

the Sydney Cyclist



NEWSLETTER OF THE SYDNEY CYCLISTS' CLUB AND THE SYDNEY CYCLING CLUB

MAY 1986

AKUNA BAY - Jersey Ride



Several riders have expressed a desire to have a 'Club' ride, in which only members and their invited guests participate. Club members are to wear the 'Club Jersey' on these events, to re-establish the image of the Sydney Cyclist's Club as an entity.

How long has it been since you last wore your Club Jersey ???

On Sunday, 18 May there will be a ride leaving from the Centennial Park Kiosk at 6:30 AM; as a declared 'jersey ride'. This group will ride to Akuna Bay in Kuringai Chase National Park, stopping for morning tea at the marina complex before returning to The Park. Here's your chance to 'show the colours', bunches will be formed to cater to all riding capabilities. See you at the Kiosk.....

CLUB DINNER MTG

THE JUNE MEETING WILL BE HELD AT THE FORBES RESTAURANT IN FORBES STREET, KINGS X (WOOLLOOMOOLOOOOO SIDE). THIS SUPERB EATERY OFFERS A FIXED MENU CONSISTING OF A BRILLIANT ANTIPASTO BUFFET (A MEAL ON ITS OWN!) OF NUMEROUS DISHES FOR A FIRST COURSE, FOLLOWED BY A SELECTION OF ABOUT SIX EXCELLENT ITALIAN MAIN COURSES AND SOME REALLY ELEGANT DESSERTS.

THERE ARE TWO SITTINGS AT THE EVENING MEAL, AND TABLES HAVE BEEN BOOKED FOR THE SECOND (8:00 PM) SITTING. BOOK NOW BY CONFIRMING WITH PAUL MONTESIN (519-6215). BEER AND WINE ARE AVAILABLE, BUT B.Y.O. IS ALSO ALLOWED.

**** FORBES RESTAURANT 3 JUNE @ 8:00 PM ****



SOFALA - Gem of the West!

A few years ago we had a most memorable weekend riding from Lithgow through the Tablelands to Sofala, and returning to Lithgow. After a great deal of reminiscence, it is proposed to hold this event again.

Set aside the weekend of 24-25 May to ride as a group from Lithgow for about 110km (with about 10km unsealed) to the delightful gold mining town of Sofala, via Kelso on Saturday. We look forward to a great meal at Platt's Cafe in town. Accommodation has been arranged at a 'Bed n Breakfast' in town. On Sunday, it is planned to return via Ilford to Lithgow with a few grogs at the pottery upon completion...

Contact Bruce Vote (399-9452) for further details, and confirmation of accommodation (ASAP). Perc Carter take note, no snow this year....

FRED BASSET
by GRAHAM

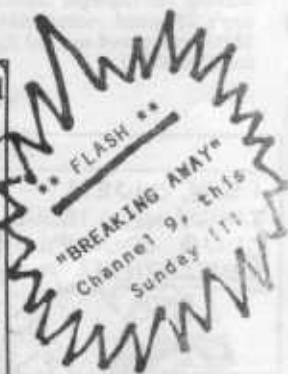
There he goes off to work.
Exhausted as usual.



It's the pre-breakfast
cycling that does the
damage



He's got it into his head
that it's good for him



Bikers Race to Become Big Wheels

By DOROTHY STOCKBRIDGE
Staff Writer

Bicycling is a lot like peanut butter. You can enjoy it for years before you find out that it's good for you. The same two wheels that give the school child his first taste of freedom can provide recreation for a lifetime. The wheels and frame may get fancier, lighter and more expensive as the rider becomes more serious about the sport.

"It can be the most relaxing sport, but for me it's the hardest thing I've ever done," said Victor Hullinger, a 26-year-old Sarasota Bicycle Club member who has gotten into racing on his \$2,000 Giant Motta bike. He fights downtown Bradenton lunch hour traffic to take a training ride out Riverview Boulevard and then lifts weights and pumps a computerized exercise bike after work. "I've had two bad crashes, but I love the competition. Racing doesn't just take raw strength but requires finesse, control and skill to corner at 25-30 miles per hour with a guy two inches from you."

Most of the 130 bike club members, who come from Bradenton to south Sarasota County, join because they like the regular 25-mile Saturday morning rides at 15-18 miles per hour. These rides leave at 8 a.m. (8:30 starting in May) from Crossroads Shopping Center, U.S. 41 at Bee Ridge Road, in Sarasota. Longer, faster training rides leave from there Saturdays at 8:30 a.m. and from Sarasota Vo-Tech Center on Sundays at 8:30 a.m. and Tuesdays and Thursdays at 5 p.m. (6 p.m. starting in late April). Most of the training rides are at 25-30 miles per hour (compared to 8- to 14-mile-per-hour touring speeds). Racing sprints reach 40 miles per hour.

