

# The Sydney Cyclist

OFFICIAL NEWSLETTER OF THE SYDNEY CYCLING CLUB  
ISSUE 07 > JULY 2004

## ROSEMOUNT WINE ESTATE OPEN 2004



**DANE FIRTH**, well known to most SCC cyclists, is in the High Dependency unit at St George Hospital following a serious accident on Foreshore Road last Saturday 3rd July.

Dane and several other cyclists were travelling in the breakdown lane when a motorist swerved into Dane, throwing him 27 metres

along the roadway. Dane is very lucky to have survived, but sustained serious injuries in the accident.

His injuries include two fractured lumbar vertebrae, eye socket and ribs, massive head trauma, and a bruised spleen. Dane also suffered a subdural haemorrhage which is being carefully monitored.

Despite his injuries Dane fortunately retains movement in his arms and legs and is able to communicate with medical staff.

Your good wishes are most welcome, but Dane is not well enough or lucid enough to have visitors yet.

*(As of today, there is good news on Dane. The hospital said they will start letting him eat and drink today and they may move him to a general ward soon)*

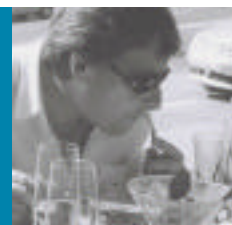


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# From the President's Chair

## Jamie Bedford



I haven't been on many club rides recently. Away racing every weekend at the moment. Have to say what an absolute thrill it was to see so many Sydney riders up for the Rosemount weekend. We had as many as 10 riders in some grades and nearly everyone had a big smile at the end of the day.

Probably the only sore point was the women's grades being combined, leaving some new to racing, with a big ask, racing the top women in the state. Julie Howard still managed a 3rd in B grade, after telling me the week before at TT training she wasn't very fit at the moment, which makes me wonder how well she will go when she is fit.

Alex Simmons has been taking a beginners group to Waterfall to introduce slower riders to the longer rides. Last attempt only had two riders. Alex is giving up his own training time to provide this service so from

now on unless you let Alex know the week before [alex.simmons@bigpond.com](mailto:alex.simmons@bigpond.com)

The ride will not go ahead. Cruel but Fair to quote Monty Python.

If you want to be involved in the NSW TT championship you need to let us know now. The Masters Men team has not had the response I was hoping for, as there is enough for two teams in every other division except Masters 2/3. So all you 35-45 year old riders contact [mcknight@bigpond.net.au](mailto:mcknight@bigpond.net.au) and put your name down. If you think there are already enough fast guys, just look at the news this week and see how many pro teams are having to change their rosters the week before the Tour de France because of sickness or injury. We need to have at least 10 riders to be sure of 2 teams.

On a lighter note, go to <http://www.daveshields.com/TheRaceExcerpt.html> and read an excerpt from a new

novel "The Race" by Dave Shields. I have a copy on the way from amazon.com and have only read rave reviews. If enough people are interested they would probably freight over in bulk saving the US\$10.00 I had to shell out for freight. Will give a proper review in next month's newsletter.

To end the Tour de France theme, Friday August 6 is the date for our TDF dinner, get in early so as not to miss out. Might not be drinking Guinness but after moving back into the newly renovated house will be looking for a big party night!!

I was a bit disappointed with the turn out for the last forum and hope more people will get involved for the next one. The committee will always do the best job it can but would like feedback from the members when making decisions. Thanks to the members who did turn up.

*Jamie*

# From the Secretary's desk

## George Schneller



### OPEN RACE ENTRIES

Currently all race entries are processed by the Race Secretary, Tim Rice. In future I would ask that you also notify the Club Secretary (me!) of any races you wish to enter. The reason for this is that Tim will be in Europe for the TDF, and any emails sent to him will be lost. I will be assisting Tim whilst he will be away with organising Club TTs as well as lodging entries for Open events.

