



NEWSLETTER

FEBRUARY, 1985

Editor: David Stakes
263 Nelson Street
ANNANDALE. 2038

Phone No. 4692-9480

EDITORIAL

A newsletter is only as successful as the information submitted to it for distribution.

If you have something to say or anything you may think of interest to Club members, please forward it to me by the 25th of the month.

Calling on the silent members who are but names on our membership list.

Join in some of our activities, even if it is just to have a cup of tea in Centennial Park on Sunday morning. You don't have to do the 6.30 a.m. sprint to Waterfall and return.

Sydney Cycling Club is a Club for social persons, -tourist riders both serious and not so serious, also the racers among us.

Hope to see some of you soon.

The Editor

David Stakes.

NOW DUE

ANNUAL MEMBERSHIP FEES

One last reminder re. membership fees. Some receipts will not be issued until Alan has returned from his holidays. He has the list of those who have already paid.

NEXT MEETING.....

No arrangements have been made at this stage. You will be advised in due course and in plenty of time.

JANUARY MEETING

Owing to holidays and a general lay-off no Club meeting was held in January.

CHANGE OF ADDRESS OF EDITOR.....

PLEASE NOTE the editor has moved:-

263 Nelson Street
ANNANDALE. 2038

'Phone No. - ~~depends on telecom.~~ 692-9480

I am now the proud owner of a house. Thanks to all those riders who helped me move on the week-end. It is amazing just how much a bike will carry.

Good work Dave. Being a house owner is wonderful and such fun like spending money, mowing lawns, spending money, painting, spending money maintenance etc. etc. and oh! I forgot - spending lots of money!!

from the Hon. Sec.

Charles Fearnley on time and training:

Time is the key

HAVE you ever, during some idle moment, as when waiting "under the clock" for a tardy date or awaiting the arrival of your "Next Please" in the doctor's or dentist's waiting room or in similar seemingly interminable periods of inactivity, concluded that Time is just about the most important thing in, before and after, our lives?

This fact is most obvious, when it comes down to it, in one's training and racing. Take the latter, for instance: Racing results are a list of names and their times. The rider with the shortest time is the one who cops' the kudos, who collects the laurels and/or the jolly. But then he probably spent more time in training than those forming the rest of the list.

Time, we are told, never started and will never stop, even though that's no consolation to us. What is important to us is the use of those intervals of time available to us. In the speedman's case, his setting out his plan; time for sleep, time for ablutions, time for feeding, time for reading, radio and telly — time for training.

Another fact of life is that an athlete, be he cyclist, caber tosser, oarsman, walker, or runner, can, by correct practise, strive only to achieve a maximal percentage of his personal potential. He can never exceed this natural potential no matter what time he sacrifices of his otherwise normal life to attain this optimum. But, of course, as no one knows his limit, one gives more often than not, too much but rarely too little time to that attainment. There we have the whole conception of the word Sport — that gamble of life where the expenditure of time and sweat form the dice and its consequent thrill of uncertainty.

Perhaps in the cycle racing world we have a compensation for this expenditure of time given to training. It is that in the process of training a wheel one travels to and from various places (roadwork I am referring to, of course) since one can select the more pleasant, health giving roads still so readily available in this green and pleasant land of ours.

The very fact of riding fairly fast along such roads combines the time of training with the time for the pastime of touring plus the inclusion of intensity of effort that is health giving in the extreme. In short, a time bonus peculiar to our sport.

I do not know if the ultimate of effort in racing increases the length of life span but I dare state that the average longevity of the racing cyclist probably exceeds that of the non-cycling fraternity. What other sport which demands extreme physical exertion includes an active club for the over-forties? (I refer to the Veteran Time Trials Association)

Coming back to time expended in training for racing, the outstanding exception in my experience was Frank Southall who ruled the roost in the Twenties and much of the Thirties. He followed no training schedule and had no time for touring for touring's sake. But he was a willing slave to competitive riding. This was not confined to organized races or time trials, at which he excelled. But club runs or utility rides were always a matter of competition to him. He was never content to "half-wheel" the rider bold and brave enough to ride alongside him for any time; no, he had to drop them in order to attain satisfaction if not joy. There was this mental elation of time superiority over a rival.

With the Editor's permission I should like to digress here in order to tell you a little story regarding this boyish streak in Frank S. Apart from breaking records for the Hercules firm he was supposed to visit cycle shops, using a roadster cycle complete with three-speed hub gear, roller-lever brakes, Endrick rims, etc. Despite this handicap to speed, Frank could never resist passing a club cyclist who happened to be riding in the same direction. In order to demoralize the clubman, he would overtake pedalling the while with his heels on the pedals and his feet turned out in the "ten-to-two" position. The unwitting clubman, not recognizing who it was, invariably found it beneath his dignity to allow a sit-up-and-beg novice to offer such an insult, so he would thrash the pedals round and Southall would then enjoy himself by 'kicking' whenever the clubman drew nearly level, much to the clubman's dismay. But one day Frank called at my studio and he was fuming. Such language! He told me how some geezer had half-wheeled him. Him, Frank Southall. I succeeded in stifling a grin. . . . The biter bit. The very next day I learned by sheer coincidence that no less a personage than the great Albert Derbyshire, the Calleva Road Club star of that era, had been dogged by some fat, flat-footed chap on a roadster. I, the diplomat, kept mum.

Getting back to time and training, I must reiterate that cycling offers two benefits: The speedman can use his cycle as a vehicle of pleasurable travel on his non-training days. This will prevent him going stale but will maintain a certain amount of stimulus of his specialized speed cycling system. Thus, on these non-speed days he can even develop his senses of reflex action and adroitness of movement, plus the side issues such as systematic breathing, experiment with position of saddle, bars and feet-pedal contact.

