

the Sydney Cyclist



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

JULY 1983

MIXED T.T. - A SUCCESS !

As the ladies have now had time to drink their champagne and burn off the calories from their victory breakfast following the Time Trials in Centennial Park; and the lads have had time to re-cooperate from the grueling Premierships - they got together for the MIXED TIME TRIALS held near the Bunnerong Power Station on the morning of 26 June. The morning was clear, with a rather 'brisk' wind blowing. The riders rolled in, while discussion ensued about just how and where the event was to be run. Clay Kesting arrived on his newly assembled Gios blue KESTONI ready to join with his teammate Rosie Doyle; however, she did not surface. Word has it that she was last seen celebrating at WOOLIES cycle shop renovation party the night before. (Rosie, you are supposed consume the champagne after the event !)

Several Sydney Club riders looked beyond the confines of the Club for their teammates. Gina Cooper brought along Frank Conceicao from the Port'n'cheese Club (social arm of the Clarence Street Racing Squad), while Bruce Vote invited Margaret McLachlan to join him following her superbe effort in the Ladies Time Trials. Five mixed teams actually entered, along with several single riders.

As Don Beavis located the start/finish line, the ladies were flagged away for the first lap. Margaret burned away from the line in her fine time triallist form, followed by Gwen and Ros (on Bonzo bike). Christine Posa arrived just in time to be flagged away, followed by Gina. Just after eight minutes and fifty seconds, Margaret sprinted across the line to allow Bruce to rocket away for their second lap. Things got very exciting when Ros came into view with Gina right on her heels. Gina posted a brilliant time (due to her great fitness, and possibly to her need to generate heat, as she was riding in cycling shorts while everyone else was rugged up in their whole wardrobe!) Frank shot away as Gina finished, and John Sunde was teeming at the bit waiting for Christine. When she crossed, John rocketed away in pursuit of Frank catching him along the breakwater. John powered on to pass Frank and post the fastest time for the day. Mark Bonwick - in a solo ride - clocked the second fastest time.

TEAMS: Cooper/Conceicao (16:09.00), Posa/Sunde (16:26.04), McLachlan/Vote (16:26.57), Smiths (19:38.20) Hewson/Doldissen (20:27.14)...

TIMES: Sunde 7:06, Bonwick 7:11, Vote 7:36, Conceicao 7:37, Burraston 7:40, Cooper 8:31, McLachlan 8:50, Smith 8:54, Nicholson 8:55, Posa 9:19, Doldissen 9:55, Hewson 10:31, Smith 10:43... Martin Hanley posted a 8:24, however he claimed something about the course shrinking while he rode his lap !!!

ANYONE FOR MORE TIME TRIALS ??? HOW ABOUT INDIVIDUAL TIME TRIALS ???

Following the event, many of the riders and friends rode on to Perc and Des Carters for a bit of champagne and breakfast. This turned into a rather sumptuous event as Desma brought on plate after plate of the most delectable victuals. The purpose of this event was to send off Dave Stakes for his holidays back in England. We wish Dave a good trip, and expect to see many of the 'latest' accessories when he returns. The champagne turned into a champagne bar-b-que, and there appeared to be a rather large stack of empties in the yard when we left!

PREMIERSHIPS - WET !!!

After some very dedicated training sessions, the Club's two team time trials squads went out to Castlereagh for the State Premierships. Sunday, June 19 appeared cold and rainy. The boys went out and the senior squad had to be reduced by one, Dave Stakes was held in reserve, with the team comprised of Kitteridge, Maas, Burraston and Lafferty. Away they went in the pouring rain for about 80 km. of hard riding. Disaster struck when Lafferty half-wheeled Maas, and crashed into the road shoulder. He rolled back to the marshalling area looking rather worse for wear and covered in mud. The veterans (Vote, Revell, Kesting and Milner) set off for their lap of the circuit and put up a sterling effort, but were overtaken by two other squads during the circuit. Bruce had a bit of trouble about 2/3 of the way round, leaving the others to power on to the finish, which matched their ninth place seeding.

Full marks to both squads for even competing, as it was an absolutely miserable day and the conditions were dreadful.

➡ ➡ ➡ ➡ ➡ ➡ **2nd Kangaroo Valley Tour**

(SEE BACK PAGE FOR DETAILS)

MARATHON
MADNESS

PEDAL-PUSHER SETS OUT TO CONQUER MARATHON

Marathon blues for runners

By LEONIE LAMONT

For marathon runners, a healthy mind and a healthy body may not be the real motivation for grinding their bodies over gruelling distances.