### 2004 6-Month Licence

Any member, who currently holds a non-competitive licence but would like to have a go at racing, can now upgrade to a 6 month racing licence. The cost of upgrading is \$80.00 for Masters divisions and \$90.00 for Elite.

If you are interested, I can be contacted on 9319 2899 or [gschnell@bigpond.net.au](mailto:gschnell@bigpond.net.au)

### Delegates

The next council meeting of Cycling NSW is now scheduled for the Tuesday 10 August.

### No Problems at Hilltop

I did not attend the Club road championships held at Hilltop recently, but they appear to have been run without incident. The traffic problems encountered at our previous Hilltop outing in the latter

part of 2003 were thankfully not in evidence this time. Thanks to all the competitors and officials for making it a success. Also thank you to Lee and Digger for once again holding the post race bbq.

### Forum Report

Unfortunately, because of the very poor turn out for the last forum – 14 people including 5 committee members, there is nothing to report. It would seem that the current Committee is managing the Club's affairs to everyone's satisfaction.

Be careful out there!

*George*



# Social Secretary's Report

## Ruth Lax



### THE SCC TOUR DE FRANCE 2004 DINNER!

Come and join in the celebrations for the 2004 Tour de France and enjoy the wonderful atmosphere of the Welcome Hotel!

Have a pre-dinner drink in the Irish Bar (Guinness available) then step out to a cosy enclosed non-smoking courtyard to enjoy the gourmet French style bistro.

#### When

Friday 6 August 2004

#### Time

6.30 drinks for 7.30 dinner

#### Cost

\$52 pp for entrée, main, cheese and coffee (dessert available if you have room).

Send Cheques by 25 July 2004 to Ruth Lax at 10/9 Edward St Bondi 2026. Numbers are limited.

#### Address

Welcome Hotel  
91 Evans Street  
Rozelle  
Tel: 02 9810 1323

Any questions please give me a call on 0405 335 190

Hope to see you there!

*p.s. How many of you avid Tour watchers picked Cancellara as the prologue winner?*

### Ski weekend

Do you want to recover from the TTT race, maybe find some muscles you didn't know you had or just enjoy a change of scenery?

You don't need to be an expert to come along.

**When:** 20-22 August – Friday and Saturday night.

**Where:** Three Way Inn, Jindabyne – hosted by Bruce and Elaine Vote.

**Cost:** \$130pp for share rooms (including Breakfast) or \$170 for doubles.

I need to confirm the reservations by early July, so if you are interested or have any questions, please let me know ASAP.

Contact 0405 335 190 or [Ruth\\_lax@yahoo.com.au](mailto:Ruth_lax@yahoo.com.au)



## Appenzel – incline to stop on the Santis Massif

Appenzel, in the north-east of Switzerland, is an old town renowned for its bergkase (mountain cheese). Above it, to the south, stands the Santis massif at 2500 m, and a couple of kilometres up the valley from Appenzel are the towns of Weissbad and Schwende. These are a good base for cycling or walking tours and have plenty of accommodation. The surroundings are spectacular with alpine meadows, forests, and above these, the rock and snow of the Santis Massif. There are numerous mountain huts where you can eat, and spend the night if you wish.

The good news for cyclists is that you can do a good ride uphill and then have a cruisey descent all the way home.

For a great mtb ride you leave the main road at Weissbad and head up to Lehman. The road climbs steadily through farmland with cows grazing in brilliant green meadows. Overhead, paragliders float across from their take off at Ebenalp. After 4km the meadows give way to forest and shortly after this you arrive at Lehman (1 chalet style Hotel / restaurant), where many walking trails begin and the public road ends. The road turns to dirt and is only for cyclists and walkers (and forestry vehicles presumably), from this point. It continues to climb very gently through the forest contouring around the mountainside. Bridges carry you above the deep gorges with water cascading down. Numerous tracks lead off up the hill but these will have to be explored on another trip. The road is in good condition (none of the corrugations we find on the dirt roads in Australia) and affords views to the many farms in the valley below. The rocks of the Santis Massif tower above on the right as you slowly climb above the town of Kronberg. After another 9 km of gentle climbing with views out from the forest canopy to the valleys below, you emerge at Schwagalp (1352 m). This is an old settlement with a small cheese factory, producing a nice strong

bergkase, a gondola station and a big old hotel. The return trip back to Weissbad via Lehman is a blast; a gentle descent through the forest where you can gather plenty of speed if you have the confidence. Definitely worth the long climb!

