

MAY 1989



the SYDNEY CYCLIST

NEWSLETTER OF THE SYDNEY CYCLING CLUB

HOME EDITION "Inventive reporting!"

The National Exposure

WEATHER

HIGH WINDS

VOL. CCXXVMIIIIV SEVEN PARTS LARGEST CIRCULATION DAILY

IT COULDN'T HAVE HAPPENED AT A SYDNEY CYCLING CLUB GENERAL MEETING ----

EXCLUSIVE BICYCLE FALL INJURES 63



Exclusive unretouched photo taken just prior to fall. Story & more photos inside.

Now I know that the weather's been lousy, and I know that this newsletter is a week late, and that Tuesday 2nd May was a dark & stormy night, but it was the first Tuesday of the month, and there was mention of it in the calendar of events in the April newsletter, so there was some sort of notice that a General Meeting was on

So why did only 6 people turn up, including the Editor & her erstwhile hubby El Presidente? Well, we all had a couple of beers, and a good bitch about others who weren't there, so if your ears were burning last Tuesday night, you know why!

THE NEXT GENERAL MEETING IS ON TUESDAY 6TH JUNE, BRONTE SURF CLUB, 7.30 PM - if you can't be there on time, come late! It's a very important meeting, the subject being the organisation of the Criterium. PLEASE BE THERE!!

MITTAGONG WEEKEND

SEE PAGES

4 & 5

FOR DETAILS

MAY 20 & 21 —

TIME TRIALS: the saga continues -

In the last newsletter we mentioned that the long course scheduled for 25/3/89 was postponed to 1/4/89. Unfortunately it was p..... down on that day, so Brian, Ruth, Bill, Janeen & Bob, the only April Fools in the Club, ended up at Oddy's for coffee at 7.15 am - the Bondi Junction coffee shop doesn't open till 8 am.

On 8/4/89 we managed to get in a short course time trial - the track had just been resurfaced in part, the ground was wet and there was a strong south to south-east wind. We had just finished at 7.30 when the rain started again. Results are as follows:

Brian McQuarrie	11.25.28	Walter Rolli	11.51.60
Steve White	11.57.92	Mark Bonwick	12.00.22
Tony Bookes	12.02.82	Clay Kesting	12.08.98
Bill Clements	12.25.08	Frank Murray	12.36.61
Ruth Darling	12.44.67	Bruce Vote	13.12.51

The next long course was scheduled for 22/4/89. Guess what - it rained. Oddy's for early coffee again, time trial postponed to 29/4/89. Yes, you guessed - pouring again. By 9.30 there wasn't a cloud in the sky, but it was too late for racing. So far we have managed only one long course - the next is on 20 May. Let's hope for fine weather.

P.S. Those going to Mittagong can compete in the time trial first, because they don't have to be in Mittagong till 10 am.

TEAM TIME TRIAL TRAINING

... is proceeding in the park at 6 am on Tuesdays and Thursdays. It seems there will be no worries in getting a veterans team together, but the seniors will be a bit of a problem. Like last year, there will be a demonstration Women's race, and SCC members will probably ride in a composite team with Randwick/Botany's Tanya Bosch and one other. At this stage the women are looking for a coach, and plan to train as a group on Fridays.

RACING LICENCES:

We have at last been issued with duplicate licences. The first batch have never turned up at either the post office address or at David Bullock's address, and the Federation insisted that we check all possible places including the Dead Letter Office before they would re-issue the licences.

VIDEO NIGHT - the video night on 4 April was reasonably well attended, and had its high points and its low points. Tony Bookes' video of the Tasmanian track racing was terrific - some great performances, exciting racing and a commentary that had the members in stitches at times. This was followed by "The Eddy Merckx Story" which was of dubious quality, the film being fairly dark and hard to see. There were too many shots of Sa Femme et Les Enfants and not enough of racing to hold the audience's interest.

EXECUTIVE MEETING 12/4/89

Two main issues were discussed at the meeting, the first being the whereabouts of the racing licences. The main problem in tracing the licences was that the Federation wasn't totally sure where it had sent them, as incoming secretaries and race secretaries have, in the past, had the tendency to ask the Federation to send mail to their home addresses rather than the Paddington address. The Executive resolved that the Federation be notified that the Club's official postal address is P O Box 547, Paddington NSW 2021, that all mail be sent there and nowhere else, and that no club member is to have mail sent to his/her home, on pain of death. The second major item was further discussion on the Criterium, and it was noted that it has been included in the newly released draft race program.

