

APRIL 1988

the SYDNEY CYCLIST

Newsletter of the Sydney Cycling Club and the Sydney Cyclist's Club

West Head Ride - April 25

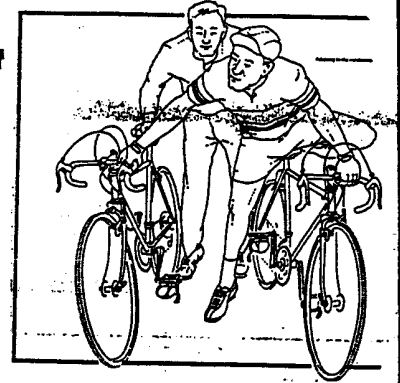
Sunday, April 25 has been scheduled as a 'Club Jersey Ride' to make our colours seen as part of a formal training session. Riders wishing to participate should meet at the Centennial Park kiosk for departure at 6:15am. The ride will proceed across the Harbour Bridge, to the Spit and Frenchs Forest and into Kuringai Chase NP. There will be a rest stop at Akuna Bay, prior to riding out to West Head, then back to the city via Mona Vale and Manly Vale. Shorter circuits can be arranged if riders wish to be part of the main bunch at the beginning of the ride...

VIDEOS

April Meeting..

The next General Meeting of the Club is scheduled to be held on 5 April, beginning at 8:00pm. It will be held at the residence of Janine and Bob Greig, and will consist of a brief business meeting at which progress with the Club's incorporation will be discussed. Following the business meeting, there will be showings of some cycling videos, including coverage of the 1987 TOUR DE FRANCE

■ GREIG'S 4 HOLT ST STANMORE ■



SOUTHERN HIGHLAND FLING

It is proposed to have a weekend in the Highlands in late May (possibly 21-22) as a family function. Arrangements are being made to try to make a block booking at some resort as has been done in the past at the Bundanoon Hotel, etc.

The intention is to have a weekend which would allow cycling to the resort, around the Highlands, and possibly riding back to Sydney - any or all options to cater for those participating. In addition, arrangements can be made for tennis, golf, bushwalking or other activities (drinking???) to be available.

As soon as a block booking is arranged at some venue, members will be canvassed for their intended participation. It is anticipated that space will be limited and bookings will require a deposit, and must be firm.

Mark this weekend, as it is certain to be a very pleasant experience...

Missing videos ???

Bruce Vote very graciously loaned his collection of KELLOGGS CRITERIUM videos to someone last year.

Unfortunately, he cannot recall who it was... It would be greatly appreciated if that person, or anyone else recalling the deed get in touch with Bruce for return of these tapes.....

CRITERIUMS

A look at the Club Calendar (back page) will jog the memory of our competition riders. The Criterium (road) season has begun. Members wishing to compete should get in contact with Bruce Vote to arrange for their race entries - entry fees must be paid at a prescribed place and date - and support in their competition endeavours.

Freewheelin'

MEMBERSHIP

The Committee was pleased to invite **Bruce Lamb** to become a full member at its last meeting.

Robert Maestri, 49 Middle Head Road, Mosman 2088 (969-2402) has recently become a Probationary Member.

RESIGNATION

Due to increasing work commitments, **Steve Turner** has had to resign from his position as Race Secretary, and as the organiser of the fortnightly Time Trials. I'm sure all members will miss his valuable contributions in these areas; and look forward to his continued participation in other activities. I sure hope he will find time to continue the "Short Black" column...

MISSING MEMBERS

Looking through the current membership list, one wonders what has become of certain riders who were active in past years. Our resident playboy, **Mark Meltzer** hasn't been seen around lately, but then I don't frequent Rogues, etc... Has **Homer** halted **Meryl's** riding??? **Gary O'Sullivan** wasn't seen at Kangaroo Valley, in spite of registering for the weekend.

RE-VITALISATION

At the same time, we have seen some longstanding members become active once again. **Don Beavis** has returned to Sydney and joins the bunch in Centennial Park on most Sundays. **Perc** and **Desma Carter** have returned to riding, with both participating in the Kangaroo Valley weekend. Their jeep is sure handy for getting home from the pub! **Gilbert Droz** - a founding member - continues to ride, including Audax events. He was recently seen directing one of the increasing number of ads being filmed in Centennial Park.

FAMILY PARTICIPATION

It was very pleasing to see extended family participation at the recent Kangaroo Valley weekend. This event provided an ideal opportunity for many of the children to ride and have an enjoyable time. The Milner girls were heard asking about next year's event... The single lads and lasses should be truly thankful for the endeavours of certain wives... **Janine**, **Carmel** and others really pitched in to provide great catering for the riders.

