

the SYDNEY CYCLIST

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

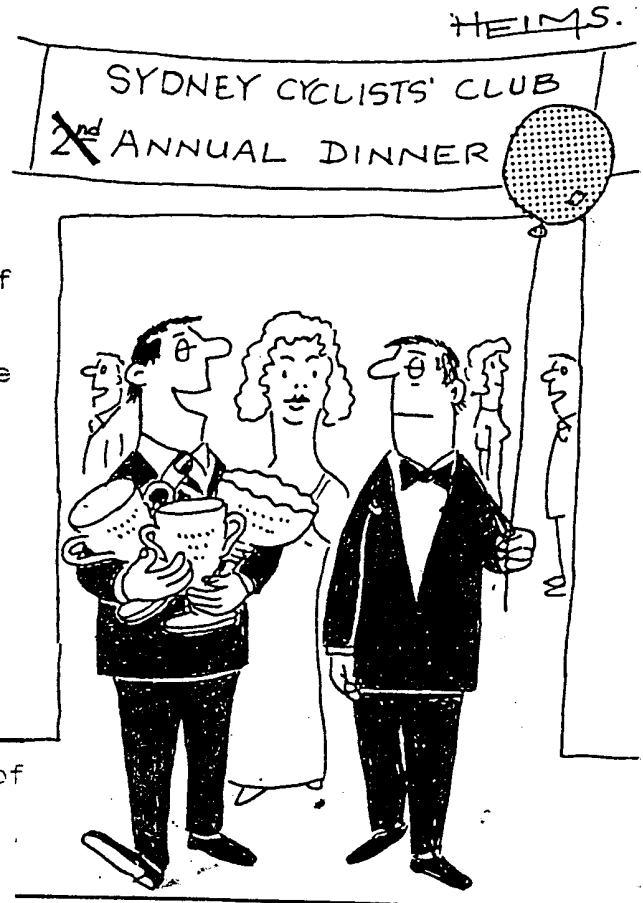
The Dinner

As well as being George Washington's birthday, 12 February was the day selected for our Annual Club Dinner. Anniello's Trattoria resounded to the convivial roar of more than 40 members and their guests. Janine and Bob got all diners to organise their orders, from the range provided by the patron, and members got into the wine sampling.

Steve Turner in his capacity as Master of Ceremonies presented a series of awards between courses. (does anyone remember all the courses?) The Club Time Trial awards were given in three categories:

Seniors:	Mark Bonwick
Veterans:	Alan Lumb
Womens:	Ruth Darling

As the dinner followed close on the heels, of the T.T. Championships, these awards were also presented on the evening, with Frank Milner graciously accepting the Overall prize.



Frank gave a very pleasant speech, and also presented the club with a very precious memento. He had recently acquired a set of binoculars which were inscribed: "Won by R. Patrick, Sprint Races and Attendance, Sydney Bicycle Club, 1896". These were presented, with the desire that they might be incorporated into some continuing trophy for use by the Club.

Jeff Page was then called to the front to receive his prize for the "Most improved rider", at which time he advised that he had scored a further prize on that day. He happily announced his engagement to Lee.

Following further wine samplings and dessert, Steve presented Janine and Bob Greig with an autographed copy of the book "Going to Extremes" by Jonathon Chester, in gratitude for their work for the Club. Bruce Vote received a copy of "Wild Australia" for his continued service to the Club in organisation of tours, and the racing events.

Rumours are rife regarding what happened after the dinner, however. I'll leave the reporting of that to Al Fresco... Suffice to say, that all appeared to have a great time.

K. V. TOUR '88



Details on back page.

Book Now with Bruce Vote.

? ARE YOU FINANCIAL

On the Continent

Anderson leaves Panasonic

One of the big post-season moves in Continental cycling circles has been that of Australian Phil Anderson. However, Anderson, whose interest in joining the Italian Carrera team was well known, has not gone in the direction he originally had hoped.

The 29-year-old professional will next year lead the Dutch Transvemij Van Schilt team, an outfit of far lesser repute than Carrera and his old team, Panasonic with whom he raced for three years under the direction of Peter Post.

Anderson's recent feuds with the hard lined Post have been well documented and the fact Anderson finally opted to leave the former six-day star's camp, a move he openly talked about during this year's Tour de France, was of little surprise. But Anderson does admit he was disappointed in not finding a berth with Carrera. "Yeah, I wanted to go to Italy. Things just didn't work out the way I had planned though," he said before taking a two-month holiday in California followed by a four-week visit, next month, to his Melbourne home in Australia.

"But I have signed a one-year contract with Transvemij Van Schilt. They wanted a leader and that is what my role will be. I hope I can do well again like I have before," said the five times top ten Tour de France finisher. "We plan to ride all the major classics, the Tour of Italy and hopefully, the Tour de France."

Transvemij Van Schilt's chances of earning a place on the Tour will be slim, if the presence of the Dutch Panasonic, Superconfex and PDM teams are any gauge. The big question is whether the Société du Tour de France would ever accept four Dutch teams. Certainly Anderson's name will provide his new team with more clout in the likelihood only three Dutch teams will be accepted, especially if he can resurrect his form for the early Spring Classics.

Anderson suffered one of his most disappointing seasons this year and did not strike a major victory until October, when he won Milan-Turin — the final lead-up to the Tour of Lombardy in Italy. Anderson is hoping those bad times are way behind him now.

French line-ups

Traditionally autumn and winter are the times of year when rumours, half-facts and some pretty fanciful thinking fly about concerning team personnel changes for next year. This year is no exception.

