



## TUNNELROCK WINS

The Sydney Cycling Club made a strong representation in the Spokesman Cycles 2 Day Tour in Canberra on the weekend of 19 and 20 May. Not only were the colours well-represented, but they made a very significant impact in the E grade category. The two day, four stage tour catered to five categories and a special women's race; each event having varying lengths of stages.

John Burraston carried the Club colours to a victory in the E grade event, overall. In the process, he won the first and fourth stages; and took out all the sprint prizes in the fourth race as well!!! Albert Guerreiro, Dave Stakes, Bruce Vote and Alan Smith also placed in the General Classification for the E grade event.

## Ladies T. T.

Saturday morning, 12 May dawned very pleasantly and promised to be a clear autumn day. At 7:00 AM riders started to converge in Centennial Park for the second annual Ladies Time Trial. The morning was brisk, but did not deter four competitors from attempting to break the 1983 record set by Marjorie Lobban (13:22) for the two lap circuit of the bicycle track in the Park. At about 8:00 the riders were called to the line. Just as Desma Carter was to start, Rosemary Doyle appeared on the scene and she was allowed to warm down after racing in from Vaucluse. Desma sped away, followed by Colleen Bolton, Caroline Chapman and Rosie at one minute intervals. The minutes ticked by and Desma appeared to register a 6:56 first lap, closely followed by Colleen; and Caroline sped into view with a 6:06 first lap! A very fast standing start lap... Around again with some very fast times being promised. Caroline came around very close on Colleen's wheel obviously setting a new record. Rosie gets the record for consistency, matching her 1983 time.

RIDER	LAP 1	LAP 2	TOTAL
Caroline Chapman	6:06	6:16	12:22
Colleen Bolton	6:33	6:29	13:02
Desma Carter	6:56	6:49	13:45
Rosie Doyle	7:01	7:08	14:09

Unfortunately, Marjorie was unable to come down from Lismore to defend her title. Stephanie O'Malley and Robin Stokes were there but did not feel up to form for the competition. Let's hope we get all the ladies trying next year.

Following the event, all adjourned to the lawn for champagne, coffee and croissants.

**TOURING REMINDER:** CONTACT JOHN BEAUCHAMP OR BRUNO SIBILIA BEFORE JUNE 1 IF YOU PLAN TO PARTICIPATE IN THE BUNDANOON WEEKEND DURING OCTOBER. LAST MINUTE ARRANGEMENTS MAY ALSO BE POSSIBLE FOR THE KANGAROO VALLEY TOUR NEXT WEEKEND.....



PHOTO: PETER RAE  
John Burraston raises a tired arm to acknowledge his E-grade win yesterday in Stage 1 of the Spokesman Cycles tour of Canberra.

## Readers want to know . . .

QUESTION: HOW CAN YOU TELL IF YOU'RE OVERTRAINING?

ANSWER: If you feel chronically fatigued and listless and are unable to make further fitness gains, you may be suffering from fitness overtraining, according to Dr. Bryant Stamford, director of the exercise physiology lab at the University of Louisville School of Medicine in the U.S.

Stamford advises: "If you consistently feel pretty well recovered from previous exercise bouts and are eager to train, you are probably not overtraining. But if you are consistently tired and have little desire to train, you may be in danger of overtraining and should cut back your training program."

Though elite athletes are the ones most vulnerable to overtraining, says Stamford, recreational athletes can also overtrain by doing too much too soon, failing to rest between workouts or ignoring early signs of overuse injury.

There's a delicate balance between increasing exercise enough to make further gains in aerobic capacity, and pushing yourself too far, which causes overtraining, the physiologist says.

So what can you do about it?

Stamford advises a cutback in your training regimen to two times per week at high intensity if the overtraining was not severe.

At that level, you'll still maintain fitness. If you cut back to once a week, you will experience some loss in aerobic capacity, although it won't be total.

After doing this for a few weeks until your enthusiasm for training returns, ease back into a more demanding schedule. It shouldn't be difficult if you've maintained some level of fitness, says Stamford.

If you're so burned out that you don't feel like exercising at all, then take a complete vacation. You will lose fitness and you'll have to re-train from scratch, but your gains will probably be easier and more rapid.

## CONTRIBUTIONS

The in-depth coverage of the Club's participation in the Canberra Two Day Tour did not get reported, because no one got round to writing it. There were several club members in attendance on the weekend and a good performance was recorded in "E" grade; however, it appears that I am expected to write all the happenings. Sorry, that is not what an editor is for!!!