SAG WAGGONS

Over the years several members have allowed their private motor vehicles to be regularly overloaded, and muddled in serving as sagwaggon for Club events and race support transport. In addition to the boredom imposed upon the drivers, there is a substantial amount of wear and tear on the vehicles. Recent discussions have lead the Committee to consider purchase of a box trailer to carry gear on these events; a rack could be constructed to allow bikes, wheels, etc to be carried on top of the trailer. When not being used for Club activities, this trailer might be available for members use, as well. Give it some thought, and let the President know your feelings....

AUCTION SALE

In past years, the Club has had an auction sale to allow its members to pass along well-loved, but unneeded equipment and earn the Club some money. It's proposed to have such an event again this year. There has been some thought about opening the sale to a larger audience and charging an entry fee (bid card). If properly organised, this might be a good source of income for the Club, while allowing members to clear out their old wheels, jerseys, etc. Your opinions to the Committee.....

Video Night: 5 April @ 8:00

KVT - Triple Mtn Attack

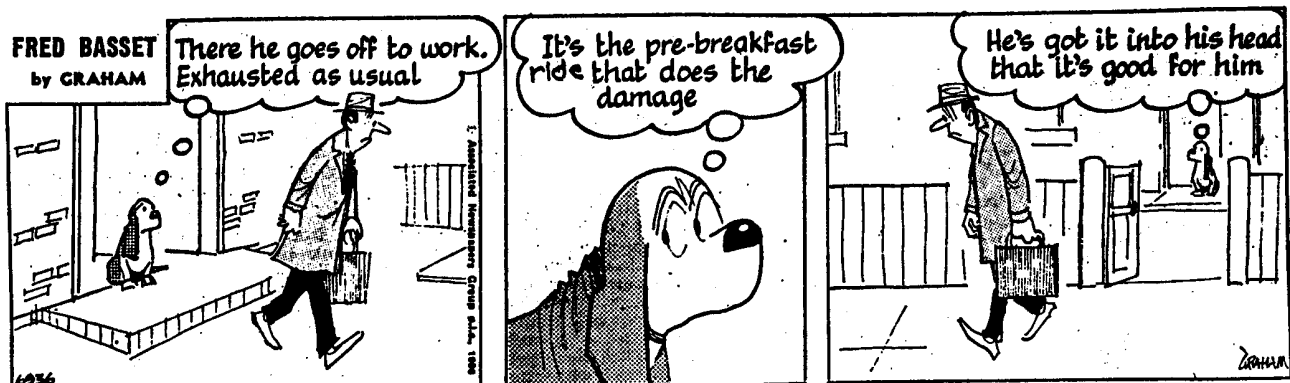
The ABC weather advised a 'fair and warm' weekend, and listeners received a qualified reassurance early on Saturday morning stating that "when the coastal showers clear, the day will be sunny and warm..." It was a rather sodden group that congregated at Central Station for the train rides to Penrith, Campbelltown and Mittagong; however, all riders maintained some optimism. Bruce Vote shepherded all into their correct carriages and the weekend was underway. 'Coastal showers' had nearly cleared when Bob Greig, Marjorie Lobban and I arrived at Campbelltown and just as we saddled up, the Southern Flyer rattled past with Hugh and Frank Milner and 3 daughters on their way to Mittagong. We chose Campbelltown because it was 'easier' but forgot about the climb over the Dividing Range at Maldon, or about Catherine Hill! Janine Greig with a heavily laden sag waggon was waiting for us at Picton with the largest Lamingtons in captivity... Meanwhile, the main group set out from Penrith in misty weather for The Oaks, and morning tea at Thirlmere, then on to lunch at Balaclava. Rosemarie was flustered to a surprise, when the group vacated at a rest stop and she tried a new route, which proved unsuccessful. The C'town riders arrived at lunch about an hour before the others and dined in a relaxed atmosphere. All in all lunch took about 2.5 hours...

Sam Griffith joined the now combined groups, and rode up to the Range Road hills. We were all overtaken by a local in elastic sided boots on his Malvern Star!!! The weather stayed clear, but overcast as we wended our way through the beautiful countryside on our way to Fitzroy Falls and the descent of Barrangarry Mtn and into the Valley. The Milners devised a system of Ockey straps to keep the girls from descending too quickly!!!

Swimming, showers and a search for the Bar-B-Q, while Janine and Bob, and Carmel Griffith prepared a sumptuous meal for the troops. A quick trip to the Valley pub to discover Alan Lumb, Brian MacQuarrie and others replenishing their electrolyte supplies. The talk had begun about Sunday's King of the Mountain.... Back to the park and a great BBQ with beautiful rump steak and snags, salads and desserts. Walter Rolli demonstrated his prowess at dishwashing while a few other slackers passed comments.

