



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
March 2001 Edition



SCC cross the Hawksbury River at Wisemans

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SCC women at the recent NSW
Criterium & Omnium
championships (©Ernie Smith)



Tanya Bosch scores a Gold at the recent NSW
Masters Women Omnium
(©Ernie Smith)

From the President's Chair



The last month has seen a number of major activities associated with the Sydney Cycle Club. This newsletter reflects some of those activities. One I would like to highlight is the enormous size of our bunch going south on Sunday morning. Recently, whilst sitting in a dingy hotel room in Hong Kong, I received the following e-mail from one of the members:

“You missed a great weekend of riding. We had 35 riders do the Ext TT. I have never seen so many people compete in that event. I rode a blistering 14.06, annihilating the field and missed Chris's PB by about 1s.

On Sunday we had about 60 riders head out to Waterfall. There were 50 riders in the first bunch and only 10 in the second, so we need to do something about splitting the group up. The bunch heading out along Brighton was awesome; it was the biggest bunch I have ever seen both on a club ride and on that stretch of road.”

I am pleased to announce that the major sponsorship deal with Clarence Street Cyclery has now been approved and you will soon receive full details including information on how to secure a 15% discount on all purchases as well as substantial discounts on new bikes. Also, the funds from this sponsorship will be flowing into a number of initiatives; more details to follow in future newsletters.

I would like to take this opportunity to introduce my hard working committee and indicate some of the recent activities they have been involved in. It should be remembered that all committee members are volunteers and have busy professional and family lives. First, our Communications Secretary, **Lea-Ellen Schneller**, has been very busy and was the editor of the Bunch Etiquette handbook: riding tips to help you stay on your bike and friends with the SCC bunch. New members would already have seen copies of this, and other members will receive a printed copy soon.

Second is our Merchandise Manager, **Stan Genakis**, who has been maintaining our inventory of merchandise and also a big hug to our ex president **Phil McKnight** for creating the new range of Winter merchandise and the recently available wheel covers. Third is our Tour Secretary, **Meg Croft**, who has already created a number of new day tours this year and has arranged with Bruce for the upcoming Snowy Tour which is filled to capacity. Fourth is our able Social Secretary, **Sam Kosky**, who has organised a number of social events already and has a full calendar planned for the year including dinners and celebrations for the Tour de France, etc.

Fifth is our Race Secretary, **Steve Hobart** and his assistants **Dave** and **Tanya**, who have taken the extra burden of record starters in club activities in their stride. Steve is nearly back on his bike after his nasty accident racing at Heffron Park and has organised a wonderful season of club competition, which should provided plenty of pain, surprises and friendly rivalry. Sixth is our Treasurer **Suzanne Lyndon**, who is responsible for maintaining our finances and also for arranging GST matters and other heady financial issues. Seventh, is our Newsletter Editor, **Malcolm Wade**, what can I say ... what a great newsletter and he is always on time. Finally, I would like to thank our Club Secretary, **George Schneller** who has tirelessly processed the record number of applications this year, as well as dealing with the constant flow of club correspondence including potential new members. Also our Patron **Phil Liggett** who actually reads the newsletter and is interested in our club and its members!

A number of members have asked me about friends that they wish to bring along for rides with the SCC bunch. I suggest that anyone who hasn't ridden with the bunch come down to Centennial Park and introduce themselves to one of the committee members. Saturday morning is probably the best time. The bunch leaves the Canons at the permanent kiosk in Grand Drive at 6:30am sharp. All non-members must ride at the back of the bunch and we would expect anyone bringing along a potential new member to “buddy” that person for several rides. Also, we would expect new members to take part in one of the skills coaching sessions that is being offered by Tanya Bosch and to avail themselves of the information contained in the new bunch etiquette booklet. The current club policy is that all new members must have a recommendation by another club member before approve of all new members.

To conclude, we have a huge month of cycling in front of us and as the winter approaches, we should make the most of the current wonderful conditions and enjoy riding with the club. A number of our members will be competing in the National road series and individual competitive races. We wish them luck and success.

Doc

From the Secretary's Desk

Summer is over, autumn is here and winter fast approaches. It will be interesting to see how many of you enthusiastic Summer cyclists can get up for early morning rides as the cooler weather approaches and warm bedcovers beckon!

The club's attractive new winter jersey and super-warm arm warmers might help you there! A wind vest has also been added to the list of attractive SCC clothing on offer. Some items require a special order. Please contact Stan Genakis with any queries.

