

# The Sydney Cyclist



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

APRIL 1983

Next  
Meeting:

**Warren Salomon** THE PUBLISHER/EDITOR OF "FREEWHEELING" MAGAZINE WILL ADDRESS THE CLUB MEETING TO BE HELD AT PADDINGTON TOWN HALL ON 3 MAY BEGINNING AT 7:30 P.M. WARREN WILL SPEAK ABOUT SOME OF HIS EXPERIENCES IN CYCLE TOURING, INCLUDING THE ORGANIZATION OF VARIOUS TOURS. THE RECENTLY RUN SYDNEY TO THE 'GONG 83 AND TOSH I WILL BE DISCUSSED; AS WELL AS THE FORMATION OF THE **Australian Cycle Trails.**

COME ALONG FOR SOME VERY INTERESTING SLIDES, AND INTERESTING AND INFORMATIVE DATA ON CYCLE TOURING AND PROSPECTS FOR THE BICENTENNIAL. YOU MAY ALSO LEARN WHAT BRUCE VOTE CARRIED IN HIS PANNIERS ON THE RECENT TOSH I TOUR .....

## AUCTION SALE - GREAT SUCCESS

ON SUNDAY, 27 MARCH SEVERAL MEMBERS OF THE CLUB CONGREGATED AT PERC AND DESMA CARTERS AFTER THE MORNING RIDE TO HAVE A BAR-B-QUE AND PREPARE FOR SOME ACTIVE BIDDING IN THE ANNUAL AUCTION SALE. THE NEWLY CONSTRUCTED GARAGE SERVED AS THE AUCTION HALL, WITH THE VAST ARRAY OF CYCLING GEAR ON DISPLAY - USING THE 'CARTER COLLECTION' AS A BACKDROP.

THE AUCTIONEER, ALAN LUMB ABLY ASSISTED BY CHRISTINE FLINT GOT THE BIDDING UNDERWAY WITH A VERY COMPREHENSIVE COLLECTION OF 'SLIGHTLY USED' CHAIN WHEELS (MOSTLY CAMPAGNOLO). THE BIDDING PROGRESSED ON THROUGH CRANKSETS, FRAMES, DERAILLEURS, ETC. IT WAS VERY INTERESTING TO WATCH BRUCE VOTE OUTBID HIMSELF ON OCCASION.

THE AUCTIONEER'S RULE OF 10% COMMISSION FOR THE CLUB HELPED TO MAKE THE EVENT A FINANCIAL SUCCESS, WITH A GROSS OF \$282.00. IT'S GOING TO BE VERY INTERESTING TO SEE JUST WHAT USE IS MADE OF ALL THOSE WORN-OUT CHAINWHEELS !!!

## Hunter Valley Tour

THE PROPOSED TOUR THROUGH THE HUNTER VALLEY HAS BEEN POSTPONED UNTIL THE WEEKEND OF 21-22 MAY TO ALLOW OUR GROWING NUMBER OF RACING MEMBERS TO PARTICIPATE IN THE NEPEAN OPEN RACE WHICH WAS SCHEDULED FOR THE SAME WEEKEND.

ALTHOUGH DETAILS ARE YET TO BE FINALISED, IT IS PROPOSED TO DRIVE TO WOLLOMBI OR KURRI-KURRI AND THEN RIDE TO DUNGOG TO STAY THE NIGHT AT A PUB. THE RETURN WOULD BE VIA A DIFFERENT ROUTE ON THE SUNDAY. SEE THE NEXT NEWSLETTER FOR FINAL DETAILS.

## TIME TRIALS

A SPECIAL DATE FOR YOUR CALENDAR. THE FIRST ANNUAL LADIES TIME TRIALS WILL BE HELD IN CENTENNIAL PARK ON SATURDAY, 14 MAY. THE EVENT WILL BE AN INDIVIDUAL TIME TRIAL (RIDER AGAINST THE CLOCK). STARTING TIME WILL BE 7:30 A.M. MEETING AT THE KIOSK, WITH THE CIRCUIT BEING TWO LAPS OF THE REGULAR CYCLEWAY IN THE PARK.

