

APRIL 1989

the SYDNEY CYCLIST

NEWSLETTER OF THE
SYDNEY CYCLING CLUB

DINNER

WHEN: Wednesday 19 April 1989
7.30 pm for 8 pm

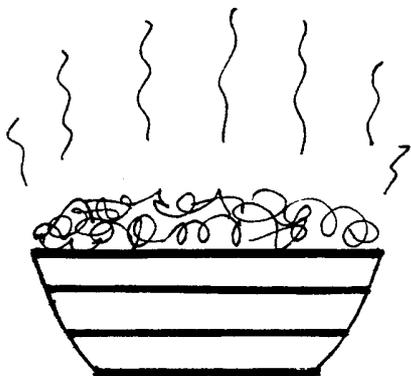
WHERE: Aniello's Trattoria
Cnr. Pyrmont Bridge Road
and Junction Street, Glebe

WHAT: Antipasto
Mixed Pasta
Main course: veal with a choice
of 3 sauces
chicken cacciatore
calamari or fritto misto
Coffee

HOW MUCH: \$25.00 per head. \$10 deposit.

GROG: Licensed, but BYO permitted
(corkage may be charged)

BOOKINGS: Phone Bob or Janeen Greig, 569-1736
by 12 April,



Pasti, pasto, pasta,

Video Night:

The next General Meeting of the SCC will take the form of a VIDEO NIGHT. As usual, this will be on the first Tuesday of the month, i.e. the 4th of April, at the Bronte Surf Club, commencing at 7.30 pm.

Videos will include the recent Martin Vinnicombe/Stephen Pate races in Tasmania.



AUCTION: The last general meeting of the club took the form of an auction. Goods for sale included a pump, tyre, booties, roof rack, bike beak, Campag brake blocks, a set of handlebars, a Cinelli stem, a seat post, pedals, wheels, brakes and bottles of All Saints Tawny Port (from Paul Montesin, who says he's given up the demon drink). The only item unsold (apart from Michaela) was Ruth's touring bike, which failed to reach the reserve price.

The cheapest item sold was a set of tyre levers, for \$2.10; the dearest was a set of wheels for \$82.00. Vendors included Steve Turner, Bob Greig and Tom Wilhelm. Purchasers included David Bull-ock, Bill Clements and Juel Briggs. Attendees included Alan J Smith, Bruce Vote and Walter Rolli. Total value of goods sold was \$501.10, of which the Club takes 10%, or \$50.11. Food and grog cost \$31.00, so the Club made \$19.11 on the night, and a great deal of fun was had by all.

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EXECUTIVE MEETING: 22 March 1989

The meeting commenced with a review of membership, and a decision to contact old members who had not renewed membership as yet, and to chase up people who hadn't sent in their new form. Steven Berveling, Brett Heil and Kevin Pascoe were confirmed as full members, and the following were admitted as probationary members:

ROBYN VAN NOOTEN	STEPHEN WAWN,
4/58 Golf Avenue,	34 Wallaroy Road,
Mona Vale 2103	Woollahra 2025

Arrangements were made concerning the next Club Dinner on 19 April, the mini-tour Penrith-Hornsby on 16 April, and the video night on 4 April. Other business included a report on plans for the Sydney Criterium. Bob Greig reported that the Mrs Macquarie's Road course had been secured for 25 June. Finally, it was resolved that Bill Clements would co-ordinate training for the NSW Team Time Trials to be held in July.

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NSW TEAM TIME TRIALS: calling all interested riders!!

If it's at all feasible, the Club would like to enter teams in the veterans', men's and women's categories of the state titles, to be held at Callala near Nowra in late July. Training should start as soon as possible, so will all members interested in being a part of these teams or members interested in coaching please contact Bill Clements on 331-3434 NOW. Bill would like to hold a meeting of all prospective competitors to determine coaches, team captains and the most suitable times for training etc.

It is proposed that the long club time trial at Hilltop, mentioned in the March newsletter, will be held in early July as part of the training programme.

CORRECTION:

Bill Clements' address as published in the last newsletter was incorrect.

