

JULY/AUGUST 1989



the SYDNEY CYCLIST

NEWSLETTER OF THE
SYDNEY CYCLING CLUB

AND NOW A WORD FROM OUR SPONSORS:



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MAVIC

FOLLOWED BY A WORD OR TWO FROM US: THANK YOU !!

ALBION PARK RIDE
ON 20 AUGUST -
Details on pages 6/7

CLUB MEETING & DINNER
ON 8 AUGUST -
Details on last page

The Race of Truth: SCC HANDICAP CLUB RACE

This inaugural running of this event was held at the famous Yanderra Circuit south of Sydney on Sunday 16 July. Sixteen riders faced the starter at the start/finish line at Alpine for the journey of 51 kms over a course that rolls gently downhill for the first half to Tahmoor before rising through a series of climbs to Hill Top and finally to the finish at Alpine. In all an excellent course for such an event with something in it for everyone.

The handicapping made for an interesting outcome with the middle group of riders namely B Clements, M Cleary, R Darling, C Kesting and B Vote together with D Bullock who was off 23 minutes teaming up at about the half way mark. This bunch stayed together till the finish and by working together they insured that the back markers were unable to catch them. A bunch sprint by these six riders for the finish saw Ruth Darling take out first place with a well timed burst up the outside on a rather difficult long uphill finish followed closely by M Cleary, B Clements, C Kesting, B Vote and D Bullock. The back markers were unable to make much impact on this bunch although scratch man B McQuarrie recorded the fastest time by almost 6 minutes with a time of 1.29.08 (ho hum).

There was unanimous approval of the event from all concerned and it was agreed that some fair dinkum club racing should be held more regularly. With this in mind a group handicap race may be organised for the same course later this year.

Full race results are as follows:-

	Handicap	Place	Time
W Fair	30 Min	15	--
R Greig	25	12	1hr.57m.51s
P Smith	24	14	1.58.41
D Bullock	23	6	1.46.07
K Eaton	21	11	1.53.34
A Smith	19	Withdrawn	after fall
K Pascoe	16	9	1.45.47
B Clements	14	3	1.37.07
M Cleary	13m 30s	2	1.36.37
R Darling	13	1	1.36.07
C Kesting	12m 30s	4	1.35.37
B Vote	12	5	1.35.07
B Heil	10	10	1.40:51
M Griffith	8	7	1.35.02
W Rolli	4	13	1.37.05
B McQuarrie	0	8	1.29.08

SYDNEY CITY CRITERIUM

As Pete Smith will confirm, the rain started on 26 December 1988, the commencement of the Golden (some say greying) Oldies' training program. It seems that it really didn't stop for the next six months (unlike the training sessions).

Despite some admin. problems and a real concern whether the "Big Wet" would make the circuit surrounds unuseable, all arrangements were duly completed by 11.30 pm on the Friday before the race. The wine & pizza made a good program, courtesy of Canberra Press.

At 5 am on 25 June it was clear that Someone had taken pity on riders, organisers and spectators and provided us with yet another fine, albeit cold, day. Even Michael's late arrival with Monte's trailer of goodies was not enough to dampen the enthusiasm of the workers and apart from a few uncharacteristic adjectives dropped by yours truly the events started without much drama. Due to a couple of falls the services of Dr Lourdes St George were required but nothing too serious, it seems although one rider went to hospital as a precaution.

At the end of the day success can only be measured by the enjoyment derived by those involved. From comments passed by Federation officials, riders & spectators, this year's criterium was a resounding success. It was particularly interesting to note the support the Club received from the Federation once it was realised that breaches of the Trust's regulations could lead to the loss of the circuit. When writing to the Trust to thank them for their assistance I will make mention of the sanction provided by the Federation which I am sure will be helpful in securing the site for future events. The Trust was very pleased with the way we handled things and had no hesitation in refunding our bond of \$1,000.

To all those who attended and gave assistance be it minding a gate or determining places at the finish, I extend both my and the race committee's thanks. It would be remiss of me not to thank some individuals, particularly Peter Smith for printing, pizza & plonk, Alan (moving marshall) Lumb, Kerrie, Clay & Douglas for running the "numbers", the stall helpers including all those who prepared food for sale, super salesgirls Karen & Melissa, whose contributions are seen in the profit from the stall, and David "Speilberg" Bullock for his work with SBS. Commiserations to Bill Clements who worked so hard only to be sidelined on race day with food poisoning.

