

The Sydney Cyclist



OFFICIAL NEWSLETTER OF THE SYDNEY CYCLING CLUB
ISSUE 04 → APRIL 2004



Julie Howard, Yvoine McCort and Tanya Bosch about to burn some rubber at Heffron Park.



And this was before Tim's race started...

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From the President's Chair

Jamie Bedford



Another month gone and I can't believe this year is disappearing so fast. Our first Forum has been and gone, the 25th Anniversary Dinner coming soon and the Race secretary inundated with entries for the open events this year. A very exciting time to be involved with the Sydney Cycling Club.

Of course all this activity means extra work for our hard working committee, and without club members putting up their hands to contribute we would not be able to achieve half of what we have this year.

So if you have helped with a track day, to organise a dinner, Captained a bunch ride, helped out with a Tour, maybe you are helping the Race secretary or handled at a Race or even Printing hard copies of the Newsletter, you have made a significant difference to the enjoyment of the club by your fellow members and I thank you whole heartedly.

The sponsorship from



will enable a lot of riders to have a go at NSWCF Open racing this year. But it also carries a responsibility. Sponsorship is a business decision not a gift. No sponsor can afford to give large amounts of money to the club without something in return. Our part of the deal is to promote the sponsor by wearing our jerseys and showing ourselves in the best light to promote the sponsor's name.

I hope when the clothing is distributed to get as many riders as possible together for a group photo. I will be looking for some help to promote our new racing team to the various media outlets. So if you have a little time up your sleeve drop me a line.

Next couple of months will be very busy for me personally as our house is being demolished 1st May for renovations and we need a new place to live!! Two cyclists, 5 bikes, 2 large dogs and a cat. I am sure a few club members can relate to the stresses involved in tearing down your house and rebuilding so I may not be visible but I will make every effort to get out on the bike weekends and enjoy the Sydney Cycling Club.

Jamie



<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!

To long term members of the Sydney Cycling Club, our founder Don Beavis needs no introduction; but newer members are less fortunate, so a few words are in order. Don is something of a rebel, with keen humour and a biting wit. He was caste in a unique mould some 79 years ago, but age is a relative thing. Although Don was born some time back, he is inspiring company and will never be old. He has raced overseas, continues to cycle and has led an interesting and passionate life.

As a gregarious person, back in 1978 Don wanted something more encompassing than the strictly racing clubs then on offer, so with like minded friends he founded the Sydney Cycling Club. With some Botany members, Don was also instrumental in pulling down fences and creating a criterium racing circuit at Heffron Park; it was then a disused migrant hostel.

Before his departure for "beautiful one day, perfect the next" Queensland several years back, Don was a familiar sight at SCC dinners and gatherings. He could be seen at the Park most weekends chatting to fellow cyclists. (In Winter he was easy to spot in his fuchsia tights.)

Don keeps up to date with club gossip and events by reading the newsletter each month and praises Victoria's efforts as newsletter editor. He is making a special trip to Sydney for the 25th Anniversary Dinner on April 24th, to see old friends, and to make some new ones.

Thanks Don –thanks too to all the hard working committee members from former years.

Lea-Ellen Schneller



Introducing our Club Founder Don Beavis

* Archived club newsletters are available online in the member's only section of the website, or on CD from Malcolm Wade.

Social Secretary's Report

Ruth Lax



SYDNEY CYCLING CLUB TURNS 25!

*Celebrate 25 years of the legendary Sydney Cycling Club
– only \$55 pp for a brilliant party with your old and new cycling buddies*

Saturday 24 April 2004

Eastern Suburbs Legion Club

211-221 Bronte RD Waverly

6.30pm for 7.30pm dinner

Cost \$55pp (includes pre dinner drinks)

CHEQUES TO BE MADE OUT TO SYDNEY CYCLING CLUB, 10/9 EDWARD ST BONDI 2026

rspv today!