But when you shift through all of that, there are plenty of surprises among the facts. So far, the biggest has to be Phil Anderson's decision to sign with The Netherlands based Transvemij Van Schilt — a team that can hardly be considered to be amongst the first division.

Still, this sport is constantly surprising its fans. And we shouldn't be surprised by the surprises. We've already brought you the news of Stephen Roche's move to Fagor along with his domestique Eddy Schepers and Robert Millar. And we also told you about the formation of Paul Koechli's new Swiss based squad. But there's even more news — even at this early date.

While we haven't been able to ferret out all of the other line-up changes for 1988, the following is the latest information available on the French teams.

Toshiba/Look

Joint directeurs sportifs: Yves Hezard (F), Maurice Le Guilloux (F)

Newcomers: Martial Gayant (F - Système U), Stéphane Guay (F - Reynolds), Rolf Henn (FRG - neo-pro), Marc Madiot (F - Système U), Yvon Madiot (F - Système U), Pascal Poisson (F - Système U), Bjarne Rijs (Den - Roland).

Likely to remain: Jean-François Bernard (F), Philippe Chevallier (F), Frederic Garnier (F), Christian Jourdan (F), Andreas Kappes (FRG), Johan Lammerts (NL), Luc Leblanc (F), Philippe Leleu (F).

Fagor

Directeur sportif: Patrick Valcke (F)

Newcomers: Charly Berard (F - Toshiba), Franck Boucanville (F - neo-pro), Carl Carlsen (Den - neo-pro), Malcolm Elliott (GB - ANC/Halfords), Marc Gomez (F - Reynolds), Robert Millar (GB - Panasonic), Stephan Roche (Ire - Carrera), Eddy Scheppers (Bel - Carrera).

Likely to remain: Jean-Claude Bagot (F), Jean-René Bernaudeau (F), Robert Forest (F), François Lemarchand (F), Pedro Munoz (Sp), Caxento Onaederra (Sp), Bernard Richard (F), Claude Seguy (F), Johnny Weitz (Den), Sean Yates (GB).

RMO

Directeur sportif: Bernard Vallet (F)

Newcomers: Thierry Laurent (F - neo-pro), Alex Pedersen (Den - Carrera), Frank Pineau (F - Reynolds), Patrice Vallet (F - neo-pro).

Likely to remain: Michel Bibollet (F), André Chappuis (F), Thierry Claveyrolat (F), Jean-Claude Colotti (F), Patrice Esnault (F), Paul Kimmage (Ire), Gilles Mas (F), Jean-François Rault (F), Dante Rezze (F), Mauro Ribeiro (Bra), Régis Simon (F), Michel Vermote (Bel).

Système U

Directeur sportif: Cyrille Guimard

Newcomers: Pascal Simon (F - Z-Peugeot), Dominique and Jean-Claude Garde (F - Kas), Pascal Dubois (F - Toshiba).

Likely to remain: Eric Boyer (F), Laurent Fignon (F), Eric Guyot (F), Christophe Lavainne (F), Thierry Marie (F), Charly Mottet (F), Gérard Rue (F).

Z-Peugeot

Directeur sportif: Roger Legeay (F)

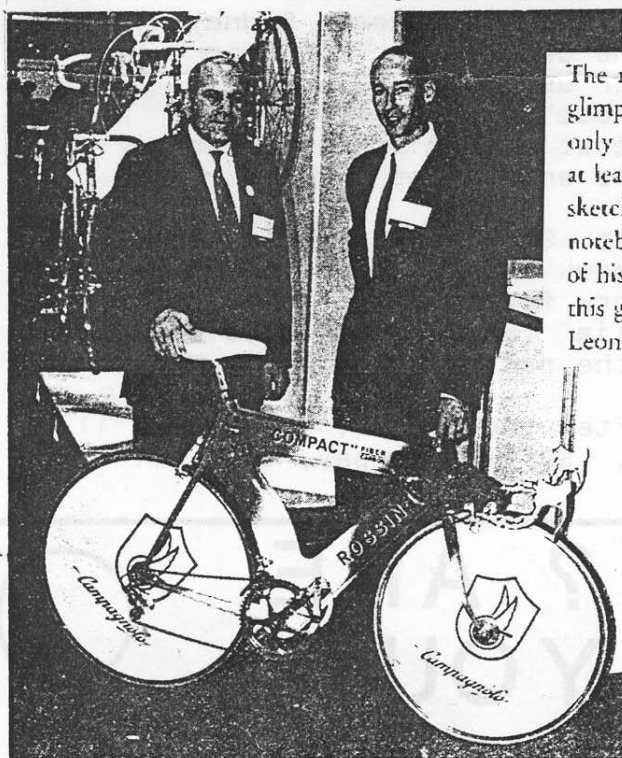
Newcomers: Kim Andersen (Den - Toshiba/Look), Francis Castaing (F - RMO), Joey McLoughlin (GB - ANC/Halfords), Adrian Timmis (GB - ANC/Halfords), Yves Bonnamour (F - neo-pro).

Likely to remain: Frederic Brun (F), Philippe Casado (F), Bruno Cornillet (F), Gilbert Duclos-Lassalle (F), Loïc Le Flohic (F), Dominique Leproux (F), Philippe Louvriot (F), Ronan Pensec (F), Denis Roux (F), Jérôme Simon (F), Bruno Wójcinek (F).

