



# The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club  
May 2003 Edition

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Thanks to all contributors



Touring the Southern Highlands



London Bridge, Great Ocean Road



Bundanoon Campsite

## Celebrating our 25<sup>th</sup> Year in 2003

## The President Speaks

Paul Rigby



Another Month has passed under our wheels and club life continues along in the great shape that we started the year. Although the weather has cooled I am pleased to see high attendances on the club rides and higher than ever participation in the club racing program.

Last Saturday we had over 40 riders lining up for the start of the second Criterium of the year. The club Racing Team had done a great job in handicapping this event and we saw the race come together with about 4 laps to go. Due to a lack of late season form I was more than content to watch the action unfold from the sidelines and I was very pleased to see a large bunch of riders riding together in the final laps. These were scenes never seen before in SCC Crits and made a nice change from years gone by where our Criteriums were no more than graded scratch races. This no doubt provided great experience for some of the newer members and hopefully piqued their interest in doing some more Crit racing. On this occasion a fast finishing Steve Hogg edged out

Stan Genakis and Alex Simmons to take out the win.

Coming up this month we have the Kangaroo Valley Tour, which is always a great weekend. Again, Richard Dodds has put together a great weekend for everybody. We also have the first round of the Kilo Series (a new series in 2003) and also the first round of the Hillclimb Series. Remember if you want the glory on Trophy Presentation night in December, you have to get out of bed now to earn your place on the dias!!!

After a disappointing association with Netti we are pleased to present our new Club Apparel made by Scody. Some of you would have seen Andrew Hudson modelling this last weekend. Andrew and other members of the committee have spent considerable time and effort in co-coordinating the supply of these garments and hopefully the quality control issues we experienced with Netti are a thing of the past. If any of your clothing looks a little tired then make sure you contact [Andrew](#) to order this great gear.

In the Professional world of cycling the season is heating up just as ours is cooling down. With the Spring Classics over, the Giro d'Italia begins this weekend which is always a great race and a pre cursor to the biggest race of the season, the Tour de France. Hopefully watching and hearing about the pro's making a living on the bike will be enough to keep all of us inspired and riding through the coming cold months.

Personally, I am on the 8 week training program in preparation for a trip to France in July to climb some of the famous Cols in the Alps and Pyrenees and also catch some of Le Tour, so hopefully I will see you out there on the bike while I try and ride myself into shape.

See you on the road

*Paul*

## Boutique News

Andrew Hudson



With the increasing size of the membership and the popularity of the new gear, we are going to trial a new method for distributing clothing orders. George Schneller has kindly volunteered to bring the clothing orders to the park for collection on Saturdays over coffee. Therefore, please ensure that your order reaches me by Wednesday night to allow me to get your order ready for Saturday morning.

This should simplify the process for everyone and hopefully provide a quicker turnaround.

*Andrew*



## *From the Secretary's Desk George Speaks*

### **New Members**

In response to queries from existing club members regarding the process for becoming a member:

- ❖ Contact secretary by email.
- ❖ Complete safety waiver / questionnaire (on website or can be posted).
- ❖ Return waiver /questionnaire to Club Secretary c/o PO box 154 Kensington.
- ❖ Club captain notified of details to schedule safety assessment (Assessments are carried out every 4 to 6 weeks at the Captain's discretion).
- ❖ If rider OK/d by Club Captain, then membership forms forwarded.
- ❖ On receipt of payment and forms, processed by secretary, receipt sent.
- ❖ Credit card style license comes from Cycling NSW, usually within 6 weeks.



### **Change of Address**

We do not have a psychic on the committee yet, so if your contact details change it is up to you to let us know. It is no good complaining that you are not getting emails, notices etc if we are not informed of the change.

### **New clothing**

The new clothing has arrived and is available from our hard-working Merchandise Manager Andrew Hudson. You can email Andrew directly at [huddos@hotmail.com](mailto:huddos@hotmail.com) Payment by EFT, Cheque, money order or cash.

### **Winter jerseys**

Long sleeved winter jerseys are planned. If you are interested, please record your interest and your size with Andrew, or myself.

Be careful out there

*George*

## *Editor's Column*

## *Malcolm Wade*



Lots of good stuff this month.