For those who don't already know, the stall made a profit of \$881, an increase of \$200 on last year. These moneys, together with the entry fees and after deduction of expenses, will be put towards buying extra jerseys and training jackets, and other club expenses.

Finally, on behalf of the Club, I extend to the Sponsors (see front page) my appreciation and thanks for their involvement. The response given at short notice was exceptional, and it was this involvement that made the day possible. In part repayment for their contribution I urge all members to support our sponsors throughout the year in all possible ways. If you know someone who is after parts, gear or a new bike, rather than just saying "go to a bike shop", tell them which ones and what to buy. It's up to each member to support those who have supported the Club so generously.

Bob Greig.

MEETING REPORTS

General Meeting 6/6/89: This meeting was very well attended: 25 members turned up to discuss final details re the criterium, & to be allocated tasks for the big day. The meeting also decided on the format for the Club Handicap Race to be run on Sunday 16 July on the Picton/Mittagong Loop Road course. Michael Griffith volunteered to do the organising.

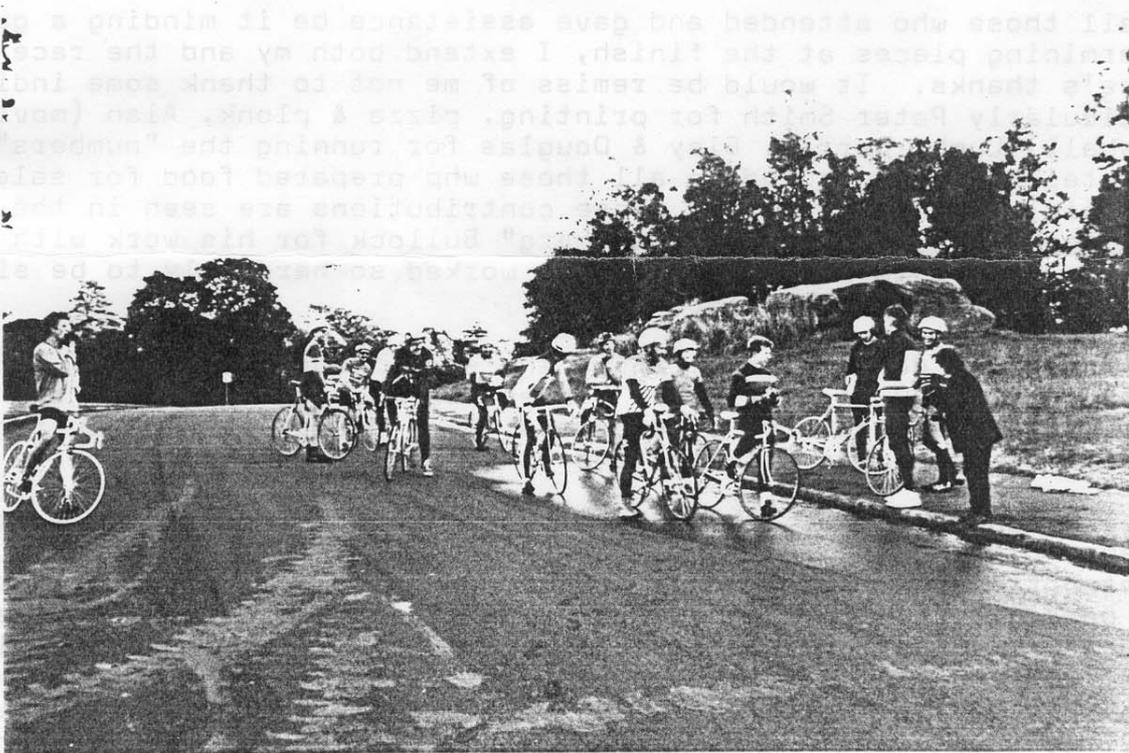
Executive Meeting 14/6/89: Final arrangements for the criterium were discussed and sponsorship details confirmed. The only other business was the acceptance of a new member:

JOHN "SPOT" ANDERSON,
9 Birriga Road,
Bellevue Hill, NSW 2023
Phone: 30-4336

It was also decided that for the rest of 1989 Executive Meetings will be held at 6.30 pm on the 1st Tuesday of each month, prior to the General Meeting at 7.30.

