

ANNUAL CLUB DINNER

&

AWARD NIGHT

This promises to be THE social event of the festive season. The committee has been fortunate enough to secure a private room in this famed Italian eatery which specialises in seafood & game. The delightful verandah will enable members to enjoy their after dinner coffee amid genuine post-Victorian splendour.

The evening will include the presentation of Club Awards in the following categories:

Time Trial Champions, Mens, Ladies & Veterans Divisions, Club Person Of The Year, Most Improved Rider Of The Year.

VENUE

ANIELLOS' TRATTORIA, 284 BRIDGE RD, GLEBE

DATE/TIME

WEDNESDAY 21ST JANUARY 1987 AT 7.00PM

COSTS

\$20 PER HEAD INCLUDES ANTIPASTO, CHOICE OF ENTREES, MAIN COURSES, DESSERTS, COFFEE, BYO, COMPLIMENTARY CHAMPAGNE.

YOUR HOSTS ANTONIO & FAMILY

It is **imperative** that we finalise details as soon as possible to ensure the success of the evening.

Please confirm by phoning Steve Turner on 713 2240, or Paul Montesin on 661 1394.

Look Forward To Seeing You On The Night !

Al Frescos' short black



Nepean Triathlon

What is arguably the greatest participant Triathlon in the Southern Hemisphere was held in early December, at Penrith. Below average water temperatures saw the swim leg reduced to 600 metres. This was followed by an undulating 40km cycle, & a 14km run.

Sydney Cycling Club was well represented, with Jeff Page & Ian Hood producing memorable performances to finish within 3 seconds of one another. Believe it or not, neither knew that the other had entered ! Their efforts are all the more significant when you consider they finished only 17 minutes behind the winner. Imagine if these guys had the time & resources of the Marc Dragans' of the sport. Fine effort fellas !

Also spotted in the Team Event were Walter Rolli, & Mark Meltzer.

"Too Tall" cut down

New Member Greg Glarkson was the victim of yet another irresponsible dog owner, coming off quite heavily while descending Military Rd., North Bondi. He suffered a broken collarbone & multiple abrasions. We wish him a speedy recovery, & look forward to seeing him rotate that new disc wheel in the new year.

"Where did he get the money for that?"

Senior Member, & sometime bush poet, Bruce Vote, surely achieves the Award for the most stunning paint job of 1987. Catch him in the Park, & ogle.

con ! con !

P.S. Hope St Knickerless was good to you !

Pat's back!

Surprising even her army of Specialists, Pat Israel has made Lazarus look like a wimp. She has resumed training, albeit at a sedate pace. Great to see you back Pat !

Timbrell sees the light !

The Management & Committee of S.C.C. are pleased to announce that we have secured the services of former European Professional, & Europa Cycles Test Driver, Paul Timbrell. This follows month's of secretive negotiations, culminating in payment of a six figure transfer fee to Paul's former Club. Welcome aboard!

Central Coast Capers

Newly appointed Tour Director, & Andre Segovia lookalike, Spencer White appears to be taking his responsibilities seriously. He recently became the proud owner of a six-bedroom condominium at the rather pleasant sea-side resort of Terrigal. I'm informed that 1987 Tour plans are well under way.

"Magpie" flees nest

Recently elected President, Malcolm "Magpie" Hammond, left for the U.K. in early December, in order to catch up on old friends & relatives, as well as to remind himself how pleasant it can be to cycle there in Winter. He will hurry back.

The Great Xmas Coasting Competition

The pursuit of excellence sometimes means that some of life's more pleasurable pastimes have to be forsaken. An elite group of Athletes from S.C.C. made perhaps the ultimate sacrifice on Xmas day, by participating in the inaugural Coasting Competition. The Course mapped out by wily Race Secretary, & Joern Utzon Contemporary, Bruce Vote, commenced at the Woolhara Gate, proceeded down Loch Ave., Robinson, & thence onto Grand Drive. In order to prevent pedalling, Competitors' cranks were carefully taped to their chainstays, while poker faced Marshalls inspected bidons, & removed unnecessary pumps, singles, & Xmas decorations. Your Scribe is able to report that pre-race betting established the following market:- Mark Meltzer 2/1 on favourite, Steve Turner & Bob Greig even money, Lance Brannigan 5/1, Peter Smith 6/1, Nigel Rowe 10/1, Bruce Vote 15/1, 100/1 the rest. After the spectacle of a mass start, the Race settled down to a confrontation between Meltzer & Greig. The former unfortunately needed to negotiate a Lebanese Bar-B-Q ensemble, & brakes were seen to be used. From that moment all hope disappeared for the former Springbok. Greigs' handlers had all but removed the champagne corks, when Turner appeared on the horizon, apparently with momentum up his sleeve. But then, inexplicably he changed course, failed to pick a line between the gravel & an innocent Mazda, & was catapulted onto the bitumen. Months of lunch-time carbo-loading for nothing!. Participants returned to the starting line, where joyous celebrations took place, & plans made for next year's Event.