Steve Wawn and Robyn van Nooten were confirmed as full members. Probationary membership was granted to:

Emma Saxton,
1/25 Malabar Road,
Coogee 2034
Ph: 664-2187

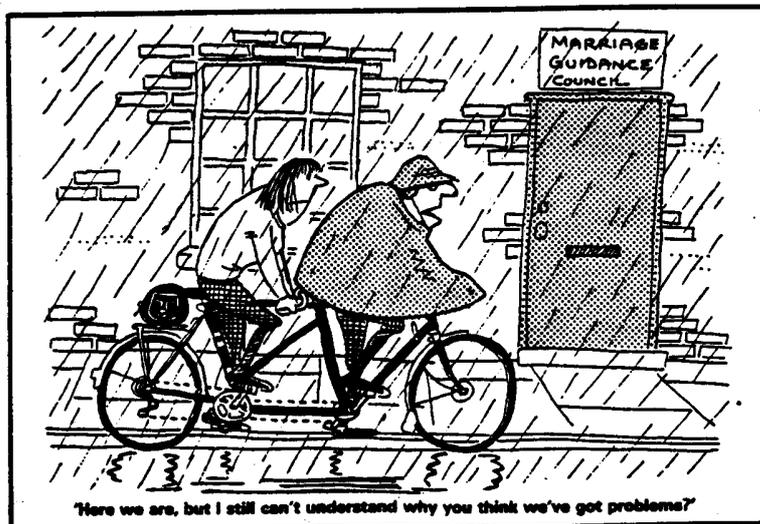
Marilyn Pettigren,
19/89 Mount Street,
Coogee 2034
Ph: 665-7790

ANZAC DAY RIDE

It wasn't an official tour by the O. de Wheels, but the SCC Band played Waltzing Matilda on 25 April, in a ride to Hornsby and Galston Gorge, then back via Berowra Waters Ferry. The platoon consisted of Bill Clements, Brian McQuarrie, Frank Milner, Bruno Sibilis, Alan Revell, Bruce Vote, Michael Griffith, Chris White & Tanya Bosch (?), amongst others. Jeff Page and Ruth Darling made up the Kiwi part of the corps. Showing true Anzac daring, they started with a quick sortie across the Harbour Bridge (they don't care about \$1,000 fines) nearly missing sentry Steve White who was patrolling the cycle track.

No-one got booked on the Bridge, but that's where their luck ran out. They were frequently ambushed by rain, being forced to take shelter under shop awnings on the highway. Nevertheless they showed great spirit in going on, against the overwhelming forces of nature, and, in fact, one group (the non-wimps) even took a detour to Bobbin Head on the way back while the other group (the wimps) waited at Hornsby.

There were surprisingly few casualties. Most seriously wounded was Ruth, who came a cropper and smashed a lens in her glasses. Listed as missing in action is Jeff Page, who vanished and hasn't been seen since.



Mona Lisa



ARRIVARE GIRO

SAT. 20
SUN. 21
MAY

D'MITTAGONG

see over for d'tails:

GIRO d'MITTAGONG: 2 DAY FAMILY TOUR

SCORE: VIVALDI'S "Four Seasons Pizza."

A weekend in the country.

- a. Improvise your personal pizza tour from d'Giro menu.
- b. Visit historical country towns.
- c. Dine-out together on Saturday evening at a local restaurant.
- d. Explore local facilities.

RHONDO-VOUS: Drive to Mittagong and meet at the Mittagong Caravan Park, on the Hume Highway 1 km north of the Post Office (on the right hand side just as you come into town from Sydney). Meet there at 10 am, Saturday 20 May. Cost: \$24 per 4-berth caravan. \$5 deposit. Bring: sleeping bag, food for breakfast & lunch, + pocket money for dinner.

