

The Sydney Cyclist

The Monthly Magazine of the Sydney Cycling Club

sydneycyclingclub.org.au

July 2002

Sponsored by **Clarence St. Cyclery**

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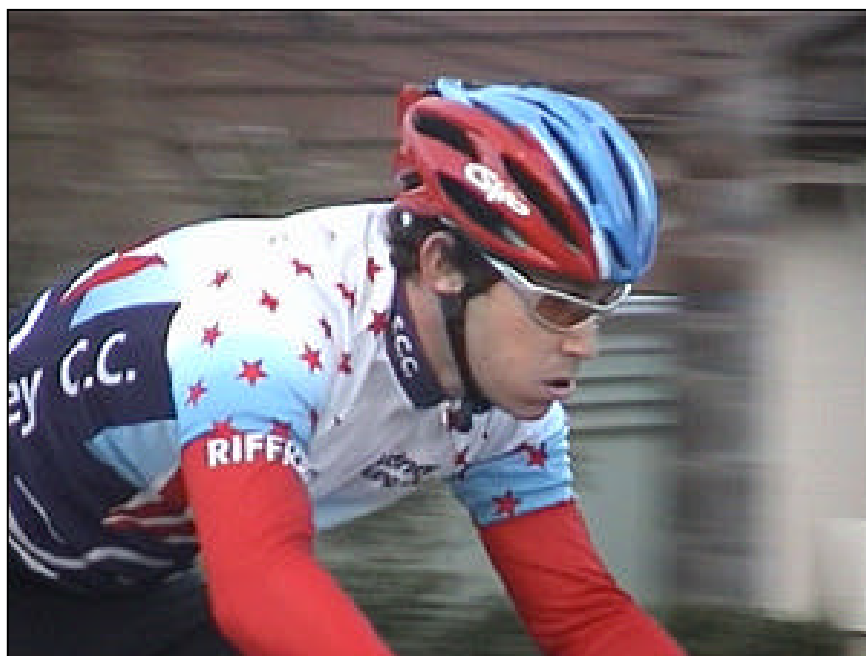
Phil Liggett

A few words from our patron.

Thank you to all contributors!

Richard and Hiro for the pics and the usual suspects for the submissions.

Blowing chunks @ the Hillclimb Championships.



John sucking it up. Leigh, stylish as usual





President's Address

Alex Simmons

As a comedian once said, I have some good news and some bad news...

First the good news. After much consultation with club members, the Committee has decided to trial a new position on the club's Management Committee – that of Club Captain. The Committee welcomes Peter Montford to the new position. The position has been filled on a casual vacancy basis – a permanent change will require a formal constitutional change voted on by Club members (probably at the time of the next AGM).

The Club Captain is primarily given the task of improving the organisation and quality of club rides. This is no small task and cannot be done by one person. It requires everyone to contribute, either as a Ride Captain, by taking some responsibility for the rides on occasion, or as a member of the group ride by following the etiquette of bunch riding and abiding by the requests of the Ride Captain. Many members can also assist with the introduction of new members to Club rides.

Over the coming weeks, we will nominate a number of such members who we expect to contribute by becoming a Ride Captain on occasion as required. Peter will be contacting many of you to discuss the role. In that way, we will always have enough riders with the knowledge, experience and authority to lead the various groups out of the Park and into the traffic. These people already exist, however many sit back waiting to be asked. This will change and I ask that you all give Peter your full support as we introduce something new to the Club.

As with everything new, there will be teething problems and some time required to bed in the changes. Please do what you can to assist make this transition a smooth and productive one. The Committee always appreciates constructive input from its members and especially volunteers to assist

with the many and varied aspects of making the Club a better community for all.

Now for the bad news...

Unfortunately, the NSW Cycling Federation was unable to satisfactorily conclude negotiations with Fox Studios over the running of the 20 July Fox Studios Criterium. The event has been cancelled, along with a number of other races on the 2002 road programme, including Club Combine racing hosted by Northern Sydney CC. This is a worrying trend generally for the sport of cycling. Problems centre on the inability to manage both the escalating costs of public liability insurance and Police requirements. We trust the NSWCF can negotiate and implement effective management strategies to mitigate the problems experienced over the last 12 months. It also leaves the SCC without a major event for another season and open to alternatives.

