

# *The Sydney Cyclist*

October/November 2005

## SCC Annual General Meeting

Wednesday 9<sup>th</sup> November 2005

Columbian Hotel,  
cnr Oxford & Crown St, Darlinghurst

7:30pm

All members invited

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# Club Secretary's Report

## 2005 AGM

The club's AGM will be held on Wednesday 9<sup>th</sup> November 2005 at the Columbian Hotel, which is located on the corner of Oxford & Crown Sts. Darlinghurst. The Meeting is scheduled to commence at 7:30pm and we would like to see a good turn out of members please. There will be a discussion forum at the conclusion of the AGM to be chaired by the incoming President.

## Committee Nominations

At the AGM all committee positions will be declared vacant and a number of our current members will not be standing again. If you are interested in serving on the committee, the Club Secretary must receive nominations not later than Wednesday 2nd November either by post or electronically.

The retiring members are:

Jamie Bedford Captain (2003); President (2004-05)

Richard Dodds Tour Secretary (2002-05)

Tim Rice Race Secretary (2004-05)

I would like to thank all the members of the current committee, as well as those who have assisted them, for their efforts during their period of service. In addition SCC members owe David McHugh a special vote of thanks for being both our sponsor for the past two years, and also running the merchandise side of the SCC.

## Membership Renewals

All current members should have received by now the renewal forms for 2006. They are also available on the Club's website if you missed my email. The few members without access to email have been sent hard copies of the forms in the post. If you have misplaced your forms or for some reason are unable to download them from the website, please contact me [gschnell@bigpond.net.au](mailto:gschnell@bigpond.net.au) or 0418 581951.

I would like to process as many of the renewals as possible before Christmas, so your assistance by promptly returning the completed forms and payment would be greatly appreciated.

Cycling Australia is currently promoting on line renewal for memberships but the SCC Committee has voted unanimously to not offer this option for current renewals. Part of the reason is that all monies are paid to the Federation and then they reimburse us. Basically we don't trust the system to work going on past record.

Be careful out there,  
George

**Next Newsletter due 31st December 2005**

**The Year in Review - will feature an overview of 2005 Races, Tours and Travels of SCC Members**

**Articles due: 14th December 2005**

**Email: [auriolc\\_73@yahoo.com.au](mailto:auriolc_73@yahoo.com.au) (please zip large files or burn to cd)**

**Post: PO Box 1655, Bondi Junction NSW 1355**

# Club Captain's Knock

## Can't find a better man.....

As this committee's year draws to a close I thought I should briefly mention a few supporters and thank all members for allowing me the privilege and honour of being Club Captain. As Captain, at least, personally I have had a great cycling year and have found a new level not in a small way as a result of the support of unsung champions like:

- Grant Chellew who unselfishly and diligently shares his new but in-depth knowledge of racing and passes this on to many
- The current committee who worked efficiently and effectively without fuss or favour (any many have done this for several years)
- Alex, Tanya and the other "unofficial" coaches who again are always there to assist all with training tips
- Kinselas, our sponsors, courtesy of "Big Dave" McHugh
- Many others who have assisted with the bunches as Ride Captains or even just provided suggestions of how things might be improved.



Thank you all for the ride!!

## Sunday, Bloody Sunday (or Saturday)

On any given Sunday, or Saturday, we create 2, 3 or 4 bunches depending on numbers. As conditions and personnel change, some members have experienced great variances in pace and wonder what bunch they should ride with. The following is, I guess, more my expectations, noting the variabilities, than a prescribed, pace and style guide for the bunches – the Ride Captain on the day is the best placed to monitor and maintain an appropriate pace.

### A Bunch

Should or could be termed the "O" bunch, like O'shit, and O' dear I believe we are riding quite fast! Whilst it is firstly a bunch ride, that is the group ultimately stay together, it also a fitness testing ground for the club's strongest riders. Climbs are attacked individually – the paceline should be smooth, fast and tight. Pace – medium-fast, with target average near 35km/h, and advanced skill level.