Results: 1st Greig; 2nd Turner; 3rd Smith; 4th Vote, Brannigan, Rowe; 7th Meltzer.

Thanks to Janine, & Sister, Walter & Spence, apologies to Marjorie & Don.

HELM'S.



"I was number 13 last week."

Look !!

Look Safety Systems, the well-known ski binding company, has introduced a pedal/shoe retention system designed along principles that parallel its ski binding design. With Look pedals the toe clip and strap are eliminated. To engage the shoe to the pedal, just step on the pedal. A special plate retro-fitted to your shoe snaps easily into place. (Shoes designed for the system are quickly becoming available.) It took only a few attempts before snapping in was completely natural and noticeably easier than using standard pedals with straps.

To release your shoe from the pedal requires a less natural motion of rotating your foot. While I was still getting accustomed to this process, I had a minor low-speed fall. With a conventional toe clip and strap, I would have gotten my foot out in time, and with practice, there is no doubt that release from the Look pedal would be even quicker and less complicated.

My foot felt more comfortable without the toe strap, but I found that my shoes were too loose for the pull part of the stroke. The shoe upper has to do the work formerly done by the straps. To keep the kind of efficiency I want from pulling up hard on the pedals required tighter lacing than I am accustomed to. Discomfort from the tighter lacing, however, was more than offset by the comfort of riding without a strap and toeclip.

A nice benefit of the system is a noticeably more positive feel between your foot motion and the pedal motion. Riders are usually amazed by the difference when they first ride with toe clips and straps. They are again surprised by the performance improvement when they first use cleats. Use of the Look system surprised me once more with its increased sensation of being connected to the pedals, enhancing performance and security to previously unknown levels. My foot felt totally stabilized on the pedal.

The Look system comes in three models called Leisure, Sport, and Competition. The Leisure model is made of Delrin plastic and is reversible for use with street shoes. It will be much less expensive than the Sport model that became available in 1985.

SOURCE:
'CYCLIST'

MAGAZINE

U.S.A.

"Always on a Sunday" by Tony Hamrozi

I shall always retain fond memories of my first Expedition to La Pa with the Sydney Cyclists. The sights, sounds, & smells will linger in my nose & memory until I lay my wheels to rest.

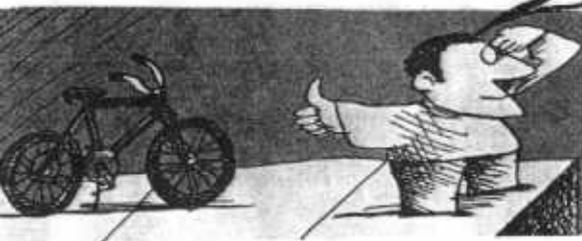
It was not always so. Having been terrified of four-wheel monsters, & the jaw-snapping variety on four legs, my cycling had been confined to the safety of the Park. But soon my wheels had settled into a rut, & my head spun on the endless merry-go-round. Since the Club provided escape in the form of rides to La Pa, & even over the horizon Waterfall, I decided to put my newly aquired stamina to the test. Somehow my best laid plans did not work out. Astride my solid road machine, I fronted up at the York St. gate. The sight of me was enough to elicit a frosty look from the tall, lean, & hungry looking leader of the pack, confidently caressing the very latest Peugeot road racer. The other members were not so intimidating, they simply ignored me. "Lead us to the citadel of perfection, to the mountain of our inheritance", think I.

By the time we approached Maroubra Junction, I was out of breath & behind the pack. I have no doubt their aim was to indicate to any passers-by, that I was most certainly "not with them". After what seemed a century of sitting on a razor, La Pa came into view. "God, I'm only half-way". As if to punish my impudence, & discourage any further participation, the pack began an enthusiastic return to the Park. I cannot remember much of that journey, except that while everyone else look composed, I was attempting to survive.

There have been many changes since that day. Having failed to quell my enthusiasm or discourage participation, the pack resorted to psychological torture. Members of the pack started to dissappear, so that today, only a lean, hard core membership remains. What we lack in numbers, we make up for in "esprit de corps", & wit. Thus, it's mystique is perpetuated. With this in mind I was initially reluctant to relate this true story, for I feared the current membership would be overwhelmed. Jack, I take full responsibility.