TRACK DAY #3

Hi all, the third Come and Try Track Day will be on Saturday 17th April from 7.30am to 10.30am at Tempe Velodrome. We will be catering for all abilities from those who have not ridden the track before to those who are about to ride the Nationals. Please register early with Tanya Bosch onyabike@ozemail.com.au so that we can work out the program to suit those who are coming. Helpers are Tanya Bosch, Alex Simmons, Tim Rice and Jamie Bedford. We would appreciate extra help from those who can change pedals and put seats up and down. The track bikes we have available still have to be shared.

Tanya Bosch

Polaris MTB orienteering weekend – Bosch & Bosch



That is not our tent but an example of the poor quality housing that we have to put up with in the vicinity of our McMansion style tent. I have never heard such snoring coming from so many. Luckily I took my ear plugs.

It was pleasing that the team of Bosch & Bosch had been reinstated their full 180 points for Saturday.

After re-checking our card it was discovered that we had indeed clicked the cave correctly. Our successful appeal for these 20 points makes up for our loss of 3650 points on Sunday. Our results in detail.

Eddie Bosch

Anthony Bosch

Place:	164/265
Number:	146
Category:	Men
Controls Saturday:	05 06 16 17 19 21 22 27 38 pts
Saturday:	180 Time
Saturday:	6:15
Penalty Saturday:	0
Controls Sunday:	23 pts
Sunday:	40 Time
Sunday:	06:34 Penalty
Sunday:	3560
Total time:	12:49
Total Points:	180

It was also pleasing to note on the results that there were teams on Sunday who took longer than us to find the finish and they didn't visit even one control! This included the famous father & son supervet team who Bruce Vote and I would always challenge, they ended with their Sat points only (190).

Seeing as we beat them to the finish on Sunday and we at least got 40 points for Sunday (before losing the points) we do, I believe, have a moral victory over our arch rivals.

A more detailed account of our demise:

Anthony and I went in the Polaris MTB orienteering weekend. It was down near Bawley Point on the south coast north of Batemans Bay. Saturday started fine but the rain came down at midday and did not stop all weekend. The area was almost totally National Park and State Forest which was ideal. It included some beautiful beaches and lakes. However the check points were generally of lower value than normal and there were too many difficult ones. The map did not accurately indicate the quality of the tracks. I felt exhausted after the first checkpoint which involved walking the bike up the side of a rocky, muddy hill for about 400 metres. Then I fell into a muddy bog at the next checkpoint then we went on a 20 year old bulldozer track with 3 huge wash-a-ways with 20 metre drops (creeks had washed the track away).

After a steep drop on bitumen to a beach we climbed out and went to another beach where we had to crawl on our stomachs into a cave. Bikes left in a carpark, packs left outside the cave. In 25 metres and then you could stand and punch the card. You took your torch. I may have punched the card wrong because on Saturday night we got no score for the cave. After this sand was all over us, mixed in with the mud and sunscreen.

Next was the hardest checkpoint we did which included a bush bash (no track) of about 2 km. It was meant to be a track. We would have got lost but as there were so many others there we just followed them and also saw teams coming towards us from the opposite direction. Starting in one of the later groups was an advantage as far as navigation went as other teams and their bike tracks assisted you. Then it was very miserable with the rain and being tired, I made a minor navigational error by selecting an inferior route to the finish (overnight camp at Shallow Crossing) anyway we got there 45 minutes early (6.15 hours) with 180 points (counting the cave).

continued over...



A happy camper washing his bike in the salt water at Shallow Crossing (the only tidal weir in NSW).