Executive Meeting 4/7/89: The Executive decided that the next meeting would be on 8 August rather than 1 August, and would be in the form of a dinner at the White Horse Hotel, Surry Hills. Ruth Darling's proposal to award points for the spring time trials was received, and agreed to in principle. The format is to be finalised before the first time trial on 12 August 1989.

General Meeting 4/7/89: Owing to Executive Members' slowness in ordering pizzas from Roberto, & therefore not having dinner till nearly 7.30, Brian, Bill, Bob & Janeen didn't get to Bronte S.C. until just after 8.00 where we were told that the three members who turned up for the meeting had gone home already. Our humble apologies, next time we'll order our dinner before we start talking.



Riders lining up for the start
of the Time Trial Handicap Final
on 10 June 1989.

TIME TRIAL HANDICAP FINAL

The autumn time trial season came to an end with the running of the handicap final on Saturday 10 June, a lovely sunny morning which was very welcome after all the rain (remember the rain?). Out of 32 eligible riders, 12 turned up, so there was no need to run two heats. Competitors and starting handicaps were as follows:

00.00	Walter Rolli, Brian McQuarrie
00.15	Mark Bonwick
00.30	Steve White, Bruce Lamb
00.45	Ruth Darling, Frank Murray, Bill Clements, Tony Bookes
01.00	Michael Cleary
01.15	David Bullock
01.45	Bruce Vote

At the end of the first lap Bruce Vote was going very well and still had a handy lead. The general opinion among the time keepers, handlers and spectators was that as the later starters caught people in front and bunches formed, they'd gradually catch him. When the riders appeared near the end of lap two, however, Bruce was still in front but the next riders were closing fast.

On the line, Bruce held on to win by 3 seconds from a bunch of three followed 2 seconds later by a large bunch of two. They finished in this order:

Bruce Vote	12.38
Steve White, Bruce Lamb, Brian McQuarrie	12.41
Mark Bonwick, Bill Clements	12.43

CONGRATULATIONS, BRUCE!!! Well ridden. Best time of the day was Brian McQuarrie, who rode 10.56.

SPRING SEASON TIME TRIAL SERIES

The first of the spring season time trials will be held in Centennial Park on Saturday 12 August 1989, over the short course. Starting time is 7 am. Races will be held fortnightly, with long and short courses alternating, until the end of November. Riders are restricted to standard bikes as defined by the Federation. If it rains, racing is postponed until the following Saturday.

The Executive has received a proposal that points from 10 to 1 be awarded to riders who exceed their given handicap time by the greatest margin. The points aggregate at the end of the season will determine the club champions. This proposal will be debated at the next club general meeting on 8 August, so if you want some input; please turn up. The meeting is in the form of a dinner at the White Horse Hotel in Crown Street, Surry Hills, at 7.30 pm. Just turn up, no booking required.

PLEASE NOTE: The long course time trial scheduled for 26 August clashes with the NSWCF State Road Championships. This time trial will be held a week early on 19 August instead.

Woke up this mornin'
God it was dark!
rode ma bike
To Albion Park
... Oh Baby...



FREE

PRIVATE TUITION

4. LEAD AND SOLO GUITAR

for all members of the S.S.C. O de Wheels who
rehearse the

ONE DAY TOUR • SUN 20 AUG

5TH 0 de WHEELS REHEARSAL FOR 1989:

The SCC Orchestra is letting its hair down! No major works on this tour --- just a repeat performance of an old blues favourite:

"My baby done me wrong in Albion Park"

by that old smokin' gun, Blind "Lumpy" Lorenzo.

A competition for the best blues lyric on the day will entitle the winner to a free 6-pack of his or her own choice (that's beer, not Bollinger).

Rhondo-vous: Central Station, country trains, opposite the video screens, at 6.45 am on Sunday 20 August. Train to Penrith departs 7.15 am, arrives Penrith 8.02. Give yourself time to buy a bike ticket. We aim to leave Penrith by 8.15 am.

Route: Through Mulgoa & Wallacia to morning tea at The Oaks, then to Thirlmere & Mittagong via Hilltop. Lunch at Mittagong, then to Albion Park via Range Road, the Tourist Road and Macquarie Pass. ETA Albion Park Rail at 3.30 pm. Train departs at 3.42, gets to Sydney at 5.34 pm.

Distance: Approximately 170 km. Map details given on the day. A sagwagon will be provided.