On a recent ride to La Pa, the group was approaching the imposing, & ever expanding Long Bay Gulag. As usual the voluntary litter team looked busy, half-heartedly poking amongst the detritus of the effluent society, perhaps caseing chances for a quick getaway. Up ahead a car came to a halt at the side of Anzac Pde. The door opened, & out stepped 168cm of soft, lithesome, loveliness, wrapped in very, very tight shorts, and equally alluring top. The whole scene changed as though transcended into slow motion. The southerly buster ceased, birds stopped in flight, cars stalled, all sound ceased. It seemed as though the whole universe held it's collective breath. The Gulag inmates stood as motionless as statues, their faces strangely distorted, moving rythmically to the motion of the departing derrier. "But she can't cook lads!" bellowed Jack, shattering the oppressive stillness. Still no movement, no sound, just bursting lungs, pleading for air. As if out of a void, a low, gruff, emotion filled voice permeated the senses, "Who's thinking of food mate?". Well any verbal symbol will do, as long as speaker & listener agree on meaning. No argument.

THANKS TONY!, MEMBERS, WHAT ABOUT
SOME SIMILAR CONTRIBUTIONS?



VALUE OF THE DECADE!

YARRAMUNDI WEEKEND AWAY

Thrills, spills, fun, laughter and good-times guaranteed.

Our first 1987 weekend away from home has been organised for February 20/21/22. Great lengths (and heights) have been endured in securing a weekend at the fabulous YMCA camp at Yarramundi, near Richmond. If what is planned doesn't excite, then you may as well grab your wigwam and squaw/brave, and wander into the oblivion of darkness for the rest of the year.

The camp is located in bushland on the banks of the Grose River and at the foothills of the Blue Mountains. It has facilities for river swimming, canoes (available at no cost), swimming pool, tennis courts, cricket pitch, oval, BBQ's, and bushwalking; not to mention cycling. All meals are provided.

Here's an outline of what is in store. Arrive on Friday evening any time after dinner--(approximate driving time from Sydney is 1 1/4 to 1 1/2 hrs)--for supper of home made cakes/cookies, tea/coffee. Accommodation is in cabins right next to the tranquility of the river. Bikes can be stored securely in each cabin, with stacks of room to spare.

Wake up to the chirping of birds --- brekkie on Saturday is at a realistic hour for a change--not 5 or 6 AM. For the serious cyclists, the ride will be up the Springwood Road to the magnificent Hawkesbury Hill Lookout, Springwood, and adjacent areas of the Blue Mountains.

After lunch, perhaps a few games of cricket, tennis, swimming, canoeing, or just lazing in the sun with Frederick Forsyth in hand (BYO racquets, bats, balls, etc.).

Saturday night dinner/dance--B.Y.O.G. and don't forget to bring along your R.M. Williams flannel shirt, and the Akubra for a bush dance in the barn.

With all this activity in mind, Sunday should be a more leisurely day. After relaxing at brekkie, we plan an easy ride on fairly flat terrain around the Macquarie towns of Richmond, Windsor, Pitt Town, as well as Maraylya and adjacent areas (approx. 3 hrs.).

After returning for lunch, those with energy left to burn can undertake an inspiring bushwalk UP to a very spectacular lookout.

Return home, tired but happy, late Sunday afternoon.

As you can see there's plenty for all to do. We would like to see non-cycling family members and friends come along too. Please encourage your good friends to come and share the fun--the more the merrier. We must have a minimum of 40 people to make all this viable.

And now, the crunch. How much does it all cost? Well, the most pleasant surprise of all is that the TOTAL cost per person including all meals, accommo, use of canoes, and all facilities is an astoundingly low figure of \$34.00 (Yes, THIRTY-FOUR DOLLARS).

Children are very welcome and to encourage participation of ALL club members, the committee has decided that the club will subsidise member's children by \$17.00 per child (i.e., half price).

Our club must lodge a deposit by January 20th to secure the booking. It is most important that you complete the form provided

and post it with your cheque NOW. Don't put it off for next week or the week after like most of us do, or you will forget. Returns must be in by January 18th to Rosemarie Peerenboom addressed:

The Secretary
Sydney Cycling Club
56 Hopetoun St.
Newtown 2042

P.S. Any member who would like to come but is unable to pay by Jan 18th should contact Rosemarie on 519-6215 (h) or 267-2301 (w). Car pool arrangements will be organised at a later date.

Paul Montesin (judicious editing by Rosemarie!)

I wish to come to the Yarramundi Weekend, Feb 20-22.