Polaris MTB orienteering weekend – Bosch & Bosch



Above are some of the Polaris photos from the website showing one of the washaways that we went over, also the cave.

continued from previous page

The winners for Saturday got only 330 and the best father and son team got 190. So we did pretty well. So many teams bombed out completely due to the conditions. Our friends (Bruce and Nick) got 250 but were 24 minutes late so lost 100. Then they went and washed themselves and their bikes in the river and coming back to the camp a sock got caught in the chain and into the derailleurs and broke his derailleurs bracket. They were out of the event. We had the best tent out of 300 teams. We were warm and dry unlike many who take only a fly to save weight. They sleep on the wet ground. We cooked inside the tent very successfully. Anthony was remarking how hot it was in the tent. We just wore t-shirts. On the Sunday we made a very poor master plan for the day, totally overestimating how far we could go in 5 hours. It took us 2.5 hours to find the first checkpoint and we realised we had no time to do any more, we knew then that we were going to be late. We got in some excellent mud riding and got back to the finish 1.5 hours late. So we lost our 40 points for Sunday.

We enjoyed it despite our lack of success and despite the poor conditions.

Most teams did not do much on Sunday. The mud had worn out our brake pads, both disk and V-brake. Also my head shock suspension required a new air cylinder and spring, plus I got a new bottom bracket, gears on both bikes required adjustment. All up it cost me nearly \$400 for both bikes to be repaired. I couldn't even ride the Shogun (no.2 MTB which Anthony used) to work on Tuesday due to no brakes. I got half way there and then caught a wheelchair taxi. I now have 3 pieces of white string with kilometre markings at 1:25,000 scale. Their length is from 19km to 45km. Use of these will hopefully avoid such poor planning as we did on the Sunday. Both days we travelled at 14kmph average riding speed. Anthony handled it well. It was not easy for him but probably easier than what it was for me.

The award for the clever use of available resources goes to the team of Julie Howard and Julie Avakien who had lost a crucial bolt which attaches a rack to a bike. They didn't panic but kept on the lookout for something they could use to repair the damage (as the rack was banging and bending against the side of the bike) and sure enough there it was, their saviour, an abandoned washing machine tossed to the side of a dirt track in a National Park. A national disgrace but to them a life line. They soon had the trusty multi tool removing a number of bolts from this discarded household helper and sure enough one of the bolts was a perfect fit and allowed them to continue onto Shallow Crossing and complete an eventful, wet and muddy Saturday. Well done girls!

Eddie Bosch

On the road with the Captain

John Revesz ...tied to the whipping post



Following on from the recent club forum and a request from C grade for senior riders to captain a longer ride on Sundays (e.g. Waterfall) Alex Simmons has kindly volunteered his services on a monthly basis.

As we already have the Akuna Bay ride on the first Sunday of the month catering to all levels of riders, the third Sunday of the month, generally speaking, has been allocated for this ride.

In his own words 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:

April 25th

May 16th

June 20th

July 18th

August 22nd

September 19th

October 24th

November 21st

December 19th

I will keep these dates posted each newsletter.
Thanks Alex.

I would also acknowledge that in the past Pete Scott, Dave Clarence and Paul Davies have without advertising the fact been involved with riding with the C bunch to Waterfall – they also are to be thanked for their silent efforts. If they, and particularly more so any other experienced club members are willing to assist on any occasional basis and can put a date on it I would appreciate hearing from them.

Last month I mentioned that intending new members prior to entering the bunches need to do so via a basic skills ride to assess their abilities and appropriateness before joining the bunches and that I hoped to be able to open the rides to the newer current members who may feel they could benefit from a better basic understanding of riding and bunch skills. This invitation is now extended. Please note this is neither a pace nor a training ride nor is it intended to be a technical skills session. It is for a better understanding of basic riding and bunch skills.

These are on Monday mornings and please contact me beforehand via email or mobile. Just showing up unexpectedly is not appreciated. Again, if there are any experienced riders who would like a spinning recovery ride and are willing to sit in the group and offer their experience to the person beside them it would be appreciated. It will make my life easier.

If you wish to introduce friends to join or ride with the club may I remind you to please maintain the process in place by getting them to make initial contact with myself via George Schneller.