Contact: If you intend to ride, please contact the Maestro, Spencer White, on 76-0525.

MILLE GRAZIE!

LETTER FROM ROSEMARIE PEERENBOOM

30/5/89

Dear Juel,

As you know from my spasmodic postcards, when I left Austria I headed to Hungary & Jugoslavia, both surprisingly "uncommunistic". At the moment I'm in Turkey, - have just spent a week in Istanbul, a wonderful historic city with spectacular churches, mosques and palaces filled with priceless objects d'art & jewels. Never have I seen so many diamonds, emeralds, pearls, gold & silver. These sultans really knew how to live! My favourite building is Sancta Sophia, built by the Emperor Justinian when Istanbul was the capital of the Byzantine Empire. It was considered the greatest church in the world until St Peters was built in Rome. Later, under the Ottoman Turks, it became a mosque. So the building was a church for 1000 years, a mosque for 500 years and is now a museum.

I'm writing from a boat on the Black Sea, heading east. From eastern Turkey I head south to Syria & Jordan, maybe Israel, then back to Turkey for a week or two relaxing in a quiet little village on the Med, then Holland-bound in August. I plan to stop in Jugoslavia to see some friends, then to Hungary for some shopping - it's just sooo cheap, on my way back to Holland. I hope all is well, Love & best wishes,

Rosemarie.

Higher Education

For a sport where the benefits of stretching would appear to be obvious, it is surprising to see how many cyclists do not include it in their training regime. Whether your cycling is for pleasure or you're training for a specific goal, stretching will assist in a number of ways.

Before you commence a ride, stretching will assist in the warm up process. As well, it gives the muscles a chance to extend and contract under controlled conditions i.e. no external load. The resulting flexibility and suppleness will allow the muscles to respond quicker to load demands with a greatly reduced risk of injury. The amount of time required for stretching before a ride can be as little as 5 minutes.

The main areas that need attention are the quads, calves, knees and, often, hamstrings. Occasionally, some cyclists need to include hips, groin and ankles where there has been an injury or weakness for whatever reason. Ankles and knees can also require attention when cleats/shoes have not been set up correctly.

Stretching after a ride is as important as before but for different reasons. With the body having been in one basic position for an extended period of time (hours), many muscles will have become very stiff and tight. But a stretching regime after riding will minimise the severity of the discomfort. Like prior to the ride, stretching afterwards, also, will significantly reduce the risk of injury.

Whilst stretching immediately, before and after, is important it is also valuable to have short (10 minutes) sessions on an, at least, daily basis. Regular stretching will further build an overall supple and "loose" muscle structure. The result will provide greater immunity to injury and facilitate availability of maximum muscle strength, earlier.

Also, stretching will assist greatly when recovering from injuries (crash). Apart from removing the stiffness that comes with injury, stretching will play a significant role in the healing of the damaged tissue and reduce the incidence of scarring of the tissue. A regular stretching regime will assist in reducing the presence of muscle tissue scars sustained from previous injuries.

Regardless of the regime you pursue, the important aspects of stretching are to slowly extend to almost the limit of the muscle, then hold that extension and followed by a release, slowly. Stretching at least once a day, as well as before and after the ride, will result in more flexible muscles, less body movement whilst on the bike and contribute to a more efficient use of the available energy.

Further information and photographs of relevant stretching exercises are available from the editor.

TATTLE·TATTLE
·TATTLE
·TATTLE

QUOTABLE QUOTES

PAUL MONTESIN: (leading on the way
back from Waterfall)

I can't keep it up!

BOB GREIG: (hanging on at the back)

I can't GET it up.

STEVE TURNER: (At Coluzzi's)

Baaa!

JEFF PAGE:

Stop trying to seduce me.

BRUCE VOTE: (Before start of T/T Final)

*I'll just explain the rules - when you
pass me you have to slow down a little.*

At the General Meeting on 6/6/89:

BRUCE VOTE:

*Ron Peek's dias isn't very bulky - it all
folds inside itself until it vanishes up
its own fundamental.*

CLAY KESTING:

*Then why doesn't he put it in an envelope
and post it to us?*

ALAN LUMB:

*What's the difference between a video of
Paris-Roubaix & a porn movie?*

*One knackers your tyres and the other
tyres your knackers.*

Alan Smith used a couple of
bandaids etc. out of the first
aid kit when he came off during
the club handicap race on 16/6.
He subsequently replenished the
kit with as many bandages as
could normally be used in a
quadruple by-pass operation.
Thanks, Alan.