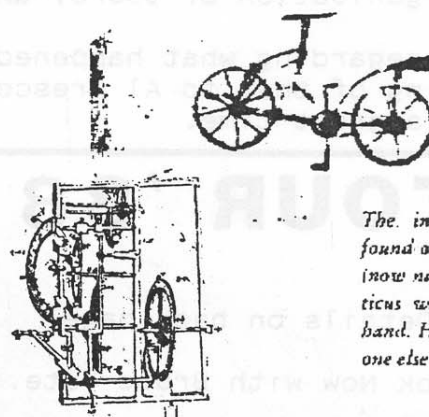
Opposite above, study for a helicopter-like flying machine.

INVENTIONS

The notebooks offer something not found in the marvelous finished paintings: glimpses of Leonardo's inventive, imaginative mind at work, and at play. He not only explored and solved puzzles and problems of a scientific nature, but created, at least on paper, contraptions and gadgets of many kinds. Although the bicycle sketch on this page is not attributed to Leonardo's own hand, its presence in the notebooks suggests that it may have been a copy that someone drew of a sketch of his, or of a machine he had constructed. The ingenuity and far-sightedness of this genius encourage the speculation that the bicycle, "invented" centuries after Leonardo's death, may be much older — may indeed be an invention of his own.



This Italian time trial special has a carbon fibre one-piece frame



The incredible drawing above recently found on the reverse side of folio 48 recto-b (now numbered 133 verso) in Codex Atlanticus was obviously drawn by a youthful hand. However, this may be a copy of someone else's work, presumably Leonardo's.

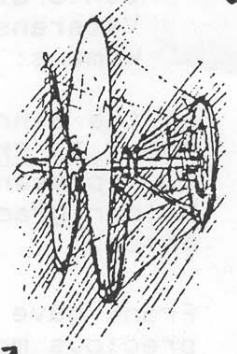
Full cycle

AMERICA has had to introduce the new traffic offence of PUI — Pedalling Under the Influence — to combat the number of drinking drivers who have switched from cars to bicycles to escape tougher drink-driving laws. In some States they have chalked up a 20 per cent arrest rate after setting up special booze buses for cyclists. Normally there is a \$250 fine for a first offence and \$300 or 30 days for a second. In Florida last year 30 per cent of cycling fatalities were over the limit.

Hugh Milner submitted above article. He also quotes another statistic saying that 50% of fatalities are under 12 years.

Are 20% sober adults ???

Good grief !!!



Northern Suburbs Cycling Club CENTURY RIDE — 100 km

7.30 a.m. Sunday 17 April 1988

A ride starting and finishing at Warriewood, taking in the northern beaches peninsula and the scenic Ku-Ring-Gai Chase National Park. The ride uses Mona Vale Rd from Terrey Hills to St Ives, one of the safest roads around Sydney for cycling. The ride is graded medium/hard.

A FUN RIDE FOR ALL

Participants will be sent an information sheet, lucky prize tickets and a cloth badge. Entry fee \$5.00. Entries close April 4. No entries will be accepted on the day of the event.

PLEASE NOTE: The minimum age for cyclists participating is 12 years, unless accompanied by an adult.

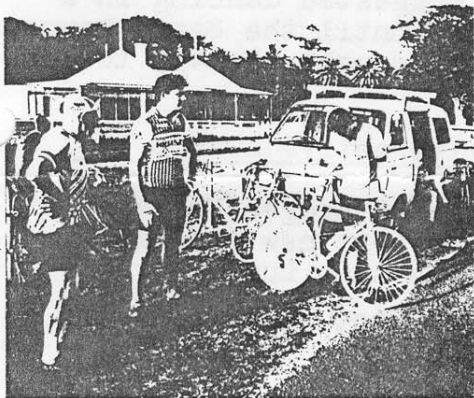
ENTRY FORM

Name
Address
Postcode Phone
Name
Address
Postcode Phone

Disclaimer: I/we, the undersigned, hereby waive any claim which I/we might otherwise have on the organisers of the Northern Suburbs Century Ride arising out of any injury damage or loss sustained in the course of entry or participation in the said events. For entrants under 18 years of age, signature of parent or guardian is required.

Signature
Signature

Mail your entry form and cheque to:
Northern Suburbs Cycling Club, C/- 32 Burrage
Ave, Terrey Hills NSW 2084.
Enquiries: Brian Smith 450 1631, Ross Martin
450 1573, Mike O'Reilly 411 2261.

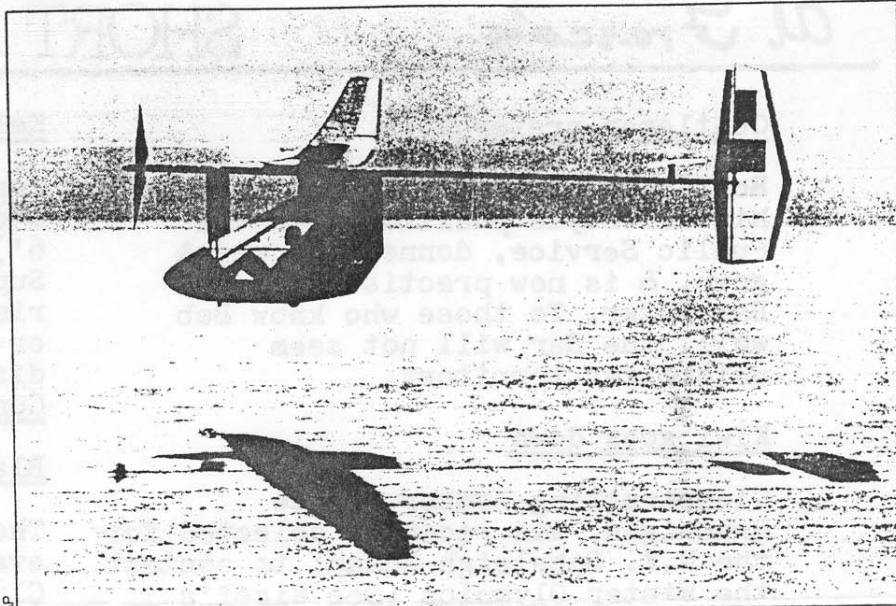


Just what do Matt and Bill
think of disc wheels?

