

the Sydney Cyclist

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NEWSLETTER OF THE SYDNEY CYCLISTS' CLUB AND THE SYDNEY CYCLING CLUB

MARCH 1983

AUCTION SALE

THE ANNUAL AUCTION SALE WILL BE HELD THIS SUNDAY, 27 MARCH AT PERC AND DES CARTER'S PLACE - 19 COOK STREET, WOOLLOOWARE.

WE UNDERSTAND THAT ALAN LUMB WILL, ONCE AGAIN, SERVE AS THE AUCTIONEER, AND EXPECT A GREAT SELECTION OF FANTASTIC EQUIPMENT TO BE AVAILABLE AT BARGAIN PRICES.

THE AUCTION AND A BAR-B-QUE WILL FOLLOW THE NORMAL SUNDAY MORNING WATERFALL RIDE. THE RIDE WILL RETURN TO THE CARTER'S PLACE BY WAY OF THE BUNDEENA FERRY.

BRING YOUR SAUSAGES, GROG AND AUCTION ARTICLES.....

AND YOUR MONEY.

WORKSHOP: Fitness Training

THE NEXT CLUB MEETING WILL BE HELD AT PADDINGTON TOWN HALL ON 4 APRIL AT 7:30 P.M., AND WILL TAKE THE FORM OF A WORKSHOP ON FITNESS TRAINING.

PETER FARLEY, PROGRAMME DIRECTOR OF THE N.S.W. SPORTS SCIENCES AND RESEARCH CENTRE AT THE CUMBERLAND COLLEGE OF HEALTH SCIENCES WILL CONDUCT THE WORKSHOP. TOPICS TO BE DISCUSSED WILL BE:

- + TRAINING MORE EFFICIENTLY
- + ORGANISING A TRAINING PROGRAMME
- + ENERGY SYSTEMS
- + FLUID REPLACEMENT
- + PRE-EVENT MEALS
- + GENERAL DISCUSSION

THIS WILL BE A UNIQUE OPPORTUNITY TO GAIN AN INSIGHT INTO THE APPLICATION OF SCIENTIFIC AND PHYSIOLOGICAL PRINCIPLES TO FITNESS TRAINING.

Coming Events

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| 26 MARCH | ANNUAL GENERAL MEETING - N.S.W. AMATEUR CYCLISTS' UNION AT SPORTS HOUSE |
| 27 " | AUCTION SALE |
| 1-4 APRIL | T.O.S.H. : TOUR OF THE SOUTHERN HIGHLANDS |
| 5 " | CLUB MEETING: TRAINING WORKSHOP, 7:30 PM AT PADDINGTON TOWN HALL |
| 17 " | BLACKTOWN CRITERIUMS (FIRST RACE OF THE ROAD SEASON) |
| 30 " | <u>S.C.C. CLUB TOUR - HUNTER VALLEY WEEKEND</u> |
| 1 MAY | NEPEAN OPEN ROAD RACE (N.S.W.A.C.U.) |
| 3 " | <u>CLUB MEETING: AUSTRALIAN CYCLE TRAILS - WARREN SALOMON AT PADDINGTON TOWN HALL</u> |

B.I.N.S.W. RIDES:

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|------------|-----------------------------------------------------------------|
| 9-10 APRIL | KANGAROO VALLEY - CONTACT PEARL STEELE (588-3916) |
| 10 " | OLD BATHURST ROAD HILL CLIMB - CONTACT RUSSELL MOORE (607-8686) |
| 16-17 " | AUDAX: SYDNEY - CANBERRA - SYDNEY |
| 24 " | AUDAX: SYDNEY - WINDSOR - CAMPBELLTOWN - SYDNEY |

NUMEROUS OTHER RIDES, CHECK THE B.I.N.S.W. CALENDAR.....

MARCH CLUB MEETING - A business meeting was held at the Royal Hotel, Randwick on March 1 with several members in attendance.