### PRIZES:

- |            |                                  |
|------------|----------------------------------|
| BEST TIME: | 1 BOTTLE FRENCH CHAMPAGNE        |
| 2ND:       | 1 BOTTLE GREAT WESTERN CHAMPAGNE |
| 3RD:       | 1 BOTTLE SEAVIEW BRUT CHAMPAGNE  |



Coffee and croissants to follow the event.....

# ROAD RACING

**FROM EUROPE:** This road season is bringing about some interesting changes in sponsorship and component being used by the various professional teams on the European Road Circuit.

**INOXPAN** - will be using Battaglin (Columbus SL) frames, Gipiemme Cronospecial Components and Vittoria tires.

**FAMCUCINE** - will be using Moser (Columbus SL) frames and Campagnolo components, having changed back from Shimano in 1982.

**GUERCIOITI** - This bicycle manufacturer's team will be using A.L.A.N. frames !

**RENAULT / ELF** - Hinault's team will of course ride on Gitane (Renoylds) frames, but will be using Stronglight and Simplex components after seven titanium Campagnolo axles were broken last year.

**DEL TONGO** - will apparently stick with their World Championship Campagnolo equipped Colnago machines.

## SOME EARLY SEASON ROAD RACE RESULTS:

### MILAN - SAN REMO (294 km.)

1. Saronni (It.) 7:07.59
2. Bontempi (It.) 7:08.03
3. Raas (N.)
5. Kelly (Ir.)

### PARIS - NICE

1. Kelly (Ir.)
2. Grezet (Ch)
3. Zoetemelk (N)
11. Hinault (F)

### Omloop HETVOLK

1. DeWolf (N.)
2. Raas (N.)
3. Cnyf (B.)

### E3 - PRIJS

1. Tackaert (B)
2. Oosterbosch (N)
3. Jonkers (N)

Note: Jerry Kneeteman hit a parked car and may be out of racing...

## N.S.W.A.C.U.

The N.S.W. Road Season will open with the **BLACKTOWN CRITERIUMS** on 17 April. Contact the Race Sec., John Sunde for entry details.

### Other early season events:

30 April: **NEPEAN OPEN**

8 May: **EUROPA CRITERIUMS**

Eastern Suburbs C.C.  
Heffron Park

15 May: **RANDWICK/BOTANY OPEN**

Randwick/Botany C.C.  
Heffron Park

29 May: **NORTHERN SUBURBS OPEN**

### EASTERN HILLS ATTACK !!!

Paul Montesin has recently introduced a new training ride into the weeks activities. It is proving very effective in burning off 'early morning steam', especially for the three A's (Alan R., Albert and Alain).

This ride departs from the C.Park Kiosk at 6:00 A.M. on Tuesday and Thursday mornings.

The route is out Southern Cross Drive to Botany Bay, then east to La Perouse - including the "Breakwater Hot Spot". Then back up Anzac Parade to the Maroubra sandhills.

Brisk hill sprints up Mons Ave., Torrifington Road and Oberon St. make for a rather invigorating start to the day.

Bring your 'Spicy Fruit Rolls' !

## THE 'EUROPA'

### critterium races

### HEFFRON PARK circuit

**SUN 8th May '83**

SEN. JNR. VETS. 9-AM.

GRADED SCRATCH HEATS 10 LAPS

FIRST TEN FROM EACH HEAT  
TO FINAL

FINAL 1-45 P.M. 20 LAPS 42KM.

DNE MINUTE BETWEEN EACH BUNCH

\$2 1ST RIDER EACH LAP (CASH)

"EUROPA" OPEN ORDERS

1ST \$150	6TH \$50
2ND \$100	7TH \$40
3RD \$80	8TH \$30
4TH \$70	9TH \$25
5TH \$60	10TH \$20

CONSOLATION FINAL 20 LAPS 12-45 P.M.

