

Sept. 88

the SYDNEY CYCLIST

B.S.C.C.T.T. SERIES

The *Bicentennial Sydney Cycling Club Time Trial Series* got off to a finger-biting start, with three riders quickly establishing their claims to the superior standings. It was very pleasing to see several members make an appearance on the first of the regularly scheduled fortnightly events. No funny bikes appeared, nor disk wheels; and let's hope it stays that way. This event is meant to be a measure of riders ability, not their access to exotic equipment... Janine Greig - yet again - served as timer, assisted by Brian Macquarrie, with the following results recorded:

Ruth Darling	12:39	Spencer White	13:23
Frank Milner	"	Bob Greig	13:42
Ralph Cimino	"	Louise McNulty	13:54
Jeff Page	12:48	Clay Kesting	14:13
Alan Lumb	13:17	Juel Briggs	14:14
Stuart Mirabello	13:22	Mark Turner	14:40



Thus we have the early indicators, and let's hope we see more members participating in the next event on 3 September commencing at 7:00 am sharp... Remember, this series culminates in the annual championships with the handicaps based on your results in the fortnightly rides. The Championships are scheduled for: 19 November.

NEW VENUE ???

Alan Lumb has made arrangements for the Club to use various facilities at the Bronte Surf Life Saving Club, and we must determine how we can best utilise this offer. Apparently we may make use of a meeting room on a regular basis, if desired, at no cost. The room has television, but no video facilities; and catering (sandwiches, etc) is also available.

Members should voice their opinions about this potential meeting venue to members of The Committee, so that a clear plan can be established for future meetings and other events.

ONE DAY TO WYONG...

A perennial favourite! This day ride will cater for various riding abilities, with the stonger riders leaving from the Centennial Park Kiosk at 6:30am (sharp)... Other riders may join the group at Hornsby, by taking the suburban trains to Hornsby station and meeting the group when it passes through at about 8:00.

The bunch will then proceed through the Galston Gorge and out to Wisemans Ferry, for a morning tea stop. After the ferry crossing of the mighty Hawkesbury River, its a beautiful ride along the river to the lunch stop at Spencer. Following lunch, there is a climb and then the descent into Yarramolong Valley (if you're riding singles, make certain they are well glued...). Several riders will be keen to see if the local shop still markets those terrible pies! After the market research, it's the final haul into Wyong; hopefully in time to catch the 2:30 train back to Central.

Always a lovely ride... Make certain your machine is in proper order, and you have tools and spares. Contact Bob Greig for further details (569-1736).



FREEWHEELIN'

For those of us who manage to make the early morning training sessions in the park, we have noticed that it is once again daylight when be begin! The buds are on the vine, and many more faces are to be seen back on the machines. A few articles on preparing for 'fitness' have been included in this issue, to remind you of the dangers of being overly enthusiastic!

Speaking of machines, the trend has returned for acquisition of elegant Italian machinery... Our President, **Bob Greig** is truly resplendent on his Colnago "MASTER" with snakeskin paint job. He joins Perc Carter in being a rather exclusive member of this series ownership. If they can only find a way to remove the wrinkles from the tubing!

Bruno Sibia appeared on a beautiful pearl white Colnago SUPER last Sunday. Let's hope this model provides better service than some of his recent acquisitions.

Who is to be the first to own one of the newly arrived Rossin GHIBLI machines which are mind blowing with the new Campagnolo Croce D'Aune gruppo...

Damned Mirrors!

Several riders were heard to complain about certain members who insist on riding with mirrors attached to their machines. Although these accessories may be handy for commuting, they can prove dangerous when riding in a bunch. Riders tend to lean, and therefore, veer when looking in their mirrors; and that apendage sticks out from the normal 'mass' of the bike and riders waiting to foul another rider. These reasons led the Federation to prohibit them in racing, and it would appear that they aren't very welcome in club riding.

Maybe someone can develop a quick release model for the commuters... In the mean time, it would be appreciated if they were left at home.

NEW HOME

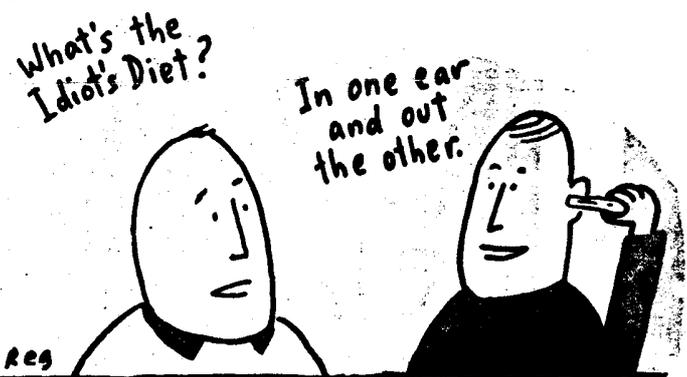
Our secretary, **Juel Briggs** has been successful in selling her house at auction; and extremely fortunate in almost immediately finding a suitable replacement. Word has it that Don Beavis may be looking for a 'finder's fee', and Juel mentioned that there will be a bang-up house warming in the near future...