Sunday morning saw machines being readied for the assault of three mountain passes. The Milner clan were about to attack Bellawongarah Mtn, Marjorie and Don back up Barrangarry and the 'bunch' were facing Camberwarra Mtn. There were rumors of a three Queen O Mtn crown, but it was not to be as Brian MacQuarrie defended his title from the previous year on Camberwarra; while Marjorie was the Queen of Barrangarry. The ride along Seven Mile Beach was rather brisk and Juel Briggs attempted to register this fact with no avail. Michael joined his family in the VW at the Kiama lunch stop, while others went on to the train at the 'Gong. The Milners trained from Berry, and Marjorie and I rode to Sutton Forest for lunch at The Bistro before catching the train from Bowral.

A great event, with everyone looking forward to 1989.



CYCLING IN NORTHERN VICTORIA

Rosmarie and I arrived at Albury on Saturday, 9 Jan at 7am and all rearing to go. After a nutritious breakfast at MacDonalds we set out to circumnavigate Lake Hume. After a long day of riding in the blistering heat we arrived exhausted at Wodonga. The next morning we departed early to avoid 40+ temperatures and headed towards Rutherglen and the wineries. Several interesting stops at a number of wineries proved in good taste and late in the afternoon we could be seen to wobble down the road towards Albury. That evening we rendezvoused with the rest of our group and camped on the top of a hill, at a friend's farm 12km from Albury.

Next morning a criterium was held to Yackandandah and Dederang. Rosemarie was seen sprinting to the finish line next to the local pub like a lightning bolt. We camped next to the Kiewa River at Gundowring Jct and were nearly flooded as the river rose when they opened the dam. The following day we all set off towards Mt Beauty and Falls Ck. Sustained by a donut stop at Mt Beauty, the gang tackled the hot, hard climb to Falls Creek. The high temp caused the tar to ooze off the road and onto our tyres. As if it wasn't hard enough anyway! At Falls Ck we camped next to Rocky Valley Reservoir, but at dusk a Gestapo-like warden ordered us to break camp and find a new campsite either 10km away along a dirt road, or 32km down the mountain at Mt Beauty. Instead we found the daytime shelter at Falls Ck a good option - against the rules - but at midnight we were beyond caring.

Next day we travelled along dirt roads towards the Bogong High Plains and found a wonderful, large forestry lodge called "Cope Hut" and apart from dwindling beer supplies we coped extremely well! Following several days of bushwalking, we headed back towards Mt Beauty, including a 32km downhill run. After lunch we attacked Tawonga Gap which involved a gruelling 7km climb in the heat and a thrilling 14km downhill. Another 6km brought us to a lovely ski holiday town called Bright. Highlights of the town being the "Ice Creamery", "Pizza Palace" and "Cozy Kangaroo", where we were served excellent trout for dinner and sumptuous pancakes for

breakfast. Most of the pains, strains and bruises sustained on the trip were a result of the group's enthusiastic use of the local waterslides, where death defying antics amazed the locals.

Following several days of drinking, eating and resting, the troops headed towards Mt Buffalo, with its 22km climb reminding us what cycling is really about! However, it was certainly worth the effort; the views were spectacular; the bush native and beautiful; the air fresh and water sublime. We camped close to Lake Catani and again spent several days bushwalking. Sad to leave the area but running out of time, we flew down the mountain towards Beechworth. The next few days were spent exploring this historic town and surrounds. I managed to jump on a bee and swelled up like a balloon. Consequently the rest of my trip was spent in the support car with bike on roof. The final days of the tour were spent returning to Albury and the Rutherglen wineries. A final night in a grotty caravan park and the anti-climatic train trip back to Sydney for Rosemarie and I.

TOUR STATISTICS

Highlight of tour: Mt Buffalo

Total days: 15

Cycling days: 8

Kms. cycled: 700

Cases of Coopers consumed: too many to count!

Ingredients for a successful tour:

1) Beautiful National Parks, 2) Wining and dining, 3) Pancakes for breakfast, 4) Great company, 5) Lots of fun !!!

Ruth Darling



They usually do it in Pamplona



The four walls of a hotel room in Lisbon, Portugal, are being regaled with non-stop jokes... in Spanish.

A 55-year-old Spanish-born Peruvian, Felipe Carbonell, is the new world joke-telling champion, having set the record at 48 hours.

But he is going on for another day just to make sure. He held the record once before, but lost it to an American, Tim Benker, in 1984.

We had hoped to bring you some of Felipe's offerings, but the only person around here who understands him is the former editor of this column - and he is away laughing.

Should we enter
Perc Carter ???