ALL RIDERS NOT MAKING FINAL

1ST \$50	3RD \$25
2ND \$30	4TH \$20

THREE SPRINTS \$5 EACH

WOMEN 11-AM 8 LAPS

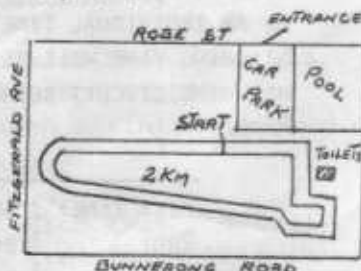
JUV. DIV. I 11-30. 10 LAPS

JUV. DIV. II NOON 6 LAPS

SUB. JUV. 12-30 P.M. 2 LAPS



an **EASTERN SUBURBS CYCLING CLUB** promotion



## Comment

by James Brooks

*Ed. note: Though the following piece is offered in a humorous tone, it might serve to remind some of us during our next tour on each side that not all follow such a guide to winning the Cape Cod, the Iron Man competition, or similar events.*

Last year our bicycle club had 54 enthusiastic, active riders who participated in almost every Saturday morning club ride. This year we have three riders. How, you might wonder, were we able to do this? It wasn't easy. It took a lot of planning and a lot of luck. But we were able to do it. This is the way we did it.

(Just in case your club has

terminated not to give up.

We realized that one tragic mistake that we were making was to lead different groups of riders on rides of different lengths and speeds, based upon their abilities and interests. We dropped this practice in a hurry and replaced it with one ride at one pace for all riders. Success was immediate. After the first such ride we never again saw the fifteen or so riders of one and three speed bikes who had previously been coming regularly. Also, the two old men, the five kids, and the one-legged woman never came back. Good riddance, we said. "We'll soon separate the serious from the non-serious." We were now down to 29 riders. The rest would

to this and we only lost one.

We didn't continue to leave earlier each time, but instead moved on to strategy #3. This consisted of agreeing beforehand upon a given destination and, once it was reached, doubling the mileage. "Come on. There's no use of turning back now," we'd say. Let's go on a ways. It's a beautiful day." The first time we used this we had planned on going 20 miles and returning. We were able to coax everyone another 20 miles before turning back. This made 80 miles roundtrip. We never saw five of the riders again. So far, so good.

Next, in addition to extending the distance another 10 miles, we paced ourselves going out and gradually picked up speed coming back, particularly on the last 25 miles. We assume the six dropped riders made it back okay but we never saw them again. Obviously, they weren't very serious.

Our next tactic was to refuse to stop for any reason, not even a wee-wee break. "Wait awhile, there's a place to stop just ahead." We never stopped, of course. In fact this was our signal to go faster. We really poured it on. Gave it everything we had. Two of the remaining riders' faces showed pain and anxiety. We never saw them again.

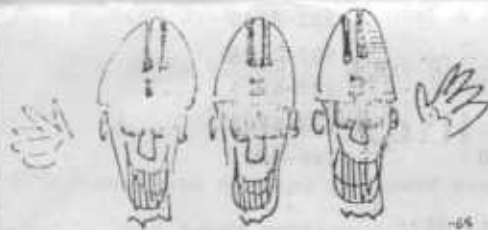
One thing we hadn't counted on was the addition of new riders. But it happened. A new guy showed up at our monthly meeting. He had just moved to town from the midwest and had all kinds of suggestions for things that we should be doing. Yes, he would join us for next Saturday's ride, swell.

By now it was the middle of summer and the temperature

was 105 degrees F. By 1:00 p.m. we took him out to a remote spot about 50 miles away at a very leisurely pace, eating up the cool of the morning. Of course we had all brought about four bottles of water apiece but we failed to tell our newcomer that no water was available on this route. By coincidence, we reached our turnaround point at 1:00 p.m. Sure enough it was 105 degrees just as predicted. We were almost out of earshot but his screams were so loud that his message was clear. He wouldn't be reforming us after all. Strike one. And continue.

This called for a celebration. At the first opportunity we pulled into a convenience store and dispatched Joel to gather a round of sodas. I would have loved to have seen the expression on his face when he came out. Of course, we were all gone by then. Tactic #5, you know.