### B Bunch

Strange name for a bunch that really could be termed the A-bunch, that is A for Average, Able, and as it is typically the largest, dare I say, Awkward. Not as quick as the real A bunch but still a medium paced training ride is expected with occasional faster sections when stronger riders hit the front. Riders need to maintain a steady and controlled pace and avoid the natural urge to power surge up the small climbs. Pace – medium, say around 30-32 average with good skill level expected.

(continued over page...)

# Club Captain's Knock (cont'd)

## C/D bunch

I have been asked to not use the “s” word to describe you lot but I just can’t help myself – the C/D is the, wait for it,..... steady, sluggish, somnolent, slothful and yes, slow-paced bunch (not that there is anything wrong with that). Others have suggested that this bunch could be termed the leisurely, relaxed, easy, gentle or cool recovery group (oh please!). The C/D bunch is *sloooooo*w to purposefully cater for those who may be new to bunch riding, those that aren’t doing 20 hours plus training a week or those who simply want or need an easy ride for fitness or other reasons – no stigma attached as most of our members started and will finish in this bunch.

As for the Sunday rides, there are usually two groups and perhaps with the warmer weather approaching there will be room for 3. Sunday’s ride is typically harder than Saturdays mostly due to the additional distance and terrain however most should be able to keep with the B bunch. Thanks to a few members we also have a new Long Ride Program so your options are plentiful.

## Sexed up

Like all clubs, if you haven’t noticed, we have many more “blokes” than “chicks”. However the contributions and participation levels of the fairer sex again have been prominent this year and I wanted to make a special mention to them.

On the committee, Auriol and Ruth both have been busy and effective and I hope they remain involved for the long term. On ride days Meg, Suzanne, Tanya and Amber are more than happy to lead out or assist with the bunches.

In the recent Snowy Wilson Memorial Criterium at Heffron, in a strong field, Erin demonstrated great speed and tremendous talent whilst Sally and Tanya put in worthy performances. This display of competitiveness by several of our girls has been witnessed at numerous club, local, state and indeed national and world title events.

Of course the week-day ride that is now most popular is the “girls” ride on Wednesday morning to Watson’s Bay. Organised by the girls for the girls, the boys, unable to help themselves, seem to be strangely drawn to this ride.

So, whilst fewer in number, the ladies contribution to the current and ongoing success of the club is critical, the only problem being that we’d love more – any suggestions to attract, develop and maintain female members would be well received??

## Barry D, Club Captain

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Racing at Heffron Park, Maroubra: Randwick Botany CC

Note – CHANGE OF START TIMES FOR DAYLIGHT SAVING:

Starting Saturday 5th November:

D, E, & F grades will start at 4pm

A, B & C grades will start at 5pm.

# Christmas Party & Awards Night

Mark your Social Calendar. Another year has gone so fast. Come and celebrate Christmas with your cycling mates and congratulate this year's trophy winners.

We have found another great place, walking distance from Centennial Park.

## **When:**

Saturday 10<sup>th</sup> December. 6.15 drinks for 7pm dinner

## **Where**

Hughenden Hotel  
14 Queen St (near Oxford St)  
Woolhara. 93634863

## **Cost:**

\$60 per person

The price includes a three course meal and some drinks.  
Please let me know if you have special dietary needs

Cheques should be made out to Ruth Lax and addressed to 10/9 Edward St Bondi 2026. For direct debit details email me [ruth\\_lax@yahoo.com.au](mailto:ruth_lax@yahoo.com.au) and I will send you my account details.

**See you there!**  
**Ruth**

# 2005 Awards – Nominations Due!

## PRESIDENTS AWARD

AWARDED DURING SOME BUT NOT ALL YEARS, AT THE DISCRETION OF THE PRESIDENT, FOR EXTRAORDINARY EFFORTS IN REPRESENTING THE CLUB OR MAKING IT A BETTER FACILITY FOR ALL MEMBERS.

## CLUBMAN OF THE YEAR

FOR SIGNIFICANT & UNSELFISH CLUB CONTRIBUTION BEYOND THE NORMAL CALL OF DUTY.