Finishing with some good news. In an effort to further promote participation in racing, particularly as a follow up to our numbers at Saturday afternoon Heffron Park criteriums (our own Club Combine racing), look out for a regular e-mail highlighting upcoming races and a round up of members' racing activity and results in the Newsletter. We will also trial a regular meeting point in the Park for Saturday racing to encourage group participation. As you know, I'm always up for a bit of racing so I hope to see as many of you out there as possible. I've also been giving the Friday night track racing at Dunc Gray a go recently. The programme is well run and attended, so if anyone is interested in coming along I'd be happy to explain the process. Competition is friendly and goes through until end-September.

Safe riding and I'll see you at the TdF dinner. Good luck in the TdF tipping competition!

Alex

Saturday arvo Heffron Park racing





George Speaks.

George Schneller

It's a boy!

Congratulations to Karen and Peter Hickmott on the birth of their son Ben. Congratulations also to the proud grandparents, John and Enid. We understand that Ben's first bicycle is already in the planning stages, in view of his long legs. It could be tricky Pete, I don't think Pinarello make bikes that small!

Skinsuits have arrived:

For those of you in great shape, a limited order of club skinsuits has arrived. If you would like to dazzle at the upcoming TTT, order yours from Stan now.

Contact list for SCC Members:

A club contact list will be made available in the "members only" area of the website. If you need to change any of your details, or if you would prefer to be excluded, contact the Club Secretary via email Gales@bigpond.com, PO Box 154 Kensington 1465, or phone 9319 2899 as soon as possible. Committee contact details are already listed on the website.

FINAL CALL! - 25 th Anniversary Jersey Design:

Thanks to those few members who have shown an interest in this. It's not too late to submit your design, but be quick! We need to have the design approved so the jerseys can be made.

Welcome to New Members:

If you see a strange face in the bunch, it could be one of our new members. Please make them feel welcome.

Victoria McNeill, Peter Moore, Stephanie Yeung, Andrew Barge, John Gallagher, Steve Alperstein, Craig Bunton, David Heatley, Patrick Hayburn, Craig Eather, Dan Jarzin, Victor Duque, Kerry Bartle, and a special welcome back to Carol Melville.

Clarence St. Cyclery

THE ULTIMATE BIKE SHOP

104 Clarence St, Sydney NSW 2000

Phone: 02 9299 4962

Fax: 02 9261 3802

Website: <http://www.cyclery.com.au>

Email: info@cyclery.com.au



The Club Captain

Super coach introduces himself

The SCC has not had a Club Captain for more than decade, so the reintroduction of a CC is more than overdue. I would like to thank the committee for taking a leap of faith in giving me the Club Captains hat. Hopefully with your help we can address some teething issues that the rapid growth of SCC has had on some of our rides.

Issues that we need to address include: the categorisation of rides; their speed and tempo; the size of bunches; the making and relaying of critical calls and, of course, that old chestnut, guests. These issues are no means exhaustive but are simply a starting point.

We are currently developing a ride captain system and in the next month will approach many of you to assist us in this critical role. I have clear ideas on what changes and processes we should put in place to make our riding time more enjoyable and safer. I welcome any ideas or views that can further these ends. We are also working on some documents to assist you in getting more out of the rides, as well as better prepared.

Until the end of winter the Saturday and Sunday rides will leave their usual departure point at 6:35 am.

I'd like to remind you that the Randwick Botany CC races on Saturday afternoon out at Heffron Park are a great place to increase your skill set, get fit and have some fun. SCC meet at the Cannons at 1:45pm for a gentle ride out to race.

Finally for those of you that don't know me and wonder about my credentials to be the SCC Club Captain please check out my palmares (cycling resume) at:

<http://members.optusnet.com.au/~decade/palmares.html>.

And of course our beloved social secretary will attest to my loud voice.

Enjoy your riding Peter Montford

All time 50 best TT rides.

Are you interested to know where you fit into the Pantheon of the Sydney Cycling Club greats. Well, now you can. We have added the top 50 best rides of all time for the Short, Long and One lap TT's to the clubs Web Site. You will also find the top 30 for the extended course TT there as well.