Which Bunch?

Bunch numbers over summer have been large, so a two-bunch system was introduced to improve safety and reduce aggravation for other road users. The club now has over 130 members, so we need everyone's cooperation. There seems to be some confusion regarding who should ride in which bunch. Ego's notwithstanding the first bunch is for strong and bunch experienced cyclists and lovers of the pace line ONLY. It takes no prisoners and waits for neither man nor beast. Optimistic calls to "ease up" will fall on deaf ears in this bunch.

If you feel the need to ease up, or are a new member, you belong in the second bunch. Both bunches are full of excellent riders, there is no stigma attached to the second bunch, and much pain attached to riding above your own standard in the first bunch. Face facts, if the first bunch drops you, you will be riding with the second bunch anyway, so save your dignity and choose wisely!

Build Fitness Slowly

If you want to improve, and who doesn't, the way to do it is not to exhaust yourself but to slowly improve your fitness. Riding at your maximum is counter-productive. Ask a trained coach or read up on the topic and you will find that riding below your maximum for much of the time is safer and it burns up more fat as well! As a bonus you won't have to crash out for the rest of the day after a ride!

Bunch Etiquette Booklet

Many of you have already received your Bunch Etiquette booklets. The club members who contributed to it really know what they are talking about, so please read it and learn what you can. Thanks to everyone who helped in the making of the booklet, special thanks to Phil and Kristie McKnight for printing the colour cover. The booklet has been sent out to all new members. The rest of us will receive one later when our new sponsor, Clarence Street Cyclery reprints the booklet for its customers. However there are still a few left for cyclists in need. Contact me if you want one.

One quick administrative notice. In the above-mentioned booklet, Stan Genakis has a listed e-mail address which, between going to the printers and now, has changed. Please all note that Stan's new e-mail address is now **stangenakis@hotmail.com**

Ciao for now!

George

Snowy Mountains Tour

[Note that it's probably too late for you to get on this Tour if you've not already booked ... this notice also serves as a reminder to all those going as to the time and location]

Dig out your arm warmers and dust off your overshoes and join what is fast becoming the traditional club tour. The Snowys are great for hill climbing and descending techniques as well as great distances.

Date: 24-26th March 2001 (arrive Friday 23rd for an early Saturday start).

Venue: Three Way Inn, 4 Ingebyra St. Jindabyne.

Cost: \$60 per head. Includes 3 nights accommodation, 3 breakfasts & lunch & dinner on Saturday.

Rides: Saturday: 100km-150km, Sunday: 80km-120km, Monday: 60km

Contact **Snowy Mountains Tour Director Bruce Vote** on 9344 8156, 0418 219 625 or email bruceelaine@bigpond.com. Payment **in full** required by end February to **Meg Croft, 3 Kennedy St. Kingsford, NSW, 2032**. Places are limited so be quick or you'll miss out.

Editor's Column



Well here we are again, another month, another newsletter.

Big news this month is obviously the agreement with SCC, Trek Australia, and Clarence St. but also you will now see some advertisements in your newsletter. After a few requests over the past few months it has been decided to allow cycle related advertising in the newsletter and as such, this month you will see some for the first time. Pricing for advertisement space is nominal; please contact either the Club Secretary, George Schneller or myself for rates. As always, if you have any comments re: the contents of your newsletter, good or bad, please do not hesitate to contact me to express your opinions. I value your input; in fact I can always use letters to the editor!

Winter clothing. This year for the first time in a good number of years the club will be placing an order for winter clothing in club colours. See the web site or the pictures further in this edition for details and pricing. Please note that the order will be a limited run and as such, get your order in now.

Graeme Moffett of the Trek Team Australia is now providing us with input for our newsletter in

the form of a (hopefully) monthly update on the team's progress and results. Thanks Greame.

Meg Croft, in her capacity as Tour secretary and chief pen pusher has written up the Wyong Tour, which was a great success despite its somewhat longer distance.

Our Social Secretary, Sam Kosky has some other ideas for club events plus read the dirt and gossip from the tennis afternoon. Sounds like it was lots of fun.

You will also notice a subtle change in the club results page where Steve Hobart our race secretary has included PB information in with the results, thus saving him mentioning this in his reports. Also, to make the results fit on the one page I've had to reduce the font size more than normal. If it really is unreadable, let me know.