The specific speed training times need not be more than three per week or freshness lessens from muscle tissue exhaustion. The mind, which governs one's physical being, objects to too much of a good thing and this is reflected in loss of peak speed

Indeed, cycle history tells us of a few six-day events where the participants rode single-handed — no partners — resulting in some riders going mental. Even with pairs there are neutralized times when those on the track put their feet up (on the handlebars!) and creep round the arena allowing energy to catch up with them in preparation for the explosive speeds they must produce that forms a six-day spectacle worthy of drawing the crowds.

The successful speed rider to-day is usually one who keeps orderly times. By which I mean a daily rota in diary or notebook where the activities of each day is recorded with emphasis on training particulars. Whilst, as I have said, we are all different, perhaps the up and coming youngsters would benefit if a few of the seasoned riders would care to submit some guidance to their personal time-tables, coupled with some particulars of their preparation during the weeks of the winter and the lead-in to next season. Coming from the top it would give the fillip of inspiration to the many who would otherwise jog along in a haphazard hit or miss manner.

In making this request to some of our successful racing men, may I just offer possible respondents to this appeal a couple of hints: The time of one day is 24 hours or 1,440 minutes with the split of a.m. and p.m. at the 12-hour mark or mid-day. Do you find your best training time to be morning or otherwise, or, in some cases, both? Do you adopt a circular route from home and check the time you take to cover it or do you use a straight-out course and proceed outwards for a set length of time before you turn for home? Above all, do you record your training times as a definite lead to your speed fitness, progression being the aim?

Then there are your times of retiring to bed and how much time you sleep per night. How many meal times, for some riders adopt the "three good meals per day" while others prefer "little and often".

Once, with a spot of experiment, you have found your best times for the various functions of life on and off the saddle, then stick to them by — dare I say it — keeping a watch on your time.



A CYCLIST can combine touring with his training, above, a unique bonus of our sport.

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SPORTS

A Storm Over 'Blood Boosting'

When he boasted, a few months before the Los Angeles Olympics, that "We've instilled fresh blood into international racing," Eddy Borysewicz, coach of the U.S. cycling team, may not have been merely using a figure of speech. Just four days before last summer's Olympic Games began, at least three and possibly as many as seven top athletes went to a motel room outside Los Angeles, where, behind drawn curtains, a doctor gave them transfusions of extra blood. The transfusions, the cyclists

dedicate that the resulting extra capacity to capture oxygen improves performance by 5 percent, a startling gain compared to the 2 to 3 percent increase athletes hope for from a full year of training. But the results are controversial. "Other physicians are positive that it does *not* work," says Dickson. And some of the cyclists themselves say they failed to notice a difference.

The addition of too much blood can cause clots and other complications. But when it is performed correctly, boosting carries few risks. The American cyclists, however, apparently decided to enhance their blood after they saw teammate Danny Van Haute, who had blood-boosted on his own, burn up the track in the Olympic trials. (Van Haute denies that he did it again before the Games.) By then it was too late to extract their own blood and still recover in time for the Olympics, so Van Haute's teammates used donor blood instead. This procedure ran the risk of transmitting disease along with the blood; there was also a chance that the recipients would suffer an adverse reaction. This is what happened to at least one of the athletes, Mark Whitehead, who developed a fever and chills.

Silver Medal: The ethical question is the trickiest of all. International Olympic Committee rules ban "any physiological substance taken in abnormal quantity or taken by an abnormal route of entry into the body, with the sole intention of increasing . . . performance." Unlike drugs, however, blood boosting is virtually impossible to detect. As a result, many athletes and coaches regard it as at least technically legal. But others contend that the spirit of the rule was broken. "There is no doubt in my mind that it is cheating," says Gledhill. An official investigating team headed by Dr. Irving Dardik, chairman of the U.S. Olympic Committee's Sports Medicine Council, agrees; Dardik said he is going to recommend to the USOC that action be taken against the coaches and doctors involved.

By all accounts, the athletes themselves were caught in the classic bind between fair play and the desire to win. During training, "Eddy B," a former coach of the Polish national team, reportedly told them that the top Eastern European riders regularly blood-boosted. (Borysewicz declined to answer questions last week.) Small wonder then that a few of the cyclists decided to give it a try. And last week there came a reminder that some athletes take things a lot worse than blood; the Olympic Committee disclosed that 86 American athletes failed USOC drug tests given during the year before the Los Angeles Games.

JOHN CAREY with JEFF B. COPELAND in Denver, MARTIN KASINDORF in Los Angeles and DEBORAH WITHERSPOON in New York



At the Olympics: The racers' edge?

hoped, would increase the oxygen-carrying capacity of their bodies and boost them that final inch toward Olympic gold.

The episode of "blood boosting," recounted by Dr. Thomas Dickson, who witnessed two of the transfusions as a physician for the cycling team, falls into a gray area not specifically addressed by international Olympic rules. But it raises three important questions: Is it safe? Is it ethical? And did it work? Blood boosting operates on the same basic principle as training at high altitudes to increase endurance. About two pints of blood are withdrawn months before an important event and the red blood cells are frozen. The athlete's body replaces the lost blood in five to six weeks. Before the race, the cells are thawed and returned. "We can show unequivocally that it works," says Dr. Norman Gledhill, president of the Sports Medicine Council of Canada and a leading expert on blood boosting.

According to Gledhill, recent studies in-