From here, with maps, menus and scores handed out, we improvise according to appetite. (see sample menu)

SAMPLE-MENU:



Pizza Mittagong with Moss Vale & olives	36k	40k	75k
" " " Berima & cabernossi	26k	35k	72k
" " " Bundanoon & bacon	68k	99k	121k
" " " Berima & anchovies	37k	41k	76k
" " " Bowral & cheese	10k	35k	72k
" " " Fitzroy Falls & pineapple	67k	75k	75k
" " " Robertson Supremo (with everything)			125k

No home deliveries! But for takeaways.....
Phone: Maestro de Tours - Spencer White: 76 0525.

Bringa d'famiglia grosso e bambinos d'wheels.



REVIEW "CASTLEREAGH" 16 April
 Route: supremo
 weather: perfecto
 scenery: molto-espressivo
 performance: maestoso
 response: repeats
 Critic - Ms Freda Blanko (S.M.H.)
 "This is the greatest one day tour to date. Bravo. More!"
 Grazie to Kerry-Anne Eaton, Mike Cleary, Bruno Sibilio, Walter Rolli, Michael Griffith & Janeen Greig for great music & support.
 Mille grazie - d'Maestro

A caricature of Vivaldi drawn in 1723 by Pier Bianco Leone Ghezzi.

NEW SOUTH WALES CYCLING FEDERATION



SAT.27) GRAFTON 2 DAY TOUR 300 KM
 SUN.28) GRAFTON A.C.C.
 Sen/Jun/Vet A - B - C Grades
 Sat. 9.00.am See Park, Turf St. Grafton
 Sun. 8.30.am Hotel 5, Armidale St.Grafton

ENTRIES CLOSE
 7.05.89
 POST OFFICE BOX 2343
 NORTH PARRAMATTA 2151

PRIZES \$2,000.00 DOUBLE ENTRY FEE

INFORMATION ONLY - Mr. W. Amos 066 425267

Sun.28 HUNTER VALLEY VETERANS
 KOORAANGANG ISLAND

ENTRIES CLOSE
 07.05.89
 POST OFFICE BOX 2343
 NORTH PARRAMATTA 2151

VETERANS ONLY

9.30.am 35-39 70 km, 40-44 70km, 45-49 70 km,
 11.00.am 50-54 50 km, 55-59 50 km, 60-64 40 km,
 65-69 40 km, 70+ 30 km

(IF NOT SUFFICIENT ENTERED SOME AGE DIVISIONS WILL BE COMBINED)

1.30.pm (Approx.) 50 km Handicap
 All Age Divisions

SEPARATE ENTRY FOR EACH EVENT

INFORMATION ONLY - R. Van Den Heuvel 049 487 574

(BAR-B-QUE FACILITIES AVAILABLE)

JUNE

Sat. 3 CANBERRA 2 DAY TOUR
 Sun. 4 " " " "

ENTRIES CLOSE
 14.05.89
 POST OFFICE BOX 2343
 NORTH PARRAMATTA 2151

CANBERRA CYCLING CLUB DOUBLE ENTRY FEE
 Senior/Junior/Veterans (A-B-C-D GRADES)
 Juvenile 1 A & B Grades -(Subject to Entries)
 Women

Sat. 3 9.00.am Eucembene Drive, Duffy, A.C.T.

PRIZES \$5,500.00 INFORMATION ONLY - T.B.A.

Sat.10 CLUB DAY

Sun.11 BLACKTOWN CITY A.C.C.
 Blacktown Showground,
 Richmond Road Blacktown

ENTRIES CLOSE
 21.05.89
 POST OFFICE BOX 2343
 NORTH PARRAMATTA 2151

8.00.am Juvenile 3
 8.20.am Juvenile 2
 8.50.am Juvenile 1 C Grade
 9.10.am " 1 B Grade
 9.40.am " 1 A Grade
 10.10.am Veteran 3
 10.40.am Veteran 2
 11.15.am Veteran 1
 12.00.am Senior C. Grade
 12.35.am Senior B. Grade
 1.20.pm Junior
 2.20.pm Senior A.Grade

PRESENTATION FOR NSWCF CRITERIUM CHAMPIONSHIP
 MEDALS FOR JUVENILE 2 and JUVENILE 3, VETERAN 2 and 3

INFORMATION ONLY - Kerry Hopkins

NEW SOUTH WALES CYCLING FEDERATION

RACING
RACING
RACING

Sat.17 CLUB DAY

Sun.18 EASTERN SUBURBS A.C.C. ENTRIES CLOSE
 PLUS METRO.CHAMPIONSHIPS JUV. 2 & 3 28.05.89
 Heffron Park, Roby Street, Maroubra. POST OFFICE BOX 2343
 NORTH PARRAMATTA 2151