I have also received photos from a number of sources this month including a Professional photographer who takes shots at cycling events. Ernie Smith was kind enough to allow me to use the photos of SCC riders in your newsletter and if any of you would like to contact Ernie for more information, please give me a yell.

'til next month, take care on the road.

Malcolm

Tour Secretary's Report

There always seems to be a tour we have just completed, one that is about to happen and one in the planning.

In February, 23 people conquered the route from Sydney to Wyong - read about it further in the newsletter.

However, it is now March and the much-anticipated Snowy Tour is nearly upon us. This is going to be a great weekend away. It is a full house, 36 people, so there should be some great socializing as well as excellent riding. Thank you to everyone who got his or her cheques and money to me so promptly (Paul, Doc?)

What's coming up next? Well there are a few Public holidays in April - the Easter long weekend (13/4 -16/4) and Anzac Day 25/4. Stay tuned for a list of rides happening on these dates, they will

appear in the April newsletter. You could always let me know your favorite - Galston Gorge/Berowa/Bobbin Head; Bulli Pass; Akuna Bay & West Head; Stanwell Tops and back via Audley?

A few people have mentioned a much revered ride that goes from the Park to Palm Beach, ferry to Patonga, ride up out of Patonga and then ride home (I am missing a few details I know). Steve Hogg has volunteered to be ride captain for this ride so look forward to its inclusion in the ride calendar soon.

Also, don't forget to enter the Kangaroo Valley Tour in your diaries - 5 & 6 May.

Meg

SCC Winter Clothing

This year the Club has put together SCC clothing for the winter season. We will be carrying limited stocks of the following items and as such we need your order NOW. If you don't order **NOW**, then you'll run the risk of missing out on this offer:

- 🚲 SCC Winter Long Sleeve Jersey: "Micro-Mesh" brand technical material with "Set-In" sleeves for comfort, Full length Front Zip, 3 Back Pockets. Perfect as a warm-up jersey or for those chilly winter mornings. Only **\$120.00**



- 🚲 SCC Arm Warmers: "Super Roubaix" technical material, featuring Reflective SCC logos and fleecy lining. Great for those cold days under the SCC Long Sleeve Jersey or teamed with the Short Sleeve Jersey for cool days. A steal at just **\$45.00**

- 🚲 SCC Wind Vest: "Aquapeach" brand technical microfibre material, featuring reflective piping, Back Mesh panel for breathability, Full Length Front Zip. Great for cool to cold days. Only **\$75.00**



Please contact **Stan Genakis** directly (see contact list below) to place your order **NOW**.

SCC Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President:	James 'Doc' Guthrie	9357 6993 (h) 0402 153 453 (m)	James.Guthrie@mq.edu.au
Club Patron:	Phil Liggett		
Secretary:	George Schneller	9319 2899 (w) 0418 581 951 (m)	FlashFrames@bigpond.com
Treasurer:	Suzanne Lyndon	9742 6242 (h) 0412 355 455 (m)	Suzanne.Lyndon@chapeast.com.au
Race Secretary:	Steve Hobart	9698 9440 (h) 8249 5581 (w) 0416 146 804 (m)	shobart@comtech.com.au
Race Sec. Assistants:	Tanya Bosch & Dave Clarence	9369 1436 (h) 0419 217 974 (m) 9326-4710 (h)	onyabike@ozemail.com.au
Tour Secretary:	Meg Croft	9398-7476 (h) 9449-0192 (w)	meg.croft@agal.gov.au
Social Secretary:	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	samkosky@one.net.au
Social Sec. Assistant:	Lea-Ellen Schneller	9398 7092 (h) 0417 771 955 (m)	Gales@bigpond.com
Boutique Manager:	Stan Genakis	9746-5954 (h) 9466-3210 (w)	stangenakis@hotmail.com
Newsletter Editor:	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	malcolm.wade@bikerider.com
Newsletter Submission Details:	Next Deadline: 2nd April, 2001 . Please submit articles to Newsletter Editor via e-mail or post to 108 Rothschild Ave, Rosebery, NSW, 2018 or Club PO Box .		

Wyong Day Tour Report

by Meg Croft

OK, so the tour to Wyong was a little further than 130 km, but being such a fit bunch most people handled the extra 40 km with ease. I think everyone who went to Wyong was rewarded with a PB in the following week's TT.