What is Anton thinking about?

Remember
KANGAROO
VALLEY
19-20
March

Eagle pedals into the record books



PEDAL-POWER last week helped to propel this airship to a world distance record for human-powered flight at Edwards Air Force base in California. Eagle, as the airplane is called, travelled 37.2 miles (60 kilometres) over the Mojave Desert piloted by student, Glenn Tremml.

The previous day, the airplane set other records. Lois McCallin travelled 10 miles over the Mojave Desert to set the distance record for human-powered airplanes piloted by women. She stayed aloft for 37 minutes, 38 seconds, longer than any other woman pilot.

LETTER TO THE SYDNEY CYCLING CLUB

February 28th, 1987, was the beginning of my Cycle Tour to where ? you may ask. I still have no answer. Maybe the World, or at least parts of it.

After struggling to complete the Time-Trial at Centennial Park on my ATB, complete with full panniers, I rode to Melbourne in 12 days, via the rugged beauty of the Snowy Mountains. From Melbourne I took the very scenic Great Ocean road to Adelaide, where I arrived 24 cycling days from Sydney. After catching the bus to my home town of Perth for 2 weeks R&R, I ventured to New Zealand on 1st of May. I spent one month riding around the North Island, & I highly recommend it.

Originally I intended to fly from New Zealand to Canada via Fiji & Hawaii, however the military coup in Fiji saw my flight redirected to Vancouver, where I arrived on May 31st. Five days later I started my trip across Canada. Three mountain ranges later, including the Canadian Rockies, I met up with Lance Brannigan, in Calgary. Unfortunately he couldn't join me for the rest of the trip, since he was picked in the N.Z. Bobsleigh Squad, to contest the Winter Olympics. To date I haven't heard whether he made the team, but I do know he married Melanie in late August. I joined up with three other Trans-Canada cyclists, including a 75 year old American.

I reached Newfoundland at the beginning of September. I thought I may have crewed on a 152 ft square rigger en route to England, but financial problems experienced by the ship's owner knocked that on the head. I then set off down the east coast of the USA through New York & Vermont. After arriving in New YORK, New YORK, I dumped the bike in a plane & set off for London. Oh, by the way, a girl I met crossing Canada has decided to join me for future cycling adventures.

So far 11,600 kms. A week of touring in Southern England, made me realise Europe a.s.a.p. We plan to take the ferry to Spain, & then on to Portugal. Then to Morocco, Greek Is., to Turkey. Hope to make Egypt & Israel. As Northern Hemisphere summer gets closer, our plans are to head through Central Europe & on to the Scandinavian Countries. By then I should have clocked about 25,000kms, will possibly be returning to Australia.

I hope all is going well with S.C.C., & in a year or so I hope to meet up with all my old friends in Centennial Park.

Regards,
Nigel Rowe



Gentlemen prefer silk

Bob Greig has recently relinquished his lifestyle position with the Public Service, donned the wig & gown, & is now practising as a Barrister. To those who know Bob well, the Bar will not seem unfamiliar territory.

Kiwi goes down

Globetrotting Member, Lance Brannigan, was recently selected for the N.Z. Bobsleigh Squad, to contest the Winter Olympics (See Nigel's letter this issue). Al has contacted the World Champion Italian Team in Calgary, to ensure our boy receives every possible assistance. Keep scanning your Sydney Morning Herald for results.

Championship follies

The recent Club Championship (See report this issue), was perhaps the most exciting Event for some decades. Frank Milner's victory was all the more worthy when you consider the extraordinary lengths some Competitors went to in order to win. Allegations of doping, collusion, ghosting, bribery, & illegal componentry prompted the Officials to conduct an immediate investigation, the results of which will be known soon.

Retiring Roberto

Prince of coffee-makers, & local Paddington identity, Roberto, has put his famous Pizzeria on the market. It seems he wants to concentrate on his thriving Restaurant in Kensington. He has assured this Reporter that the new Owner/s will be thoroughly briefed about the early morning habits of Sydney Cycling Club.

Tandem

Congratulations to Jeff Page & Lee, for recently announcing their Engagement. There is no truth in the rumour that Jeff will be joining the cast of 'Miami Vice'.

Kelly at the Tele

For Sale Much loved & cared for 61cm frame (suit rider 5'11" to 6'), Mavic, Campagnolo, Suntour Superb, Modolo, Cinelli, H.P. rims, fire-engine red. \$650.00 or near offer. Owner requires dishwasher to improve lifestyle. Contact Steve Turner 5192871.

Blast from the past

The recent Annual Club Dinner was eventful in more ways than one. Club Champion Frank Milner made an unusual donation to the Club, of a pair of binoculars, dated 1896, with the following inscription:- " Won by R.Patrick, Spring Races & attendance, Sydney Bic. Club, 1896 ". The Committee is presently discussing ways of housing this marvellous memento.

Winner Dinner

Far be it for Al to promote scandal & innuendo, but at the recent Club Dinner which Members dispensed with dinner from the top balcony, consumed 3 caraffes of wicked white, hid their vegetables in their under pants, suggested dancing in a gay disco until the early hours, & finally caught the 459 to York St. ?