9.00.am	D Grade Sen/Jun/Vet/Women	10 lap Scratch Heats
9.30.am	C " " " " " " " " " "	" " " "
10.00.am	B " " " " " " " " " "	" " " "
10.30.am	A " " " " " " " " " "	" " " "

(FIRST 15 EACH HEAT TO FINAL)

11.00.am	Juvenile 1 B Grade	10 Laps
11.30.am	Juvenile 1 A Grade	12 laps - <u>INCLUDED IN CRITERIUM CHAMPIONSHIP</u>
12.15.am	Sen/Jun/Vet/Women Consolation Final	10 laps
1.00.pm	Sen/Jun/Vet/Women Handicap Final	20 laps
2.15.pm	Juvenile Div.3 Metropolitan Road Championship	
2.30.pm	" Div.2 " " " "	

INFORMATION ONLY - Harry Scott (02) 344 0249

PRESENTATION FOR N.S.W.C.F.CRITERIUM CHAMPIONSHIPS
 FOR JUVENILE

Sat.24 CLUB DAY

Sun.25 SYDNEY CITY CRITERIUM ENTRIES CLOSE
 SYDNEY CYCLING CLUB 4.06.89
 Mrs.Macquarie's Road Botanical Gardens POST OFFICE BOX 2343
 CRITERIUMS NORTH PARRAMATTA. 2151

7.45.am	Junior	1 Hour & 3 laps
9.00.am	Veteran/Women	1 hour & 3 laps
10.15.am	Senior	2 hours & 3 laps

PRIZES \$2,500.00

INFORMATION ONLY - Robert Greig (02) 569 1736

PRESENTATION N.S.W.C.F. CRITERIUM CHAMPIONSHIP MEDALS SENIOR/JUNIOR/VETERAN 1 & WOMEN

JULY

Sat.1 N.S.W. C.F. ENTRIES CLOSE
 SYDNEY METROPOLITAN ROAD CHAMPIONSHIPS, 11.06.89
 Centennial Park. POST OFFICE BOX 2343
 NORTH PARRAMATTA NSW 2151

8.00.am	Veteran 3	20 km
8.30.am	Veteran 2	35 km
9.30.am	Veteran 1	50 km
10.45.am	Women	40 km
11.45.am	Juvenile 1	35 km
12.30.am	Junior	55 km
1.45.pm	Senior	100.km

INFORMATION ONLY N.S.W.C.F. Office (02) 241 1870

Sun. 2 COUNTRY ROAD CHAMPIONSHIPS ENTRIES CLOSE
 CENTRAL COAST CYCLING CLUB 11.06.89
 Ourimba Road, Calga (1 km North of Calga POST OFFICE BOX 2343
 Exchange) NORTH PARRAMATTA NSW 2151

10.00.am	Senior	106 km
10.05.am	Juvenile 2	22 km
10.20.am	Junior	74 km
10.30.am	Veteran 1	74 km
10.35.am	Veteran 3	32 km
10.40.am	Juvenile 1	42 km
10.45.am	Women	42 km
12.45.am	Veteran 2	52 km
12.55.am	Juvenile 3	10 km

INFORMATION ONLY - Ray Kerkin 043 41 9271

Higher Education

Anyone new to cycling or those wanting to improve their skills will benefit by mastering the ability to brake properly, corner safely and efficiently, pedal efficiently and be able to position their body correctly on the bike.

But before you start a ride, ten minutes of stretching will go a long way towards warming/conditioning the muscles and assist in preventing injuries.

As covered last month, the correct position on the bike will minimise the risk of injuries but also will allow you to ride more efficiently with minimal upper body movement. However, regardless of your position on the bike, be it riding on the hoods or down on the drops, keep the head up and watch where you are going.

When starting each session, ride the first 15-20 minutes in a low gear at a medium to high cadence (pedal spin rate) e.g. 85-100 rpm. This will warm your legs up, establish a rhythm and minimise the risk of injuries. Pace yourself - don't ride hard early, the last quarter of the distance is the hardest half of the session. When riding hills, select a low gear and stay on the seat as long as possible.