The easy pace to Hornsby made a good warm up for the descent and climb out of Galston Gorge, the mad race along the old Northern Road and the descent into Wiseman's Ferry. Wiseman's (90 km) was only a quick stop to regroup and refuel however Alan Revell discovered he had broken a spoke and not even all the gadgets carried by the guys could fix it. He was forced to purchase a pair of designer thongs and complete the remainder of the tour in the support vehicle. After crossing the river on the ferry (Paul Davies demonstrated how not to exit a ferry ramp) we continued along the road, which followed the river. The road was dead but it was very scenic and there were lots of pick-a-plank bridges to keep Tony and the rest of us focused for the next 30 km.

The climb out of the valley was long and hard work and the sight of Alan ushering us into a grassy field for lunch was a relief. Bruce had boiled the billy and welcomed everyone with cups of tea and coffee making lunch a very civilized affair. As we had already ridden 130 km people

were a bit suspicious that the ride was slightly longer than I had indicated. This of course led to a lot of map reading and brain straining calculations but a figure nearing the true distance was settled on.

Bruce joined the ride after lunch, which was just as well, or we would have missed a crucial turnoff like Jamie and Debbie and added a further 20 km to the 170 km ride. (Well done Debbie! - previous to this tour the longest distance Debbie had ever ridden was 90 km.). Descending the infamous Bumble Hill was hard work due to the corrugations in the road surface but the remainder of the ride into Wyong was along nice roads through lush lawn farming areas. We timed it all very well and after a bit of a rush to buy tickets, most of us were snoozing on the 2:37 pm train back to Sydney.

There has been loads of positive feedback about the ride from the 23 people who came along, so I think it is now permanently back on the SCC Tour Calendar. A big special thanks to Bruce Vote for helping to resurrect this tour and supplying the much needed support vehicle. Also big thanks to Dave Clarence and Jamie Bedford who will both remain on my list of fantastic ride captains!

Trek Team Update

Canberra to Cooma Cycling Classic

The Canberra to Cooma cycling classic was the first big objective for the men's Trek A grade team. Brian Appleyard finished 4th on stages 1 and 4 and ended the classic 7th overall for a great result in a Cat 1 event. Trek sponsored, Graeme Brown winner of the first stage of the Tour Down Under, won the 3rd stage and finished 3rd overall. The team worked well together on the Saturday Morning road stage from Canberra to Cooma trying to set up the finish for Brian and Graeme. All in all a great start to the year. The next road race objective for the year is the Canberra to Goulburn - Race of the Future, always a hotly contested race.

The 17th March will see some members of the team contesting the Clarence St Cup at the Dunc Grey Velodrome, at great night to get out and see some of the country's best track riders.

Over the next few months the team will be flying all round the country competing in the national series, wish us luck.

Graeme Moffett



The Social Report

Dear Cycle Buddies,

The tennis afternoon came and went, just as the sore muscles did ("Oouu! I didn't know I had a muscle there!"). Everyone seemed to easily have enough in the legs, shoulders and arms to play 5 or 6 sets against willing opponents. With first to 6, short deuces and 9 doubles pairs it was a busy 3½ hours. The rules were frequently bent, 'faults' and 'lets' ignored, even 'outs' called 'in' but no one really cared. The steamy weather made for some energetic McEnroe impersonations - all in good fun.

Walter was out with a bad knee having practised too much during the week to try for an edge over Phil Gomes; instead he filled in on Court 7 allowing Charles, Walter Jnr, to represent the family name. Dave Clarence took pride of place in the umpire's chair for several matches so a dropped shot or untied shoelace was invariably called a 'puncture'.

But mission accomplished - everyone seemingly well matched, only two balls into the Headmaster's backyard and none onto Stanmore Rd! As far as point scores and special awards are concerned I'm sure no one will dispute the following:



Most competitive player - **Caresse Davies**; best air-guitarist and tactical diversionist - **Jamie Bedford**; best on-court comment - **Meg Croft** on the receiving end of a few of Phil Gomes' false serves, "Gee, he's fussy isn't he." Dark horse - **Paul Kelly**

The jocularity continued at the good ol' Newington Inn (a local pub with which Kelvin's familiarity is a little bizarre) in the form of several beers and a few rounds of chardonnay.

If we can get this turn out for tennis and enthusiasm for all things silly, surely the next club event will be a screamer!! Yes that's right folks, another thing to write in the diary - the Club Annual Picnic.

Now venue is still not confirmed and I would certainly like some feedback from you - would you like last year's venue - Kiddies Cycle Track in Centennial Park or Bronte or Tamarama Beaches? All have bbq's I think. I'll try to score a volleyball net and other distractions from the Newington shed and the rest is up to you! Happy to take suggestions. Anyway, mark down the date and keep in contact.