S.C.C Alternative Awards 1987

The Benson & Hedges/Fosters Award for best new training techniques-Alan Lumb

The B.P. Quiet Achiever Award
-Mark Bonwick

The Trainee Park Ranger Award-
Steve Turner

The Wheels Magazine Touring
Car Award-Janine Greig

The Telecom Account of the Year
Award-Bob Greig

1988 THE SUN-HERALD PEDAL FOR HEART
ON SUNDAY MARCH 20

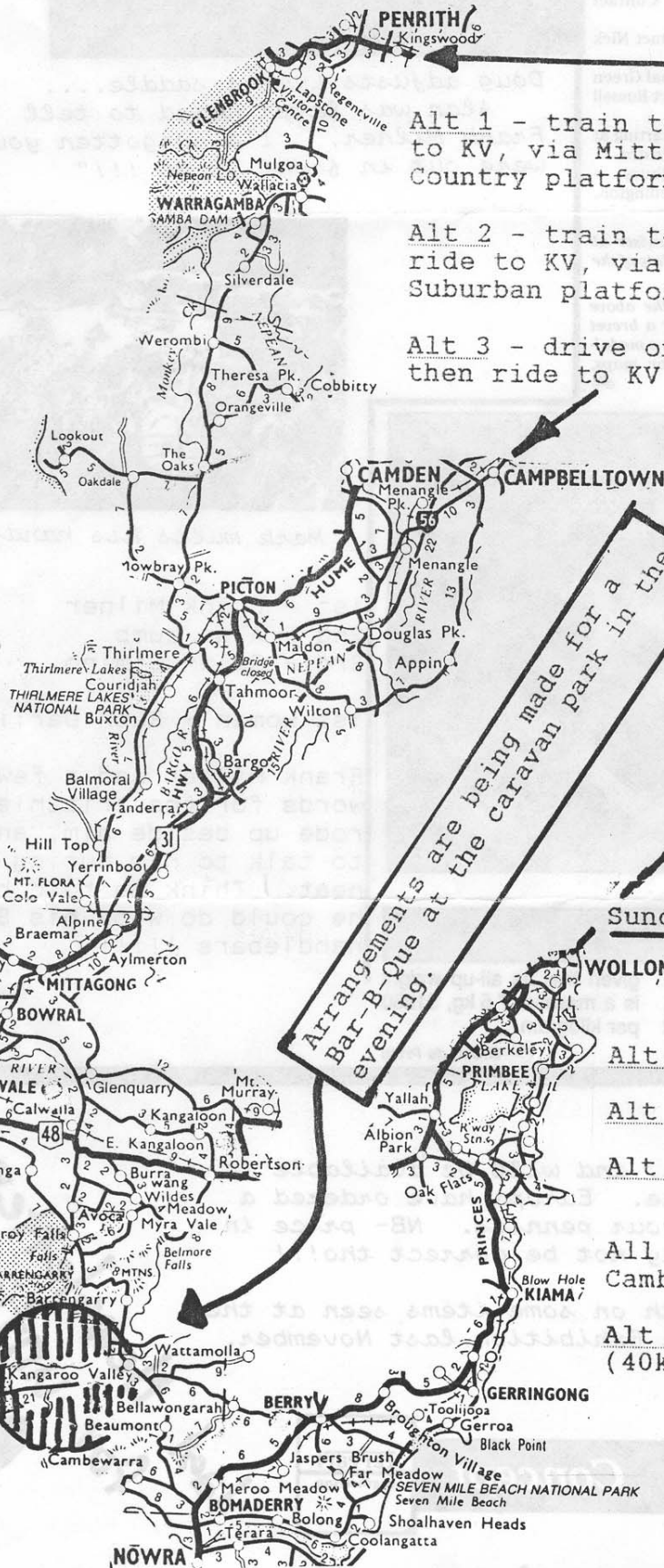
START/FINISH/AREA
GRAND DRIVE
(beside Lang Rd) Near
CENTENNIAL PARK

K. V. TOUR

Bruce Vote has once again organised a tour (our 7th) to Kangaroo Valley. This perennial favourite is being planned to suit various rider capabilities, so that a broad range of members can participate in the weekend. On-site vans have been booked at the Bridge Caravan Park, and members should confirm their places with Bruce as soon as possible (344-8156).

Saturday, 19 March - Meet at Central Station at 6:45AM

P.S. - Bazza Unsworth finally got round to announcing the Elections, which will be on our Saturday... You may wish to make arrangements to cast an absentee ballot at Mittagong, or somewhere else....



Alt 1 - train to Penrith, then ride to KV, via Mittagong (165km)
Country platform departure at 7:12.

Alt 2 - train to Campbelltown, then ride to KV, via Mittagong (110km)
Suburban platform departure at 7:07.

Alt 3 - drive or train to Mittagong, then ride to KV

Arrangements are being made for a Bar-B-Que at the caravan park in the evening.

Check with Bruce for sagwagon details...

Sunday, 20 March -

take an Aspro!!!

Alt 1 - Ride to Wollongong, then train to Central (100km)
Alt 2 - Ride to Kiama, then train to Central (60km)
Alt 3 - Ride to Bombaderry, then train to Central (25km)

All the above require climbing Camberwarra Mtn...

Alt 4 - Day ride to Tallowa Dam (40km) and drive to Sydney, or ride back to Mittagong (40km) and train...