You will finally be able to answer those questions that have plagued you, like; why does Jamie Bedford have the name bikeboy, How come Paul Rigby rarely races these days, and of course the perennial? Why are several ex committee A graders hung up about their PB's.

Tour De France Dinner

Sam Kosky gives us details on our celebration of Le Tour



Hey guys,

It's celebration time again - the latest event marks the exciting Tour De France. By now you should have received an e-mail containing all the details. Just in case you missed it and so that my "column" proves that we ARE the best cycling club to belong to, here's everything you need to know about Friday August, 2. The Tour De France tipping competition prizes will be awarded on the night; so hopefully you have all got your entries in.

I've done a bit of fast talking and hard bargaining with the guys at The Bayswater Brasserie and they have come up with a great deal for us. There's lots of yummy things to chose from - try veal shank with trompette de la mort, field mushrooms and mash or lamb rump with leek fondue, broad beans and tarragon. Of course there are several options for our vegetarians as well! Sorry, drinks are not included, nor is the Brasserie BYO, but the deal does include Espresso! All this for \$35 a head - SCC is subsidising each and every one of us.

See you there,

TOUR DE FRANCE DINNER Friday 2 August, 2002

Bayswater Brasserie

32 Bayswater Rd

Kings Cross (off the main drag and parking in surrounding streets or undercover carpark opposite in Bayswater Rd)

6:30pm for drinks; (there's a lovely bar to kick back in!) **to be seated for dinner at 7:30pm**
3 courses for \$35.

PAYMENT IS BY CHEQUE ONLY. Please ensure cheques are **made out to Samantha Kosky** and sent to **PO BOX 218 PETERSHAM 2049.** **Cheques are to reach me no later than Friday 26 July** and your place will not be confirmed until payment has been received. Places are strictly limited to 50 so get in early. A little note with your cheque will help me to confirm whom the cheque is from.

Hunter Tour and Race

Richard Dodds



Hi guys, I hope the cold weather is not keeping you away from your training this month and you are all keen for a ride to Wyong on the 14th of July.

From all accounts, those that attended the Hunter Valley Tour had a great time whether racing or touring. And racing was very popular this year. We had a medium sized group of 16 riders, most of whom raced the Saturday event.

Conditions could not have been better for cycling - cold in the morning but the sun was shining and the wind was still. A bunch of us rode the 40+km leg from Muswellbrook to the Rosemount Estate Winery to watch the race start. This is a very popular open road race and attracted well over a hundred racers in Grades A-E and Women A-B. I was most impressed with the participation in the women's race. SCC was well represented with Anneliese Aarts, Julie Avakian, Julie Howard, Breeda Kelly, Debbie Pearce and Sally Thomson. Nearly all the guys raced on Saturday leaving a very lonely tour secretary with only three other tourers for the day. Never-mind, the country roads and rolling terrain made a great ride and Walter and I lapped it up. Armon Hicks did well to cover the 120km with a previous maximum ride distance of 85km.

Saturday night was spent on race talk at Palatinos restaurant where a three-course meal and more than adequate quantities of red wine flowed freely. Racing is obviously quite addictive judging by the excited and possibly exaggerated accounts of the day's events.

Sundays ride was a lot busier with only Richard Scriven, Simon Kenny, and Michael Avakian mad enough to enter the 165km Muswellbrook Open. Not a bad effort considering the work these guys did on the Saturday. The rest of us took a leisurely ride out to Gundy via Lake Glenbawn, around 90km return. There are so many great rides around the Hunter Valley you could easily make two or three visits and do a different ride each time a top, spot for touring or racing (and wine tasting).



Look out for next month's newsletter. I'll be talking about the rides I have planned for the rest of '02, Mudgee then Cessnock. I didn't get to go on these last year so I'm looking forward to some new scenery and some more great weekends away with the SCC crew. I'm also looking for some assistance, especially with route planning, so if you've ridden these areas before please let me know. Well that it from me until next time. See you on the bike.