Unfortunately, holidays have bitten into this month and the mug shots of new members and their bikes will have to wait until next month.

Congratulations: Armon Hicks and family for their recent addition of a daughter.

John

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.

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



If any of you were planning to do the Wyong tour you didn't miss much. Sunday the 4th was pretty crappy weather wise. I ended up heading north to Mt White with Amber Jenkins. We got rained on most of the way so I just chalked it up as training k's. I will run the Wyong ride again subject to finding a free weekend in this year's busy cycling calendar.

The Kangaroo Valley Tour has had a fantastic response with nearly all vacancies filled inside a week! If you would like to come along on this tour please e-mail rads102@hotmail.com TODAY, I may be able to squeeze in a few more. Details of this tour are included below.

To those who have booked for KV and have still not paid, please do so ASAP. Payment is the only way to confirm your booking.

Snowy Tour Report

The sun gods were smiling on us this year and the weather for the weekend was great. I travelled to Jindabyne a day early to sneak in a bit of secret training. Riding along those quiet country roads with a chest-full of crisp mountain air and a Michelin Pro Race singing along the pavement is what it's all about and I enjoyed every kilometre of my Friday ride.

Saturday morning started out as another picture perfect day as the riders headed out on a loop through Dalgety, Berridale, Eucumbene Dam, then back to Jindabyne. This was a welcomed alteration from our traditional route through Cooma. The road out to Eucumbene is a good one, but far from flat, offering a chance to let the hill climbers stretch their legs or tear them off as they attempted to stay on the wheel of young Tim Williams. The training rides in the hills around Canberra have tuned this lad into a climbing machine and he was by far the strongest climber.

The ride back from Eucumbene Dam was just a hoot. With a tail wind the 45km to Jindabyne passed quickly, especially in the last 10km when some of us just can't stop ourselves from letting it rip on the big descents past the lake back into town - always my favourite section.

After a tough ride there is nothing better than a shower followed by an icy beer and I can report that this post Snowy-ride tradition lives on with virtually the whole crew ending up at the local to enjoy the lake view, afternoon sunshine and stories about bikes. To top of a great day's ride was the hospitality of Bruce and Elaine who put on a fantastic dinner to feed a mob of hungry cyclist. On behalf of all those who went along on the Tour, a big thanks to our hosts Bruce and Elaine Vote. Once again their efforts have made this SCC traditional event a big success. After a few more glasses of red and some Eddy Merckx videos, and our day was complete.

Sunday's ride was a major challenge - Jindabyne to Charlotte Pass return, about 80km return, half of it up hill! Hats off to all those riders that attempted the climb and congrats to those that made it to the top. As can often be the case in the mountains, the weather started out just fine but as we started to gain elevation the temperature dropped and the wind started to howl and every grade was made twice as hard by a nasty westerly head-wind.

The 40km to Charlotte Pass felt like 80km. Thank goodness for Frankie and Pete Scott who drove the sag wagon to the top and looked after us with a boot load of goodies from the bakery.

With the westerly wind persisting we headed back down the mountain and what a ride it was. It was not a problem to sit on 55km/h on the flats with the wind assistance. As for the down hills, I am sure a few of us recorded some max speed PBs but Jono Warr's blistering 100+ km/h descent, clocked by Pete and Frankie in the car, tops the crazy-bastard-speed demon list for this tour.

Monday was our recovery ride, 50km out to the Diggings, a relatively flat and easy out and back ride to loosen those tired hill-climbing muscles and cap off a great weekend of cycling.

Thanks for your company and I hope to see more of you guys at our Kangaroo Valley Tour.

Ride safe and cheers,

Richard

Tours at a glance

May 1-2

Kangaroo Valley Two-Day Tour,
120-170km Sat + 60-80km Sun

June 26-27

Hunter Valley Two-Day Tour, 125km
Sat + 90km Sun

October 30-31

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

November 28

Patonga One Day Tour, 160km

Kangaroo Valley Tour Details

Date: May 1-2, 2004
Location: Kangaroo Valley Tourist Park, Moss Vale, Kangaroo Valley, NSW 2577
Telephone: 1300 559 977

Costs and Inclusion

Option A – \$90 per person. Shared room with single bed on Friday and Saturday night.