The correct address is:
26 Napier Street, Paddington 2021
Phone: 331-3434

Canberra.
9th February.

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Dear Juel & Michaela,

Hi! How are you both? We've heard reports here that the Sydney weather is lousy, so I suppose that's interfered with your riding and training. I'm making a bit of a come-back, but not in cycling. Bike riding and Oliver don't mix - perhaps when he's older. No - I've taken up middle-distance running again and have joined an athletics team to do some track & field, something I haven't tried since high school. So far I've competed in 3 cross-country events, accompanied by Ollie & Garry to two of them. My first athletics meet is tomorrow night and I'm going to give the 100m, 800m & 1500m a try.

We are quite enjoying Canberra so far. I love the summer weather, warm during the morning, hot in the afternoon, cool at night. People tell me that this is a fairly atypical summer pattern - apparently it's usually much hotter. The house we're in is quite comfortable - there's plenty of room, with a good sized yard back & front. I learnt how to use a lawnmower - a necessity for suburban territory life. Ollie is progressing well. He's walking around, supporting himself by clinging onto chairs, walls, other people's legs etc. He's such a happy little being, full of surprises, and really seeming to enjoy being alive.

Garry has been riding with the Canberra Club and says their training rides are very organised and specific. They have someone coaching them - somebody real famous and important whose name I can't think of! Please pass on my address to Janeen for publication, I would be delighted to host any of the Sydney clubbies should they be down this way, especially if they come down for bike races, triathlons or running events. I'll inform you of any intentions to visit Sydney and make a point of popping out to see you. Say hello to Ruth, Paul, Bob, Janeen, Bruce, Elaine - in fact send my regards to absolutely everyone. I really miss my friends in Sydney. Hope to hear from you soon, Love, Helen XXX.

TIME TRIAL RESULTS

Short course, held 11/3/89:

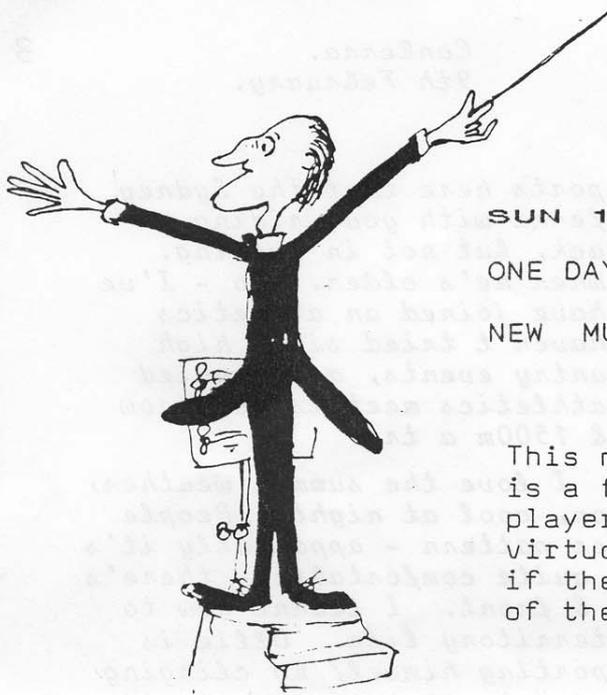
Peter Coulson*	9.57.42	Brian Stendlick ^o	10.48.13
Walter Rolli	11.09.98	S. Soto ^o	11.12.16
Brian McQuarrie	11.15.67	Ian Hood	11.41.13
Tony Bookes	11.43.17	Greg Clarkson	11.45.17
N. Walton ^o	11.45.97	K. Stevenson ^o	11.55.11
Chris White	12.02.41	J. Peterson ^o	12.30.13
David Bullock	12.50.53	Spencer White	12.51.91
Matt Marlow	13.51.83	S. Betterson ^o	13.54.02
Emma Saxton*	14.14.40		

* Prospective club members

^o Ring-ins

Long course, scheduled for 25/3/89: Postponed to 1/4/89 because of rain. At this stage, 1/4 doesn't look too good either, in which case this round of the time trials is cancelled.