Schwagalp is also the terminus of a public road which climbs up from Urnasch. This would be a great road bike tour and the descent would give great views as the grazing pastures fall away before you.

To test your climbing ability, from Appenzel you ride through farmland beside the river to Weissbad then turn off for Brulisau, on a sealed road. As you climb towards Brulisau there are great views over Schwende and up to Ebenalp. There is an old wooden farmhouse half covered with vines, sitting on a ridge overlooking two valleys. Through Brulisau the road continues past farms to a small car park and a locked gate. At this point the road is for walkers and cyclists (we hoped), and is gravel and dirt but in good condition. The climbing is steeper here and you appear to be riding into a canyon, with cliffs towering above above you on three sides. Alongside the road a river plunges steeply over boulders. What was tough climbing now becomes impossible, the front wheel constantly lifting off the road. We had reached our limit on this track but it can be walked if you are up for a steep descent on the bike. No place for brakes to fail here! Above this very steep section which is sustained for a kilometre, the road weaves its way up a valley between the cliffs to emerge at Hoher Kasten, the top station of the gondola. Without the walk to the top this is still a good afternoon excursion.

The area has numerous markers indicating mountain bike routes and it would be easy to put in a week or two here. There is also an extensive network of cycle paths and back roads for road bikes. The rides range from rolling hills to serious climbing and the scenery is spectacular in this alpine region.

*Unfortunately all images sent to me for this article were not of good reproductive quality. The Editor*

# Sideburns3

by Simon Pardey

# Regular Rides

DAY	TIME	VENUE	COMMENTS
Tuesday	06:00	Cannons	Watsons Bay hills ride, approximately 25km. Eastern Suburbs hills and in-between flat bits. Faster riders wait up 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, up to who turns up to find riding buddies – maybe brisk laps of the park, or a 35km circuit round the Eastern Suburbs.
Thursday	06:00	Cannons	La Perouse via Anzac Pde and Malabar, approximately 35km. Fast clip (35-40ish) with three even faster (40-55km) intervals, back in the park around 7:00am. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Friday	06:00	Cannons	Invariably some SCC riders in the park doing easy recovery laps before the harder weekend rides.
Saturday	06:30	Cannons	La Perouse ride, 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. Third 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 7:45am 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 (80-90km) or maybe even Sutherland, then back via Como and Hurstville (70km). All rides finish back in the park for breakfast (approximately 9:30am).
First 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.

**Alex Simmons has offered to take a group to Waterfall. Alex will be happy to offer advice which will more than likely concentrate on bunch riding skills, etiquette and knowledge and that the pace will be designed to ensure all can make it to Waterfall and return safely. His only request is that in order to make these rides viable at least 8-10 riders make the trip to Waterfall. Given the volume of requests for such rides there shouldn't be any problem in them being well supported. The dates for the rest of the year are as follows: July 18, August 22, September 19, October 24 , November 21 and December 19.**

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.

# Tour Secretary's Report

## Richard Dodds



### Le tour (de Muswellbrook)

As with every cycling tour  
There is a story to be told  
About 30 of us went along  
To brave the hills and cold

The motel was very cosy  
Apart from having thin walls  
The girls couldn't stop giggling  
Did the neighbours hear their calls?

All cyclists like to surge  
But this time it was the power  
That left us in the dark  
Was anyone in the shower?!

