

JUNE 1989

the SYDNEY CYCLIST

NEWSLETTER OF THE
SYDNEY CYCLING CLUB

SYDNEY CITY CYCLE RACE

003 POSITIONS VACANT General

Barricade erectors
Sandwich makers
Raffle ticket sellers
Road sweepers
Judges
Tent erectors
Cake makers
Barricade attendants
Marshalls
Stall attendants
Ground cleaners
Crowd controllers
Tea & coffee makers
Gatekeepers
Volunteers of all kinds

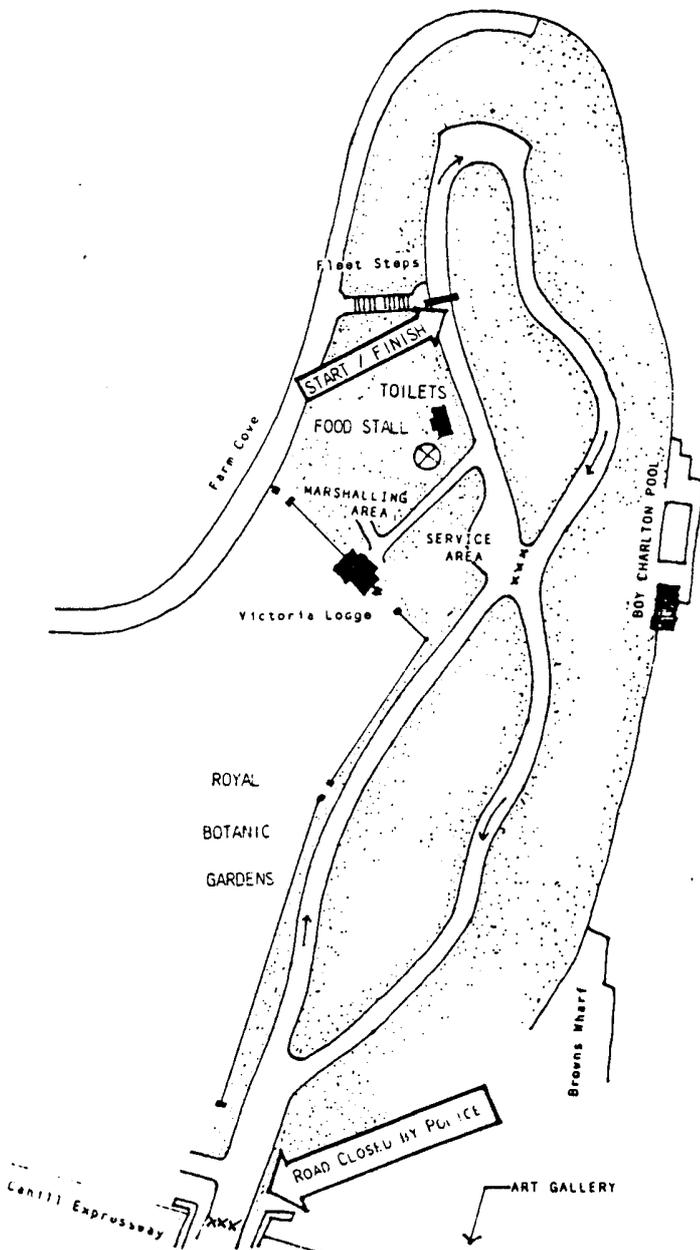
We need all of the above
for duty on Sunday 25 June:

Hours: 5.30 am to 1 pm
Wages: Zilch
Job Satisfaction: ???

Come to the General Meeting
at Bronte Surf Club on
Tuesday 6 June, and volun-
teer/be drafted for one or
more of the above duties.

Those who can't come to the
meeting but can help on the
day, please phone Bob or
Janeen on 569-1736. All
those who can help on the
stall or who can bake a
cake for sale, please phone
Janeen. Any assistance
will be greatly appreciated

PLEASE NOTE: There will be
a picnic for club members,
helpers and their families
after the races are over &
the cleanup is finished.
BYO Food.