A Melbourne University study has revealed that many men run marathons in an attempt to stave off mid-life blues, and in the process damage their health, work, and family relationships.

A research team led by a senior psychology lecturer, Dr Jeff Summers, surveyed 459 of the 5,423 runners in the 1980 Big M marathon. They found that more than half the competitors were aged between 30 and 50, and that as the entrants got older, they pursued not only fitness, but goals such as mastery over the body.

"For people in mid-life crisis it is one way to achieve something, it represents a difficult physical challenge with a lot of social kudos attached," Dr Summers said.

The team concluded that many runners were looking at ways to overcome their personal problems, and ways of improving their self-esteem.

"The meaning of the marathon extends far beyond the event itself — it gives you a reasonably sure way to get an ego boost."

Thirty six percent of the surveyed runners suffered from what Dr Summers called a "negative addiction". He said this was characterised by a compulsive need to run at least once a day or running when injured. It also involved neglect of home, work and family.

Emotions

He said runners in the 31-40 age group reported increased strain on personal relationships during training.

"Clearly the sheer time and energy involved in training for a marathon can lead to a certain degree of conflict in the relationship of married partners."

Two of the commonest reasons given for running in marathons was to improve fitness and to lose weight.

A "runners' high" was experienced by 42 per cent of those surveyed, generally during the 15-27km stage of the marathon, with runners reporting feelings of a trance-like state and psychological well-being.

Nearly 70 per cent said they gained some personal insight, citing self confidence, body control, and mind over pain. Older competitors mentioned this more than younger runners.

Apart from the mental motivations for running marathons, Dr Summers said there was mounting medical evidence that running a marathon was physically harmful.

"I know of a number of runners who are crippled. I think the human body is built for running such a distance, but not over concrete pavements."

THE SUN-HERALD, JUNE 19, 1983

He has found a way
to relieve the pain...

By MIKE SMITH

SYDNEY man Frank Brandon believes he has the ultimate remedy for aches and pains often suffered in long distance foot races.

"Ride a bike right after the event — it always works for me," he said during his final week of preparation for Sunday's Wang Australian Marathon.

"Admittedly, I've only been running for a little over six months. But each time the tendons hurt I hop on the bike and cycle the pain away."

"It's a great way of overcoming those nagging problems."

Brandon, who has 20 years of cycling behind him, has joined the marathon field as a member of Jim Anthony's La Taverna team, a squad highly fancied to take out one of the over-40s prizes.

The 46-year-old Bondi man will follow up this weekend's 42-kilometre run through Sydney's streets with a crack at the gruelling Paris-Brest-Paris cycling classic as one of only three Australians in the European road race.

Challenges

Regarded by his colleagues as a novice runner, Brandon took up the many challenges of long distance road races only last December, as a means of taking on this year's Sydney Triathlon — comprising 2.1km swimming, a 56km hike ride and a 31km run. He finished 15th.

"Running was my only weakness so I went to Jim (Jim Anthony) and asked him for advice," Brandon said.

"The next thing I knew I was in his team, competing in marathons."

Brandon has competed in one marathon — the Harbord Diggers challenge — where he clocked a satisfying 2 hrs 58 mins.

In between cycling races he manages to squeeze in a regular 80km practice ride and 30 or 40km of running after a dip at Bondi.



□ FRANK BRANDON... 'I hop on my bike and cycle the pain away'

They got us off to a good start

Was this the
'ferry' taking
the Pub Crawl
group across
to Balmain?



? Next
Meeting
to be held at
the ROYAL HOTEL R'mick
on 2 AUGUST
I think!

On the road

On the road

John Beauchamp has recently received postcards from two of our members who are travelling abroad at the moment. ALLAN GRIFFITHS writes from Missoula, Montana, U.S.A. where he is following the Trans-America ride. He says: "Made it this far and all goes well. So far we have been on the road 4 weeks and have not experienced any rain as yet, perfect conditions, in fact. McKenzie Pass closed by snow so we came over Santiam Pass but in freak conditions - 106° F. and snow on the ground. People very friendly. We are pointedly staying in the small towns, invariably being invited into homes."