So that's how it's done friends. But just in case these five practices don't produce the results you have every right to expect, keep trying. But don't ask for our other twenty strategies. Some things are just too good to share.



-65

the same problem of attracting too many riders and you don't know how to effectively deal with it, I want to share with you the strategy that we employed so that you may apply it to your situation.

First, we developed about 25 strategies to be used in a trial and error basis, for we too had had no experience in effectively killing general interest and desire to participate in club rides. We had little idea of what the most effective disincentives would be but we were willing to experiment. And we were de-

not be so easy. This took real skill.

First, we started departing from the designated starting place 10 minutes early. "If anyone is really interested they'll be here early, right? Right. Let's go." The first Saturday we lost four riders. The next Saturday, two more. Now we were down to 22. The third Saturday we left 20 minutes ahead of schedule. Three more. This practice really works. The fourth Saturday we left 30 minutes ahead of schedule but by now the remaining riders were on



-66

## Four (4) Sunday Rides:

HOPEFULLY NOW THAT THE 'TRIATHALON' MADNESS IS OVER - FOR THE TIME BEING AT LEAST, WE CAN GET BACK TO OUR 'NORMAL' SUNDAY RIDES.

6:30 A.M. THE REGULAR RIDE OF ABOUT 80 - 120 KMS. DEPARTS EITHER SOUTH THROUGH THE ROYAL NATIONAL PARK, WITH VARIATIONS ALONG THE WAY, OR NORTH TO CALGA, ALONG THE OLD PACIFIC HIGHWAY.

+ A SECOND RIDE OF SIMILAR DISTANCE, BUT WITH A MORE CASUAL PACE IS SOMETIMES ARRANGED WITH SPECIFIC PLANS MADE DURING THE WEEK PRIOR TO THE RIDE.

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ALL THE RIDES DEPART FROM THE CENTENNIAL PARK KIOSK, AND RETURN THERE FOR TEA AND GENERAL BICYCLE TALK. THIS IS WHERE THE ACTION IS....

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Last year our bicycle club had 51 enthusiastic, active riders who participated in almost every Saturday morning club ride. This year we have three riders. How, you may wonder, were we able to achieve this success in only one year? It wasn't easy. It took a lot of planning and a lot of execution, but we were able to do it. That's the important thing.

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We realized that one tragic mistake that we were making was to lead different groups of riders on rides of different lengths and speeds, based upon their abilities and interests. We dropped this practice in a hurry and replaced it with one ride at one pace for all riders. Success was immediate. After the first such ride we never again saw the fifteen or so riders of one and three speed bikes who had previously been coming regularly. Also, the two old men, the five kids, and the one-legged woman never came back. Good riddance, we said. "We'll soon separate the serious from the non-serious." We were now down to 28 riders. The rest would

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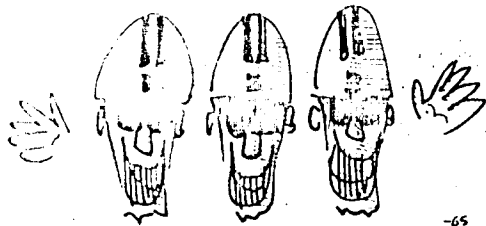
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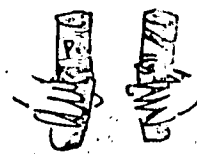