Over the past couple of months we've had members out and about, including yours truly, participating in events like the SCC Wollongong 1-day Tour, the Alltrails Adelaide to Melbourne ride and the NSW RTA Big Bike Ride. I gently (honestly!) persuaded people to write up the reports and even found some photos to go with them. Thanks to the relevant writers and photographer for their efforts.

And this all leads to the club web site. There's been a lot of work done recently and I urge those of you with web access to take a look. Club event results are posted there within a couple of days, the "[images](#)" page has been updated with some recent photos from SCC events and we've even started a 'notice board' page in the members [section](#) as a way to distribute items of interest to members without 'spamming' you with documents. Let myself or George know what you think.

And back due to popular demand, Back of the Bunch, all the club gossip that we can print or make up! Remember, there's never enough gossip so send it in.

'til next month, take care on the road.

*Malcolm*

# Wollongong 1-Day Tour Report

By Breeda Kelly and Steve Alperstein

On the last Sunday in March, Richard Scriven, ride captain deputising for a sickly Richard Dodds, guided a large bunch out of Centennial Park. Some riders were bound for Sutherland, others for Waterfall while an intrepid bunch of 15 had Wollongong in their sights. There was a good mix of first-timers and those who have made this trip an annual event.

Expecting the easy route to our fair southern neighbour, we instead ducked left into the Royal National Park just outside Sutherland, which not only added some extra kilometres but also threw in that nasty hill out of Audley Weir. At this point a couple of first-timers would have turned back if their cycling ability had allowed them to execute the turn without coming off.

Our first pit stop was at the café in Otford. Steve Alperstein's day was made as he was served an unexpectedly good quality coffee; however, Breeda almost did a somersault out the door when the blue tongue lizard moved on the counter not to mention the snakes in jars and the lorikeet on the proprietor's shoulder.

After the stunning descent of Stanwell Tops, Julie "*I never get a puncture*" Howard got the only puncture of the ride, Amen!! We made our way into Wollongong where our navigation skills went a little awry before finally reaching our brunch stop alongside the harbour on a glorious late summer's day.

Simon Kenny suggested to Julie that her choice of Eggs Benedict may come back to revisit her on Stanwell Tops – they did! Following the eggs, pancakes & other delights – great coffee - we waddled back on to our bikes. By this time Nesrin Varol, Vikki Bishop and Graham had decided they had enough and the option of a train trip back was just too tempting to resist.

We followed our ride captain along the bike paths out of Wollongong, dodging children, dogs, glass and other cyclists; the only thing we didn't have to worry about were red lights. The ride back presented the bunch with 2 challenging hills. The climb up to Waterfall would normally have taken the "worst hill" prize but it paled in comparison to the truly awful climb up to Stanwell Tops. Kate Everett gave Richard some food for thought as she powered up the hill, however, she did have to visit the physiotherapist the next day to repair a pulled muscle.

As we got out of the Royal National Park Steve Alperstein said "we're nearly home", hey, we were at Waterfall with only 45kms to go!!!! I guess it's all relative; distance does things to a person's mind. Steve McMillan was 'cautioned' by the ride captain for blasting off the front from Waterfall.

Simon Kenny and Anthony Green left the bunch at Brighton-le-Sands and Daniel Hynes kept going on the freeway whilst the rest of us turned right for a well deserved coffee in the park.

As I left after my coffee and sandwich Eddie Bosch was going back for seconds – cycling is hard work and Steve McMillan was on the phone explaining to Tanya why he had to do as the ride captain asked and not listen to her, his coach!!

A well deserved thanks to Richard Scriven for being a wonderful ride captain ensuring everyone had a great ride.

*Breeda and Steve*

## Team Time Trial Training

### **Important notice to all Women in the club**

The State Team Trial Championships will be held on August 17th this year at Calga. Training will start in the 2nd week of June to give us 10 weeks preparation. I am looking for any cyclist that holds or will hold a competitive licence to take part in a team. Last year we won Gold and Bronze in the Women's Masters and 7th and I think 14th in the Women's Open. It would be great if we could put in 4 teams this year. Some teams will train seriously and others will be there just to learn how to team time trial and gain all the skills of benefit to your cycling in general. Previously we have had a good time doing it as it is a team thing and the race is just the goal at the end of it.