NEW MEMBERS: Four new members were welcomed to the club:

Allan Griffiths	1/38 Hastings Parade, Bondi	
Peter Lafferty	3/6 Scott Street, Waverley	
Martin Maas	12/178 Oberon Street, Coogee	665-0613
Charles New	20 Prince Street, Randwick	399-3757

NEW T-SHIRTS: A new shipment of T-shirts has arrived, in a broad range of sizes, and are priced at \$8.00 each. These are all-cotton shirts and are of very good quality. They may be purchased from Clay Kesting.

A sample of a shirt with a collar was also obtained, and will be produced at a later date, possibly for next summer. Discussion also took place regarding producing a printed sloppy joe; however, no decision was made.

NOTE: some size 12 + 14 T-shirts in the old style are still available at \$6.00.

N.S.W. SPORTS SCIENCES AND RESEARCH CENTRE: Plans have been made for the visit of racing members to the Assessment Centre on 14 March, starting at 5:00 P.M. Those attending should take their cycling shoes and knicks, and chequebook...

WARREN SALOMON: The Editor of "Freewheeling Magazine" will address the Club at the May meeting. Further details will be announced.

HILLS HUNDRED: The Northern Side Touring Cycle Club will hold its annual attack on the hills of the northern suburbs on Sunday, March 20. Many Club riders plan to participate.

CLUB COMPETITION: Perc Carter will be recording participation in Club events with the intention of providing annual awards for 'most active' members. The awards will be spread over several categories, to cover all levels of membership and participation.

CARNIVALE '83: Discussion centered around the proposed venue. The general consensus was to seek an alternative to the Rocks Area, and the proposed circuit around Hyde Park was considered to be too difficult from the point-of-view of crowd control and marshalling. It was therefore decided to opt for the Mrs. Macquaries' Road circuit, which would only be available on the Saturday, as the "Blessing of the Fleet" took place on the Sunday. The Secretary was to request a change in date with the N.S.W. A.C.U. to Saturday, 17 Sept.

NOUMEA TOUR: Several members have further investigated the possibilities; however, no firm plans have been put forward. Mark Kitteridge is to circulate a questionnaire to interested members regarding their intentions.

BATHURST AREA TOUR: 16 members have indicated that they will participate, and travel plans have been made. Bruce Vote will be contacting all drivers of their passengers.

AUCTION SALE: The annual AUCTION SALE will be held on Sunday, March 27 at Perc and Des Carters.

SHAVING LEGS: Charles New spoke on the benefits of shaving legs, with regards control of disease following injury, and ease of massage. A great amount of discussion followed, and Clay Kesting is to investigate obtaining a bulk order of depilatory cream...

TRIATHLETES :

The Waterfall Ride may now take on a more orderly manner, as those ultra-fit strangers have now put their go-fast Apollos back in their respective garages. Many of the riders causing 'problems' on Sunday mornings turn out to be the ironmen training for the Narrabeen Triathalon. This event, which is comprised of a swim across Narrabeen Lagoon, followed by a cycle ride around the Northern Suburbs and culminating in a run.

Sydney Club members made a very impressive showing, with Bill Roney - just out of corrective surgery - placing sixth (6th) overall, and Frank Brandon placing 18th.

FOR SALE: Allan Griffiths wishes to sell his PERONI (Cinelli) bicycle. It has a Columbus '21 1/2" frame, with Campagnolo and Bura-Ace components. There are also spare tires and clusters. \$400.00 Contact: Dan (Allan is touring in Qld.) on 309-1946.

Heffron Park

Every Saturday of the year (excepting Easter and Christmas) is home of the Randwick-Botany Club's criterium cycle races.

The circuit is 2 km. of corners, concrete, fast straights, undulations, wind and agony; but despite these claims to fame, it is also a very social and competitive environment for a large group of cyclists of all ages, interests and abilities to meet each week.