## THE MONGREL AWARD

YOU CAN ONLY WIN BY PERFORMING A 'MONGREL' ACT OF CYCLING BASTARDRY TOWARDS A FELLOW CLUB MEMBER - WHICH IS COMPLETELY INADVERTENT AND UNPLANNED ...AND WHICH YOU MAY NOT HAVE EVEN REGISTERED THEN OR LATER AS A QUALIFYING ACT. YOU DO NOT HAVE TO BE ON A BIKE AT THE TIME, BUT IT MUST BE CYCLING-RELATED, AND IT MUST INVOLVE ANOTHER SCC MEMBER. RUNNERS UP FOR THE MONGREL AWARD OFTEN RECEIVE ONE OF THE MULTIPLE HORSES ASS AWARDS

## THE HORSES ASS AWARD

AS MENTIONED ABOVE, UNLUCKY MONGREL AWARD NOMINEES SOMETIMES WIN A HORSES ASS AS A CONSOLATION PRIZE. THOSE WHO ACTUALLY ATTEMPT TO WIN THE BONE CAN ONLY HOPE FOR A HORSES ASS AT BEST. ALTERNATIVELY, THE CLUB MEMBER MAY SIMPLY DO SOMETHING TO MAKE AN ASS OF THEMSELVES, WITH THIS ACT BEING QUIETLY NOTED BY OTHERS FOR SPECIAL MENTION. SO IF YOU'VE BEEN WITNESSED DOING SOMETHING PARTICULARLY STUPID AND EMBARRASSING, LOOK OUT.

## THE MULTI TOOL AWARD

IT'S GENERALLY ASSUMED THAT SCC MEMBERS CAN CHANGE A PUNCTURE OUT ON THE ROADS AND HAVE A VAGUE UNDERSTANDING OF THE WORKINGS OF THEIR BIKES AND WHICH BIT JUST FELL OFF. THIS ISN'T ALWAYS THE CASE AND THIS AWARD IS GIVEN TO THE CLUB'S MOST INEPT MECHANIC.

## THE BIG PISTON

THIS "TROPHY" IS QUITE LITERALLY, A BLOODY BIG TRAIN PISTON, AND IS AWARDED TO BOTH A MALE AND A FEMALE (DUAL RECIPIENTS) FOR A PARTICULARLY GUTSY EFFORT IN A RACE DURING THE YEAR. AT SOME STAGE, THESE RIDERS HAVE CLEARLY PULLED OUT THE BIG ONES, MADE A MOCKERY OF THE PAIN BARRIER, AND EXCEEDED THE EXPECTATIONS OF WARDS ALL OTHERS AND PERHAPS EVEN THEMSELVES.

## THE BENT SPOKE AWARD

THE BENT SPOKE AWARD IS GIVEN TO THE CLUB MEMBER WHO HAD THE SPECTACULAR AND AMUSING ACCIDENT OF THE YEAR. YES, WE CAN AND DO LAUGH AT THOSE LESS FORTUNATE THAN OURSELVES, BUT BECAUSE WE ARE DECENT HUMAN BEINGS AT HEART, THIS AWARD ISN'T GIVEN TO THE PERSON WHO HAS HAD A GENUINE/SERIOUS ACCIDENT RESULTING IN A SMASHED BODY AND BIKE. WE CAN FIND SOME SYMPATHY RATHER THAN RIDICULE FOR THOSE MEMBERS. THIS AWARD IS DESIGNED FOR THE ACCIDENTS THAT SHOULDN'T HAVE HAPPENED, THE CYCLISTS WHO SHOULD HAVE KNOWN BETTER, AND THE EMBARRASMENTS THAT THOSE RIDERS TRIED VALIANTLY TO COVER UP.

## THE MOST IMPROVED RIDER

THIS AWARD TO BE PRESENTED TO THE RIDER WHO HAS DEMONSTRATED THE GREATEST IMPROVEMENT DURING THE YEAR, AND HAS ACHIEVED A NEW LEVEL OF PERFORMANCE. THE RECIPIENT MAY BE A NEWER RIDER OR A MORE EXPERIENCED RIDER, AND IMPROVEMENT MAY OCCUR ACROSS ANY LEVELS OF RACING, NOT JUST OPENS. A MEMBER WHO MAKES AN IMPRESSIVE COMEBACK AFTER A LONG LAY-OFF IS NOT NECESSARILY ELIGIBLE. THE IMPORTANT CRITERION IS THAT, TO BE ELIGIBLE, THE RIDER MUST ACHIEVE A NEW LEVEL THAT HE/SHE HAS NOT PREVIOUSLY ACHIEVED.