**What is a Team Time Trial?** It is an event where 4 cyclists from the one club have to work together to get the fastest over a certain distance. The team must finish with 3 cyclists.

**Do I have to be fast?** No just willing to work in a team of cyclists of your standard. Teams will be graded.

**What time will it require?** Generally a one hour session just once a week. Each team will decide how much extra they will do at Calga or in the Eastern suburbs prior to the race.

**Do I have to do any other races?** No, but team members will be encouraged to do the Individual Time Trial which is on August 10<sup>th</sup> on the same course and to do the club time trials between now and then.

**To express your interest:** Please email Tanya on [onyabike@ozemail.com.au](mailto:onyabike@ozemail.com.au) or ring 0419217974.

**For the Men and those Women who don't want to partake.** We are also looking for a coach and a team manager for each team. Again please let Tanya know.

# *“Treated like a Pro”*

*By Eddie Bosch*

I was recently riding with my wife, Tanya, when after covering some 130km Tanya was so tired and sore that she flagged down a passing Ute driven by a gentleman who offered her a lift, which she accepted whilst I continued to ride. Poor Tanya was taken to a motel in the next town where the gentleman driver went to his room and Tanya received a most relaxing massage. Due to some good detective work on my part, I was able to follow the clues that lead me to the same motel as Tanya. Upon my arrival I did what you would expect me to do in such circumstances. I had my second afternoon tea, discussed the day's ride with friends, checked out my luxurious room before meeting Tanya after her complimentary massage.



I tell you, you really get spoilt on the Bicycling Australia Adelaide to Melbourne 1150km Bike Ride with Phil McDonald [All Trails Bicycle Tours](#). Not only can you get a lift from one of the 6 supporting vehicles if you are tired, but you get to stay in excellent motels, eat as much as you like and there are 2 masseurs at your disposal at the end of the day. Each day's route is marked by signs at every turn and even flour arrows on the bitumen so no one gets lost. Detailed maps (including altitude profiles) are supplied for each day but the only time you need to refer to them is to get the mobile number of the mechanic when you have a puncture and you don't feel like getting your hands dirty. Yes, one of the support vehicles was a 4WD BMW driven by none other than Greg Griffiths who writes articles on bike mechanics for Bicycling Australia. I saw Greg replace a busted rim in 20 minutes while the rider was sitting down having morning tea one day.

SCC members Anthony Green, Kate Roberts (winner of the tour "Power to weight ratio" award), Tanya Bosch and I joined 49 other mad cyclists in Adelaide in early April for the 8 day trip to Melbourne. I expected the 145km per day average to be hard but I got a rude shock at just how difficult it was. Strong headwinds for at least part of each day, and all of some days, made it a real slog. However, the hospitality, camaraderie, beautiful scenery and sense of achievement made it all worth while.

My favourite days were the long ones because that was when we had 2 morning teas, lunch, then 2 afternoon teas.



Mind you I earned it, 60km to 1st morning tea and then another 60km to 2nd morning tea. I felt obliged to sample all that All Trails had to offer; hence I had put on 1kg by the time we got to Melbourne.

I can recommend this trip with All Trails to any SCC member. The attention to detail by the organisers (Phil & Susan McDonald) will delight you as you are pampered at a level approaching a Tour de France rider. It is a value for money holiday which actually raises money for Teen Challenge - a Christian drug rehabilitation program.

Some of the highlights included having Brett Aitken (Sydney Olympic Gold Medallist and World Champion track rider) ride with us for the first day and a half. I got to see a bit of him actually, at morning tea and lunch. I also did some blocking for him on the road, stopping the sag wagon bus from getting to within 25km of him to ensure it wouldn't interfere with the sprint into lunch. The bus driver thought I was totally stuffed, little did he know I had an important role to play for Brett.



But we really felt like we were in the Tour de France when we got a police escort for the last 100km into Melbourne. 3 police motor cycles went ahead of us stopping traffic as we rode through red lights with a police car protecting the rear. How did they arrange that? Easy, police will do anything for a good feed, even ride a bike 1150km from Adelaide to Melbourne!

*Eddie*

Photos include: Kat and Tanya in group photo (this is a very rare photo as it shows Tanya with a bunch of cyclists!), 2nd Morning tea in the South Australian wilderness and London Bridge.

All photos taken from the [All Trails Web site](#) with the permission of Phil McDonald of All Trails.