It' amazing how time flies when you're having fun! It's nearly time for another Annual General Meeting, which means giving consideration to election of "The Committee"... Looking over the past few months, you'll see that The Committee have, in fact, prepared quite an action-packed calendar for the year. Unfortunately, some of these events were not particularly well supported. In fact, the August Ride (Penrith to Stanwell) had to be cancelled, due to lack of participants.

With the growing responsibility attached to running the Sydney City Criterium, and pending incorporation of the Club; it is important that The Committee members are able to undertake the responsibilities associated with the positions. The draft constitution (see **Bob Greig**) details the duties required from executive officers (President, VP, Secretary, Treas) - some of which must satisfy legal requirements.

Tour Organiser, Race Secretary and Editor must be willing to undertake a series of rather thankless duties, and often be the butt of inconsiderate whingeing. These duties are essential, if the Club is to remain active and anyone wishing to stand for the positions should give some real thought before volunteering...

This is not meant to put nominees off, but to get members thinking about the necessary administration of the Club next year.



Picking on cyclists

SIR: I believe your correspondent's argument about cyclists (Letters, August 12) is flawed. I agree that there are a small percentage of cyclists, usually children, who do not obey the rules of the road, but the vast majority do so. So, where is the problem?

If I may suggest, as a "whingeing Pom", that Australians drive too fast, have a system for testing driver efficiency which has proved inadequate and, most important, have a road system designed for, almost without exception, the motor vehicle.

This is not likely to be remedied in the near future because of the strength of vested interests but, please, don't pick on the cyclists. We're the ones getting killed out there.

M. O'Meara,
French Street,
Kogarah.

August 13

Wyong One Day Ride
25 September

IF IT HURTS

How to treat injuries—and keep them from happening

For too many amateur athletes, the road to fitness is paved with pain. Doctors, clinics and emergency rooms handle an estimated 3 million to 5 million sports-related injuries each year, and the number of minor aches, pains and pulled muscles that go unreported is beyond counting. Many of these injuries could be avoided if people used their heads as well as their bodies. "A lot of people go out and kill themselves working out," says Philip Rosenthal, assistant director of the Nicholas Institute of Sports Medicine and Athletic Trauma, an affiliate of New York Medical College. "But you don't have to ache all over to get fit."

The single-mindedness that propels many people up the career ladder often sends them sprawling on the jogging path because they attack fitness in the same way that they do office projects.

"Someone will suddenly decide he wants to get good at tennis and go out and play for 6 hours," says Tab Blackburn, chairman of the Sports Physical Therapy Section of the American Physical Therapy Association.

The key to an injury-free exercise regimen is to ease in and build up slowly. All too often, novices armed with a firm resolve and a new pair of running shoes go out the first day and dash 2 or 3 miles at a breakneck pace. Muscles that previously led a somnolent life may develop tiny tears from the sudden overuse, and bones that are forced to absorb repeated poundings may sustain microscopic fractures. Since muscles and joints become less flexible with age, middle-aged and older athletes are particularly susceptible if they try to do too much too soon. "As you get older, you don't play a sport to get into shape—you get in shape to play the sport," says Rosenthal.

Vacation preparation

That's good advice for vacationers bent on squeezing a year's worth of tennis and golfing into a couple of holiday weeks. You'll spend less postvacation time limping painfully about if you begin to increase your stamina before you go. Stretching, calisthenics and weight lifting—using the muscles needed in a golf

swing, for example—will prepare you for a more intense vacation schedule.

It's important for both beginners and longtime athletes not to dismiss signals the body is sending. It's a myth that exercise has to hurt to be of benefit. Serious athletes who exercise intensely can overdo it, too, even those in peak condition. Athletes often become so addicted to their routine that they work out despite minor injuries, which raises the odds that a hairline fracture will grow into a crippling bone break.

Should a minor injury happen in spite of all precautions, the pain will go away within a few days as the muscles repair themselves. Meanwhile, don't lay off. A light workout will warm the muscles by stimulating blood flow and should make you feel better. For more-serious pulls, strains and sprains, doctors recommend the so-called RICE treatment: Rest, ice, compression and elevation. Tiny blood vessels are broken when a muscle is damaged. As blood flows into the area, the tissue swells, increasing pain and limiting flexibility. The first thing to do when you're hurt is to wrap the injured area in a stretch bandage, put ice on it and elevate the limb. Wait several hours before applying heat to avoid increasing the blood flow and making the swelling worse.