3rd ORCHESTRA DE WHEELS Rehearsal for 1989.



SUN 16 APRIL,

ONE DAY TOUR

NEW MUSIC

" CASTLEREAGH DANS L'AUTOMNE "

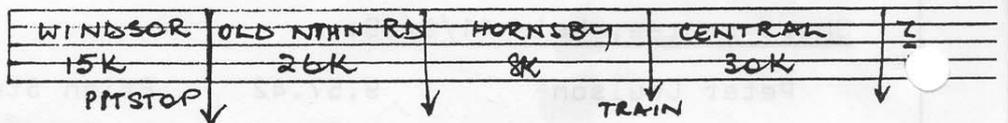
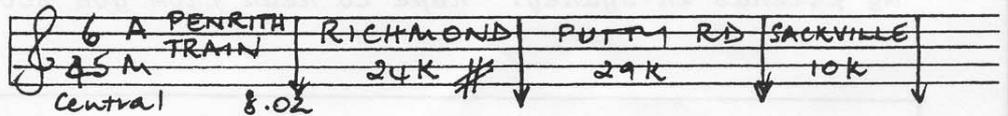
by Serge Rackpersonoff

This month's challenge for the Orchestra is a first tryout for a new work. All players are asked to watch the tempo - virtuosos may lose the score altogether if they try any solo performances ahead of the corps d'Orchestra.

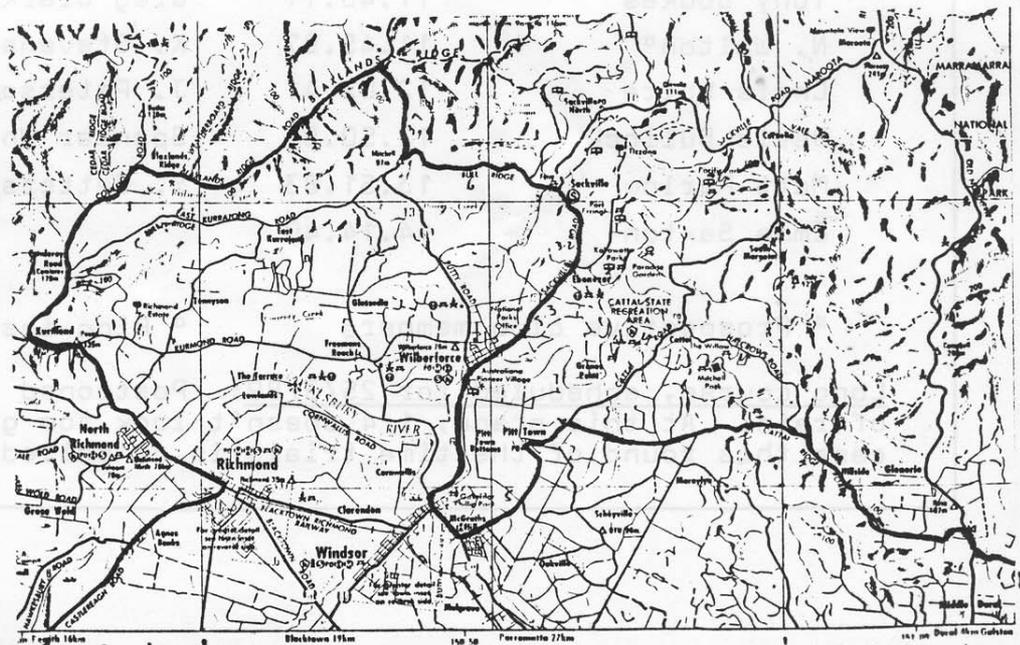
All players please assemble in the Main Hall, Country trains section, Central station, under the indicator screens, at 6.45 on Sunday 16th. This should give plenty of time for purchase of tuba tickets. The train departs 7.15 and arrives Penrith at 8.02.

Please ring the Maestro on 76-0525 if you want to audition for this new work.