Weekly SCC Rides

Tuesday	06:05	Cannons	Watsons Bay hills ride, approx. 25 km. 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
Wednesday	06:05	Cannons	Coaching session focusing on developing rider fitness and general riding skills. Popular change is one lap of the Olympic road course.
Thursday	06:05	Cannons	Foreshore Road/La Perouse, approx. 35 km. Fast clip [35-40ish] with three even faster [40-55 km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Saturday	06:35	Cannons	La Perouse ride, 45 km. 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	06:35	Cannons	Waterfall ride, 90 km plus. Medium to hard ride, out at 28-35 km, some turn round at Sutherland (60 km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120 km) or back through the Royal National Park (110 km). 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 (70-80 km) or maybe even Sutherland, then back via Como and Hurstville (70 km). All rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:35	Cannons	Club Jersey Ride. 100 km plus. 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.

SC TT: Short Course Time Trial

LC TT: Long Course Time Trial

Ext TT: Extended Course Time Trial

FMM : Frank Murray Memorial Trophy

- **1 point awarded for riding and finishing the event.**
- **Penalties for drafting or breaking in TT's will be 30 secs.**
- **6 points will be awarded for handling once in a season, 1 point thereafter.**

Registration: TT's at start by 06:40, first rider off at 06:50 SHARP! No restarts allowed for missed starts.

Race Sec's decisions are final.

Contact list

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President:	Alex Simmons	0411205283 (m)	alex.simmons@bigpond.com
Club Patron:	Phil Liggett		
Secretary:	George Schneller	9319 2899 (w) 0418581951 (m)	FlashFrames@bigpond.com
Club Captain:	Peter Montford		mailto:decade@optus.com.au
Treasurer:	Suzanne Lyndon	9327 4678 (h) 0412355455 (m)	Suzanne.Lyndon@chapeast.com.au
Race Secretary:	Tanya Bosch	9369 1436 (h) 0419217974 (m)	onyabike@ozemail.com.au
Tour Secretary:	Richard Dodds	0419729206 (m)	rads102@hotmail.com
Social Secretary:	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	samkosky@optusnet.com.au
Boutique Manager :	Stan Genakis	9746-5954 (h)	stangenakis@hotmail.com
Newsletter Editor:	Philip Gomes	0412417865 (m)	transition@optusnet.com.au
Submission Details:	Next Deadline: 2nd August 2002. Please submit articles to Newsletter Editor via e-mail or post to 61 Union St, Erskineville, NSW, 2043 or Club PO Box.		

L C Time Trial Date

1st June 2002

Name	Grade	Time	Place Overall	Place in Grade	Points	PB / Margin
Pete Montford	A	15:22	1	1	8	
Simon Pardy	B	16:25	2	1	8	
Dan O'Callaghan	B	17:01	3	2	7	PB First time
Tim Rice	B	17:03	4	3	6	PB First time
Steve McMillan	C	17:40	5	1	8	
Ken Lord	C	17:50	6	2	7	PB First time
Julie Howard	C	18:07	7	3	6	PB First time
Kelvin Haisman	A	Handler			6	
Richard Scriven	A	Handler			6	
Ralph Kress	B	Handler			6	

Progressive Pointscore as at 30 June 2002

Date	9-Feb	16-Feb	2-Mar	23-Mar	7-Apr	20-Apr	5-May	18-May	1-Jun	TOTAL
Event	1 Lap	SC	TT	LC	TT	Ext	TT	Hilltop	Crit	Rd 1
NAME	1 Lap	SC	TT	LC	TT	Ext	TT	1 lap	SC	TT
A GRADE										
Richard Scriven	3	7	8	8	5	4	8	8	6	57
Paul Kelly	6	5	5	6		4	7	6		39
Andrew Hudson	4		6		1	8	6			25
Tony Johnson		3	6	4	1	7	3			24
Phil McKnight	7	8	7							22
Leigh Ringrose			6	5		6				17
Peter Montford				6	1		1		8	16
Alex Simmons	1		4	7	3					15
Andrew Gresham		2	4			6	1			13
Scott Thompson	1	2	3			6	1			13
Jonathon Lewis	5	1					5			11
Simon Kenny					7		4			11
Steve Hogg	6	4								10
Stan Genakis	8									8
Matt Smithson					8					8
Eddie Bosch			2				6			8
Kelvin Haisman	1	6							6	7
Paul Davies	2				4					6
Jamie Bedford					6					6
Pete Scott						4				4
Paul Davies							2			2
Paul Rigby					2					2
Dave Clarence						2				2
Danny Rutherford					1					1
Frank Milner	1									1

