twelve months by contributing articles, photos, cartoons etc to help her out. Particular thanks goes to Tony Bookes for his continuing series on the "Higher Education" page - thanks also to Ruth Darling, Robyn van Nooten, Frank Milner, Alan Lumb, Jack Browne, Clay Kesting, Michael Griffith, among others. Last but by no means least, special thanks to Tour Secretary Spencer White for his inspired illustrations and the whole concept of the Orchestra de Wheels. Thanks, Maestro.