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# MEMBERSHIP LIST 4/83

NAME	ADDRESS	PHONE (home unless noted)
AGULLO, Alain	4/266 Campbell Pde., Bondi Beach 2026	309-2841
* BEAUCHAMP, John	41 Byron Street, Coogee 2034	665-4255
* BEAVIS, Donald	4 Clark Street, Annandale 2038	(043) 62-1304
* 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
* BURRSTON, John	7 Doris Avenue, Earlwood 2206	789-4717
CARTER, Desma		
* CARTER, Perc	19 Cook Street, Woollooware 2230	523-6157
CAWTE, Mary	25 Byron Street, Coogee 2034	665-3921
CLARKE, Darryl		439-5066w
CLARKE, Kevin	18 Wade Street, Maroubra 2035	51-5401w
COOPER, Gina	7/2 Jackaman Street, Bondi 2026	30-3212w
CRAIG, Robyn	33 Martin Street, Paddington 2021	331-1183
DOLDISSEN, Andrew	17 Clements Street, Five Dock 2046	713-4459
* DOYLE, Rosemary	4 Albert Street, Rozelle 2039	-
DROZ, Gilbert	3/1A Castlefield Street, Bondi 2026	30-4190
ECCLES, Dennis	9 Regent Street, Paddington 2021	331-2280
FLINT, Christine	27 Albion Street, Waverley 2024	387-1128
FRY, Catherine	25 Mill Hill Road, Bondi Junction 2022	387-6529
GRAY, Kenneth	35 Regent Street, Paddington 2021	33-6831
* GRIFFITH, Michael	38 Parkham Street, Surry Hills 2010	699-9681
GRIFFITHS, Allan	1/38 Hastings Parade, Bondi 2026	-
GROSS, Terence	31 Fahey Crescent, Macleod, Victoria 3085	-
* GUERREIRO, Albert	24 Chisholm Street, Darlinghurst 2010	357-5729
HAGUE-SMITH, Kim	74 Taylor Street, Annandale 2038	-
HAMROZI, Tony	46 Bundock Street, Randwick 2031	399-9134
HANLEY, Martin	29 Edward Street, Woollahra 2025	387-2512
* HOPPER, Ronald	60 Warners Avenue, Bondi 2026	667-3131w
KAMAHL, Michael	82 Oxford Street, Paddington 2021	331-2671w
* KESTING, Clayton	68 Mill Hill Road, Bondi Junction 2022	389-7526
* KITTENDGE, Mark	400 Crown Street, Surry Hills 2010	331-4028
* LAFFERTY, Peter	3/6 Scott Street, Waverley 2024	664-1227
* LAKIS-SMITH, Rod	5 Richards Avenue, Surry Hills 2010	-
LOBBAN, Marjorie	Rose Road, Tuntabale Creek, via The Channon 2480	(066) 891-277
LOWE, Owen	"Royden", Blayney Road, Evans Plains 2795	-
* LUMB, Alan	27 Albion Street, Waverley 2024	387-1128
* MAAS, Martin	12/178 Oberon Street, Coogee 2034	665-0613
* MILNER, Hugh	12 Godfrey Road, Artarmon 2065	419-5968
* MONTESIN, Paul	29 Macaulay Road, Stanmore 2048	519-6215
NEW, Charles	20 Prince Street, Randwick 2031	399-3757
POOLE, Stephen	8 Kells Road, Ryde 2112	80-1870
POSA, Christine	319 Glenmore Road, Paddington 2021	357-5977
* REVELL, Alan	56 Wallaroy Road, Woollahra 2025	36-5037
ROLLI, Walter	34 Earl Street, Randwick 2031	398-5929
* RONEY, William	12 Pacific Avenue, Tamarama 2026	302-3120
SHAW, David	2/3 Byron Street, Coogee 2034	665-9163
SIBILIA, Bruno	259 Birrel Street, Bondi 2026	389-3144
SIGSBY, Donald	8 Leinster Street, Paddington 2021	331-4659
* SMITH, Alan	11A Rowley Street, Brighton-Le-Sands 2216	59-2455
* STAKES, David	85 St. Johns Road, Glebe 2037	692-9480
* SUNDE, John	319 Glenmore Road, Paddington 2021	357-5977
* VOTE, Bruce	18 Caerlon Crescent, Randwick 2031	399-9452
WALDMAN, Daniel	4/249 Darlinghurst Rd., Darlinghurst 2010	33-5045
* WILHELM, Thomas	38 Wallis Street, Woollahra 2025	32-1126
ZITO, Oscar	13/3 Devitt Place, Hillsdale 2036	661-8949

\* Members of the Sydney Cycling Club, affiliated with the N.S.W. Amateur Cyclists' Union