STEVE T: (looking at Bruce Vote's
new multicoloured booties)

*You look like a refugee from the
test pattern.*

NEW ADDRESS:

Helen Marcus,
13/31 Barlow Street,
Scullin ACT 2614

Ph: (062) 546025

Agony of long-distance cyclist

AN UNEXPECTED effect of
long-distance cycle racing ren-
dered a 27-year-old man almost
impotent for five months because
of pressure from the hard narrow
saddle of his bicycle.

The cyclist, who was in good
health, was not used to riding
more than a few kilometres at a
time and had enjoyed a normal
sex life before taking part in a
two-day 109km race, say doctors
in the current edition of the *British Medical Journal*.

They warn that the problem
may be more common among
long-distance cyclists than gener-
ally acknowledged.

After 32 kilometres the patient
was forced to stop because of se-
vere pain and an urgent need to

By Celia Hall
Health Reporter

urinate when, the doctors write,
he noticed "that his penis was
completely shrivelled and had lost
all sensation".

The immediate pain subsided,
he carried on cycling and finished
the race despite recurrent pains
and frequent stops. After the race
he suffered loss of erections for
three weeks but by the time he
was seen by the doctors at South-
mead Hospital, Bristol, five mon-
ths later, sexual function was par-
tially restored.

Mr John Gingell, consultant,
and Dr Kanaiyalal Desai, senior
registrar of the department of

urology, write that they know of
one other case of temporary sex-
ual dysfunction after prolonged
cycling.

"By the time he was seen at our
clinic his (the first patient's) erec-
tions had gradually improved but
were only briefly sustained. He
also complained of impaired pe-
nile sensation, though this too
had partially recovered. Orgasmic
sensation were allegedly normal."

The complications were proba-
bly due to nerves compressed by
the hard narrow saddle, they sug-
gest, and "short-term erectile im-
potence may be much more com-
mon in long distance cycling than
is recognised".

After three months, the cyclist
had recovered fully.

ANYONE WHO WANTS TO KNOW
HOW CLAMS MAKE LOVE,
ASK ALAN SMITH.

CALENDAR OF EVENTS

- JULY
- 29 Racing: NSW TEAMS TIME TRIAL CHAMPIONSHIPS - Calga Course
- 30 Racing: Ken Dinnerville Memorial - Dapto
- AUGUST
- 5 Racing: Veterans Road Championships - Calga
- 8 GENERAL MEETING & DINNER - White Horse Hotel, Crown Street, Surry Hills, 7.30 pm
- 12 *1st round Spring Season Time Trials - Centennial Park, 7 am.*
- 12/13 Racing: Central Coast CC - Calga
- 19 *Time Trial - Centennial Park, 7 am.*
- 20 TOUR - 170 km to Albion Park - Central Stn. 6.45 am
- 26 Racing: NSW State Road Championships - Juvenile and Women - Centennial Park
- 27 Racing: NSW State Road Championships - Juniors and Seniors - Canberra
- SEPTEMBER
- 2 Racing: Muswellbrook to Tamworth
- 5 General Meeting - Bronte Surf Club 7.30 - VIDEOS
- 9 *Time Trial - Centennial Park 7 am.*
- 10 Racing: Goulburn to Liverpool + NSWCF Criteriums
- 10/15 Racing: Aust. Veterans Road Championships
- 17 TOUR - one day to Wyong via Wiseman's Ferry 180 km
- 16/20 Racing: Aust. Road Championships - Canberra
- 23 *Time Trial - Centennial Park, 7 am.*
- OCTOBER
- 3 General Meeting - Bronte Surf Club 7.30
- 7 *Time Trial - Centennial Park, 7 am.*
- 7 Racing: Grafton to Inverell.
- 14/15 TOUR - Weekend tour to Rockley or Sofala
- 15/22 Racing: Commonwealth Cycle Classic
- 21 *Time Trial - Centennial Park 7 am.*

ANNOUNCEMENT

CLUB DINNER

TUESDAY 8 AUGUST

WHITE HORSE HOTEL
381 CROWN STREET
SURRY HILLS

7.30 PM - JUST TURN UP

BUY BOOZE FROM THE BAR