# RTA Big Bike Report

*By Mark Meltzer and Malcolm Wade*



Mark Meltzer has now completed six Big Bike Rides raising funds from sponsors for people suffering from Multiple Sclerosis of whom there are about 400 in New South Wales. The Lions Club of Bondi has been a major sponsor of his bicycle rides in this event and has been acknowledged by the MS Society on most rides.

People who have this disease have many problems and a number of them turned up at campsites including an American MS sufferer who has completed the ride even though he walks with the assistance of a walking frame. He rode a recumbent tandem with another rider and uses his arms for pedalling.

There was a special fundraisers cocktail party after one of the days rides and from what Mark overheard most people raising funds had a family member or close friend affected by MS. These people make a huge effort to raise funds as they see first hand how the society assists MS sufferers and they want to help the person affected.

Bike riders not directly involved in fund raising help raise money by buying raffle tickets, buying drinks at the bistro and attending various social events organised by the MS society on the ride. On the rest day, funds are raised by getting local residents to wash a bundle of bike riders' clothes for \$10-\$20 a bag! The final night saw several locals have their heads and beards shaved, all in the name of a good cause.

The target for fund raising this year was \$275,000.



## The Ride

After a bit of a muddled start which saw Bruce stuck at the car park 11km away, team SCC, consisting of Mark Meltzer, Malcolm Wade, Bruce Vote, Meg Croft, Pete Scott, Frankie Hopkins, Alan Smith, Stewart Evans, Michael Kamahl (of Woolys Wheels fame) and Brendan Docking with his 9 year old son Rory on a

tandem rode out through good green countryside for about 50km before settling into the campsite at Camden on what turned out to be a very damp evening as the rain seemed to just get heavier and heavier.



The next few days saw us riding through Bundanoon and Bowral where Mark viewed the Sir Donald Bradman museum. There is a new section that shows a film on the worlds top ten retired Sportsman; Mohamed Ali, John Eales, Pele, Sir Don Bradman, Dawn Fraser, Michael Jordan, Carl Lewis and others. Bundanoon has some fantastic walks and there is the olde bike shoppe (and now café) where you can hire a bike and ride around the area (not that we bothered, but we took full advantage of the café).

We had our rest day in Goulburn where Mark took a bus tour to the Wombeyan caves and had an hour and a half tour through one of the caves. The stalagmites and stalactites have taken up to 20 million years to form and the lighting showed these features fantastically. The tour then went to a small village, Taralga, for lunch and wine tasting.



A storm passed over the Goulburn campsite at 1.45 am on Wednesday. It was amusing to wake up to the sound of tents being opened and the tap tap tap as people pegged down their tents more securely as the wind increased. Good thing too, one of the catering marques was completely destroyed by the storm yet a 1000 cyclists stayed snug and dry in their little dome tents. By 4.30am the storm had finished so by the time we had to get up at 5.30am conditions were pretty reasonable.

We experienced a couple of days of strong headwinds after this with Pete and Stewart doing some sterling stints on the front of the SCC peloton to get us to camp.

Bungendore, a small hamlet near Lake George is popular with weekend visitors from Canberra. The woodwork shop was a stunning example of local woodworking talent and more importantly had a café that served a rich chocolate cake with coffee. This cake helped give us all energy to ride up the steep Smiths Gap the next day, less than 5km after leaving the campsite, which saw a good proportion of riders walking. A bit rude we thought! The route this year was one of the best we had seen for a number of years. There were a few good climbs, challenging routes and most of the ride was through undulating country on quiet roads.

Bicycle mechanics were positioned at morning tea, lunch as well as the afternoon tea stop and campsite to

help riders with problems along the way (Mark made use of these a couple of times!). Catering for the ride was prepared by a professional company assisted by a team of volunteers. We had hot breakfasts and dinners and cold lunches were served along the way.

The last few days saw us ride through the countryside around Yass and Harden before finishing up at Cootamundra. All in all a great week of cycling and socialising.

### *Mark and Malcolm*

Photos courtesy of Pete Scott, roving cycling photographer

## **From the Back of the Bunch**

Here's the general gossip from out and about. As always, reported (almost) anonymously and never letting the true facts get in the way of a good story! This month we even have incriminating photos!