While the best remedy for most inju-

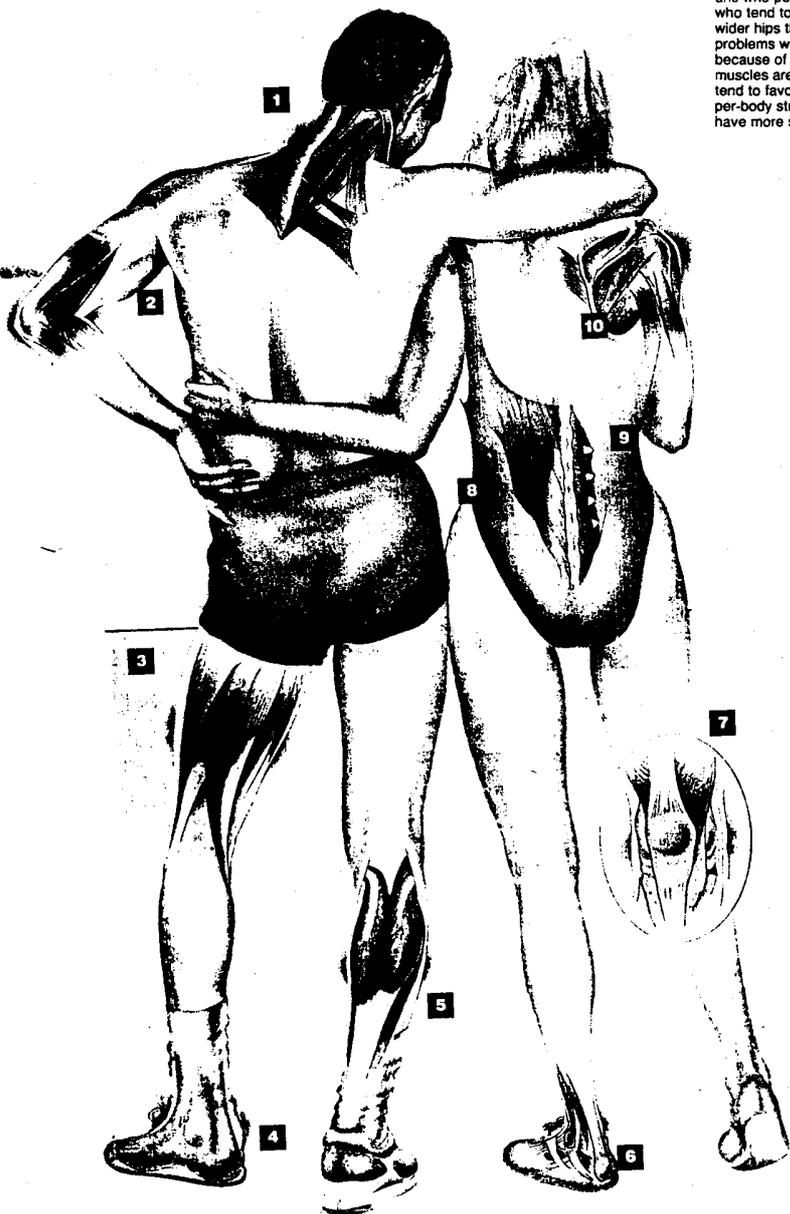
ries is rest, you don't have to let your hard-won fitness turn back to flab. It takes far less work to maintain a level of fitness than it does to reach it. Studies at the University of Illinois demonstrated that once you're in shape you can stay at that level with fewer or shorter workouts. In the experiments, athletes trained by jogging and riding exercise bicycles for 10 weeks. Then, the athletes split into three groups, and each group slacked off in a different way: One group cut the number of workouts by two thirds. Another reduced the length of each workout by two thirds. The third group worked out at about two thirds of its previous intensity—pedaling on the exercise bicycle less energetically, for example. Fifteen weeks later, only members of the group that had exercised less intensively had lost measurable fitness.

Even a serious injury shouldn't send you back to the starting line. Your fitness will start to wane after only a week of inactivity—studies show it may drop as much as 50 percent after three weeks. But the same studies also demonstrate that, even after weeks of inactivity, people who make exercise part of their lives are more fit than those who don't exercise at all. □

by William F. Allman

TROUBLE SPOTS

Injuries happen to every kind of athlete, from beginners who try to do too much too fast to veterans who push too hard. Women, who tend to have proportionally wider hips than men, have more problems with knees and ankles because of the way their leg muscles are aligned. Since men tend to favor sports requiring upper-body strength, they often have more shoulder injuries.