OR

Option B – \$120 per person. Private room with double bed on Friday and Saturday night. This option assumes you will be sharing the room as a couple.

- Both options include dinner on Saturday night.
- No breakfast, lunch, or transport is included in the deal.
- I may ask for an additional \$10 cash payment to cover drinks for Saturday's dinner. Non-drinkers don't pay. Money collected on the night.

Payments

Payment must be via cheque payable to: Richard Dodds.
All payments sent to: Richard Dodds, 9 Jocelyn Avenue, Marrickville NSW 2204.

Rides Descriptions

Friday – no planned rides. Drive to Kangaroo Valley in the afternoon or evening. Look after yourself for dinner. We usually head down to the local pub for a nightcap.

Saturday – 8:00am Start. Various rides ranging in length from 100km to 170km. This ride starts at Kangaroo Valley heading west up a very long (10+km), winding climb to Fitzroy Falls Reservoir. It's then on to beautiful little country towns like Exeter, and Bundanoon. The ride out of the valley is tough. It's not too steep but it goes on seemingly forever. If you're not up for the climb that's ok you can always get a lift/drive to Fitzroy Falls and start there. Rest assured we'll be catering for all fitness levels on this Tour.

Sunday – 8:00am Start. Various rides ranging in length from 70 km to 120 km. For the masochists, more hills. This time we climb the east side of the valley and ride along the ridge top roads that look out over Nowra – fantastic riding. Last year some riders also did the ride out to Barron Flat and Lake Yarrunga. This is a shorter ride but it has a steep decent down to the lake.

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 & 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

DGV TRACK TIME!

A few lucky SCC members took it upon themselves to put the new club track bikes to good use last Wednesday evening (7th April), and tried their luck on the boards at Dunc Gray Velodrome. Richard Scriven, John Tsalos and Gavin Russell enjoyed their \$10 worth of fun so much, they'll be back again next Wednesday! Anyone else wishing to come along, there's another (and final for the season) \$10 session out at DGV next Wednesday (14th April), from 6-9pm. Come and join in the fun!

Some interesting feedback has recently been gained from Cycling Australia on the whereabouts of 2004 Racing Licenses. Richard Scriven's had been sent to the wrong address, and when asked if a new one could be collected from Bass Hill last Wednesday evening, he was given a very simple and succinct response: "We only print them on Mondays"! Enough said. So now you know, if your card's not arrived, it's probably schedule for next Monday!"

Race Secretary's Report

Tim Rice



Photography courtesy of Ernie Smith from the State Individual Pursuit March 13 2004.

What a busy few months it has been – firstly I must apologise for not having a report in the last edition, work just got the better of me. I am now back to normal and will attempt to cover off all the racing news of late.

The biggest news must be the Kinselas Hotel "Middle Bar" sponsorship deal. If you have not caught up with it yet the details are as follows. If you wish to enter any CNSW Open Event the club will enter for you (send me your details), double any winnings and supply you with a 'sponsors' outfit to wear. All costs will be covered by Kinselas Hotel – this must encourage more people to race, which was my biggest goal for the year. Congratulations to Alex Simmons for picking up two 3rd places at the Bankstown Open Track Carnival and hence the first recipient of the doubled winnings. All payments will be recorded and handed out at the end of year Christmas Dinner so don't forget to let me know what you have won or you will miss out.

Still on the track and I know it is old news (as it was featured last month) but I must mention the great effort of the Masters Pursuit Team picking up Silver at the NSW Championships – hopefully gold next year. Tanya, Dan, Alex, Phil and myself all battled it out in the individual events with mixed results. For these and any other details check out Cycling NSW website.