... and Russell Moore are pushing on smartly and at the time ... Stephen says

Stephen Poole has written to say that he and Russell Moore are pushing on smartly and at the time of writing were slogging across the Cakota Plains on the way towards New York state. Stephen says they are getting into good fitness for the Paris-Brest-Paris Audax ride, where they will meet up with Frank Brandon.

John Sunde is going over to New Zealand for business, and to train for the upcoming State Championships with his friend Roger Sumich (Commonwealth Games medallist). John mentioned that Christine Posa will be meeting him in Auckland, and that they will find time to get married while there. I'm sure that I am joined by all club members in extending congratulations on 'tying the knot'....

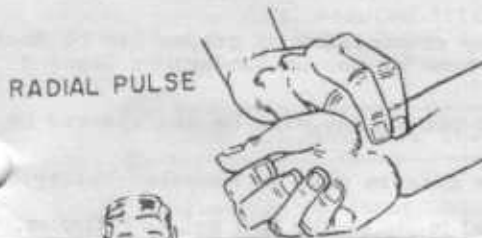
Some do's and don'ts for exercise....

1. DON'T exercise within two (2) hours of eating a meal or drinking alcohol.
2. DON'T do too much too soon. Upgrade your exercise programme gradually. If in doubt get advice...
3. DON'T exercise if you are feeling extremely fatigued or unwell. Be reasonable about your programme.
4. DON'T hold your breath while exercising. Breathe normally.
5. DO stretch for five (5) minutes before and after exercise.
6. DO warm-ups slowly by walking and gently stretching before starting vigorous exercise.
7. DO all exercises rhythmically.
8. DON'T do sit-ups with your legs straight. Bent knee sit-ups are best for the abdomen and back.

HEART RATE

Learn to take your pulse count accurately for ten seconds - always starting the count from zero. Multiply your ten second pulse count by six to equal a one minute value.

The wrist (radial) pulse is the preferred site; other site is the neck (carotid).



RADIAL PULSE



CAROTID PULSE

Cycling

[illegible][illegible]

CYCLING: Phil Anderson of Australia warmed up in style for the Tour de France, which begins on July 1, by claiming overall victory in the 19th Tour de l'Aude race in southern France.

The 25-year-old Australian's triumph, his second in this race in three years, was built on his outstanding performance on the second stage.

He won that stage convincingly, not only taking the leader's jersey but going into the final stage with a commanding advantage of 1m 19s on his nearest rival, Kim Andersen of Denmark.

Are vegetarians healthier ?

It seems so, even though scientific surveys carried out in the U.S. that call for less animal fat in one's diet as a way to reduce the incidence of cancer or heart disease are met head-on by counterclaims emanating especially from meat producers.

Despite the financial and other pressures brought to bear by these vested-interest groups, scientific evidence indicates that vegetarianism has a profound effect on the quality of your years and probably contributes to increasing the quantity of your years, too.

And that admittedly broad generalization covers the various types of vegetarians, from those who eat some animal products such as milk, eggs and cheese (ovo-lacto-vegetarians) to those who won't even wear, let alone eat, animal products (vegans).

The most recent experimental studies of vegetarianism versus meat eating have turned up the following results:

—Eating meat raises systolic and diastolic blood pressure, and conversely a vegetarian diet lowers the pressure.

And even though the meat-related pressure changes aren't gigantic or of an immediately life-threatening nature, one researcher feels they are important "because differences in blood pressures between vegetarians and omnivores increase with advancing age. These blood-pressure differences may be caused by differences in the intake of fats and dietary fiber".

—A study of the bone density of vegetarians versus meat eaters found that vegetarians "are less prone to osteoporosis (bone loss) than omnivores".

---In a British study published in the "Journal of Human Nutrition", researchers noted that vegetarians had lower total cholesterol and a higher HDL cholesterol percentage than nonvegetarians.

The vegetarians, they discovered, were also leaner than conventional eaters in every age group in both sexes. The same kinds of result were also reported in the "Journal of the American Medical Association".

—A report published in the "New England Journal of Medicine" said that vegetarian women have an increased excretion of estrogen and a decreased concentration of estrogen in their bloodstream. This may then be related to the fact that women who are vegetarians have a lower risk of getting breast cancer than meat eaters.

—A study undertaken by a Welsh medical research group followed the health and disease records of nearly 10,000 people over the course of seven years. In their words, "the results do suggest that vegetarians are less likely to die of (heart attacks) than nonvegetarians, and this difference occurs mainly in men".

Why this is isn't exactly certain, but "may be attributable simply to their abstinence from meat, or to their higher consumption of other foods, or to non-specific factors associated with the vegetarian way of life".