## NOMINATIONS

TO NOMINATE A CLUB MEMBER FOR ONE OF THE ABOVE AWARDS, EMAIL THE NOMINEE'S NAME, THE REASON YOU ARE NOMINATING THEM, AND THE AWARD CATEGORY TO TIM RICE [TIM@IDEASSOCIATES.COM.AU](mailto:TIM@IDEASSOCIATES.COM.AU) BY SUNDAY 27TH NOVEMBER 2005

# Regular Rides

Day	Time	Meet	Ride Description
Tuesday	06.00	Cannons	Watsons Bay Hill Ride. Approximately 25km. Eastern Suburbs hills and in-between flat bits. Faster riders wait at the top of Military Road for new kids/the hill-challenged. Back at approximately 7.00am Bondi Junction
Wednesday	06.00	Cannons	Very fluid. Depends on who turns up - maybe brisk laps of the park, or a 35km circuit round the Eastern Suburbs.
Thursday	06.00	Cannons	La Perouse via Anzac Parade and Malabar. Approximately 35km. Fast clip (35-40ish km/h) with three even faster (40-55km/h) intervals. Back at approximately 7.00am. Bunch waits for training enthusiasts but not quite as religiously as Tuesday.
Friday	06.00	Cannons	Invariable some SCC riders in the park doing easy recovery laps before the harder weekend rides.
Saturday	06.30	Cannons	La Perouse Ride. Approximately 45km. Three bunches leave the park rolling easily until Foreshore, then the first two bunches pick up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. The third bunch does the same route at a slightly lower pace with an emphasis on bunch riding. Back in the park for coffee at 8.30am.
Sunday	06.30	Cannons	Waterfall Ride. Approximately 90km. Medium to hard ride, out at 28-35km with some riders turning round at Sutherland (60km). At Waterfall smaller groups sometimes go on to Stanwell Tops (120km) or back through the Royal National Park (110km). The main bunch U-turns at Waterfall, pacelines back to Sutherland, collects the stragglers, then a fast ride back to the park for breakfast - or a more medium paced ride, medium/average fitness level. Route options include Short or Long Cronulla (60-70km), Kurnell or Cape Solander (80-90km) or maybe Sutherland then back via Como and Hurstville (70km). All rides finish back in the park for breakfast (approximately 9.30am)
1st Sunday of the month	06.30	Cannons	Club Jersey Ride 100km+. 2-3 different paced bunches head north to Akuna Bay via Wakehurst Parkway and Church Point. Keener riders can opt to take the turn off to West Head. Those wanting to miss the hills and take it a bit easier skip the Akuna Bay turn off and regroup at the top of McCarrs Creek Road. The ride returns to the Park via Forrest Way and the Spit. Coffee options are decided on the day.

**The Sydney Cycling Club does not take responsibility for the conduct or safety of the training rides detailed on this program. Training can be dangerous and you do so at your own risk.**

# SCC Long Ride Program

Day	Ride Description	Distance
Sunday 13 November	National Park, in at Waterfall, out at Audley	105km
Sunday 20 November	Stanwell Park	120km
Sunday 27 November	Patonga Tour	160km
Sunday 4 December	Akuna Bay	100km

These rides leave from the cannons at 6.30am.

More detailed information will be emailed prior to each ride.

## SCC Races & Tours 2005

### NOVEMBER RACES

Saturday 5th November  
Race 18 - Crit #5  
Venue: Heffron

Saturday 12th November  
Race 19 - Kilo #2  
Venue: Heffron

Saturday 26th November  
Race 20 - Crit #6  
Venue: Heffron

### NOVEMBER TOURS

Sunday 27th November  
Patonga Tour



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