# FITNESS WORKSHOP

THE FITNESS TRAINING WORKSHOP HELD AT THE PADDINGTON TOWN HALL PROVED TO BE A GREAT SUCCESS, GENERATING A GREAT AMOUNT OF INTEREST AND QUESTIONS GALORE, MR. PETER FARLEY WHO IS THE PROGRAMME DIRECTOR OF THE N.S.W. SPORTS SCIENCES AND RESEARCH CENTRE ADDRESS THE WORKSHOP ON A THREE-PART PROGRAMME. THE CENTRE IS PART OF THE CUMBERLAND COLLEGE OF HEALTH SCIENCES LOCATED AT LIDCOMBE, AND IS WHERE SEVERAL MEMBERS UNDERWENT THE FIRST STAGES OF THEIR FITNESS ASSESSMENTS.

SOME POINTS BROUGHT OUT IN THE WORKSHOP:

+ AUSTRALIANS ARE VERY PRONE TO HEART DISEASE, BEING SECOND ONLY TO FINLAND IN SUFFERING FROM THIS DREADED AFFLICTION.

+ EVERY POUND OF FAT THAT YOU CARRY AROUND RELATES TO ABOUT 200 MILES OF CAPILLARIES THROUGH WHICH THE BLOOD MUST BE PUMPED.

+ SMOKING HAS THE MOST COMMON CORRELATION WITH HEART DISEASE.....

PREVENTION IS THE NAME OF THE GAME.

EXERCISE/ STRENUOUS ACTIVITY: 20 - 40 MINUTES MINIMUM / 3 - 4 TIMES PER WEEK TO YOUR HEART RATE (THAT IS UNTIL YOU PUFF, IN LAYMAN'S TERMS).

EXERCISE SHOULD BE ENJOYABLE, CYCLING IS GOOD EXERCISE ""

+ ALL PERSONS OVER 30 SHOULD HAVE A REGULAR MEDICAL EXAMINATION, INCLUDING A STRESS ECG...

LOOK AFTER YOURSELF: HEART DISEASE IS A DISEASE BY CHOICE

## April Club Meeting

A brief business meeting followed the Workshop, and the following items were discussed:

+ CAPS - John Sunde mentioned the offer for cycling caps to be purchased with the Club colours and logo imprinted on them. The price for an order of 50 caps is to be obtained.

+ T-SHIRTS - A large stock is available at \$8.00 each.

Clay Kesting is to investigate the possibility of obtaining printed SLOPPY JOES on a 'one-off' basis, if feasible they may be ordered through a an order to be placed in the next Newsletter.

+ SUNDAY RIDE - Discussion centered around the pace of the ride, and members were reminded that this ride is NOT A RACE or HARD TRAINING RUN - it is a club ride...

+ CARNIVALE '83 - Premier's Dept. (Ms. Peters) is not happy with the Mrs. Macquarie Road Circuit and wants the Culb to pursue the Hyde Park Circuit. She assures us that The Police Department will take full responsibility for traffic and crowd control.

+ HUNTER VALLEY TOUR - Date changed to 21 - 22 May.

+ MAY MEETING - Warren Salomon (Australian Cycle Trails) at Paddo T.H. on 3 May.

+ JUNE MEETING - This meeting is to be a social meeting, possibly a meal at some restaurant.

+ NOUMEA TOUR - Has been cancelled due to insurrection in the country and doubtful road road conditions. Mark Kitteridge is to investigate possibilities of a tour in Tasmania or N.Z. South Island.....

### TETANUS - A PREVENTABLE CONDITION

Charles New

Definition: An acute infectuous disease, characterised by intermittent toxic spasms of the voluntary muscles and convulsions.

FACT #1: CYCLISTS FALL OVER - EVENTUALLY

FACT #2: "CLOSTDIUM TETANI" THRIVE BY THE MILLIONS IN 'ROAD DIRT'.

FACT #3: NO MATTER HOW WELL YOU CLEAN YOUR WOUNDS, IMMUNIZATION IS A MUST.

Tetanus may follow trivial, as well as very contaminated wounds resulting in a release of toxin which attacks the nervous system, producing a very unpleasant course of muscle spasms - even leading to death due to paralysis of the respiratory muscles!