Not only do I find it time-consuming to fill out the spaces in this missive, but my writings must become rather one-eyed and boring after a while. Surely, some of you have something to contribute...

Please feel free to CONTRIBUTE something - anything - for publication. It's your Newsletter and will only contain what you contribute OR what I get around to producing, and that is going to diminish with my increased obligation to my work.

Any reasonable contribution will be published, I'll even type it if need be.

At the same time, I'd like to thank John Beauchamp for his many contributions, and hope they keep coming. I've not been able to include them all, yet; but they'll get published. I hope he provides some more information on the upcoming tours soon.

## CARNIVALE CRITERIUMS

It is getting near to time for organization of the Club's annual contribution to the road racing scene. Our Carnivale Criteriums are scheduled for Saturday 15 September. There is a great amount of groundwork to be done, including finding a suitable circuit this year. Contact Bruce Vote if you have some time to spend in helping with the organization...

# BIKE FIT SEMINAR !

You've probably all experienced it at some time! You're riding through the park, when another rider comes along side...

Other rider: G'day, nice day for it.  
You: Ummm!

OR: Ah, ya know yer saddle is too low, doncha.

Y: Is it?

OR: Yea mate, and yer outrigger is too short.

Y: But I had the bike fitted by an expert at the shop.

OR: Jeez, what would they know!! You should have at least a 13 cm gooseneck, and yer seat needs to be raised an inch.

At this time, you are either reaching for your pump to bash him or jam it through his wheel OR you are just going to roll to the side of the road and cry.



There will always be some lingering doubt. Did he know what he was talking about? Did the shop dud me on the purchase of my new machine (they will try to sell what's in stock, won't they??). Whatever the case, maybe we can all benefit from some observations and experiences of other riders. Every training and coaching manual, and general bicycle book has its opinions on sizing a bicycle. Just remember, there are many rules-of-thumb, to suit different riding styles, purposes and needs. Most of us aren't going to overtake Phillip Anderson, so should we have our machines set up for road racing OR more sensibly for a more casual pace??? Should we be back on the saddle, or over the nose? Are 172.5 cranks better than 170's? What width bars, and style should I use? Maybe you didn't know there were so many variables!!!

The NEXT CLUB MEETING will provide an opportunity to study some of these 'variables'. Bring your machine, be measured, and try some of the adjustments - if you think they will help. There will be rollers and training stands available to try the difference made with any adjustments made. We also hope to have one of the new frame fitting rigs.

**CYCLE FITTING SEMINAR @ WOOLYS WHEELS TUESDAY, 5 JUNE @ 7:00 PM.**  
 ENTER THROUGH THE LOWER DOOR IN THE REAR LANEWAY, NOT THE OXFORD STREET ENTRANCE....  
 ● ● ● ● BRING YOUR BIKE !!! ● ● ● ●

## CELEBRATE VICTORIA'S 150th BY JOINING IN THE GREAT VICTORIAN BIKE RIDE

Training continues for the many competitive events being held during the 1984 Road Season, and we now have several competition members. Training for the Teams Time Trials continues each Tuesday and Thursday morning, with the teams now working out in pace lines in Centennial Park. A quick perusal of the membership list indicates that some of the trainees are not affiliated with the N.S.W.A.C.U. and will not be able to participate on the day (Premierships 30 June). This taking part in training is rather rude and unfair to those members serious about participation...

**ALBURY TO MELBOURNE**  
 Nine days of cycling, camping and fun right across the State...  
 Dec 1 to Dec 9, 1984

For details:  
 Contact Bruce Vote or  
 John Beauchamp

**PENRITH TO MITTAGONG TO WOOLLONGONG**  
 THERE IS A ONE DAY, LONG-DISTANCE TOUR PLANNED FOR SUNDAY, 24 JUNE. IT WILL GO FROM RAIL TO RAIL STATION, WITH NO SAG WAGON.

There is an up-to-date Membership list included in this issue of the Newsletter, note that there are several new members. Let's hope they will join in the various activities which are being organised for all the members! On which subject, it could be said that we are tending to get a rather large number of 'silent' members, who neither appear or participate. Be part of the action !!!

CONTACT JOHN BEAUCHAMP FOR FURTHER DETAILS....