- ❖ 2 club members were riding on Anzac Day when they sheltered from the rain in a Drummoyne Coffee Shop/Bakery (any excuse for a coffee & sausage roll). After drinking their Cappuccinos they commented to each other that the coffees were a bit cold, although very milky which is how they like them. They decided they could easily go for another round and called the waiter over who delivered the news that he had previously given them the wrong order. At this point our alert cyclists noticed the girls behind the counter laughing at them, a quick check of their riding attire revealed no reason for this, the reason came from the waiter who said our coffee connoisseurs had just drunk "Babycinos"! Two large "Caps" were then received on the house. Two mothers were then seen to leave the shop with some very hyperactive babies.
- ❖ The next day our 2 geniuses were fixing a blown-out tyre when one recommended the old trick of using a \$5 note to stop the tube coming through the tyre. "I haven't got a \$5 note," said the other, "Would a \$2 coin do?"
- ❖ Comment heard after SCC Crit: "I haven't seen that much contact outside of a stationery store!"
- ❖ And yes, for those of you thinking "Digger" Revell was slowing up; a couple of before and after photos from a recent cycling weekend in the Southern Highlands where Digger tried to lull the bunch into a false sense of security by "hobbling" up the driveway to the bike shed. The second shot shows Alan in full flight on an uphill section showing no problems whatsoever! He's a wiley old character but we know the truth now.





The first item on the May agenda: Consideration for others in your bunch. This means everything from turning up on time to stopping at red lights and calling obstacles. Whenever you are the lead rider you have a responsibility to look after the twenty or so people riding behind you. To quote the famous Walter Rolli "We are all one Vehicle". The riders left behind tend to take unnecessary risks to catch the group or often never regain contact. Hardly the actions of the caring, sharing club mates that I know you all are.

Next on the list are those annoying little things people do in the bunch, without realising. (I'm sure you guys can email me a few more than I'm mentioning here). Like when someone moves their bike back at you when getting out of the saddle to climb. Everybody does this one to a certain extent but it can be minimized by lifting yourself out of the saddle with your legs rather than dragging yourself up with your arms. The danger in this little gem is that it tends to concertina down the bunch so the person riding three wheels behind is the one to clip the wheel and fall over. If you are worried that you may be an offender give me a yell and I will try and demonstrate the method.

A lot of riders don't understand the subtleties of balance on a bicycle. In cornering, descending and even riding over speed bumps, the distribution of your weight between the front and back wheel is just as important as the distribution from left to right. Even a change in bicycles can alter your position. For example, a new bike with carbon front end will behave differently during heavy cornering than a heavier fork on a bike of the same size. It is your front and back weight distribution that compensates for the change.

Again any help you need exploring this just give me a yell or email.

We have received an email recently from a member asking if we could include "Hints" in the newsletter as the only time knowledge seems to be passed on is when somebody is in trouble for doing something wrong. I would like to invite anyone that would like to see hints in the newsletter to drop me an [email](#) mentioning what type of hint they are interested in, e.g. Bunch riding, bike handling, training information or Race advice.

To start the ball rolling we will give a few hints on bike cleaning.

- 1) Always start washing your bike with the chain. It will be the dirtiest part on the bike so as soon as you start cleaning it you spread dirt and oil all over the wheels, chainstays and such.
- 2) Don't forget to check for residue buildup on the jockey wheels of the derailleur. That includes the side facing the wheel.
- 3) Don't spray your bike with a high pressure hose around any bearing. The water can force its way through to the bearing surface and cause surface rust etc. Always use the hose just to rinse on an easy pressure and let your initial washing remove the grime.
- 4) Wait for the bike to be dry before applying lube. A lot of lubes are water soluble and will just run off if the chain is wet.

Because of all the recent rain the bunch structure has been suffering recently. I'm afraid there is not much we can do about the weather, but we can be a little more careful and patient than usual when differing abilities are forced into riding together because of small bunch sizes. This relates just as much to the slower riders as it does to the faster ones.

*Jamie*

## Cycle the South Island

A good many SCC riders have, over the years participated in rides such as the [RTA Big Bike Ride](#) and more recently, Adelaide to Melbourne [Alltrails](#) rides.