Smooth pedalling will come from spinning the pedals rather than pushing them. Spinning effectively means you are "pulling up" on the pedals as well as "pushing down" on them. Continue to pedal as long as possible without freewheeling. This will keep the legs warm, maintain your rhythm and continue to supply the muscles with freshly oxygenated blood.

When cornering, determine the safest and fastest line and don't deviate from it. Keep your eyes open for potholes and gravel or debris and be particularly careful when cornering on wet and slippery surfaces.

Brake smoothly but firmly, using both brakes for maximum control. Be mindful of other riders around you when applying your brakes. Know how your brakes perform in both wet and dry conditions - determine the safest and most effective combination of your front and rear brakes.

More information re the above is available from the editor.

GET WITH THE JARGON

(or how to fill the vacant spot in the newsletter) *by Tony Bookes*

- Attack - accelerate quickly, pull away from other riders.
- Block - legally impede the path of other riders allowing your team mates to get away. (not naughty)
- Bonk - when you completely run out of energy (stuffed)
- Break - riders who "go off the front" leaving the main bunch behind. (huh - but for how long)
- Cadence - pedal rate measured in revolutions per minute.
- Criterium - multi-lap event on a course 1 mile or less long.
- Dropped - rider who failed to keep pace with the bunch. (me)
- Drops - part of the handlebars below the brakes.
- Echelon - type of paceline angled across the road where all riders receive maximum draft in a crosswind.
- Full Tuck - Extremely crouched position used in fast descents
- Hammering - Riding as hard as (for me - not) possible.
- Hanging In - Barely keeping up with back of the pack. (me)

TATTLE TATTLE
TATTLE
TATTLE

QUOTABLE QUOTES

DAVID BULLOCK (at his buck's night):

....Oooh...Oooh...URRGH!!!!.....

BILL CLEMENTS:

I'm not having a buck's night - I think I'll just elope.

STEVE WHITE:

Bob's bike is probably covered in cobwebs.

DOUGLAS FROST:

That's why he's got a Colnago with that paint job - so you can't tell.

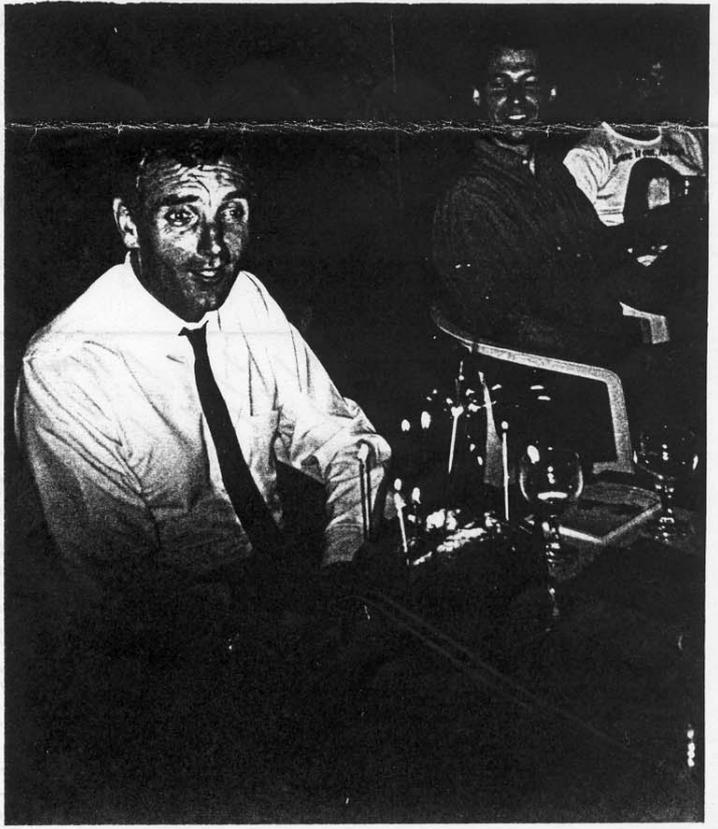
BRUNO SIBILIA (re the Anzac Day ride):

I've never been so wet for so long - I should have just gone in the March.

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SURPRISE!!

Bob Greig & Ruth Darling threw a surprise birthday dinner for Janeen Greig & Brian McQuarrie recently, after discovering that both had birthdays on the same day. Thanks, everybody.