Audax 1988 NSW and ACT Randonnee Calendar

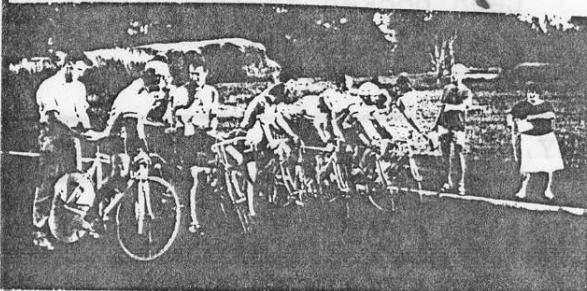
6 FEB, 200 km evening ride, Parramatta — Mittagong — Parramatta. Contact Russell Moore (02) 608 1125.
21 FEB, 300 km, Mt Victoria — Picton — Wilton — Wollongong — Sutherland. Contact Neil Irvine (02) 212 5628 (W).
5 MAR, 400 km, Hornsby — Moss Vale — Wollongong — Parramatta. Contact Russell Moore.
6 MAR, 200 km, ACT, Contact Nick Payne (062) 95 7793.
13 MAR, 300 km, ACT. Contact Nick Payne.
19 MAR, 400 km, ACT. Contact Nick Payne.
19 MAR, 600 km, Penrith — Wellington — Penrith. Contact Russell Moore.
20 MAR, 200 km, starting at Maitland. Contact John Veenstra (049) 32 5497.
2-4 APR, 1000 km, Melbourne — Sydney. Contact Keith Hyndes (047) 51 1701.
16 APR, 600 km, ACT. Contact Nick Payne.
15 MAY, 200/100 km, Parramatta — Richmond — Campbelltown — Parramatta. Contact Russell Moore.
29 MAY, 200/300 km, starting at Maitland. Contact John Veenstra.
12 JUNE, 200/100 km. Chatswood — Wyong — Chatswood. Contact Neil Irvine.

17 JULY, 200/100 km, Campbelltown — Moss Vale — Wollongong. Contact Russell Moore.
24 JULY, 200/300 km, starting at Maitland. Contact John Veenstra.
11 AUG, 200 km, ACT. Contact Nick Payne.
21 AUG, 200/300 km, Canberra — Goulburn — Parramatta. Contact Russell Moore.
17 SEP, 300/400 km, Dubbo — Bathurst — Parramatta. Contact Russell Moore.
25 SEP, 300 km, ACT. Contact Nick Payne.
16 OCT, 200 km, 13th Annual Green Valley Twin Century. Contact Russell Moore.
22 OCT, 200/300/400 km, starting at Maitland. Contact John Veenstra.
5 NOV, 400/600 km, Albury — Wyalong — Dubbo — Wellington. Contact Russell Moore.

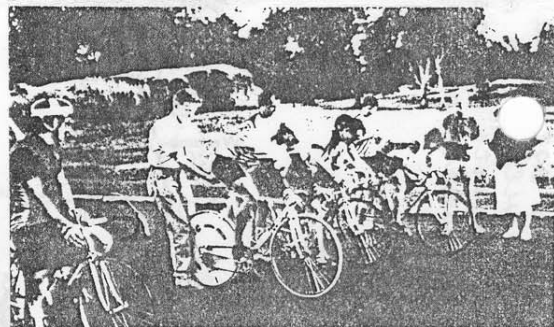
Please contact the ride organiser at least three days prior to the date of the ride.

A ride fee applies to all the above events. Usually it is \$4 for a brevet card, plus \$5 if you require a medalion as well. Extra fees for maps, support car will apply.

.T.T. CHAMPS



Doug adjusts Lumb's saddle....
Alan was later heard to tell Frank Milner, "I'd forgotten you were out in front of me !!!"

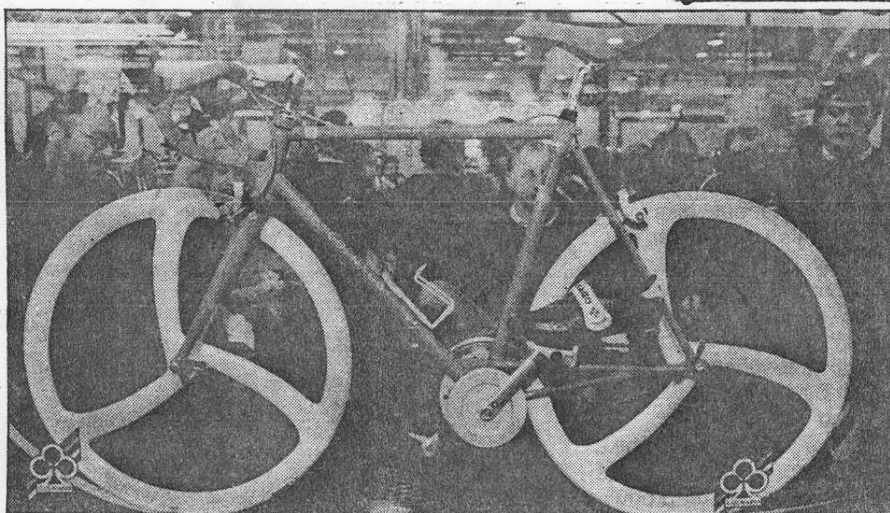


Mark mulls his handicap....

1st - Frank Milner
2nd - Alan Lumb
3rd - Ralph Cimino

1st woman - Ruth Darling

Frank Milner had a few choice words for the triathlete who rode up beside him, and started to talk to him during his final heat. Think he told him what he could do with his Scott handlebars !!!!!



Ferrari's most exotic creation? No; but it's the priciest bike you'll find...

Two-wheeled Ferrari

DON'T GET too excited. We're talking bicycles here, and expensive ones at that.

Ferrari (yes, the Maranello one) has got together with Italian bicycle outfit Colnago to build what was without doubt the most expensive vehicle — on the basis of lire per kilogram — at the Milan show.