1 NECK

Injury: Tightness and soreness.
Cause: Tension in overworked muscles, especially in bikers.
Treatment: Rotate and stretch neck to loosen muscles.
Prevention: Stretch before and after biking; make sure heights of seat and handlebar are correct.

2 ELBOW

Injury: Soreness at the joint—often called tennis elbow.
Cause: Inflamed tendons due to overuse and poor technique, especially in racquet sports.
Treatment: Rest; use aspirin or ibuprofen to reduce swelling.

Prevention: Gradually work up to high-intensity sessions; take lessons to improve technique.

3 THIGH

Injury: Pulled hamstring muscle.
Cause: Inadequate warm-up; sudden starts or stops; sprinting too fast. Occurs in stop-and-go activities such as football, soccer and racquet sports.
Treatment: Apply ice to stop swelling. Most important, begin gentle stretching as soon as possible, and continue stretching through recovery; the muscle tends to shorten as it heals.
Prevention: Warm up before exercising by stretching gently.

4 FOOT

Injury: Blisters, strained tendons, microfractures in bones.
Cause: Overuse or sudden increase in exercise intensity, especially in running and sports involving jumping. A fracture can become larger if ignored.
Treatment: Blisters should be drained and covered with moleskin. Rest is best for strains in muscles and bones. Switch to a sport in which the feet are not under stress, such as swimming or bicycling, until the pain stops.
Prevention: Increase workouts gradually; make sure shoes fit.

5 CALF

Injury: Pain in front of lower leg (shin splints), strain in calf muscle, Achilles' tendon.
Cause: Overuse, especially in runners.
Treatment: Rest or substitute a nonimpact sport such as swimming or bicycling until the injury heals. Healing will generally take as long as the original pain lasts; if you hurt for two weeks, figure two more to heal.
Prevention: Strengthen calf muscles by weight lifting or exercising with resistance bands. Stretch before and after you work out. Run on softer surfaces.

6 ANKLE

Injury: Twists and sprains.
Cause: They often plague beginners, who insist on doing too much in one exercise session, especially in racquet sports, volleyball and basketball. The ankle is more prone to rolling over during a sudden stop when the legs are tired.

Treatment: Treatment should be immediate, since reducing the swelling means a quicker recovery. Apply ice, wrap with a bandage and elevate. Ice should be applied for about 30 minutes every 2 hours.

Prevention: Use resistance bands to strengthen ankles.

7 KNEE (front view)

Injury: Sore kneecap, stiffness, inability to sit with the leg bent for a long time. Often called runner's knee, it also occurs in hikers, dancers and gymnasts.
Cause: A change in workout—changing shoes or running on unfamiliar terrain. The kneecap moves too freely and rubs against bone, irritating it.
Treatment: Rest or switch to swimming. If pain continues, see a doctor.
Prevention: Build thigh muscles by cycling or weight lifting.

8 HIP, GROIN

Injury: Soreness in hip joint; pulled muscle in buttocks or in groin.

Cause: Overuse, new stresses on legs due to change in exercise routine.
Treatment: Rest, run on softer surfaces, switch to low-impact activity such as swimming.
Prevention: Stretch, strengthen thigh muscles.

9 BACK

Injury: Strain, soreness, muscle spasms.
Cause: Sudden lunges or twists when tired, such as in racquet sports or soccer; overdoing in impact sports like running.
Treatment: Stretch; apply heat. See a doctor if pain persists.
Prevention: Strengthen abdominal muscles and stretch before exercising.

10 SHOULDER

Injury: Joint soreness.
Cause: Overuse, particularly in swimming, tennis or sports that involve throwing, such as baseball and softball.
Treatment: Rest until the pain goes away, and switch activities temporarily.
Prevention: Exercise shoulders with stretching and weights.



**NUTRI-METICS
AUSTRALIAN VETERANS
INTERNATIONAL CYCLING CHAMPIONSHIPS**

AGE DIVISIONS		
MALE	FEMALE	
*35-39	55-59	30-39
40-44	60-64	40-49
45-49	65-69	50+
50-54	70+	

*Senior or Veteran License

SCHEDULE OF RACES

DATE	EVENT	LOCATION
Sunday, 18th September	CRITERIUM	FORSTER
Monday, 19th September	MASSED 35-54 STARTS Age Division	TUNCURRY - 100 KMS
Tuesday, 20th September	MASSED 55-70 + , WOMEN STARTS Age Division	TUNCURRY - 50 KMS
Wednesday, 21st September	FREE DAY	
Thursday, 22nd September	TIME TRIALS	TUNCURRY - 30 KMS
Friday, 23rd September	GROUP HANDICAPS Cat. A. 35-54 Cat. B. 55-70+	TUNCURRY/FORSTER 80 KMS 40 KMS

REGISTRATION: Registration for all events will be on Saturday, 17th September from 12 noon to 4 p.m.