RAIN, RAIN, GO AWAY,
COME AGAIN SOME OTHER DAY - anytime except 7 am on Saturdays.

The Club managed to hold a short course time trial on 6/5/89, which was the actual scheduled day! Not only that, the sun was out!!

Brian McQuarrie	11.11.03	Walter Rolli	11.24.97
Wayne Allsop*	11.35.23	Mark Bonwick	11.36.38
Hugh Milner	11.37.03	Bruce Lamb	11.41.43
Bill Clements	11.50.97	Ian Hood	12.03.80
Frank Murray	12.04.02	Ruth Darling	12.04.31
Charlie Topfer	12.04.34	Michael Cleary	12.10.42
Tony Bookes	12.16.25	Frank Milner	12.17.47
Bruce Vote	12.35.47	Emma Saxton	14.53.87

* friend of Charlie Topfer

We were not so lucky on 20/5/89, so the long course time trial was postponed to 27/5. As this day was rained out too, the Race Sec. had only 4 short course times and 1 long course time to take into account when setting handicaps for the ride-off on 3/6/89. At time of writing, rain is forecast for that day, so in the event that it can't be run, we'll try again on 10/6/89.

Club members eligible to ride are:

Louise McNulty	Emma Saxton	Ruth Darling
Frank Murray	Clay Kesting	Mark Bonwick
David Bullock	Kevin Pascoe	Spencer White
Alan Lumb	Steve Turner	Matt Marlow
Ian Hood	Anton James	Bruce Lamb
Bob Greig	Bruce Vote	Greg Clarkson
Bill Clements	Brian McQuarrie	Paul Montesin
Michael Cleary	Steve White	Mark Turner
Hugh Milner	Frank Milner	Jeff Page
Chris White	Walter Rolli	Tony Bookes
Steve Berveling	Brett Heil	

EXECUTIVE MEETING: 10/5/89

Discussion was almost exclusively devoted to criterium arrangements at this meeting. Sponsorship, media coverage and other details were considered, including the Royal Botanic Gardens & Domain Trust's hardened attitude to events being held at this venue. The Gardens suffered major damage from crowds during Bicentennial events last year, so the Trust has advised that the cost of hiring the site has risen from \$200 to \$300, and the bond posted by the Club has risen from \$500 to \$1000. We will lose this deposit if we breach their regulations in any way.

The only other business of the meeting was to confirm Emma Saxton and Marilyn Pettigren as full members.

Highlands fling

REPORT FROM de MAESTRO

Able to leap the highest interest rates
Faster than a Japanese takeover
More powerful than any foul weather ...

The SCC SUPER ORCHESTRA de WHEELS !!!

Oh what a weekend. To all the O de Wheels members who were confined to the Sydney rain on Saturday the 20th May, the Orchestra missed you and we want to see you all next year. You missed a cool but sunny two days of rehearsal in the Southern Highlands. Mille grazie to those great instrumentalists and friends: Kerry-Anne, Clay, Brian, Ruth, Bill, Joy, Walter, Bruce Vote and of course the conductor, i.e. Me!

Saturday 20th: All 4 cars arrived about 10 am at Mittagong Caravan Park. The weather was very cool with drizzle, so we drove to Bowral for lunch. At 1 pm, with clear skies, we rode for 60 km in the halfternoon. We went up the Range Road, turned left into the Tourist Road at Glenquarry, then right into Kirkland Road to East Kangaloon, then back through Bowral to Mittagong. New hills, but still friends. From 5 pm to 7 pm it was tea & jokes until dinner which was in the Old Bank Cafe (in a newly converted historic bank building in Mittagong). We had the manager's room to ourselves, complete with open log fire and generous meals: fettucine & salmon, rack of lamb, steak & salad, vegetable bake. Only Walter felt brave enough for desert - a fruit salad the size of a football, which fed the whole Orchestra.