Introduzione
(new Knicks)



Attaca (9 full good)



Furioso (off the back)

From Penrith

93 to Alcon?

TO GAUSTON & HOUSTON



WET WÄLLY BUT HOT DOGS

5

To the men and women of the S.C.C. O de Wheels the Maestro says mille grazzi for all your cooperation during the 2 day Tour performance of "Das Kangaroo Walley". The music proved more important than the weather and the rehearsal was truly con spirito.

Some members kindly pointed out that although my conducting was piu appassionata I had miss-timed the entry of the 2nd movement. I promise not to consume six chocolate freckled donuts and four capacinos at Campbelltown again.

It poured during the 3rd movement -Bargo to Lunch; turning into the highway con accellerando Mr Steve ("...I've been busier than Bob Trimbole's travel agent")Turner fell off his music stand and bent his tuba in the opening bars of "Meat me in Mittagong" but being a man of irony he was quickly on his feet and singing "Look on the Bright Side". We decided his impression of the first easter was too good. Looking like the original inspiration for an Albrecht Dürer crucifixion Steve was driven to Boosey & Hawkes at Bowral by nurse Janeen (lead soprano & back-up vocalist) for a panel beating and Brasso polish.

After waiting 1 hour for our lunch of soup & toast Steve was back but settled into a training cigarette and sight-reading the score on four wheels.

Post lunch music: the final movement to K.V. was performed in dry weather but the score remained eccessivo greaso changing the dynamics of the Aria "Descent to Walley"(bars 157-172) to rubato when wet.

What a night! After follicle counting at the local pub (The Ancient Roo) we all floated back to the best BBQ seen or heard in the valley in one year.

Sunday: RAIN! Drizzle to Gerroa; cats & dogs to Kiama; then a unanimous vote to cancel the Finale to Wollongong.

Despite the shorter score the "Good Morning Cambewarra" climb gave us all a reminder of what great composition and consistent scale practice is all about. Once again Mr Brian (The Life Of) McQuarrie earned his position as Concert Master.

A very special grazie to Kerrie-Anne Eaton and Juel Briggs for great sag support; and to Janeen Greig for her usual consistent organisational talent- coordinating as ambulance, sag-wagon, supermarket and lighting & sound engineer.

To all other O de members - Bruce Vote, Francis Murray, Walter Rolli, Bob Greig, Paul Montesin, Alan Smith, Clay Kesting, Ruth Darling, Emma Saxton, Alan Revell & family, Steve Warn & family, and the Hugh & Frank Milner Congregation - the Maestro repeats Grazie.

**FANTASTICO!!!*

N.B. REHEARSAL IN MAY will be

VIVALDI'S " FOUR SEASONS PIZZA "

FAMILY SIZE 2 DAY TOUR TO MITTAGONG.
20 & 21 MAY.

For bookings and takeaways:

Phone: Maestro de Tours
Spencer White - 760525



Higher Education

Over the past few months, club membership has grown with the admittance of many new riders. Some of these riders are new to the sport whilst others have come from other parts.

It is intended to provide in future newsletters a series of pieces that will inform members of various aspects of cycling. Most of the articles will contain brief summaries of stories that have appeared in overseas magazines, tips on assisting members to become better riders and maintain their bikes. Information on nutrition and the latest training techniques as well as the time honoured approaches will be covered. Cycling is a very enjoyable sport and an excellent way to keep fit but it can also be very dangerous. Hopefully, over the next few months, it will be shown how to minimize those dangers and get the most from your bike riding.

Unfortunately, when many riders buy their first bike, no one shows them how to set the height/position of their saddle or head stem. Understandably, some do not know what the head stem is. The correct length of cranks, the right sprocket combination for the cluster for the type of riding are basic requirements for ensuring maximum benefit for the work done whilst minimising the risk of injury. In the space available, it is impractical to cover the topic of setting up the bike satisfactorily. However, the results of riding a bike that is not maximised for YOUR frame (not the bike's) will be pain. Be it the knees, quads, bum, back or the neck (or combination of), the resulting soreness will make prolonged riding a misery. Not to mention the possibility of doing damage to the body and the costly medical bills. For half an hour of your time, you will be a better rider with fewer injuries. As well as the many members who can assist with the setting up of a bike, there are detailed articles on file with the editor.