Wyong One Day Ride
25 September

TAKING YOUR FITNESS MEASURE

You may be in better shape than you think you are, even if you haven't taken up jogging or been making thrice-weekly visits to a health club. Many daily activities not normally thought of as exercise can improve your level of conditioning and endurance. On the other hand, a few minutes of halfhearted aerobic dance or calisthenics

when the urge hits will do you little good. While the following work sheet is neither comprehensive, infallibly scientific nor a way to measure your health, filling it out is an easy exercise that can help you get a quick fix on just how fit you really are—and on how much added effort it will take to get into peak condition.

In an average week, I vacuum, do laundry, cook and clean for:

- 1 hour 1 point
- 2-4 hours 3 points
- 3-5 hours 6 points
- 6-8 hours 8 points

I'm the chief caretaker of _____ child(ren) under age 8:

- One child 5 points
- Two children 7 points
- Three children 10 points
- Four children 15 points

In an average week, I spend _____ hour(s) working in the garden or taking care of the yard:

- 1 hour 2 points
- 2 hours 4 points
- 3 hours 6 points
- 4 hours 8 points
- 5 hours 10 points

My job keeps me on my feet and on the go each day for:

- 1 hour 2 points
- 2 hours 4 points
- 3 hours 6 points
- 4 hours 8 points
- 5 hours 12 points

I work in a field such as carpentry, construction, farming or delivery, which involves _____ hours a week of vigorous physical labor:

- 5 hours 5 points
- 10 hours 10 points
- 20 hours 20 points
- 30 hours 30 points

In an average week, I take aerobics, jazzercise or dance classes for:

- 1 hour 4 points
- 2 hours 8 points
- 3 hours 12 points
- 4 hours 16 points
- 5 hours 20 points
- 6 hours 24 points

In an average week, I go out dancing just for fun for:

- 1 hour 4 points
- 2 hours 6 points
- 3 hours 8 points
- 4 hours 12 points

In an average week, I play doubles tennis for:

- 1 hour 3 points
- 2 hours 5 points
- 3 hours 8 points
- 4 hours 10 points

In an average week, I hike on mountain trails for:

- 1 hour 6 points
- 2 hours 9 points
- 3 hours 12 points
- 4 hours 18 points

In an average week, I swim at a 2 mph pace for:

- 1 hour 6 points
- 2 hours 10 points

3 hours 15 points
 4 hours 20 points

I walk about _____ mile(s) a day to or from work:

- 1 mile 4 points
- 2 miles 8 points
- 3 miles 12 points
- 4 miles 16 points
- 5 miles 20 points

In an average week, I spend _____ hours walking at a pace of 15 minutes per mile or faster for:

- 1 hour 4 points
- 2 hours 7 points
- 3 hours 10 points
- 4 hours 14 points

In an average week, I run at a pace of 9 minutes per mile or faster for:

- 1 hour 5 points
- 2 hours 10 points
- 3 hours 15 points
- 4 hours 20 points

In an average week, I play squash, handball, racquetball or singles tennis for:

- 1 hour 4 points
- 2 hours 7 points
- 3 hours 10 points
- 4 hours 14 points

In an average week, I bike at 12 to 15 mph for:

- 1 hour 5 points
- 2 hours 10 points
- 3 hours 15 points
- 4 hours 20 points

(Add 2 points if pace is 16 mph or faster.)

In an average week, I ride a stationary bicycle for _____ hour(s) at a rate of 70 or more revolutions per minute, with some resistance dialed in:

- 1 hour 5 points
- 2 hours 10 points
- 3 hours 15 points
- 4 hours 20 points

In an average week, I play softball for:

- 2 hours 4 points
- 3 hours 6 points
- 4 hours 8 points

In an average week, I play basketball, soccer or volleyball for:

- 1 hour 5 points
- 2 hours 7 points
- 3 hours 10 points

In an average week, I play golf—using a cart—for:

- 2 hours 3 points
- 4 hours 6 points
- 6 hours 9 points

In an average week, I play golf—and walk—for:

- 2 hours 5 points
- 4 hours 10 points
- 6 hours 15 points

TOTAL: _____ points

THE BOTTOM LINE

1-7 points
You're nearly a couch potato. Your physical activity is too limited to confer any real fitness benefit.