And an eye-catcher it was too, with its striking carbon-fibre wheels, light alloy/carbon fibre frame and hydraulically operated brakes. And that's not counting the epicycloidal

twelve-speed transmission. All this can be yours, folks, for a modest eight million lire, or \$9400. Or,

given that its all-up weight is a massive 7.5 kg, \$1250 per kilogram.

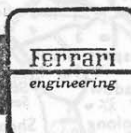
— Bruno de Prato

Yes, it's true, and will be available in the near future. Europa have ordered a few, so save your pennies. NB— price in the article may not be correct tho!!!

More next month on some items seen at the Milano Bicycle Exhibition last November.

last Newsletter
for unfinancials!

COLNAGO Concept



It's as easy as falling off a bike . . .

"IT'S EASY once you get the knack" is a phrase we hear often enough. But what, exactly, is a knack? This is the question cognitive psychologists tried to answer at a conference on skilled behaviour held last month at Sussex University.

Cycling is something most people get the knack of early in life. Tony Doyle of Sheffield University has applied psychological and physical principles to examine the skills that enable cyclists to balance and steer. To this end, Doyle built a "destabilised" bicycle so that he could separate the rider's controlling movements from the corrective actions built into a normal bike's design.

Bicycles are inherently stable at moderate speeds. This is because rotation of the front wheel exerts a gyroscopic effect, and the raked forks that attach the wheel to the frame have a castor effect, so that the tyre makes contact with the road at a point behind the hinge line of the steering mechanism. When the bicycle rolls or leans, these forces turn the handlebars to bring it back upright. The castor effect is triggered by the angle of the lean, and the gyroscopic effect is called into play by the speed of the roll.

Doyle's destabilised bicycle has neither of these self-correcting properties. An extra, counter-rotating wheel at the front cancels out the gyroscopic effect, and perpendicular, un-raked forks eliminate the castor effect. Recording devices fitted to the bicycle record the roll of the bicycle and measure how the riders turn the handlebars to stabilise themselves.

Riders had to concentrate, Doyle found. Once they had overcome their initial impulse to scream, they could ride the destabilised bike easily, even when blindfolded. The recordings showed that the riders stabilised themselves by making intermittent corrective movements of the handlebars, shadowing the rolling action of the bicycle. But whereas a normal bicycle stabilises itself almost instantly, when the riders were left to make the corrective movements for themselves, they could do so only after a delay. Some riders were quicker than others, the best responding within 60 milliseconds, the slowest waiting 120 milliseconds before making a move.

If the rider delays for more than about 150 milliseconds, said Doyle, the control system becomes unstable. On the destabilised bicycle, riders with slow responses would inevitably crash.

Normally, at moderate speeds, the rider's ability to make corrective movements in response to roll is "in the background", said Doyle, because the stability of an ordinary bike cancels out roll before the rider could respond to it. At low speeds, however, the rider needs to make corrections because the gyroscopic effect of the front wheel is negligible. Doyle suggests that because children usually learn to ride on slow, small-wheeled bicycles, they probably learn this corrective technique from the first. Later progress from novice to competent cyclist, Doyle thinks, could be a matter of learning not to try to stabilise the bike oneself, but to sit back and let it do the job for you.

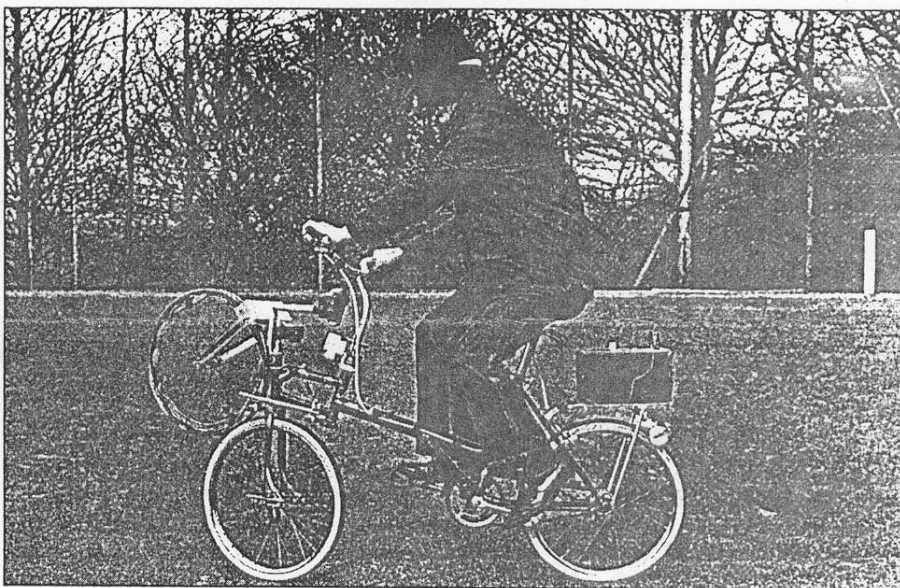
By wiring up a normal bike with equipment to record turning and rolling move-

Peter Richardson

ments, Doyle has also confirmed an old suspicion about how people steer their bikes. The process is the opposite of what most imagine it to be, said Doyle: to turn right, the rider pushes the handlebars left.

steered the bicycle in this way.