The club is blessed with a number of riders who have ridden competitively both here and overseas. They are a wealth of information and are willing to help newcomers to the sport so don't be afraid to ask.

Intended Subjects (not in order of appearance)

Nutrition - what to and not to eat to ride faster
Nutrition - what to take on the bike on the next century
Wet Weather Maintenance - how to stop the corrosion
Basic Maintenance - how to prevent it falling apart
Training - traditional tried and tested
Training - new ideas from the teams and triathletes
New Equipment - benefits and drawbacks to performance
The right clothes/accessories - fashion or functionality
Road Safety - as how not to fall in holes or between drains
First Aid - for those who fall in holes and between drains
Pre riding exercises - stretching, etc
Weights and other cross training - for the deadly serious

PRINCES HIGHWAY SHOULDERS TO BE SEALED



THE MINISTER for Transport, Bruce Baird, says cyclists on the Princes Highway between Heathcote and Waterfall will soon get a better ride.

1989 WORLD CHAMPIONSHIPS

Seniors - Womens: The Road and Track Championships will be held in France from August 14 to 27 with the road events in Chambéry and the track in Lyon. The track in Lyon is an outdoor wooden velodrome of 333.33m length.

The individual road events in Chambéry will be run over 12.35km circuit, width 5 metres. The course has a 7.15% gradient of 2.7km making the course difficult and quite selective. The organisers claim the course is the most beautiful since Sallanches in 1980, and for the spectators who can't or don't want to get around the course, there are 7,000 grandstand seats where they can watch two giant screens, (one 80 square meters and the 48 square metres) and watch the races from start to finish. The Road Team Time Trial will be run on the A41 Highway.

The Manager for our team to the Worlds in France is Barry Langley of Victoria who also Managed the team to the 1985 Worlds in Italy. Track Coach is Charlie Walsh, Road Coach is Shayne Bannan, Team Mechanic is Jock Bullen NSW and Team Masseuse is Mike Kewley also of NSW.

Since the Olympics the ACF has received nearly 40 invitations to events all over the world for 1989. In most cases finances prevent us from attending, or the event is on in the wrong part of the world at the wrong time. However we have accepted a great many invitations and 1989 looks like it will be a big year for Australians abroad. Amongst those accepted were the Tour Of Texas (31/3 - 9/4), Giro Delle Regioni, Italy (26/4 - 1/5), Canadian Tire Challenge Track Series (5-7/5) The Baltic Sea Race, Finland/USSR (27/5 - 4/6), The Milk Race, England (29/5 - 11/6), Tour Of Italy, Womens (15-22/6), Womens Tour De France (10-23/7), Tour Of Poland (24/7-1/8), NEC Track Invitational, Los Angeles (6-8/10), plus many more.

Juniors - The Junior World Championships will be held in Moscow from July 8 - 16. The Road Team Time Trial will take place at the centre of Moscow over a relatively flat course with the Start/Finish in front of the Lenin Central Stadium. The circuit is a distance of 35km there and back and will be covered twice. The course will be at least 12m wide at all times. The Individual Road Race will be run over the 1980 Olympic Circuit of Krilatskoie, fully resurfaced. Four laps will be covered by the Junior Ladies (54.56km) and 9 laps by the Junior Men (122.76km).

As far as the track is concerned, events will take place on the Olympic velodrome, a wooden 333.33m indoor track often regarded as the fastest track in the world. All athletes will be accommodated at the Sport Hotel, 15km away from the Velodrome and 8km from the Road Team Time Trial course.

The Manager/Coach for this Championship will be Nino Solari of South Australia. Nino has been Manager/Coach for the Juniors since 1987. The team will leave around June 18 for Italy where they will train with the assistance and support of the Italian Cycling Federation, then the riders will depart for Moscow around July the third.