First stop was the race start  
The tourers cheered them along  
We were quite a noisy bunch  
Shouting out our 'Sydney' song

On tour, being told to pick a plank  
Gave the newbies quite a fright  
'Cycle straight, watch the tyre-width gaps  
And, mate, you will be right'

.The rugby was shown at dinnertime  
With the Poms ignoring the score  
It gave the Ozzies a reason to drink  
Red wine, wanting more and more

Oxford Landing was the drop  
Stopping them from going to bed  
A few slow starters in the morning  
Needed panadol for their sore head

The race champ from the Saturday  
Wore fluffy slippers on her feet  
And ran alongside the Sunday racers  
Handing out healthy carbs to eat

The speedsters joined the tourers  
After riding their Saturday race  
But they had problems keeping up  
Not being used to such a fast pace

There was wildlife everywhere  
Someone had a huntsman in their car  
A dog befriended the tourers  
And ran after them for too far!

There were no major mishaps  
And no punctures to repair  
The problem was the head wind  
It seemed to be everywhere!

We covered quite a distance  
Approximately two hundred miles  
Enough to give you saddle sores  
Not to mention a dose of piles

In a convoy back to Sydney  
Going via Cessnock for some food  
Everyone was tired but happy  
As the weekend was so good!

Written by:  
*R Mount*

### Tours at a glance

October 30-31

SCC Canberra Two-Day Tour, 125km + 90km

November 28

Patonga One Day Tour, 160km



### SCC clothing available!

Clothing can be picked up 7 days a week between the hours of 10.00am and 4.00pm from the Colombian Hotel on corner of Oxford and Crown Streets, Darlinghurst. Alternatively it can be mailed. Payment can be made by cheque (SCC, 117 Oxford St, Darlinghurst 2010 ) or by credit card.

Mobile: 0419 700 101 Work: 9360 2151 Email: david@kinselas.com.au

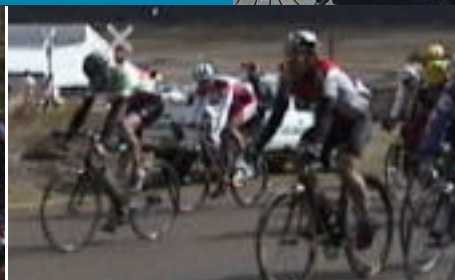
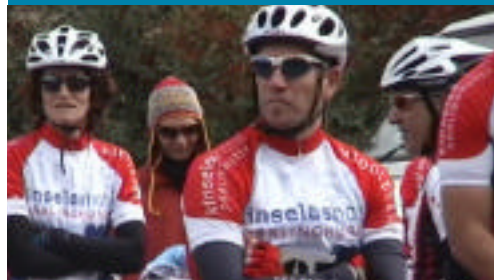
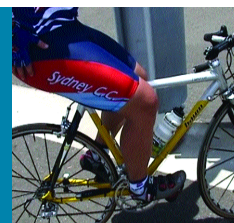
#### SCC CLOTHING PRICE LIST

SCODY SHORT SLEEVE JERSEY	\$80
XL and WOMENS L SHORT SLEEVE NETTI JERSEY	\$50
ANNIVERSARY JERSEY	\$110
LONG SLEEVE SCODY JERSEY	\$125
WIND VESTS	\$75
BIB KNICKS	\$100
NETTI KNICKS (OLD STYLE; LIMITED SIZES)	\$50
ARM WARMERS (BLACK SCC )	\$25
SECONDS NETTI LONG SLEEVE ( LIMITED SIZES )	\$40



# Race Secretary's Report

## Tim Rice



**Saturday 26 June**

### Rosemount Estate Graded Open Road Race

#### Men

##### B Grade

First time for four of our SCC men (Phil McKnight, Dave McHugh, Stan Genakis and Richard Scriven) in B-Grade. Phil, Richard and Dave hung on until 35kms when the attacks came on an exposed ridge with a strong cross-wind. A group of 5, became 9 became 15 worked well together until the last 2kms when one Central Coast rider decided he'd bludged long enough to launch his bid for glory (probably 11th place), leaving the remainder of the bunch to shout out a suitable amount of abuse at his rear wheel. A couple of riders decided it was worth sprinting for 12th or thereabouts, and Richard came out the winner. Was it necessary? Of course - all good training!