While the handlebars are angled right, the rider has to keep pushing left against the bars, or else the bike's stabilising movements push it upright, cancelling out the turn. To stop cornering, the rider gradually eases the pressure off the handle-



Once past the screaming stage, riders quickly get the knack of riding a bike with a mind of its own

The sequence for a turn runs as follows, said Doyle. To initiate a right turn when travelling at a fair speed, the rider pushes the handlebars to the left. This gives a turn to the left, and a fall to the right. The bike responds to the fall by moving the bars right, into the fall, so that the turn balances the lean to the right and the bike is stable as it corners. All Doyle's riders

bars, and the bike smoothly recovers to travel straight again.

Sceptics can check this sequence for themselves, said Doyle. If you push the handlebars left with a fingertip you turn right. After the bike's own stabilising mechanism corrects for this, the bars will be angled right, but you have to keep pushing left to keep turning. □

CYCLING GEAR

Cycling, once a cheap form of transport, has become a fashion and technology race that can cost the serious biker more than \$1,000 to enter — excluding the price of the bicycle.

Working upwards, **pedals and shoes** are first on the shopping list. The French brand "Look" has pedals which operate in a similar way to ski bindings and make traditional toe-clips obsolete. The cyclist's shoes clip directly into the pedal and the foot is twisted for release. Gary Fairweather, owner of Brookvale Cycles and Chatswood Cycles, says the pedals are easy to use and cost between \$155 and \$269 a set. Handmade shoes with special cleats to fit the pedals, also by Look, range from \$69 to \$250.

Next come special **shorts** or cycling "knicks". Michael Kamahl from Woolys Wheels in Paddington says that although knicks are designed for cycling, about 20 per cent of buyers do not cycle. Kamahl sells knicks for \$40 to \$90 and Netti and Kelly are his best-selling brands. They range from \$39 to \$139.

Cycling tops usually feature a front zipper and lots of pockets. The price can range from \$27 to as

high as \$119. Gary Fairweather says brighter combinations sell best "because cyclists, like everyone, are individuals".

A cycling outfit is not complete without **gloves**. They are usually fingerless and vary from colourful lycra to more conventional leather and cloth-mesh styles. Spanko gloves, designed by a medical equipment company, have silicone palm inserts and cost \$59 at the Clarence Street Cyclery. A saddle designed by the same company with silicone gel implants also costs \$59.

"Bum bags", which clip around the waist to provide storage, range from \$10 to \$30. A new carbon fibre cage for your water bottle (providing an "almost academic" saving in weight, according to Fairweather, but promoted as stronger than alloy) costs \$19.90. **Water bottles** range from \$3.50 to \$10. A Kryptonite-brand bicycle lock, said to be impossible to cut without an oxy welder, costs up to \$75.

Perhaps the most sophisticated accessory a cyclist can buy is a **Cateye computer**. This small piece of high-tech machinery can register current speed, average speed, distance travelled on the journey and distance since the computer was installed, and top speed on the current trip.

The computer has no moving parts, two sensors and two readouts and sells for \$89 at Chatswood or Brookvale Cycles.

How about an Auction Sale instead?

the SYDNEY CYCLIST

SYDNEY CYCLISTS' AND CYCLING CLUB

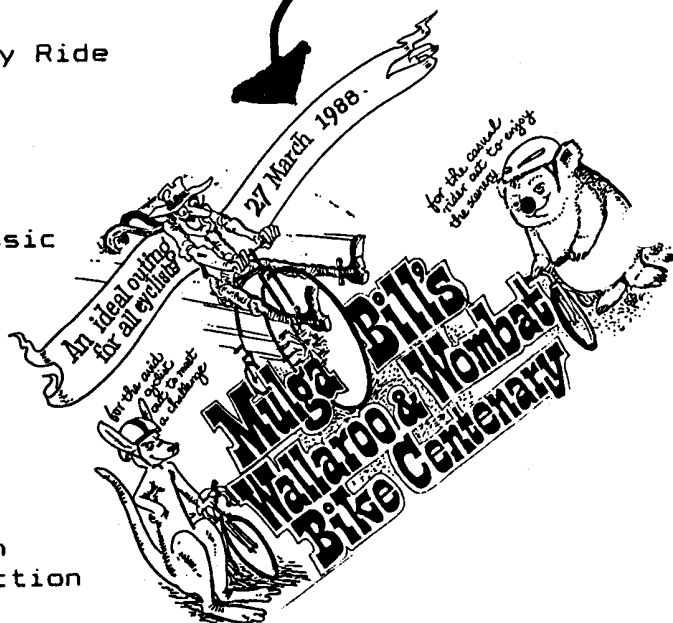
FORTHCOMING EVENTS = 1988

CONFIRM
A.S.A.P.

- March 19-20 Kangaroo Valley Tour
20 Pedal for Heart Ride - Centennial Park
* Training Clinics begin
6:00 every Tues, Thurs, Sat
27 Mulga Bill's Bike Centenary (BINSW)
- April Video nite
1-4 Great Eastern Australian Rally
Easter Weekend (BINSW)
- May Southern Highlands Weekend
- June Sydney City Criterium and Club Picnic
(19 or 26)
- July N.S.W.A.C.F. Premierships [TTT]
Auction Sale
- August Penrith - Albion Park One Day Ride
Winter Dinner
- September Wyong One Day Ride
Commonwealth Bank Cycle Classic
(race marshalling)
- October Sofala Weekend
- November Annual General Meeting
- December Club Picnic and Time Trial

(BINSW) = Bicycle Institute of NSW function
(ACF) = NSW Amateur Cycling Federation function

Note: Dates in brackets [] are preliminary only....



How did the new CAMPAGNOLO gruppo called Croce D'Aune get its name??? This will be the group to replace the present Super Record series....

The Chorus gruppo recently released in Australia, is the replacement for the 'old' Nuovo Record series....