Mr Baird said that following strong representations by the Member for Heathcote, Allan Andrews and the Member for Sutherland, Chris Downy, he has agreed to the improvement work.

"I have ordered \$54,000 to be spent on laying cold asphalt on the shoulders of the Highway between Short Street, Heathcote to near the Railway Station at Waterfall", Mr Baird said.

As well the existing shoulders between Sutherland and Yarrawarra will be treated. At present they have a small stone seal and minor maintenance work will bring them to an acceptable level.

Between Heathcote and Waterfall it is a different story. The large stone seal there provides a very rough ride for cyclists and it is best that this receives the cold asphalt treatment.

"Cycling is a very healthy activity which has in recent years seen a resurgence in popularity. I am committed to providing safe facilities for cycling, whether it be through improving roads or providing specialist cycling tracks", Mr Baird said.

Mr Andrews said he was delighted at Mr Baird's decision to improve the Princes Highway shoulders. "I have fought long and hard for this to be done", Mr Andrews said. "The Royal National Park provides an ideal attraction for recreational cyclists in the south of Sydney. For too long now, cyclists have had to compete with fast and heavy traffic on the Highway to get to that beauty spot.

This simple measure of improving the shoulders of the Highway will mean cyclists will get a safe and comfortable track at a reasonable cost.

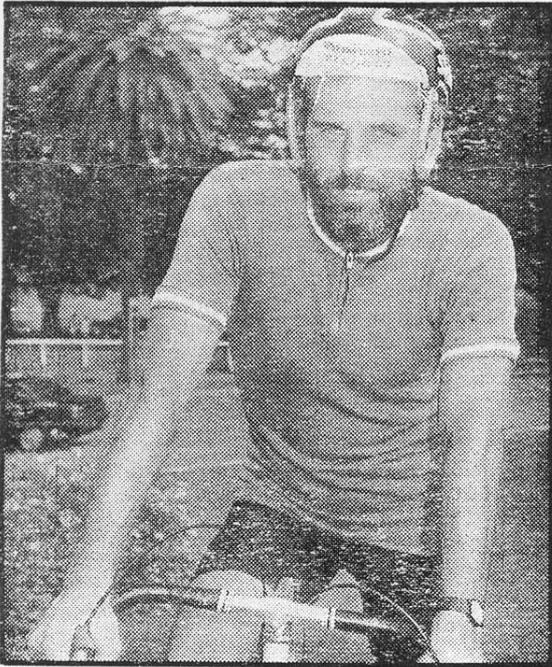


Tattle Tattle Tattle

YOUR OPINION

THE EASTERN HERALD, Thursday, March 23, 1989

- Should the cars be allowed to continue using the park as they do now?
- Should cars be kept out of the park?
- Should there be a levy of up to \$1 placed on cars?
- Should the access to cars in the park be restricted?



Mr Bruno Sibilja of Bondi cycles everyday. "Cars should be kept out. There should be some mode of transport here at the park for people who are incapacitated. This park is the only facility of its kind in the city and it is a tremendous resource for cyclists. More entrances along the fence would enable people to park their cars outside and still be within a five minute walking distance to all areas. The only cars allowed in should be service vehicles."

HELEN MARCUS:

Helen's new address in Canberra is:

19 Brereton Street,
Garran, ACT 2605
Phone: (062) 81-3772

She would love to hear from you.

Everyone's favourite Irishman Matt Marlow had a fall in the Park on the Tuesday after Easter. He was taken out on the Robertson Road corner by an out-of-control triathlete with steer horns. Hope you're feeling better, Matt.

CARMEL GRIFFITH:

*You spent HOW MUCH on a frame?
I can understand a \$1700 bracelet,
but a frame? Think of the shoes
I could buy with that!*

BOB GREIG:

*And the next item on offer is
Michaela - a little used, but
basically in good condition.
What am I bid?*

PAUL MONTESIN:

*I thought all items for sale
had to be laid on the table first.*

Heard in the men's showers, K.V.