B GRADE

Simon Pardey	8		8	8	8		8	7	8	55
Tim Rice		5	6	5	3	8	7		6	40
Dan O'Callaghan			3	7		6	6	5	7	34
Stuart Davis	6	6	7				6	8		33
Richard Kerr	5	1	5	6		4	1			22
George Schneller	7	1	2	6	1		2			19
Richard Dodds	4	5			5					14
Martin Henery		5			7					12
John Kearney					6		6			12
Jeff Sofair							4	6		10
Karl Bellamy					2	5				7
Paul Russell						7				7
Steve Hobart							6			6
Jonathon Warr				6						6
Ralph Kress									6	6
Greg Reinhardt							5			5
Vaughn Wickham					4					4
Mike Avakien						1	3			4
Peter Heywood						3				3
Walter Rolli					1	1				2
Anthony Battistella						2				2

Tall Tales at Rosemount

Lies, dammed lies, and race day advice

Richard Scriven

It was a shocker to discover Simon Kenny was in B-Grade (or at least he was shocked!). He managed to argue his way down to C-Grade and I stuck to my promise of going up from D-Grade to C-Grade to ride with him. Probably a good move...How the hell did Andy Hudson swing E-Grade, and why didn't he win? I think all will now resolve not to cycle 40kms to the start of a race from now on - just as Tim Rice did!

The pace at the start of C-Grade was moderate, with myself taking a very short turn on the run out away from the grounds of the wine estate. Once out on the main road the bunch put the pace on a little, but never once did it feel uncomfortable. The course is a very easy one - recommended for any beginners - it was only my second Open after all. On the first climb (not that it was substantial), a small group of riders, including myself, crested ahead of the bunch, perhaps 50m clear, they then slowed up. I took the front as we hit the flat stretch again, but the bunch was all back together again - too late. Simon had mentioned to me before the race, that if the bunch was still together with 5kms to go, it becomes a bit of a 'shit-fight' heading down the narrow road towards the finish line. He wasn't wrong. Just behind me, and just in front of him, with just 3kms to go, a 'Central Coast' cyclist was heard screaming and wailing from the tarmac - a tad too close. The final metres were an elbow-bumping session as everyone jockeyed for position, and both Simon & I seemed to lose out. The sprint was a lottery as ever, but a great learning experience nonetheless. Ninth for myself, just squeezing Simon out to tenth as I saw him sprinting up towards the line, under my left elbow - phew! Not a bad result for SCC in this race.

David Soloman: My First Race

As it was my first open road race I would like to comment on some of the 'helpful' advice I received from fellow members of the club and how it turned out.

"Don't race you are too inexperienced" - Tanya. Might have been good advice as things turned out. "I'll talk to you prior to the start and give you a few pointers" - Jamie. He stayed in Sydney with a bad case of flu. "Ride out to the start it's an easy ride" - Tim. 45 K's and many hills later this was about 25 K's too far for a warm up. "Roll out of the winery, then there's a neutral zone and the start" - Julie. They blasted off from the word go and I was dropped before the race supposedly began. "That gear change is fine now" - Mark. I got stuck in the small chain ring at the start when I desperately needed to get going. "You can catch the A grade women"- voice in my head. Correct, but it took a lot out of me and I dragged the group that had latched on with me.

"You can pass the A grade women" - voice in my head getting overly confident. Correct! but they flew past later separating me from the leaders of my group so I had to bust my arse to get back on. "Let's ride back to Muswellbrook it'll be a good warm down" - Breeda. Yeah, what's another 30 K's between friend's. "There are a couple of 'rises' on the way back" - Michael. The first piece of correct advice I received all day and I didn't recognise it.