Recent weeks have seen a good turn out of Sydney Cyclists' Club members, both racing and spectating - as the race results have indicated. The week before last saw Mark Kitteridge take his first win of the year in the 'C' Grade scratch race. Don Sigsby followed up his previous weeks performance with another third placing in the Handicap Event. John Sunde has been a great power winning the 'A' Grade scratch race by a handsome margin, followed with a third placing in last weeks 6 km. Handicap Event as well.

Several other club riders have been active throughout the summer as well.

Heffron Park provides a good base for weekly racing fitness and with a keener interest by other racing and social members alike, the Club can easily command a respectable presence at this venue each week. So, next Saturday if you would like to occupy a couple of worthwhile hours, either on your bike racing or off your bike lending support, come along, we'll be glad to see you there....

We race to train ...

UNION NEWS

The date for the CARNIVALE CRITERIUMS has now been requested for Saturday, 17 September. The venue, as discussed at the last Club Meeting is expected to be the circuit along Mrs. Macquarie's Road in the Domain.

+ The N.S.W. Premierships are restricted to one (1) team per club, per category. It is hoped that the Club will be able to enter a Veteran and a Senior team in this years event. All interested riders should contact David Stakes as soon as possible, so that team training programmes can be outlined.

+ The new 'part sponsorship' rule was passed at the meeting. The rule permits a Club to accept sponsorship of three (3) members or more - in addition to a club's main sponsor, if they have one.

If anyone knows of interested, potential sponsors to assist a group or number of the Club's racing members through the road season, please contact either Clay Kesting, David Stakes or John Sunde.

+ The Annual General Meeting of the N.S.W. Amateur Cyclists' Union will be held at Sports House at 2:00 P.M., Saturday, 26 March. All Affiliated members of the Union are welcome to attend and eligible to vote. It's your Union, so here is your chance to contribute to its future.....

John Sunde, Union Delegate

Your Captain Speaking

As most of our riders have now built-up to a level of riding which will allow them to begin a comprehensive training programme, I include herein some suggestions for training.

PLANNING AND MAKE-UP OF A TRAINING SESSION: The training session forms the smallest planning unit of the whole training process. The sum of the single training sessions makes up the quality of the overall training programme. For this reason you should never train aimlessly, but be aware in every session of what it sets out to achieve and improve.

The individual training session will vary in duration according to the condition of the rider and the aim of the session (basic stamina, specific stamina, strength, speed, speed stamina, or strength stamina). Generally it will last between one and six hours. It is best to split the session into three parts:

- (1.) Preparation (2.) Main Section (3.) Wind-down

You should now be riding between 400 and 500 kilometres per week!

B.A.T. '83: Owen Lowe, our Central Tablelands representative, played host to seventeen members over the weekend at his house in Evans Plains, west of Bathurst. Mark Kitteridge was the first to arrive, having decided to ride up from Sydney. He rode out on Thursday and stayed at the Youth Hostel at Katoomba that night and rode on the next day. Other members arrived at various hours of Friday night, and replenished parched thirsts with ample amounts of the amber fluid. Owen is the reigning darts champion...

Saturday morning tea started with the sparrows, and Hugh Milner and Peter Lafferty were declared to have a tie score in the Snoring Competition. Enthusiasm waxed and waned, but finally the machines were assembled and plans made for marathon rides through the hills southwest of Bathurst. The whole bunch set out together with Blayney as a common destination; however, about five kms out, the 'ironmen' decided that they would push on ahead leaving the ladies (Des Carter, Chris. Flint and Cathy Fry) to set their own pace. This, of course, turned into the classic Hare and Tortoise event, with the ladies arriving in Blayney with the ironmen!

Arriving in Blayney, we discovered that there was a celebration going on, and several riders stayed around to participate in a parade. Aren't we all poseurs ???

The main party carried on to Carcoar, to investigate the historic township. The inspection tended to take all of about five minutes! Then everyone adjourned to the local tea rooms, where copious quantities of tea, scones and jaffles were ordered up.