8-16 points
Your fitness level registers about average. But if all your points come from activities in your daily routine, your heart may not be getting much of a workout. You might add an aerobic activity like jogging, aerobic dance or swimming.

17-30 points
Your fitness level is above average. You're probably in good shape, and may only need to

vary your exercise regimen somewhat to gain the broader conditioning benefits that a wide selection of activities can provide (see page 50).

31-60 points
Congratulations! You're probably in peak physical condition.

61 points or above
You're either in serious training or you're bordering on fitness obsession. If you feel fine, there's nothing to worry about. But if you've been tiring frequently of late, you're pushing too hard. You may also be running a high risk of injury. Careful.

USNAIWR—consultant, Dr. Kenneth Cooper, Institute for Aerobics Research, Dallas

Join the fun at the Friendly Games



Register NOW for the Honda Central Australian Masters Games cycling events for competitors 35 years and over.

Alice Springs Velodrome, 15, 16, 20 & 22 October.
Criterium, Road Race, Track qualifying events and track finals.

Registration forms available from all HONDA Dealers, Northern Territory Tourist Bureaus in all capital cities OR
The Central Australian Masters Games Office
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ALICE SPRINGS N.T. 5750
Phone (089) 52 8222



PROGRAM

- 15/10 - Indiv. Time Trial.
- Town Criterium.
- 16/10 - Road Race (40-80km).
- 20/10 - Sprint Series, Heats.
- Ind. Pursuits, Heats.
- 21/10 - Sprint Series, Semis.
- Ind. Pursuits, Semis.
- Wheelrace, Heats.
- 22/10 - Sprint Series, Finals
- Ind. Pursuits, Finals
- Wheel Race, Finals.
- Teams Pursuit.
- Pointscore Race.

John Beauchamp thought this might make a nice Club Event.

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Cycling is undergoing an unprecedented boom in Australia.

Figures released by the Bicycle Institute of NSW this week suggest that bicycles last year outsold cars in Australia.

The institute's manager, Mr Charlie Vassall, said yesterday that more than 550,000 bicycles are now produced locally or imported each year. Just 480,000 cars were sold here, he said.

And according to the Bureau of Statistics, at least 120,000 more bicycles were imported during 1986/87 than there were cars produced in Australia.

The NSW Government is now moving to seal road shoulders and widen kerbside lanes to help cyclists survive on the road.

And the State Rail Authority is designing bicycle-carrying facilities for its inter-urban and XPT trains.

FITNESS DROPOUTS

Number of people who participated in these activities in 1987—
 At least once 100 days or more



HEALTH CLAIMS

Devotees make many claims for the health benefits of exercise. Dr. James Phelps, an internist at the University of Nevada School of Medicine, recently reviewed the medical literature. His conclusions, coupled with other recent findings, show:

Strong evidence that regular exercise reduces the risk of—

- Coronary heart disease.
- High blood pressure.
- Sudden death from heart attack.
- Obesity.
- Postmenopausal bone loss, or osteoporosis.
- Low self-esteem.

Weaker evidence that nonetheless tends to link regular exercise and a lower risk of—

- Cancer.
- Depression.
- Anxiety.
- Elevated cholesterol.
- The negative health effects of stress.

Little or no evidence that regular exercise helps—

- Prevent diabetes.
- Prevent arthritis.
- Enhance the immune system.
- People think better, sleep better or stop smoking.

SEOUL OLYMPICS: COMPETITION SCHEDULE

(All times are Seoul localised which incidentally is the same as Eastern Standard Time here in Australia for the entire duration of the Olympic Games. Therefore Perth will be two hours earlier than those shown below, and Adelaide an hour earlier, and so on).

Date	Time	Event
SEPTEMBER 18th	9am	FINAL.....Mens 100km Road Team Time Trial.
20th	5pm	QUAL.....Mens 4000m Individual Pursuit.
		FINAL.....Mens 1000m Time Trial.
21st	10am	QUAL.....Mens 1000m Sprint.
		QUAL.....Womens 1000m Sprint.
		QUAL.....Mens 50km Point Score.
		1/4 FINAL..Mens 4000m Individual Pursuit.
22nd	10am	SEMI FINAL.Mens 4000m Individual Pursuit.
		QUAL.....Mens 50km Point Score.
	5pm	1/4 FINAL..Mens 1000m Sprint.
		1/4 FINAL..Womens 1000m Sprint.
		FINAL.....Mens 4000m Individual Pursuit.
23rd	5pm	QUAL.....Mens 4000m Team Pursuit.
		SEMI FINAL.Mens 1000m Sprint.
		SEMI FINAL.Womens 1000m Sprint.
		1/4 FINAL..Mens 4000m Team Pursuit.
24th	5pm	SEMI FINAL.Mens 4000m Team Pursuit.
		FINAL.....Mens 1000m Sprint.
		FINAL.....Womens 1000m Sprint.
		FINAL.....Mens 4000m Team Pursuit.
		FINAL.....Mens 50km Point Score.
25th-9.40am		FINAL.....Womens 82km Ind. Road Race.
26th	9am	FINAL.....Mens 196.8km Ind. Road Race.