Prophylaxii, or stopping the disease when it occurs follows two (2) procedures:

1. At the time of injury, with a patient of unknown immune status -

R<sub>x</sub> : Tetanus Immune Globulin injected at hospital or by G.P.

2. Up to six weeks after injury, or if this is 'first cover' in greater than five years - a series of Tetanus Toxoid injections.

R<sub>x</sub> : 2-3 injections at monthly intervals by G.P.

THIS COURSE MUST BE COMPLETED TO BE EFFECTIVE...

BE CERTAIN THAT YOU HAVE HAD A TETANUS BOOSTER WITHIN FIVE YEARS

Members who ordered Club jerseys, may now arrange to take delivery by contacting Bruno Sibilia.



Keep your hat on

THE TWO WHEELED FRIEND

## Pedalling a message on safety

KEEP your hat on, cyclists. That's the message from road safety campaigners following the release of preliminary NSW accident figures which show an alarming rise in the number of bicycle accidents.

By MIKE SMITH

Riders are urged to wear crash helmets by the NSW Traffic Authority, which says eight riders have died on the State's roads this year.

This is 50 per cent more than were killed up to this time last year.

It comes as a shock to road safety authorities, because of the halving of the overall road toll.

### Warning

Up until the end of February, 123 people had died on NSW roads compared with 247 for the same period in 1982.

Decreases in the number of deaths had been reported among all road users, exception cyclists.

Traffic Authority director Harry Camkin said today he was concerned that so many bicycle riders had been killed.

"The authority recommends the wearing of helmets in the interests of road safety," he said.

"But cyclists should check for the mark of the Standards Association of Australia - AS 2063 - before buying one.

"Because of the ages of some push-bike riders, it would be difficult to enforce the compulsory wearing of helmets.

"We also urge cyclists to wear brightly-colored or reflective clothing."

Heard on the radio .....

The things that keep you from having sex, when aged; are the same that keep you from riding a bicycle:

1. Poor health,
2. Appears silly,
3. You don't have a bicycle !!!

### N.S.W.A.C.U. Public Relations

John Sunde has just been elected to a newly formed committee within the Union to deal with public relations. In the past this work was done by one person, specifically related to race organization.

John will be working with two others, to hopefully, herald a new perspective in public relations and promotion in the Union.

Oh would I could subdue the flesh  
Which sadly troubles me!  
And then perhaps could view the flesh  
As though I never knew the flesh  
And merry misery.

To see the golden hiking girl  
With wind about her hair,  
The tennis-playing, biking girl,  
The wholly-to-my-liking girl,  
To see and not to care.

At sundown on my tricycle  
I tour the Bourough's edge,  
And icy as an icicle  
See bicycle by bicycle  
Stacked waiting in the hedge.

Get down from me! I thunder there.  
You spaniels! Shut your jaws!  
Your teeth are stuffed with underwear,  
Suspenders torn asunder there  
And buttocks in your paws!

Oh whip the dogs away my Lord  
They make me ill with lust.  
Bend bare knees down to pray, my Lord,  
Teach sulky lips to say, my Lord,  
That flaxen hair is dust.

Sir John Betjeman, 'Senex', 1940

## FOR SALE

There's nothing for sale, because anything worth having went under the hammer at the CLUB AUCTION SALE last month.

Many thanks to Perc and Des for their hospitality, and to Alan and Chirstine for the fine job of auctioneering.

\*\*\*\*\* STOP PRESS \*\*\*\*\*

Mr. Ken Gray, manager of the "REGENT STREET RAGERS" has advised that he has a squad of lady time triallists training for the big event. Robyn, Anne and Pauline are making arrangements for streamlined hairdos, and are ordering WOOLY'S new aerodynamic, coloured skinsuits.

Andrew Doldissen has taken time away from his marathon running to prepare "BONZO" bike for the event. Roz has been seen sprinting around Canada Bay in preparation.

There's word around the station that the filly from the north may also be training, still in a single gear.