Today an easy 14-mile ride is leaving the South Bay Fashion Center at 9:30 a.m. headed for Nokomis Beach and Jetty Point Park with swimming, picnicking and an optional eight-mile jaunt planned.

Several of the club's more serious riders are forming Gulfstream Velo-Sport Club that could send teams to regional and national races. Leisurely rides to watch the sunset aren't for this group.

"It's easier when a team is riding together and sharing the time out front breaking the wind," said organizer Jeff Dougherty, 26-year-old owner of Ringling Bicycles. "A team with good tactics can beat the favorites."

Bike racing isn't just for young athletes, as Heinz Manig, 50, and Dick Lloyd, 45, are proving. Although they race in the age 45-55 masters category, they often beat racers 10 and 15 years younger than themselves.

"I'm racing faster today than I did 30 years ago. Of course, the bikes are five to seven pounds lighter," said Manig, who as a young man made West Germany's national bicycle team and just missed making the Olympic team in 1958. (Today's 19-pound racing bikes cost about \$2,000, compared to good 22-pound bikes for \$400-\$500.)

Manig gave up serious biking for the almost 20 years he lived in Canada and only started back when he moved to Osprey eight years ago. Then he weighed almost 220 pounds, which he has trimmed to 175 pounds with the help of his bicycle training and Robert Haas' "Eat to Win" diet.

He trains on a Derosa bike and competes on a \$2,000 Italian Gios bike. In Sarasota Bicycle Club's 100-mile road race Nov. 3, 1985, Manig not only won the masters class but tied with the lead riders in the next two younger classes with his time of four hours and 10 minutes.

Manig and Lloyd, who often train together, both have a chance of being a U.S. Cycling Federation champion this year. Lloyd has nine recent victories and was the 1985 Florida champion for over-35 men.

"I spent my health to make a success of my home improvement business in Binghamton, N.Y.," Lloyd admitted. Since moving to Sarasota two years ago, he has regained his health and stamina with a personal motivation program. He races a \$2,100 Ciocc bike, mostly in the 30- to 50-mile races and claims to have won more races than anyone else in this area. Despite a string of recent mishaps, he advocates bike riding as easier on the body than running.

"I hope to be riding when I'm 80. I feel better and I'm five times as strong and energetic as I was at 25. My resting heart rate is a very good 51 beats per minute; it used to be 76," said Lloyd, who eats a high-carbohydrate diet and doesn't drink or smoke.

Yet he was nursing raw shins and a \$137 bill for fixing the wheels of his bike after "a guy cut me off and took me down in a race in Lakeland." Lloyd suffered a collapsed lung and broken ribs last year when a driver hit him head-on during a race in Tampa. Another time he was knocked unconscious and suffered a concussion when hit by a driver on Casey Key.

Making cycling safer for bikers just out for a Sunday ride, as well as the serious racers, is a goal of Sarasota Bicycle Club and a new group called Spokespeople. Florida's bike fatalities are triple the national average.

"We're fighting 40 years of neglect of the biker by road builders and the public," complained Mike Lasche, director of Spokespeople, a bike advocate group. "We've made a lot of progress on paper in Sarasota and Manatee counties but things take time."

New and reconstructed roads now will have wider curb lanes for bikes. Spokespeople is working with Rep. Jim Lombard on a bill to encourage 15 hours of bike instruction in fourth-grade physical education classes.

Spokespeople wants all bikers to know the laws and increased enforcement against those bikers who still run red lights, ride on the wrong side or ride at night without lights and reflectors.

Many bikers, including Lasche, would rather see wider curb lanes or marked shoulders, than narrow bike paths where every driveway with shrubbery becomes a dangerous intersection for the biker. Ideally, a bike path should be 8 feet wide and well-maintained. Bike paths and sidewalks are good for children and adults on leisurely rides, Lasche said, but bikers should never be denied the use of the road. A map color coding streets for bike suitability is being completed by a Sarasota Bike Club.

"I use my bike as transportation every day of the week," Lasche said. "Bikes have something to offer as silent, non-polluting, low-cost vehicles that promote fitness and good cheer. We could get a lot of cars off the road if we'd just change our attitude about bikes. The streets are congested in London and Amsterdam, but bikes there are treated as vehicles."