GET WELL SOON CORNER

A pacemaker can't help you when... your knee goes on the blink. Clay Kesting is off the bike for 4 weeks with knee strain - we think he's just improving the odds for the time trial championship.

Hope you're back on the bike soon, Clay.

New probationer Marilyn Pettigren had a nasty spill in March, after hitting a pothole in Alison Road. She was in hospital for a number of weeks with serious injuries, including a fractured skull. For those who don't know her, Marilyn is the lady with the small blue De Rosa.

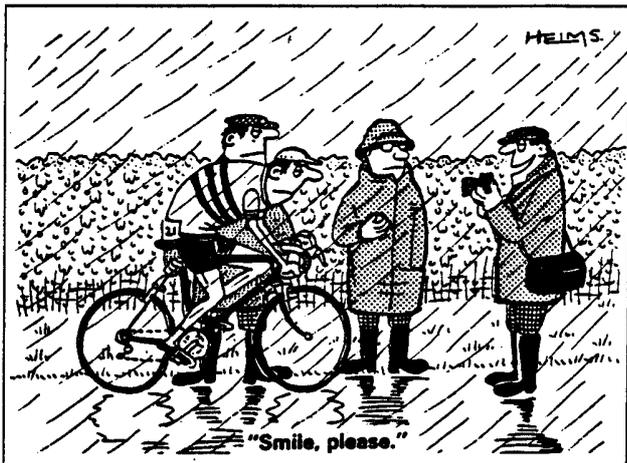
THE LADY IS A CHAMP -

As well as being a demon on a bush bike, new member Robyn van Nooten was a member of the team which recently won the Australian Women's Dragon Boat Championship. Her prize is a trip to Canada, which will take place in July.

CALENDAR OF EVENTS

- MAY**
- 2 General Meeting - Bronte Surf Club
 - 6 Club Time Trial - Centennial Park, 7 am
 - 6/7 Racing: Bathurst Criterium & Road Race
 - 14 Racing: Illawarra/Wollongong
 - 20/21 SOUTHERN HIGHLANDS TOUR based in Mittagong
 - 20 Club Time Trial - Centennial Park, 7 am
 - 20/21 Racing: Manning Valley - Taree Crit & Road Race
 - 27/28 Racing: Grafton Two Day
 - 28 Racing: Hunter Valley veterans
- JUNE**
- 2/3 Racing: Canberra Two Day
 - 3 TIME TRIAL HANDICAP CHAMPIONSHIP EXTRAVAGANZA
 - 6 General Meeting - Criterium planning, Bronte S.C.
 - 11 Racing: Blacktown City A.C.C.
 - 12 Queen's Birthday Holiday - ride to be announced
 - 18 Racing: Eastern Suburbs A.C.C. + Juvenile Metros
 - 25 Racing: ***Sydney City Criterium***
- JULY**
- 1 Racing: Sydney Metropolitan Road Championships
 - 2 Racing: Country Road Championships - Calga
 - 4 General Meeting - Bronte Surf Club
 - 8 Racing: Coonabarabran to Gunnedah
 - 9 Racing: Gunnedah to Tamworth
 - 15/16 Racing: Mattara Open - Newcastle
 - 22/23 Racing: Penrith Panthers Juvenile Two Day Tour
 - 22/23 Racing: St George proposed Two Day Tour
 - 29 Racing: NSW TEAMS TIME TRIAL CHAMPIONSHIPS - Callala Beach via Nowra

N.B. Somewhere in July we have to fit in our own long T/T - it will be a Sunday, at the Hilltop course near Thirlmere.



Fine for drink-riding

MT ISA: A man celebrating his birthday had only 50 metres to go on his pushbike to get home from the local hotel when police arrested him for drunk riding on Tuesday night.

In the Magistrate's Court here yesterday, Douglas Bruce Saunders, 29, unemployed, pleaded guilty to a charge of riding a bicycle while under the influence of alcohol.

Evidence showed that Saunders had a blood alcohol level of 0.24, the stipendiary magistrate, Mr Ken Flick, was told. He fined Saunders \$200.

Saunders told police he had consumed 13 cans of beer as well as liquor bought earlier. He had returned to the hotel for more wine.

SMK 16/3/89