TRAINING SESSIONS

Those members who ride in Centennial Park week day mornings will have noticed two things recently. They will have noticed a bunch of triathletes being trained by a coach and they will have noticed how much their speed and bike handling and competence has improved as a result. But what's more interesting is that these cyclists are actually paying for the privilege of being coached - of the order of \$150.00 for 8 weeks.

Members of Sydney Cycling Club need have no fear of being left behind at Waterfall because we are about to commence our own training program. The cost of securing the top line coaching talents of Mr P Montesin and Mr M Griffith and world class cycling venue Centennial Park is being underwritten by your all inclusive club membership. Therefore, forget the financial worry of coming up with an extra \$150.00 or even \$1.50, all you have to do is TURN UP.

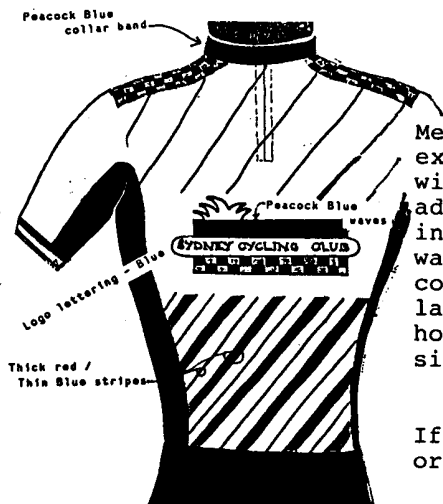
Training sessions will commence on Tuesday 5 April, and will be held every Tuesday and Thursday morning. Meet at the Kiosk in Centennial Park and be ready to start at 6.15 sharp. Each session will be for one hour. Subject to interest it is planned that sessions be extended to Watsons Bay and La Perouse and on weekends to Stanwell Tops, Calga and West Head.

Training sessions will concentrate on two main areas; firstly the techniques of doing turns, rolling over and the do's and don'ts of peleton riding and secondly speed and endurance work. This is something every member can benefit from if we have enough interest and participation so mark your calendar now and be in it. We will also be working up to selection of a veterans and (hopefully) seniors team to represent the Club in the NSW Team Time Trials at the end of July.

For further details contact Mr Montesin or Mr Griffith.

WEST HEAD RIDE - 25 April

++ THE JERSEY ++



JERSEYS & JACKETS

Members are advised that an additional five large and five extra large short sleeved club jerseys have been ordered and will be available in approximately one month. We still have adequate stocks of small and medium jerseys for anyone interested. An order has also been placed for long sleeved warm up jackets with full length zippers. These feature club colours on the front panel, plain gold arms and back and a large club logo on the back. Most jackets have been pre ordered however there will be a limited number available in assorted sizes at a cost of approximately \$35.00.

If any member would like to avail themselves of a new jersey or jacket please contact Michael Griffith 699 9681.

calendar '88

the SYDNEY CYCLIST

April 5 VIDEO NIGHT and General Meeting
8:00 at Greig's, 4 Holt St, Stanmore

1-4 Great Eastern Australian Rally
Easter Weekend (BINSW)
24 Snow Wilson Criterium - Heffron Park (CF)
25 WEST HEAD RIDE - Anzac Day **one day!**

May 1 Sutherland 1000 - Waratah Park (CF)
7 Mt Panorama Downhill Races
8 Bathurst Criterium/Road Race (CF)

? SOUTHERN HIGHLANDS WEEKEND

June 4/5 Canberra Two-Day Tour (CF)
11/12 Grafton Two-Day Tour (CF)
19 Eastern Suburbs Criterium (CF)
25 Metropolitan Championships (CF)
26 SYDNEY CRITERIUM (CF) and Club Picnic

July 2 Sundowner Race (ACF)
3 Gunnedah to Tamworth Race (CF)
9 Mattara Criterium (CF)
10 Newcastle Open Race (CF)
23 N.S.W.A.C.F. Premierships [TTT]

AUCTION SALE

August ? Penrith - Albion Park One Day Ride
Winter Dinner
7 Penrith Panthers Open (CF)
13 NSW Vets Championships - Newcastle (CF)
21 Muswellbrook-Tamworth (CF)
28 Goulburn-Liverpool (CF)

September Wyong One Day Ride
11 Cowan-Calgia Handicap Race (CF)
18/24 National Vets Championships - Forster

October Sofala Weekend
2 Southern Hemisphere Cup - Vets
8 Grafton-Inverell (CF)
16 Green Valley Twin Century - Audax
16/29 Commonwealth Bank Cycle Classic
(race marshalling)

November 1 Annual General Meeting
5 N.S.W. Cycling Federation Dinner
10 Fisher's Ghost Criterium (CF)

December Club Picnic and Time Trial

(BINSW) = Bicycle Institute of NSW function
(CF) = NSW Cycling Federation event

Good weekend
something for everyone!
How about a group?