Well here's an opportunity to head over to New Zealand. [Bicycle Victoria](#) is organising a 13 day ride through the South Island of New Zealand in February 2004. Similar to an RTA Big Bike Ride (i.e. ride and camp although there will be 5 star accommodation and maybe even 'safari tent' options), this ride promises to be something different with some great cycling (930km over 13 days), plus plenty of time to participate in other adventures, NZ style! I'm told the route is all on sealed roads so your road bike is fine for the trip.

Checkout <http://www.bv.com.au/submenu.cfm?submenuid=78> for more information. Price is about \$1,200 for a single entry plus you'll have to factor in air fares to and from Christchurch and some bus travel to and from the start and finish. Special discount airfares are available but deposits for these flights must be made by late May so think quickly!

Contact [Malcolm Wade](#) if you're interested or want more information.





# Club Calendar

Day	Time	Venue	Comments
10 <sup>th</sup> May to 1 <sup>st</sup> Jun.	-	Italy	Giro d'Italia, <a href="http://www.cyclingnews.com/road/2003/giro03/?id=default">http://www.cyclingnews.com/road/2003/giro03/?id=default</a>
Sat. 17 <sup>th</sup> May	07:00	Port Botany	Kilo Series # 1 Handlers: Dave Clarence, George Schneller, Simon Ward, Victoria McNeill, Kris Bruckner.
Sat. 24 <sup>th</sup> May	07:00	TBA	Hillclimb Series # 1 Handlers: Dave Clarence, George Schneller, Steve Orfanos, John Perry.
Sun. 1 <sup>st</sup> June.	TBA	Yandarra	SCC Road Race Championship, Hilltop, Yandarra Handlers: TBA
Sat. 21 <sup>st</sup> June	07:00	TBA	Hillclimb Series # 2 Handlers: Dave Clarence, George Schneller, Tim Rice, Vikki Bishop.
Weekend 28-29 <sup>th</sup> June	-	Muswellbrook	SCC Hunter Valley 2-Day Tour
5-27 <sup>th</sup> Jul.	-	France	Tour de France, <a href="http://www.letour.fr/">http://www.letour.fr/</a> and <a href="http://www.cyclingnews.com/road/2003/tour03/?id=default">http://www.cyclingnews.com/road/2003/tour03/?id=default</a>
Sat. 12 <sup>th</sup> July	07:00	Heffron Park	Criterium Series # 3 Handlers: Dave Clarence, George Schneller, Grant Hansen, Dave McHugh, Jeff Sofair.
Sat. 23 <sup>rd</sup> Aug.	07:00	Heffron Park	Criterium Series # 4 Handlers: Dave Clarence, George Schneller, Kate Everett, Ken Lore, Kate Roberts.
Sun. 31 <sup>st</sup> Aug.	TBA	Cannons	SCC Wyong 1-Day Tour
Sat. 6 <sup>th</sup> Sep.	06:50	Centennial Park	Extended TT
6-28 <sup>th</sup> Sep.	-	Spain	Vuelta a España, <a href="http://www.cyclingnews.com/road/2003/vuelta03/">http://www.cyclingnews.com/road/2003/vuelta03/</a>
Sun. 14 <sup>th</sup> Sep.	09:00	Yandarra	Hilltop Handicap Road Race, Race # 2
Sat. 27 <sup>th</sup> Sep.	06:50	Centennial Park	Long Course TT
Weekend 4-5 <sup>th</sup> Oct.	-	Cessnock	SCC Cessnock 2-Day Tour
Sat. 11 <sup>th</sup> Oct.	07:00	Heffron Park	Criterium Series # 5
Sun. 19 <sup>th</sup> Oct.	-	Melbourne	Round the Bay in a Day, 210km. Contact <a href="#">Steve Alperstein</a> for more information.
Sat. 1 <sup>st</sup> Nov.	06:50	Cannons	Short Course TT
Sat. 15 <sup>th</sup> Nov.	06:50	Cannons	One Lap TT
Sat. 29 <sup>th</sup> Nov.	TBA	Port Botany	Kilo Series # 2
Sun. 30 <sup>th</sup> Nov.	TBA	Cannons	SCC Patonga 1-Day Tour
<b>Regular Rides</b>			
Tuesday	06:00	Cannons	Watsons Bay hills ride, approx. 25km. Eastern suburbs hills and in-between flat bits. Faster riders wait up at the top of Military Rd. for new kids/the hill-challenged. Back at approx. 7am to Bar Coluzzi ( <i>café</i> ) in Bondi Junction.
Wednesday	06:00	Cannons	Coaching session focusing on developing rider fitness and general riding skills. Popular change is one lap of the Olympic road course.
Thursday	06:00	Cannons	Foreshore Road/La Perouse, approx. 35km. Fast clip [35-40ish] with three even faster [40-55km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Saturday	06:30	Cannons	La Perouse ride, 45km. Two bunches leave the park rolling easily until Foreshore, then the first bunch picks up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. Second bunch does the same route at a slightly slower pace with an emphasis on bunch riding. All round off back in the park for coffee about 8.20am  or Regular Time Trials, Criteriums or Road Races as per published calendar in latest newsletter. At the conclusion of TT's all members are invited to attend a bunch training skill session, starting at 07:45 at the Cannons.