Sunday 21st: At 9.30 am, in sunny cool weather, Bruce, the Master of many performances, led us off the main roads for a scenic tour through the back of Bowral, then down to Bundanoon via Moss Vale and the Illawarra Highway. In Bundanoon I visited a special friend of mine, Jackie Siren, whom I'd not seen for some time. The visit turned into an open invitation to lunch for all the Orchestra - a surprise feast of soup, salad, cheese and coffee. I will thank her again on behalf of the Club when I visit there in two weeks' time. The music concluded at 4 pm on the dot, we had rehearsed 110 km, having ridden to Tallong and back via Ringwood Road.

Antonio Vivaldi ... what a composer!!**

*Critic's response: "Mona Plisa, do it again!"
Freda Blanco, SMH*

RACING PROGRAM:

The 1989 Road Cycling Program has finally been released in booklet form by the NSW Cycling Federation. Spot the error in the SCC entry:

Sun. 25 Sydney City Criterium Sydney CC	Entries Close: 4.6.89
CRITERIUMS	P.O. Box 2343
Mrs. Macquaries Road, Botanical Gardens	North Parramatta 2151
7.45 a.m. Junior - 1 hour plus 3 laps	
9.00 a.m. Women - 1 hour plus 3 laps	
10.15 a.m. Senior - 2 hours plus 3 laps	
Prizes: \$2500.00	
Information only: Robert Greig (02) 569 1736	
Presentation N.S.W.C.F. Criterium Championship Medals	
Senior/Junior/Veteran1 and Women	

Yes, they've left out the Veterans Race. Bob Greig, as Contact Officer, is looking for volunteers to help man his home phone, if nobody can lend him an answering machine.

Booklets are available from bike shops

Higher Education

Your first fall: you curse the bl*#@#! f*¢%\$@##* idiot in the purple hoonmobile who thinks it's hilarious to run a cyclist into the loose gravel (and down the embankment).

Then the body starts to hurt. You pick yourself up and hurt even more. You straighten the handlebars, look for scratches on the beloved Colnago or whatever, and the pain is still there. Am I a wimp? Why does it hurt so much?

The best thing to do straight after a fall is get back on the bike and start riding.

Psychologically, the big issue is fear. You cannot allow the fear of falling to affect your cycling.

Physically, the longer you are off the bike, the stiffer you will be. The abrasions and cuts will feel too sore for you to move, let alone ride, but it's the best thing to do to stop the affected tissue from stiffening.

As soon as you get the chance, take a warm shower and scrub the abrasions (yes, more pain). It is important for a speedy recovery that the wounds are cleaned as well as possible. Then, paint the areas affected with antiseptic and cover with bandages for 36 to 48 hours dependent on the abrasions.

Most times, these abrasions will occur on the hips, elbows and sometimes the hands if the gloves were not strong enough and were ripped away in the fall. The medical term for these are haematoma bruises, meaning pockets of blood have collected in the area, causing the redness and swelling. This swelling may not be as noticeable as in other parts of the body.

Ice is the immediate answer. This will cool the blood, reduce the swelling and subsequently the pain. Apply the ice for 20 minutes of every hour until permanent relief is felt. One of the reasons cyclists shave their legs (and sometimes arms) is to prevent hair getting matted in the wound. This allows the cleaning to be more effective thus reducing the risk of infection. The sting in the abrasions will last a day or two and the soreness a couple of days.

There are many ways to minimise injuries apart from a good helmet. A strong cycling glove with adequate padding and a T-shirt under the jersey will help significantly.

However, most desirable is not to fall. Keep your eyes on the road - look out for debris, gravel, potholes, railway lines and wet surfaces, and check for decreasing turns where the curve of the road becomes sharper as you go through it. The sooner you see the hazard the better able you will be to negotiate it. When you see danger, stay low on the drops and brake when necessary. When it's wet, reduce your speed even more. Painted roads and manhole covers are very slippery when wet.

Tattle Tattle Tattle

CAREER CHANGES

Juel Briggs has left the laboratory & the surface coatings fumes & smells to become a production manager with CSR at Pymont.

Michaela Evatt has put her industrial design career on the back burner, as they say, and is working for Martin Hanley. She gets time off to train.