Number & Name of Adults:
at \$34.00 each

Number & Name of Children:
(of Club Members) at \$17.00 each

Other Children:
at \$34.00 each

I enclose a cheque for \$ _____

The 1986 edition of this popular outing took place on the 6th December, at the Karingal Picnic area, in the Royal National Park.

Observed soaking up the rays, & washing down chicken wings with Moet were Mark Bonwick, Steve McGuinness, Walter, Ros, & baby Justin, Hugh, Bruce & Elaine, Lumby, Magpie & Angela, Ovi & the young ones, Rosemarie, Meryl, Lance & Melanie, Nigel, Jack & Mrs.B, Tony, Steve & Anne, Pat, & Mark Meltzer.

Highlights included a difficult little Time-Trial to Waterfall Weir & return (see results), Lumby's new season speedos, Walter & Ros' patented baby sun protection system, a colony of particularly persistent blowflies, & Steve McGuinness' insistence that he ride home to loosen up !

A thoroughly enjoyable day, in beautiful surroundings, with great company.

HERE'S TO NEXT YEAR!!!!!!!!!!!!

Sue Dinim

SUE DINIM



Time-Trial, Karingal-Waterfall- Weir-Karingal, Distance 15km.

<u>Name</u>	<u>Time</u>	<u>Post-Race Comment</u>
Mark Bonwick	24:51	"What's lactose mean?"
Steve McGuinness	25:02	"I really needed a 56 on that last uphill"
Walter Rolli	26:05	"It vas never zis hard in ze old willage"
Hugh Milner	26:16	"How are the new jerseys' coming along?"
Bruce Vote	26:54	"Testy little course, huh?"
Alan Lumb	26:57	"Me bluddy speedos cut off the circulation"
Malcolm Hammond	27:04	"Didn't see one magpie"
Lancarrannigan	27:27	"I was really hoping for a sub twenty-sux"
Rosemarie		
Peerenboom	27:31	"Who needs a Club Coach?"
Steve Turner	27:54	"!!!!!!#####"/censored"
Ovi Montesin	27:54	"How many laps to go?"
Meryl Chase	29:02	"This is no place to break in new shorts"
Mark Meltzer	31:27	"Nice park, but where are the lions & hippos'?"

When a Sydney motorist was convicted and fined for dangerous driving recently a long drawn out battle between two cyclists and the bureaucracy was brought to a close. Alex Sprignall and Hugh Milner were cycling home after work along the Pacific Highway in Chatswood. Though they were not riding together they were both 'buzzed' by the same motorist who swerved dangerously into their path passing each rider with only millimetres to spare.

When the riders finally caught up with the driver at a set of traffic lights they were greeted with a torrent of abuse but they did manage to note the number plate of the vehicle and get a good description of the motorist and his vehicle.

A passing Police motorcyclist refused to stop so the pair called in at the Pymble Police station where they were told that details would not be recorded and that they should report the incident in a letter to the Assistant Commissioner for Traffic. After waiting a number of weeks for a reply to his letter Alex decided to contact his local member of Parliament who then made representations on his behalf to the Minister for Police.

Some three months after the incident he received notification from the Police that the motorist would be charged and some six months later justice was finally carried out. In his reply to the Minister the Police Commissioner Mr Avery expressed concern on the failure of the officers at the Pymble Police station to take details of the incident and gave an undertaking to pursue that problem.

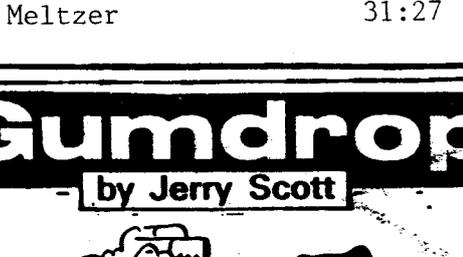
The incident highlights the low priority given to bicycle riders and their problems by a traffic system heavily weighted towards motor transport. The stretch of the Pacific Highway where the incident took place has since been converted by the NSW Department of Main Roads into a cyclists death trap with the installation of high speed 'S' lanes. The 'S' lanes are designed to move traffic around right-turning vehicles by routing through-traffic towards the kerb at intersection approaches.

The Bicycle Institute and the Newcastle Cycleways movement in NSW have made representations to the government on the danger to cyclists of the 'S' lane menace but like Sprignall and Milner they expect a long drawn out paper battle before justice on the roads is finally done.

Unfortunately most incidents involving harassment of bicycle riders by motorists go unreported. Any bicycle rider who is involved in an incident should note the number plate of the vehicle and report this with a description of the driver or other hostile occupants to the nearest Police station. You will need at least one witness and they should accompany you when you make your statement to the Police. In due course the Police should contact you to advise what further action will be taken. In most minor instances a visit from a Police officer will be sufficient to make the offender realise the stupidity of their actions.