Seriously, I loved the 'race'. I raced very badly; but I rode very well as only four other riders can attest as that's about all I saw in the race. I loved the weekend. I did over 230 K's and it felt great. The company was good even if their advice left a little to be desired.

Thanks for the contribution guys. It's great that we have so many keen people in the club. Maybe next year I'll get fired up and do the Rosemount race as well.

Calendar of Events

Day	Time	Venue	Comments
Sun 14 th July	-	MTB ride	Andersons Fire Trail contact Chris Hille starvingstudents@bigpond.com
Sat 20 th July	06.50	Ocean St Gates	Extended TT(FMM), (8/...../1), Handlers: Glen Butterworth. Sean Gleeson, Ken Lord
28th July	TBA	Calga	TTT Training Ride
Fri 2 nd Aug	7:00pm	Bayswater Brasserie	SCC Tour de France Dinner, see ad in Newsletter.
4th Aug	TBA	Calga	TTT Training Ride
11th Aug	TBA	Calga	NSWCF Mens ITT Championships
18th Aug	TBA	Calga	NSWCF TTT Championships, all catagories.
Sun 25 th Aug	-	Sydney MTB ride	Great North Road contact Chris Hille starvingstudents@bigpond.com
31st Aug 1st Sept	06:50 08:00 09:00	Cannons Heffron Yanderra	Two Day Tour. Points awarded to respective series. NOT to overall point score <ul style="list-style-type: none"> • SC TT – FMM Handlers: TBA • Criterium Round 3 Handlers: TBA • Hilltop Round 2 Handlers: TBA
Sat 7 th Sept	-	TBA	12 hour MTB challenge contact Chris Hille starvingstudents@bigpond.com
Sun 22 nd Sept	-	Olympic Park	Olympic Park criterium
Sun 15 th Sept	08:00	West Head	Club Championships. Handlers TBA. No points awarded.
Sat 28 Sept	-	Wagga	NSW State Masters Championships, men and women
Sun 29th Sept	-	Wagga	Masters Handicap at Wagga
Sat 5th Oct	07:15	Heffron	Criterium Rd 4, (10/...../3). Handlers: Phil McKnight, Simon Pardy, Deb Pearce
Sat 12th Oct	06:30	Cannons	Hillclimb Rd 2, (8/...../1). Handlers: TBA
5th-14th Oct	-	TBA	World Masters Games, all cycling events included.
Sat 19th Oct	-	Dunc Grey	NSW Masters Championships, Bass Hill circuit.
Sat 26th Oct	06:30	Cannons	LC TT, (8/...../1).Handlers: Annaliese Aerts, Dan O'Callaghan, Andrew Hudson, Andrew Gresham.
26-27 Oct	-	Wee Jasper	MTB weekend. Contact Tanya Bosch: onyabike@ozemail.com.au
Sat 3 rd Nov	-	Five Dock	Five Dock Criterium
2 nd - 9th Nov	-	Sydney	Gay Games, cycling events held in Centennial Park etc.
Sat 9 th Nov	07:15	Heffron	Criterium Rd 5, (10/..../3). Handlers: Jonathan Lewis, Frank Milner, Tim Youngman.
Sat 23 rd Nov	06:30	Cannons	1 Lap TT, (8/..../1). Handlers: Martin Henery, Scott Thompson, Bruce Field, Kevin Crowie.
Sun 24 th Nov	-	Olympic Park	Olympic Park Criterium
Sat 7 th Dec	07:15	Breakwater	Kilo, (8/.../1). Meet at Cannons @ 06:30. Handlers: TBA

20 Seconds With....

The Pocket Rocket, Deb Pearce



Q: How long have you been a member of the club?

A: Just eighteen months.

Q: Why did you join the club?

A: My motivation was to improve my cycling skills and fitness. Before joining the club I was a "six laps and it must be time for coffee" rider, now I do at least seven laps before retiring to the café.

Q: What was your most memorable occasion with the club?

A: To date, it would be the club's Wyong ride early last year. New to the club, I was told the ride distance was 130 kms but thanks to a geographically challenged Ride Captain we got lost en route and I ended up doing 180kms. This was 90 kms more than I had ever cycled before.

Q: What was your most embarrassing cycling moment?