The next major 'Open' event is the Clarence Street Cup. Again the regular trackies contested this: Dan, Alex and myself. Well unfortunately not great news. Defending Champion Dan did not qualify, Alex had a major pedal problem on the line and could not race, I qualified but did not race at all well in the final – oh well, there is always next year.

The big one for next month has to be "The Australian Masters" being held w/c 18/4 to 24/4. Good luck to the 20 or so Sydney members who are contesting these events. Let's hope I have some positive news to report next month – some podium finishes would add some great pictorial content.

Club racing is well under way, with 5 events already contested. Full results, the 'revised' calendar and handlers for future events are all up on the website. It's great to see each division has serious competition for the top spot. One comment though - I would love to see some more D Graders have a go. What do I need to do to convince you to try? Just ask around, those that have just started are having a ball – Hiroyuki (who has never raced before) has an almost unbeatable lead in the Crit Championship and will probably walk away with one of the most sought after Racing Awards.

Handling – as mentioned earlier, all events have now been allocated handlers and these can be viewed on the club website.

Please note your allocated race. If you would prefer to race (not handle) it is your responsibility to find a replacement handler and let me know (well in advance of race day). You do not have to handle but most people appreciate the easy 6 points.

Female NSW Masters Cyclist of the Year – Tanya Bosch. I am sure this will be featured elsewhere in the newsletter but my personal congratulations go to Tanya. Maybe next year it will be Australian not NSW. Keep up the great work and thanks for always being at the track to help out.

I know this is not racing but it will lead to it – Come and Try Track Day #3 – 17/4/04 Come on give it a go we have the bikes and we have the helpers all we need is for you to turn up and get spinning.

Finally I would like to thank Grant Chellew for taking over the racing roundup, hopefully this will now keep you regularly updated on past results and coming events. Please (don't be modest) if you have raced anywhere send through your results – other members are interested and it may help to promote racing – which ultimately is my mission for the year.

Late breaking news – just heard Kevin Black picked up first in C grade at the Macarthur Open Criterium (after a fall?) and Craig Blundell managed a sixth in D grade in the same event – more details next month.

Tim

Masters Track Pursuit 2004



SWEAT A LOT?

If you use your bike on the ergo a lot or even ride it in summer without gloves or perhaps you're just John Tsalos, then chances are, your bars could be quite corroded under the tape without you even realising!

I noticed a spot of corrosion adjacent to the finish of the bar tape (*figure 1*) and given the tape was looking a bit shabby and needed a change, I ripped it off for a closer look. The accompanying pictures reveal what was underneath.

Shock horror! That's right, the bars were completely corroded (*figure 2*) and who knows how close to breaking in the next sprint!

I suppose the lesson here is, if you use your bike on an ergo, then use a towel to soak up all the sweat, not your bar tape. If you ride in Summer, then wear gloves, might even save your hands in the unlikely event of an off. Get your bar tape changed regularly, even if it looks OK.



Figure 1



Figure 2



Figure 2

Sydney Cycling Club Committee 2004

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phone
email

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phone
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Assistant Social Secretary

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email

Des Sullivan

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despat@ozemail.com.au

For Sale

Pair of Michelin Pro-lite tyres, size 23, light blue in colour, \$100.00. Contact details: Stan Genakis 0404 077 030.



George Schneller – 02 9319 2899
email: FlashFrames@bigpond.com

Tour de France

www.letour.fr

Tour Down Under

www.tourdownunder.com.au

Cycling NSW

www.cyclingnsw.org.au

Australian Cycling Federation

www.cycling.org.au

News

www.cyclingnews.com
www.velonews.com

Newsletter Submission Details: All articles to be submitted no later than the first Monday of every month. Please email victoria@ideassociates.com.au or by post to the Newsletter Editor: Victoria McNeill, 44 Ormond Street, Paddington NSW 2021.