PAUL: *Walter, get your knicks off
and come in here, quick.**

BOB: *I've dropped the soap - anyone
want to pick it up??*

**It must be explained that Paul had just
put 20c in the shower & didn't want to
waste hot water. Bob has no excuse.*

Michaela has an "AGE UNDAUNTED"
medal after a 2nd place in the
C grade vets at Homebush.

We understand that Bruce Lamb
has been doing well in a few
races, too.

Clay Kesting has been discovered
wearing a battery-powered heart
rate monitor under his jersey.
He says it's just his pacemaker.
If he continues to improve his time
trial efforts, the stewards may call
for a swab.



MEMBERSHIP LIST @ 27 MARCH 1989

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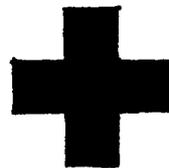
Beauchamp, John	41 Byron St Coogee 2034	665-4255
Beavis, Don (life)	4 Clarke St Annandale 2038	569-8274
Berveling, Steven	3/22 Hastings Pde North Bondi 2026	30-6522
Black, Russell	154 Carrington Rd Randwick 2031	399-9578
Bonwick, Mark	2/44 McDougall St Kirribilli 2061	92-4401
Bookes, Tony	1 Upper Cliff St Northbridge 2063	958-5250
Briggs, Juel	4 Ferris St Annandale 2038	550-0952
Bullock, David	15 Kessell Ave Homebush 2140	76-6729
Browne, Jack	42 Read St Waverley 2024	387-3412
Carter, Desma	19 Cook St Woollooware 2230	523-6157
Carter, Perc	19 Cook St Woollooware 2230	523-6157
Clarke, Victoria	3/46 Kareela Rd Cremorne Point 2090	909-8120
Clarkson, Greg	92 Wentworth St Randwick 2031	398-7528
Cleary, Michael	8/1 Aston Gdns Bellevue Hill 2023	326-1556
Clements, Bill	26 Napier St Paddington 2021	331-3434
Darling, Ruth	4/108 Reserve Rd Artarmon 2064	411-7557
Doldissen, Andy	17 Clements St Five Dock 2046	713-4459
Downie, Andrew	22 Cameron Ave Artarmon 2064	419-2433
Eaton, Kerrie-Ann	7/52 Cowper St Randwick 2031	399-6935
Evatt, Michaela	4 Ferris St Annandale 2038	550-0952
Freedman, Gerald	P O Box 574 Morley WA 6062	
Frost, Douglas	76 The Comenarra Pkway Turramurra 2074	449-4179
Greig, Janeen	4 Holt St Stanmore 2048	569-1736
Greig, Robert	4 Holt St Stanmore 2048	569-1736
Griffith, Michael	38 Parkham St Surry Hills 2010	699-9681
Hamrozi, Tony	46 Bundock St Randwick 2031	399-6935
Hanley, Martin	19/339 Edgecliff Rd Edgecliff 2027	328-7159
Harold, Peter	36 Bower St Manly 2095	898-6200
Heil, Brett	10/221 Darley Rd Randwick 2031	
Hood, Ian	16a Robinson St Croydon 2132	745-3858
James, Anton	32 Dalmeny Rd Northbridge 2063	958-1554
Kesting, Clay	5/6 Prince St Randwick 2031	399-5519
Lamb, Bruce	2 John St Glebe 2039	660-3637
Lobban, Marjorie	77 Young St Redfern 2016	699-5081
Lowe, Owen	32 Campbell St Abbotsford 2046	712-1907
Lumb, Alan	27 Albion St Waverley 2024	389-7695
Maestri, Robert	49 Middle Head Rd Mosman 2088	969-2402
Marlow, Matthew	48/50 Willis St Kingsford 2032	399-6423
McNulty, Louise	32 Gipps St Drummoyne 2047	819-7974
McQuarrie, Brian	4a Rhodes Ave Naremburn 2065	439-4996
Milner, Frank	8 Rockley St Castlecrag 2068	958-6533
Milner, Hugh	12 Godfrey St Artarmon 2064	419-5968
Mirabello, Stuart	25 Yanko Ave Bronte 2024	389-3747
Montesin, Ovidio	92 Perry St Matraville 2036	661-4305
Montesin, Paul	38 Australia Ave Matraville 2036	661-1394
Murray, Francis	58 Beach Rd Bondi 2026	300-9805
Newell, Brian	188 Ewos Pde Cronulla 2230	523-1152
O'Toole, Roy	81 Bunnerong Rd Kingsford 2032	344-5130
Page, Jeff	18/1 Ramu Pl Sylvania Waters 2224	522-6867
Pascoe, Kevin	27/267 Castlereagh St Sydney 2000	
Pedersen, Rosanna	7/52 Cowper St Randwick 2031	399-6935
Revell, Alan	56 Wallaroy Rd Woollahra 2025	327-5037
Rolli, Walter	34 Earl St Randwick 2031	399-9991
Sallaway, Murray	157 Gordon St Port Macquarie 2444 (065)	83-2866
Sibilia, Bruno	259 Birrell St Bondi 2026	389-3144
Sigsby, Don	77 Young St Redfern 2016	699-5081
Smith, Alan	11a Rowley St Brighton-le-Sands 2216	59-2455
Smith, Peter	67 Glenmore Rd Paddington 2021	33-5457
Turner, Mark	3 New Jersey Rd Five Dock 2046	713-2240
Turner, Steve	35 Holmwood St Newtown 2042	519-2871
Vote, Bruce	7 Beulah St Kingsford 2032	344-8156
White, Chris	147 Rainbow St Randwick 2031	398-7773
White, Spencer	10/21 Burlington Rd Homebush 2140	76-0525
White, Steve	2 John St Glebe 2039	660-3637
Wilhelm, Tom	7/164 Queen St Woollahra 2025	