## MEMBERSHIP LIST @ May 1984

Name	Address	Phone (home unless noted)
BEAUCHAMP, John	41 Byron Street, Coogee 2034	665-4255 6973089 W
BEAVIS, Donald	4 Clark Street, Annandale 2038	(043) 62-1304
BOLTON, Colleen	304 Moore Park Road, Paddington 2021	
* BONWICK, Mark	2/44 McDougall Street, Kirribilli 2061	451-5555w
BRANDON, Frank	40/40 Penkivil Street, Bondi 2026	387-3091
* BRIGGS, Joel	4 Foucart Street, Rozelle 2039	818-3981
BROWNE, Jack	42 Read Street, Waverley 2024	387-3412
* BURRASTON, John	7 Doris Street, Earlwood 2206	789-4717
* CARTER, Desma	19 Cook Street, Woollooware 2230	523-6157 290-1555w
* CARTER, Perc	19 Cook Street, Woollooware 2230	523-6157
CHAPMAN, Caroline	18/113 King Street, Randwick 2031	398-1382
CONCEICAO, Frank	6/11 O'Dowd Street, Waverley 2024	387-6597
COOK, Tony	c/ Clarence Street Cyclery, 2000	29-4962w
DOLDISSEN, Andy	17 Clements Street, Five Dock 2046	713-4459
DOLDISSEN, Roslyn	17 Clements Street, Darrell Lea 2046	713-4459
* DOYLE, Rosemary	1/22A New South Head Road, Vaucluse, 2030	337-4834
DROZ, Gilbert	3/1A Castlefield Street, Bondi 2026	30-4190
* FLINT, Christine	27 Albion Street, Waverley 2024	387-1128
FRY, Catherine	1 Eastern Valley Way, Northbridge 2063	95-0111
GASTON, Amanda	1/429B Alfred Street, North Sydney 2060	436-2785
* GRIFFITH, Michael	38 Parkham Street, Surry Hills 2010	699-9681
* GUERREIRO, Albert	3/7 Blenheim Street, Randwick 2031	
HAMROZI, Tony	46 Bundock Street, Randwick 2031	399-9134
HANLEY, Martin	29 Edward Street, Woollahra 2025	387-2512
KAMAHL, Michael	82 Oxford Street, Paddington 2021	331-2671w
JENNINGS, Gary	1 Eastern Valley Way, Northbridge 2061	95-0111
* KESTING, Clay	5/6 Prince Street, Randwick 2031	399-5519
* KITTERIDGE, Mark	4/38 St. Georges Crescent, Drummoyne 2047	819-7107
LAFFERTY, Peter	1/91 Hewlet Street, Bronte 2027	398-0392
LOBBAN, Marjorie	Rose Road, Tuntable Creek, via The Channon 2480	(066) 89-1277
LOWE, Owen	65 Stewart Street, Bathurst 2795	
* LUMB, Alan	27 Albion Street, Waverley 2024	387-1128
* MACH, Josef	4/13 Fletcher Street, Bondi 2025	300-0409
* MILNER, Hugh	12 Godfrey Road, Artarmon 2065	419-5968
* MONTESIN, Paul	56 Hopetoun Street, Newtown 2042	519-6215
NEW, Charles	20 Prince Street, Randwick 2031	399-3757
NICHOLSON, Michael	c/ Basser College, U.N.S.W., Randwick 2031	
O'MALLEY, Stephanie	304 Moore Park Road, Paddington 2021	
* REVELL, Alan	56 Wallaroy Road, Woollahra 2025	327-5037
ROLLI, Walter	34 Earl Street, Randwick 2031	398-5929
SALOMON, Warren	P.O. Box 57, Broadway 2007	
SIBILIA, Bruno	259 Birrel Street, Bondi 2026	389-3144
SIGSBY, Don	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
* STOKES, Marcus	139 Queen Street, Woollahra 2025	326-2220
* STOKES, Max	139 Queen Street, Woollahra 2025	326-2220
STOKES, Robin	139 Queen Street, Woollahra 2025	326-2220
SUNDE, Christine	3/6 Manion Street, Rose Bay 2029	371-8926
SUNDE, John	3/6 Manion Street, Rose Bay 2029	371-8926
* VOTE, Bruce	18 Caerlon Crescent, Randwick 2031	399-9452
WALDMAN, Daniel	4/249 Darlinghurst Road, Darlinghurst 2010	33-5045
* WILHELM, Thomas	38 Wallis Street, Woollahra 2025	32-1126
SHAW, David	2/3 Byron Street, Coogee 2034	665-9163

\* Denotes affiliation with the N.S.W. Amateur Cyclists' Union in Sydney Cycling Club