SOURCE:
'FREEWHEELING'
MAGAZINE
DECEMBER 1985

Gumdrop
- by Jerry Scott



OK, SO YOU CAN REACH THE PEDALS...
HOW ARE YOU GOING TO STEER?

WOOLLYS WHEELS

Sydneys original bicycle boutique

A dazzling range of bicycles, clothing, accessories and parts.
Come on in and abuse our friendliness!

32 Oxford St Paddington NSW
(02) 331 2571

IMPORTANT RULES

Congratulations on recent comment in *Australasian Cycling* on the need for cyclists to obey important road rules.

Whenever cyclists number more than 1 on a training ride, the consensus is that if you stop for a red light there is something seriously wrong with you.

If you want to witness such acts of bravado I urge you to be at Centennial Park, Sydney, at 6.30am on any Sunday morning for the training ride to Waterfall and return.

Not only will 50 cyclists run the red lights between Engadine and Centennial Park, they will abuse you if you urge them to stop. It is not "if" somebody is seriously injured, but "when".

What used to be a pleasant "chain gang" ride home from Waterfall, is now a dice with death.

Mike O'Reilly,
Secretary,
Northern Suburbs Amateur CC

SOURCE:

AUSTRALASIAN CYCLING
DECEMBER 1986

EDITORS COMMENT:

WE CAN ONLY ENDORSE
MIKE'S COMMENTS, & WILL
REPRINT, IN THE NEXT
ISSUE, THE ARTICLE TO
WHICH HE REFERS.

THE REGULATIONS
CONCERNING BEHAVIOUR
ON THE ROAD WERE
PUBLISHED IN THE LAST
NEWSLETTER, & WE ARE
PLEASED TO REPORT
THAT MOST MEMBERS
DO NOT NEED

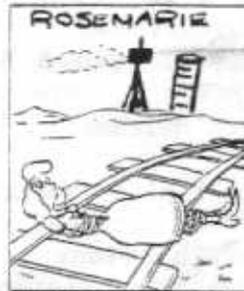
TO BE REMINDED
OF THEIR
SIGNIFICANCE.

P.S/IRONICALLY
THE WATERFALL
'CIRCUS' WAS
ORIGINALLY AN
S.C.C. RIDE.

THE COMMITTEE
IS CONSIDERING
REPLYING TO
MIKE'S LETTER IN
ORDER TO DIS-
ASSOCIATE OUR-
SELVES FROM
THIS GROUP'S
PRACTISES.

Sumerville

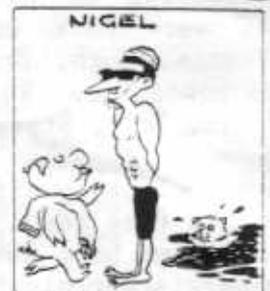
RECYCLED PUNS



DERAILLEUR



DOWN TUBE



MUDGUARD



SEAT POST



PANNIER



TOE CLIPS



BEARINGS



HEADSET



CRANK

NEXT ISSUE: * FULL RESULT BOARD: -
1986 GIRO DI ITALIA,
TOUR DE FRANCE, WORLD CHAMPIONSHIPS,
C'NORTH GAMES, COORS CLASSIC
* TIME TRIAL RESULTS - JANUARY

SHOCK, HORROR, SEX, SCANDAL, S.C.C. MEMBERS IMPLICATED !!!

Hopefully we now have your attention. The Editors would like to remind you that Annual fees are now due!!!! You may renew by either forwarding your remittance to SYDNEY CYCLING CLUB, P.O. BOX 538, BONDI JUNCTION, 2022, or SIMPLY HAND THEM TO ANY MEMBER OF THE COMMITTEE VIZ. MALCOLM, ROSEMARIE, STEVE, OWEN, ALAN SMITH, SPENCER OR BRUCE.

We would also like to re-inforce comments made by Malcolm in the last issue, concerning that Public Liability Insurance offered by the NSWACF. We too, would strongly recommend you take advantage of it's benefits.

Total fees for membership of the Sydney Cycling Club, AND affiliation with the N.S.W. Cycling Federation are:

Category	S.C.C. M'ship	N.S.W.C.F. Aff'n	Total
Non-Competitive	\$10	-	\$10
Non-Competitive	\$10	-	\$10
Veterans/Seniors	\$10	\$11	\$21
Women/Juniors	\$10	\$35	\$45
	\$10	\$30	\$40

REGARDS, OWEN & STEVE