A: I forgot to take the large woolly sock out of my cycle knicks before I walked into a busy, trendy café in Queenstown, New Zealand. To explain further..... I was doing a bike tour around NZ's south island a few years ago, the long kms on a very uncomfortable saddle had taken its toll and I needed additional padding (which took the form of a sock). I got a few stares and laughs anyhow.

Q: Who is your most admired cyclist and why?

A: Beryl Burton (1937-1996) who was with little doubt the world's greatest woman cyclist. She dominated women's cycling for nearly 25 years and won many world and national (UK) championships. At one time she even held the 12-hour record over all other men and women.

Q: What is your favourite ride?

A: I have two faves depending on my state of mind and physical wellbeing.

1. Feeling good – The kind of ride that when you've finished you have absolutely nothing left. I love that feeling of total exhaustion and the endorphins flooding your system. I like to train hard.
2. Little sleep - My fave ride would be absolutely flat, short distance, no headwind, strong tailwind. The ride would start and end near a coffee shop

Q: If you could do one ride anywhere in the world where would it be and why?

A: To ride the final stage of the Tour de France with all the pros. Riding around the Champs Elysees in Paris, yellow jersey on my back, Lance as my domestique and the crowds cheering would be such a blast.

Q: What does your training consist of?

A: Plenty of plotting and planning but sadly not as much action as I'd like. I usually do the two club rides on the weekend than two or three sessions on my own during the week.

Q: What cycling skills or attributes do you wish you had?

A: Nerves of steel.

Q: What is your favourite cycling food and when do you eat it?

A: A couple of Sudafed tablets washed down with a glass of champers before each ride, works like a dream!!

Seriously, I need to eat little and often so my usual routine is to yum up a power bar before the ride, I then laden my jersey pockets with dried fruit, jelly snakes, muesli bars which I munch on every 20 mins or so.

Q: Where would you most likely be on a Saturday night ?

A: My Saturday night social life has sadly taken a dive since the advent of the Sunday morning rides. I now leave groovy parties when they've "just got going", I always take an early evening movie and if asked out to dinner, I say, "Can we make it an early one"? Sad but true.

Q: What is one thing you can't do without?

A: A nice hot cup of tea with a couple of digestive biccies to dunk.

Q: Who would you most like to sit next to on a long flight?

A: No-one. I like to have the three seats to myself, have a couple of G&Ts and then sleep.

Q: What would you never give up?

A: Breathing

Q: What would you spend your last \$10 on?

A: Lotto ticket

The Club Patron: Phil Liggett

I'm flat out on the Tour, it seems busier than ever. For 30 years my July has always been the same - following the Tour de France, not that I'm complaining!

Luxembourg, the first time I've been there since 1989 when Pedro Delgado lost so much time he left in second-last place overall, was a great place to start. I think all of the country's 400,000 inhabitants turned out to watch the race.

Despite the doping sensations that currently go hand-in-hand with the sport, the Tour has only gained in popularity.

I expect life is getting a bit chilly Down Under, but the Aussies here are enjoying nice, warm weather. I just wish I could get a bike and go for a ride along the myriad of narrow roads as that really makes me feel good.

This year, Paul Sherwen and I are commentating live to Britain, America and South Africa, with SBS taking three days live and the rest recorded as highlights. If you add on the internet stories we are obliged to do and my daily newspaper and the radio networks (especially Australian!) who find where I am, then there is not much time in the day for watching the race!

I think this will be a great Tour so I hope my friends in the SCC can catch some of it on SBS. Be good, Phil

Don't forget to check out Phil's updated page on the SCC Website!

<http://www.sydneycyclingclub.com.org>

Extras

Anyone wanting more information regarding the following events should contact the secretary on Gales@bigpond.com for more details.

- 1) The Power Tel/The Bulletin Corporate Cycle event on August 17th 2002 in Centennial Park.
- 2) The Around the Bay in a Day ride on Sunday October 20, 2002
- 3) The 2002 Vic Roads Great Victorian Bike Ride 30 November to 8 December 2002.
- 4) The 2002 Great Tasmanian Bike Ride on January 11 - 19 2003

George Schneller