*Places: Approx 12th Richard Scriven*

##### C Grade

Simon Vagg sprinted too early for the wrong finish line, but still managed a top 10 place.

*Places: 5th Steve Orfanos, 9th Simon Vagg*

##### D Grade

Better luck next year.

#### E Grade

SCC had about 10 out of a total of approx 40 contestants in this grade. The race started off at a leisurely pace and quite a few SCC riders found themselves on the front. Probably smart tactics by the rest of the bunch! Anyway, we picked up the pace, with SCC riders (joined by a couple of outsiders just to keep us honest) pacelining for about 5-10 km to establish a mini-gap, which did put pressure on some of the bunch up the back. Armon got a bit excited at this stage, however he managed to stay on for the whole race and contested the sprint finish – well done! Anthony rode past Grant to take his turn on the front and asked (while travelling at 40kph) "Do I look good?" However, the "best look award" went to John Tsalos on his recently recovered Colnago (minus the daggy helmet seen on recent bunch rides!). There were numerous mini attacks off the front from about the 10km mark, with many of the SCC riders hanging on and Geoffrey Kennett in particular managing to stay with every front group for the whole of the race and in fact setting the pace out on his own a number of times. Riders started dropping off from about the 12 km mark through to the 30 km mark (Grant – but a big improvement on last year), however Armon, Geoffrey, Anthony and Joe all stuck and contested the sprint finish.

*Approx Places: 6th Geoffrey Kennett, 7th Anthony Battistella, possible 8th – 10th Armon and Joe*

#### Women

##### B Grade

*Places: 3rd Julie Howard (the only SCC podium finish!), 6th Meg Croft, 7th Kate Everett*

**Sunday 27 June**

### Muswellbrook Explorer Graded 165 km Road Race

#### Men - Division 2

Five brave SCC riders went round again after the previous day's Rosemount Open, but luckily in finer weather. The tough 165km course took it's toll with riders dropping off at various point along the race. Richard, Dave and Steve were able to stay with the lead bunch, seeing the early break come back with 40kms to go, but then to see 1, then 4, then 6 riders break clear over the last 20kms. The boys chased hard. Having conserved his energy throughout the race Steve put in the best sprint finish ending up in 9th place, with Dave and Richard close behind. Jamie came in a few minutes behind the main bunch having done a tremendous amount of work with a handful of other riders – this man is getting scary as he gets stronger! An impressive effort by all!



## Mudgee – Mark Dwyer Classic Handicap (100km)

Start time - 10:30. The limit bunch started at 38mins, Grant Chellew and Gavin Russell started behind Limit at 27mins, Adam Shepard at 18min - by far the "kindest" handicap for any SCC rider - Jamie Bedford and Steve Orfanos at 11mins, with Jonno Donnelly, Dave McHugh and Richard Scriven at 8mins - just 5mins in front of Block.

The 8 minute group took off at a blistering pace, putting 3mins into Block by the half way mark - firing along at an average of 45kph. That left many riders trailing in their wake, the damage mainly being done by two Randwick Botany riders on the hills, and the odd helping hand from SCC. They quickly caught Steve and Jamie's bunch, who joined in the game. We sadly passed Gavin, and then Grant far too early, riding solo rides home. The lead group eventually swelled to over 60 riders at one point as all riders were caught, including Adam with only 40kms to go.

Good to see many (but not all) SCC jerseys pulling the train along - some more than others. A nasty extra 10kms were added to the course, making our expected 100km race just a little bit further and this 'extra' threw in a long and tiring drag uphill. This is where most riders got tailed off, particularly as the cross-wind had begun to kick in by late lunchtime. One by one, all SCC riders got dropped, leaving only the fresh legs of Adam to fight it out in the winning group. He came in a creditable 6th (some would say he

should've won!!), and Rich in 15th who was swept up by Block with just 4kms to go. We averaged 41kph for the 109kms!!!