Wyang One Day Ride
25 September

Pate's rousing return

MELBOURNE: Stephen Pate, the new world professional cycling sprint champion, was given a hero's welcome at a civic reception here yesterday.

Pate, 24, of Melbourne, won the event in Belgium last Thursday.

The Lord Mayor, Winsome McCaughey, said Pate was the first Western cyclist to win the title for 12 years.

"Stephen has really done us proud, and done Australia proud," she said.

Pate beat defending champion Nabuyuki Tawara, of Japan, in a semi-final and Claudio Golinelli, of Italy, in successive heats in the final.

Crash mars finish

BRUSSELS, Monday: Italian Maurizio Fondriest won the professional road race of the world cycling championships at Renaix, amid disqualification, recrimination and high drama yesterday.

Fondriest, 23, snatched victory in the final metres from Canada's Steve Bauer who, seconds earlier, had brought down Belgian Claude Criquielion — until then the likely winner.

The trouble began 50m from the finishing line near the top of the final 900m ascent.

Bauer caught the other two at the foot of the hill, then challenged Criquielion, forcing him to veer to one side where he struck a policeman, lost his balance and came down among chairs at the side of the track.

Bauer, who was later disqualified, weaved to the other side of the track and seemed to have the measure of the young Italian.

But as the Canadian glanced over his shoulder Fondriest found a final burst and sprinted through to clinch the gold medal by 3m.

NEWS YOU CAN USE

Food Item	Calories	Running	Bicycling	Walking	Aerobics	Swimming	Golf	Bowling
Burger King Whopper with cheese, fries and a chocolate shake (1310 calories)	1310	1 hr. 49 min.	1 hr. 59 min.	3 hr. 7 min.	3 hr. 38 min.	4 hr. 22 min.	5 hr. 28 min.	7 hr. 17 min.
Kentucky Fried Chicken, coleslaw and biscuit (916 calories)	916	1 hr. 17 min.	1 hr. 23 min.	2 hr. 11 min.	2 hr. 33 min.	3 hr. 4 min.	3 hr. 50 min.	5 hr. 6 min.
Pancakes with syrup, butter and bacon (849 calories)	849	1 hr. 11 min.	1 hr. 17 min.	2 hr. 1 min.	2 hr. 22 min.	2 hr. 50 min.	3 hr. 32 min.	4 hr. 43 min.
Bagel and cream cheese (574 calories)	574	48 min.	52 min.	1 hr. 22 min.	1 hr. 36 min.	1 hr. 55 min.	2 hr. 24 min.	3 hr. 11 min.
Snickers Bar (270 calories)	270	23 min.	25 min.	39 min.	45 min.	54 min.	1 hr. 8 min.	1 hr. 30 min.
Bag of potato chips (150 calories)	150	13 min.	14 min.	21 min.	25 min.	30 min.	38 min.	50 min.

PAYING THE PIPER

Time needed to burn the calories consumed in—

AGE DOES COUNT

Age doesn't limit fitness: Six-year-olds and great-grandmothers have run marathons. In fact, the low energy and stiff muscles and joints associated with old age often are the result of years of inactivity and can be improved through exercise. But that doesn't mean the age factor should be ignored. The distinctions that follow should be kept in mind.

Children: Not-yet-developed bones can be damaged through overuse. Children up to about age 15 should avoid long-distance running and other intensive-training sports.

Middle age: Ease into shape rather than trying to be a weekend athlete or make up for years of sedentary living in a few weeks.

Older people: Walking, cycling and rowing are good low-impact activities for a new fitness program.

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RACING STROLLERS, INC.
516A North 20th Avenue

Will there be a run on this US contraption?