Even larger than the Sarasota Bicycle Club is the cycle club at Oakwood Manor Mobile Home Estates, 3330 Fruitville Road. Sometimes more than 300 residents show up for Saturday morning coffee and rolls, followed by a leg-stretching ride around the park on two- and three-wheel cycles. Even Arthur Wilder, who has two artificial arms, rides his three-wheeler.

"Our people like the good exercise and, despite the traffic, many of them ride to Town and Country Shopping Center," said association president Foster Little, who has been riding a bike since 1919.

While several parks have active bike clubs, some 96 three-wheelers from Oakwood Manor were featured in safety film on three-wheel cycling produced by Peninsula Motor Club of AAA. Consultant on the film was Florida's Bicycle Coordinator Dan Burden, who has pedaled a bicycle from Alaska to Argentina and led a group of bicyclists through China.

The three-wheelers, Burden stressed, aren't well-suited for busy streets. The natural tendency to lean into a turn can tip them over and it's hard to take the slightest incline, yet they give older citizens good exercise and good mobility.

Seniors on three-wheelers have come full cycle from the trikes they began with as youngsters, and they're still having fun.

Sarasota Herald-Tribune

APRIL 20, 1986

JERSEYS

Having mentioned the jerseys....[Akuna Bay "Jersey Ride"], we should also report that the selection of a 'new' jersey is still being investigated. Michael Griffith and Christine Posa are working on a design within the parameters of "White, with red and blue accents; references to a Sydney or Australian motif to be low key. Presently investigating a 'thermal wear' (cotton backed lycra) fabric....

Veteran Racing Categories

The "Union" will comply with FIA and ACF rules for veteran racing from January 1987. Three categories being recognised:

Category A: 40-50 yrs.

Category B: 51-60 yrs.

Category C: 61-70 yrs.

Something for the 'pups' to look forward to...

Walcha to Wauchopa

Michael Griffith was the only SCC rider to participate in this very pleasant ride. Although the drive to Port Macquarie was exhausting, the ride was excellent, and hopefully other Club riders will go along next year.

** NEW ARRIVAL **

Our congratulations to Walter and Ros Rolli. A baby boy delivered at 1/28, and everyone doing well.

Look, no frills

SIR: According to the NRMA, Sydney in the year 2000 will be swamped by special tiny vehicles designed for coping with congested roads (*Herald*, March 22).

These "super-light, no-frill vehicles" would have low running costs and would be ideal for transporting one or two people across the city quickly.

I wonder if the NRMA has thought of calling these super vehicles bicycles?

David Poland,
Westworth Street,
Randwick.

March 22



Membership - April 1986

Name	Address	Phone
Beavis, Don (Life)	Cnr. Settlement & Pennys Rds McLaren Vale, S.A. 5171	(08) 383-0329
Black, Russell*	154 Carrington Rd, Randwick 2031	399-9578
Bonwick, Mark *	2/44 McDougall St. Kirribilli 2061	451-5555w
Brandon, Frank	40/40 Penkivil St Bondi 2026	387-3091
Browne, Jack	42 Read Street Waverley 2024	387-3412
Carter, Perc	19 Cook St Woollooware 2230	523-6157
Chase, Meryl	80 Moncur St Woollahra 2025	32-5745
Doldissen, Andy	17 Clements St Five Dock 2046	713-4459
Greig, Robert	4 Holt St Stanmore 2048	569-1736
Griffith, Michael *	39 Parkham St Surry Hills 2010	699-9681
Hammond, Malcolm	4/62 Glasgow Ave Bondi 2026	-
Hamrozi, Tony	46 Bondock St Randwick 2024	399-9134
Kesting, Clay	5/6 Prince St Randwick 2031	399-5519
Kitteridge, Mark	31 Kingsford St Maroubra 2035	-
Lobban, Marjorie	77 Young St Redfern 2016	699-5081
Lowe, Owen	9/65 Lucas Rd Burwood 2134	-
Lumb, Alan	31 Kingsford St Maroubra 2035	-
Milner, Hugh	12 Godfrey Road Artarmon 2065	419-5968
Montesin, Mario *	28 Verdun St Bexley 2207	-
Montesin, Paul *	56 Hopetoun St Newtown 2042	519-6215
Peerenboom, Rosemarie	238 Doncaster Ave Kingsford 2032	267-2301
Revell, Alan *	56 Wallaroy Rd Woollahra 2025	327-5037
Rolli, Walter	34 Earl Street Randwick 2031	399-9991
Sibilia, Bruno	259 Birrel St Bondi 2026	389-3144
Sigsby, Don	P.O. Box 361 Paddington 2021	697-4844w
Smith, Alan	11A Rowley St Brighton-Le-Sands 2216	59-2455
Stakes, David *	263 Nelson St Annandale 2038	692-9480
Sunde, John *	3/6 Manion ave Rose Bay 2029	371-8926
Turner, Steve	3 New Jersey Rd Five Dock 2046	713-2240
Vote, Bruce *	18 Caerlon Cres Randwick 2031	399-9452
White, Spencer *	24/679 Bourke St Surry Hills 2010	699-5593
Wilhelm, Tom *	38 Wallis St Wollahra 2025	32-1126