There's something about vegetarianism that prevents, reverses or retards many of the risks of catastrophic disease, and it's a less expensive way to eat, too.

And Clay Kesting has known all along !!!

RACES

Racing members are reminded of the following events to be held in the next month or so. Closing date for entries are noted in (), send your entries to the Union or get them to Mark Kitteridge in time for them to get to Sports House.

Muswellbrook - Tamworth (17/7), St. George 2 day (31/7), Manning Valley Classic (31/7),
Mattara Open, Canberra Old Boys, Goulburn to Liverpool Classic (7/8)

The following riders are planning to make a weekend of it, for the SUNDOWNER (Coonabarabran to Gunnedah) followed by the GUNNDEAH to TAMWORTH race on July 9 and 10. That's 107 kms. on Saturday and 75 km. on Sunday. Good luck lads. Oil up the big chain ring!

Alan Revell, Clay Kesting, Perc Carter, John Burraston, Alan Smith and Bruce Vote will be in it!

Notification has been received for the GRAFTON to INVERELL CLASSIC to be held on 17 September. Entries close on 21 August. The presentation dinner is limited to 500 persons this year and bookings must be sent in early to get a seat for this very popular event.

2nd KANGAROO VALLEY TOUR

SATURDAY, 23 AND SUNDAY 24 JULY 1983

In February 1982, the Club held its first weekend tour to Kangaroo Valley. This event was very successful and is now being repeated. The programme is proposed to be very similar to last years event, with five alternatives to participate in.

GRADE 1: Full circuit (345 km.) - starting Saturday morning, 6:30 A.M. at Centennial Park.

GRADE 2: Campbelltown to Sutherland (260 km.)
Take the suburban train from Central Station at 7:00 to Campbelltown on Saturday morning.
Meet the bunch when it passes through Campbelltown.
Return suburban train from Sutherland on Sunday - half hourly service.

GRADE 3: Picton to Wollongong (170 km.)
Country train to Picton on Saturday morning, departing Central at 8:30 A.M., arrive at Picton at 10:00 A.M. and meeting the bunch when it passes through.
Return by train from Wollongong on Sunday, trains at 3:56, 4:43 and 5:45 P.M.

GRADE 4: Moss Vale to Berry (60 km.)
Country train to Moss Vale departing Saturday morning at 8:30, arriving at Moss Vale at 11:18 A.M. Meet the bunch when it passes through.
Return from Berry on Sunday on the 2:47 train (* same train).

GRADE 5: Full circuit by motor vehicle

Each grade includes approximately equal distances each day, but any combination of grades can be done. For example, Sydney to Kangaroo Valley on Saturday (170 km.) and home by car on Sunday; or Grade 3 which is the same total distance over two days!

Riding will be light-weight touring, sleeping gear, food and other provisions will be transported by a Sag Wagon.

ACCOMMODATION: Bookings have been made for on-site caravans in the caravan park in Kangaroo Valley.

PROPOSED ROUTE: Hume Highway to Liverpool, Old Campbelltown Road, Menangle Road to Picton, Old Hume Hwy. to Mittagong, Moss Vale, Range Road to Fitzroy Falls, and Kangaroo Valley.
Return via Nowra, Gerringong, Kiama, Shellharbour, Wollongong, Waterfall, Sutherland and Sydney.

WHAT TO BRING: Sleeping bag, clothes, food for Saturday and Sunday rides (or take your luck with the usual roadside fare). Food for Saturday night and Sunday breakfast.
Meals are also available at the Hotel in the valley.

Plans are being made for a campfire, so a bar-b-que may be in order (weather permitting)...

WHERE TO BRING IT: All gear must be delivered to Bruce Vote, 18 Caerlon Crescent, Randwick by Friday evening, 22 July. Phone ahead (399-9452) to make certain that someone will be home.

• THIS IS A FAMILY WEEKEND - RIDE ANY GRADE OR COME BY CAR, OR A COMBINATION OF BOTH. •

Return to Bruce Vote by July 12.

2ND ANNUAL KANGAROO VALLEY TOUR - 22, 23 JULY 1983

Enclosed find \$....., being \$15.00 per person to cover costs for accommodation and the sag wagon for the Tour. My/our party consists of persons.

I will / will not be delivering gear to Vote's on the Friday night.

I/we will be riding the following grade: 1 2 3 4 5