Sydney Cycling Club

MEMBERSHIP LIST @ 31 August 1988

Name	Address	Phone
Beauchamp, John	41 Byron St Coogee 2034	665-4255
Beavis, Don (Life)	* 4 Clarke St Annandale 2038	569-8274
Black, Russell	** 154 Carrington Rd Randwick 2031	399-9578
Bonwick, Mark	** 2/44 McDougall St. Kirribilli 2061	92-4401
Bookes, Tony	** 1 Upper Cliff St Northbridge 2063	958-5250
Briggs, Juel	** 4 Foucart St Rozelle 2039	818-3981
Browne, Jack	42 Read Street Waverley 2024	387-3412
Carter, Desma	19 Cook St Woolooware 2230	523-6157
Carter, Perc	** 19 Cook St Woolooware 2230	523-6157
Clements, Bill	21 Underwood St Paddington 2021	331-6710
Cimino, Ralph	104 Clarence St Sydney 2000	29-4962
Darling, Ruth	** 10 Hollywood Cres Willoughby 2068	958-2198
Doldissen, Andy	17 Clements St Five Dock 2046	713-4459
Downie, Andrew	22 Cameron Ave Artarmon 2064	419-2433
Evatt, Michaela	** 18 Dempsey St N. Ryde 2133	
Frost, Douglas	76 The Comenarra Pkwy Turramurra 2074	449-4179
Greig, Robert	** 4 Holt St Stanmore 2048	569-1736
Greig, Janeen	* 4 Holt St Stanmore 2048	569-1736
Griffith, Michael	** 48 Parkham St Surry Hills 2010	699-9681
Hamrozi, Tony	46 Bondock St Randwick 2031	399-9134
Hanley, Martin	19/339 Edgecliff Rd Edgecliff 2027	328-7159
Harold, Peter	36 Bower St Manly 2095	898-6200
Hood, Ian	16A Robinson St Croydon 2132	745-3858
James, Anton	* 32 Dalmeny Rd Northbridge 2063	958-1554
Karlikoff, Harry	3/14 Edward St Bondi 2026	30-4088
Kesting, Clay	5/6 Prince St Randwick 2031	399-5519
Lamb, Bruce	** 22 Salisbury Rd Willoughby 2068	958-3657
Lobban, Marjorie	* 77 Young St Redfern 2016	699-5081
Lowe, Owen	32 Campbell St Abbotsford 2046	712-1907
Lumb, Alan	** 27 Albion St Waverley 2024	389-7695
Maestri, Robert	49 Middle Head Rd Mosman 2088	969-2402
Marcus, Helen	7/44 Marine Pde Maroubra 2035	349-5525
Marlow, Matthew	48/50 Willis St Kingsford 2032	399-6432
McQuarrie, Brian	** 4A Rhodes Ave Naremburn 2065	439-4996
Milner, Frank	8 Rockley St Castlecrag 2068	958-6533
Milner, Hugh	** 12 Godfrey St Artarmon 2064	419-5968
Montesin, Ovidio	92 Perry St Matraville 2036	661-4305
Montesin, Paul	** 38 Australia Ave Matraville 2036	661-1394
Newell, Brian	188 Ewos Pde Cronulla 2230	523-1152
O'Toole, Daniel	** 81 Bunnerong Rd Kingsford 2032	344-5130
O'Toole, Michael	** 81 Bunnerong Rd Kingsford 2032	344-5130
O'Toole, Roy	** 81 Bunnerong Rd Kingsford 2032	344-5130
Page, Jeff	18/1 Ramu Pl Sylvania Waters 2224	522-6867
Peerenboom, Rosemarie	Noll Parallelweg 9, 6931 Er Westervoort The Netherlands	
Revell, Alan	** 56 Wallaroy Rd Woollahra 2025	327-5037
Rolli, Walter	* 34 Earl St Randwick 2031	399-9991
Sibilia, Bruno	259 Birrel St Bondi 2026	389-3144
Sigsby, Don	** 77 Young St Redfern 2016	699-5081
Smith, Alan	** 11A Rowley St Brighton le Sands 2216	59-2455
Smith, Peter	** 67 Glenmore Rd Paddington 2021	33-5457
Turner, Mark	3 New Jersey Rd Five Dock 2046	713-2240
Turner, Steve	35 Holmwood St Newtown 2042	519-2871
Vote, Bruce	** 7 Beulah St Kingsford 2032	344-8156
White, Spencer		
White, Steve	** 2 John St Glebe 2039	
Wilhelm, Tom	7/164 Queen St Woollahra 2025	
<u>Probationary Members:</u>		
Brown, Peter	57 Alexandra St Drumoyne 2047	81-1919
McNulty, Louise	59 O'Brien St Bondi 2026	30-5221
Eaton, Kerrie-Ann	7/52 Cowper St Randwick 2032	399-6935
Pedersen, Rosanna	7/52 Cowper St Randwick 2032	399-6935

**/* = N.S.W. Cycling Federation affiliation (racing/non-comp)