Sunday	06:30	Cannons	Waterfall ride, 90km+. Medium to hard ride, out at 28-35km, some turn round at Sutherland (60km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120km) or back through the Royal National Park (110km). Main bunch U-turns, 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. Same route as above or maybe Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80km) or maybe even Sutherland, then back via Como and Hurstville (70km). All rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:30	Cannons	Club Jersey Ride. 100km+. Typically combined group goes north to Church Point, where the faster or more keen riders split off heading for Akuna Bay with the rest of the bunch going straight to Terry Hills for coffee at the Bonds Nursery. All then regroup for the ride back.

All rides leave from the appropriate venue in Centennial Park unless otherwise specified. For club events, please ensure that you either turn up to handle when rostered or find a replacement. Dates for the NSWCF Open races are subject to confirmation.

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.

Legend: SC TT= Short Course Time Trial      Note: 6 points will be awarded for handling once in a season, 1 point thereafter.  
LC TT= Long Course Time Trial                      1 point will be awarded for riding and finishing the event.  
Ext TT= Extended Course Time Trial               Penalties for Drafting or Breaking in TT's will be 30secs.  
FMM = Frank Murray Memorial Trophy           No restarts allowed for missed starts.

Registration for all events are to be received at least two days prior; no entries accepted on the day.

**The Race Secretaries decision is final. No correspondence will be entered into.**

**For complete club calendar including all results and photos please refer to the club web site**

**[http://www.sydneycyclingclub.org.au/Racing Results 2003 Index.htm](http://www.sydneycyclingclub.org.au/Racing%20Results%202003%20Index.htm)**

## **SCC Contact List**

<b><u>Position</u></b>	<b><u>Who</u></b>	<b><u>Phone</u></b>	<b><u>E-mail</u></b>
<b>President:</b>	Paul Rigby	0419 205 113 (m)	<a href="mailto:PaulRigby@bytecrafterentertainment.com">PaulRigby@bytecrafterentertainment.com</a>
<b>Club Patron:</b>	Phil Liggett		
<b>Secretary:</b>	George Schneller	9319 2899 (w) 0418 581 951 (m)	<a href="mailto:gschnell@bigpond.net.au">gschnell@bigpond.net.au</a>
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<b>Treasurer:</b>	Phil McKnight	0419 278 932 (m)	<a href="mailto:mcknight@bigpond.net.au">mcknight@bigpond.net.au</a>
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<b>Tour Secretary:</b>	Richard Dodds	0419 729 206 (m)	<a href="mailto:rads102@hotmail.com">rads102@hotmail.com</a>
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<b>Newsletter Submission Details:</b>	Next Deadline: 2 <sup>nd</sup> June, 2003. Please submit articles to the Newsletter Editor via <a href="#">e-mail</a> or post to <b>108 Rothschild Ave, Rosebery, NSW, 2018</b> or the <b>Club PO Box</b> .		

## **For Sale**

- ❖ **Polar Pacer Heart Rate Monitor** (similar to new Polar A3, RRP \$200). Just serviced and new screen, will sell for around \$100.
- ❖ **Cateye Astrale Cycle Computer** with cadence sensor bought for \$85, sell for around \$40.

Both items in good condition; selling as I have upgraded to Polar S710i. Checkout the [Polar](#) and/or [Cateye](#) websites or e-mail/phone [Tim Rice](#) on 0416 095 889 for more details.