The Blayney parade group arrived to join the tea party.

Once everyone had finished their morning tea, the lady-in-charge came out to ask if other clubs might be touring in the area. If so, could we mention her tea rooms, as some 'deal' might be arranged. No offer made to us though !!!

Upon leaving the tea rooms - which had a very interesting curio shop attached - we discovered the day was beginning to come to a boil. None of the Sydney wind, just good hot weather.

The 'ironmen' decided to press on into the hills, departing for Mandurama and then eastwards to Neville for lunch. While partaking of lunch at the pub in Neville (stale sandwiches) they heard about another group of 'pushbikies' raising hell in a pub in Blayney.

The other group had cycled back to Blayney to have a 'social drink' in the Clubhouse Hotel, followed by an easy ride back to Evans Plains. The 'ironmen' arrived shortly afterwards and prepared for the forthcoming multi-course Gourmet Meal by getting stuck (once again) into the amber fluid (great for replenishment of vital body salts, ya' know!)

The Grand Banquet went off without a hitch, and the chefs Montesin and Sigsby still speak to each other. Many thanks to Peter Lafferty for cleaning up the mess we made.

Following the rowdiness of Friday night, it was decided to set a curfew of 10:00 P.M. so that everyone would be ready for another ride on Sunday. No worries, by 9:00 everyone was dead to the world. It's amazing what 140 kms. of hot riding, followed by several pale ales does to the constitution. To say nothing of several kgs. of pasta and succulent sauces being tucked away.

The only sounds heard after 9:30 were those of Hugh and Peter warming up for the night's competition. Peter was eventually declared the winner and will sleep outside on all future tours - or bring a muffler.

On Sunday morning, several rides were organised. Jack Browne and Tony Hamrozi rode into Bathurst to inspect the area. The main group set out for Millthorpe, via Bathurst and Cathy Fry did another circuit around Blayney. Christine Flint and Alan Lumb set off for Lithgow, where they stayed overnight and climbed Victoria Pass the next day, before taking the train back to Sydney.

While proceeding along the Mitchell Highway towards Vittoria (not where the racing singles are made !) Paul Montesin had a bit of excitement. His spare tube dropped from under the saddle, jamming between the brakes and rear wheel. Skid, smoke and some excellent bike handling saved the day - as well as - Paul's neck.

We then wheeled into Millthorpe and put away tons of junk food from the only shop open, and proceeded on to Blayney. Fortunately, the Clubhouse was not yet open and we continued on back to Evans Plains.

At this point, the Saturday 'social riders' started to explain how easy this part of the route was. "No hills here, it's a piece of cake" was the observation, although everyone was looking for 19 or 21 teeth. It appears that the 'socials' weren't too observant on Saturday... Sigsby experienced the phenomena of a "speed wobble" while descending at excessive speed, and does not want to ever do it again...

Back to the homestead for a general clean-up and a few departing ales. Machines were dismantled and mounted on the car racks and everyone departed for Sydney. Many, many thanks to Owen Lowe for his hospitality and patience. Will the house ever be the same ? Thus ended the very enjoyable Bathurst Area Tour (B.A.T.) for 1983.....

EAST COAST TOUR: (COMMONWEALTH CLASSIC)

At the February meeting of the Amateur Cyclists' Union, the President Ray Godkin announced that the Union would not be able to organise the East Coast Tour this year, because of other time commitments. He further stated that if some other interested party could satisfy the Union's conditions, the Tour could go ahead; otherwise it would be removed from the calendar.

It is with great relief that we hear that Phil Bates (last years orgainser) has formed a group to run the event this year, and preliminary assurances have been given to the Union for proper running of the event. Apparently there is very good interest in sponsorship for this major racing event, which is on the International Calendar.



SEE YOU AT THE

AUCTION SALE, BRING YOUR GOODIES.....