Anton James is leaving Oz to work in Germany. He leaves in June. Best wishes, & send us a card.

I got them old kozmic turnin' 40 blues, momma:

Frank Milner is leaving Lend Lease after 12 years; his resignation takes effect on the day he turns 40, in June.

In the meantime, Frank & Susie are having a month's holiday in the UK & Europe.

David Bullock has left Westpac for AMP.

Brian McQuarrie has left Westpac & has set up his own consultancy.

Alan Smith is still at Westpac and isn't sure why.

BASTARD ACT OF THE WEEK:

Bruce Lamb has had not one but two bikes stolen, from the back of his car when it was parked in the street. Missing is his new Stuart with Dura-ace components.

QUOTABLE QUOTES:

FRANK MILNER:

The kids are being looked after by an 18-year-old blonde nanny named Debbie. Debbie is being looked after by Hugh.

BRUCE VOTE: (at the T/T on 6/5)

I think I'll just sit on Brian.

BETTER LATE THAN NEVER

Postcard from David and Fiona Bullock ..

David's new address:

38 Croydon Road, Croydon NSW 2132

Ph: 798-3314

NATADOLA BEACH, FIJI
One of the finest beaches on the south-west coast of Viti Levu.
© James Siers

Hi fellow hysia Chad Clibbery,
Fiona and I are having a great time here in Fiji. This is not a great place to cycle. In fact, most cycles are sad to say, primitive. No Campags: Santos Superbe pro here!

Fiona & I have had a great time just lazing

around, you know eat, sleep, snorkel & swim. Well most change down another day.

love David & Fiona



Stuart City Cruisers

P.O. Box 512

~~Stuart~~ 2021
PADDINGTON.

NSW. AUSTRALIA.



CALENDAR OF EVENTS

- JUNE
- 3/4 Racing: Canberra Two Day
 - 3 *TIME TRIAL HANDICAP CHAMPIONSHIP*
 - 6 General Meeting re Criterium - Bronte S.C.
 - 11 Racing: Blacktown City ACC
 - 18 Racing: Eastern Suburbs ACC + Juvenile Metros
 - 25 Racing: ***SYDNEY CITY CRITERIUMS***
- JULY
- 1 Racing: Sydney Metropolitan Road Championships
 - 2 Racing: Country Road Championships - Calga
 - 4 General Meeting - Bronte Surf Club
 - 8 Racing: Coonabarabran to Gunnedah
 - 9 Racing: Gunnedah to Tamworth
 - 15/16 *SCC LONG TIME TRIAL, Hilltop - either Sat or Sun - details next newsletter.*
 - 15/16 Racing: Mattara Open - Newcastle
 - 22/23 Racing: Penrith Panthers Juvenile Two Day Tour
 - 22/23 Racing: St George ACC proposed Two Day Tour
 - 29 Racing: NSW TEAMS TIME TRIAL CHAMPIONSHIPS - Callala Beach via Nowra
 - 30 Racing: Ken Dinnerville Memorial - Dapto
- AUGUST
- 1 General Meeting - Bronte Surf Club
 - 5 Racing: Veterans Road Championships - Calga
 - 6 Racing: Penrith Panthers CC
 - 6 Racing: Sutherland Juvenile Traders Open
 - 12 *1st Round Spring Season Time Trials - Centennial Park*
 - 12/13 Racing: Central Coast CC - Calga
 - 13 Racing: St George Juvenile & Women's Open
 - 19/20 *TOUR - Hunter Valley Weekend - see next newsletter*
 - 20 Racing: Parramatta/Holroyd ACC
 - 26 *Time Trial - Centennial Park, 7 am*
 - 26 Racing: State Road Championships - Centennial Park Juvenile & Women
 - 27 Racing: State Road Championships - Canberra Juniors & Seniors

STOP PRESS

It rained on 3/6/89 - Time Trial Handicap Championship postponed to 10/6/89, or the first sunny Saturday thereafter, even if it takes till Christmas.