* = N.S.W.A.C.U. Affiliation (Sydney Cycling Club member)

BEAUCHAMP, John 41 BYRON ST HOME 6654255
COOGEE OFFICE 667 3089 ③

THE AMERICAN FLYER CYCLE CLASSIC

The race committee has met twice since the last Newsletter, and organisation is progressing most satisfactorily. It would appear that we will have a major sponsor for the event this year, which will make it somewhat easier to proceed.

Sports Plus Australia (John Sunde) is negotiating to have a public relations firm (Seven Keys) act as the 'main sponsor' for the event, having naming rights. Seven Keys will be promoting "AMERICAN FLYER" a feature film based on bicycle racing in the U.S.A., centered around the Coors Classic.

It would therefore appear that our event will be heralded as "THE AMERICAN FLYER CYCLE CLASSIC" this year, and extensive media coverage is expected. It will consist of three races, with the Junior event beginning at 7:45 am on Sunday, 29 May. The Veteran/Womens race will follow, with the main Senior event starting at 10:15 am. There may be a 'Celebrity Race' held prior to the main event. We have been fortunate to be able to use the Mrs Macquarie's Chair 'circuit' again this year.

Prize money will be in the vicinity of \$3500, making it one of the richest events held in amateur cycling in Australia.

Michael Griffith will serve as Race Director, Bruno Sibilia will be the Referee and Alan Lumb will serve as Chief Marshall (no badge provided...). We hope other Club members will volunteer to assist with the many duties required on the day. This will include volunteers for the "Women's Army" stall, which proved so popular last year. Members mark your calendars, and plan to spend a most enjoyable Sunday at the races. Contact Michael Griffith (699-9681) if you have a particular preference for assistance on the day. Parking permits will be available for 'workers', but entry must be made before 6:45 AM.

NEXT ISSUE

A continuation of the "History in the Making" series, and some real 'brain teasers' from Owen Lowe. Also more on the Road Racing season....

THE KARINGAL PICNIC - APRIL 20

A superb day ! We met in the Park at 8.30 - such a civilised time to start riding, and the day the kind you dream about. The sky was clear, the sun shining, no wind, and it was not too warm. There was only one thing missing cyclists ! Where were you all ?

Steve, Gary and Walter rode to Sutherland with us, then it was left to Spencer and myself to continue on to the picnic.

The 'Sydney Motoring Club' members (Owen, Jack and Tony) drove down. Owen did a sterling job with the barbeque - supplying a huge plate, chopping wood for half an hour, and building a great fire ... all for a dozen snags, a piece of steak, and two chops.

Spencer was awarded the most improved Frisbee thrower of the day, and all I can say is "You missed a great day".

Andy Doldissen

(Thanks to Josie, Ros, and Peggy for supplying those final trimmings that guys tend to do without... Ed.2)

Leo
@

LARGE

S.M.H.

IT WAS a sensational morning in Sydney last Thursday, a cloudless sky, smog-free air and balmy weather. At 6 am in Centennial Park it was particularly ravishing with the dawn breaking pink in the east and sunlight ricocheting off leaf and water. The south-west view across a lake thick with lotus to avenues of canary palms with a charming Federation brick tea house closing the view was especially lovely. More birds are coming back to the park and small groups of ibis strutted across the grass while the ubiquitous white cockatoos executed an ornithological fly-past overhead.

Turning off my normal route I headed up towards Lock Avenue. To the right, a small group of vehicles clustered around a giant Moreton Bay fig tree. "Probably going to lop off a dead branch," I thought. As I passed closer, I saw that they were police vehicles. And I realised what the object of their interest was a man's body swinging ever so gently from a branch like some obscene Christmas tree decoration. Poor bastard, I thought. If he'd seen that dawn, he might have had second thoughts.

MEANWHILE SOMEWHERE IN NEPAL