All in all, a very good day out for SCC, with some good strong performances - great TTT training.

...then there was Sunday. Only Jamie and Adam stayed to ride the Crit, and both in C-Grade. Jamie told Adam how the race would go at breakfast, and like the pro he is, he was spot on! Holding the bunch off for 5 laps, then being caught, Jamie then kept jumping on every attack after Adam and one Tamworth rider got away with a few laps to go. Adam held out and got 1st spot - but he had to buy Jamie lunch for all the hard work he did in keeping him off the front. Great teamwork! (we could all learn from that).

## Caroline Waring



<http://www.erniesmithphoto.apexhost.com.au/>

Welcome to the Ernie Smith Photography web site! To find out more about this site and see if your picture has been taken at one of the Open races, please visit the About page where you can get more information about Ernies photography, and this site in general. On the Photos page, you'll find samples of his work from various venues and events around the country. If you'd like to contact him or order a photograph, head on over to the Contact page!



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Newsletter Submission Details: All articles to be submitted no later than the first Monday of every month. Please email [v\\_m\\_mcneill@yahoo.com.au](mailto:v_m_mcneill@yahoo.com.au) or by post to the Newsletter Editor: Victoria McNeill, 44 Ormond Street, Paddington NSW 2021.

## Free Coaching for up to 6 Riders

### You

- are a SCC racing rider (club or open races)
- want to improve
- prepared to stick to a program
- realistic in your goals and expectations

### Me

- Dave McAlpin
- Level 2 Cycling coach since 1993
- Level 2 Triathlon coach since 1995
- member of SCC since 1998
- member of Sutherland Cycling Club from 1986 to 1997

If you are interested and want more information you can contact me on 9690-0516(h) or 0425-255-659 or [dmcAlpin@ozemail.com.au](mailto:dmcAlpin@ozemail.com.au)






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Mavic offer a wide range of Clipless pedals starting with the Mavic 302 up to the lightweight 102 pedal with its titanium pedal axle.  
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**Alpine Spokes**  
Since 1926, Alpine has been producing a wide range of alloy spokes that are durable and well priced. Made from Stainless Steel in plain, double butted, alpine road, straight pull in various lengths.  
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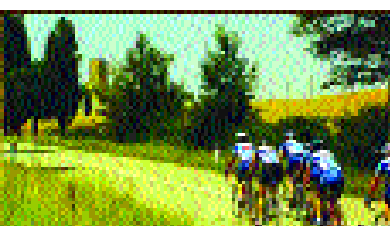


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**WANTED  
POSSE OF RIDERS  
FOR THE 2004  
WEST  
SPRING  
TOUR**



Australia's leading Italian race, West Spring Tour brings the flavour of Italy to our wheels in the inaugural West Spring Tour.

An eight day touring, starting and finishing in Sydney, will take riders through the Southern Highlands off NSW, into the country to Hargrave and the Hunter Valley, returning home through the Central Coast.

You bring your bike, we'll take care of the rest from: team available accommodation, all meals, support vehicles, coaching, bike mechanic and more... Complete packages start from \$2480 (taxi departure & return).

**WANT YOUR OWN POSTER...**

Given the increasing popularity of our team, with riders cycling, we can offer this tour for clubs to get the most out of the holiday and cycling. This ranges from the head up watching coaches to the rider themselves. If you feel as though you'd benefit from long flat rides or make more riders, we can organise something just for you and your club members.


**STAND OUT FROM THE CROWD**

As a member of cycling clubs, get in line off for each block of five riders booked for the West Spring Tour.

Maximum 1000 for each group, maximum 100 for each.

**ORDER YOUR POSTER...**

West Spring Tour offers club cyclists a host of other great rides, from the original Italian tour - competing with the world's elite - to this year's world road cycling championships in Verona, Italy. In Australia's Tour Down Under, London in Italy's Giro d'Italia for details.



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