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CALENDAR OF EVENTS

- APRIL
- 4 General Meeting - *VIDEO NIGHT*, Bronte Surf Club
 - 8 Club Time Trial - Centennial Park, 7 am.
 - 16 TOUR - PENRITH TO HORNSBY via Windsor
 - 16 Racing: Macarthur
 - 19 CLUB DINNER - Aniello's Trattoria, 7.30 pm
 - 22 Club Time Trial - Centennial Park, 7 am
 - 23 Mulga Bill's Bike Ride
 - 23 Racing: Randwick/Botany at Heffron Park
 - 25 ANZAC DAY RIDE- via Galston Gorge & Berowra Ferry
 - 30 Racing: Sutherland
- MAY
- 2 General Meeting - Bronte Surf Club
 - 6 Club Time Trial - Centennial Park, 7 am
 - 6/7 Racing: Bathurst Criterium & Road Race
 - 14 Racing: Illawarra/Wollongong
 - 20/21 SOUTHERN HIGHLANDS TOUR based in Mittagong
 - 20 Club Time Trial - Centennial Park, 7 am
 - 20/21 Racing: Manning Valley - Taree Crit & Road Race
 - 27/28 Racing: Grafton Two Day
 - 28 Racing: Hunter Valley veterans
- JUNE
- 3 TIME TRIAL HANDICAP CHAMPIONSHIP EXTRAVAGANZA
 - 6 General Meeting - Criterium planning, Surf Club
 - 12 Queen's Birthday Holiday - ride to be announced
 - 25 ** SYDNEY CITY CRITERIUM **, Mrs Macquarie's Road

Ride - April 25



ANZAC DAY: Following a dawn service in Centennial Park, SCC diggers and diggerettes will leave at 6.30 am for a club jersey ride. The proposed route is via the Pacific Highway to Hornsby, thence Galston Gorge, Arcadia, Berowra Waters Ferry and back to the city. No need to contact anybody, just turn up.

NEW FIRST AID KIT

The Club has a new first aid kit, courtesy of Dr Lourdes St George, alias Signora Bianco, the Maestro's missus. It's good to see that it contains medication for that well-known affliction "Bikers' Balls". The kit was received just in time for Steve "some people will do anything to get out of riding up Cambewarra" Turner's flying leap on the Hume Highway.

Thank's a lot, Lourdes.