SCC Annual Picnic

Sunday 22nd April

Time and Venue to be advised.

One last thing. Can't let a marketing opportunity like this pass by ... I would love to see you at Newington's Senior School production of Othello. Tickets are \$15 Adults and \$10 students (or \$40 for 2 adults and 2 children). You can e-mail me or ring me at work to make a booking. Dates: Friday 30, Saturday 31 March and Friday 6 and Saturday 7 April - 7:30pm. A modern design concept and a knockout female lead should make it worth the trip.

See you out there

Sam

Canberra - Goulburn

Paul Rigby is looking for anyone who is thinking of participating in this 125km road race scheduled for Sunday, 7th April. Last year SCC had 7 riders entered, all of which ended up in D grade. Hopefully we can entice similar numbers this year.

Paul is also looking for anyone willing to assist as support crew, maybe even to drive a bus if there's enough interest.

Race Secretary's Report

February continued an impressive start to the year for the Club Calendar as both the Short Course held 10th February and the Long Course held 24th February had 32 starters with all but a few posting personal bests. As usual, the results are issued in this Newsletter.

PLEASE NOTE: We are trialing a new registration system from this Saturday 10th March. For all future time trials held at Centennial Park, riders are to register at the Cannons, opposite the restaurant, from 6:30am to 6:40am. This will ensure that the time trials start promptly at 6:50am which will become more important as the mornings become darker.

Details of the first Open race of the 2001 Road Calendar are included below. Anyone who is interested may contact Paul Rigby for further details. Last year the Club had 7 riders in D Grade and judging by the early season form we should get more this year.

Sunday 8th April 2001, Canberra - Goulburn 126km
Men, Masters, U19 Men, Women, U/19 Women
Start Anzac Pde, Canberra, Finish Bourke St, Goulburn
9:30am D Grade, 9:45am Women's A Grade
Entry fee \$40.00

For those with online access, entry forms for Open races can be downloaded and submitted from the NSW Cycling Federation's website at the following address <http://www.cyclingnsw.org.au/2001road.html>.

Others who don't have online access can obtain an entry form from NSWCF (Ph. 02 9738 5850) or myself and send it by fax to NSWCF on 02 9378 5853 or by ordinary mail to PO Box 7209, Bass Hill 2197.









Congratulations to Tanya Bosch who won the Gold the Women's Masters Division at the NSW State Omnium titles at Dunc Grey Velodrome on Sunday 11th February. Tanya beat Karen Dutton from Sutherland on a countback. Karen recently beat our Ann Clarence in the State Criterium. The Omnium comprises of four events chosen at the last minute and a rider get points for places in each race. Karen and Tanya finished with two 1st and 2nd placings each but Tanya beat Karen in the 500m TT which won her the Gold (hence the picture of Tanya on the Cowhorn bars and spinacis looking like she is going to murder someone!). Unfortunately Monique had to pull out of this event due to contracting the flu. In the same event, John Arkwright got the Bronze in Masters 1 - 2.

RS

SCC Website Statistics

Date: Reqs: Pages:

-----:-----:-----:

28/Feb/01:	466:	60:	
1/Mar/01:	401:	49:	
2/Mar/01:	521:	74:	
3/Mar/01:	241:	25:	
4/Mar/01:	220:	27:	
5/Mar/01:	251:	38:	
6/Mar/01:	338:	41:	
7/Mar/01:	314:	40:	
	2752	354	

Reqs: %bytes: Domain

-----:-----:-----:

1126:	39.21%:	.au (Australia)
679:	21.95%:	[unresolved numerical addresses]
373:	19.77%:	.net (Network)
335:	13.13%:	.com (Commercial)
133:	2.62%:	.ca (Canada)
37:	1.95%:	.dk (Denmark)
29:	0.54%:	.nz (New Zealand)
23:	0.26%:	.edu (USA Educational)
6:	0.21%:	.us (United States)
6:	0.28%:	.mil (USA Military)
5:	0.08%:	.jp (Japan)

RTA Big Bike Ride



Yes, it's on again. The **2001 RTA Big Bike Ride** is a social event of mammoth proportions, supporting and raising money for a cause that many of us have seen first hand, **Multiple Sclerosis**. This year, the 9 day ride starts in Oberon in mid-west NSW on Saturday 31st March, travels north through Portland, Rylstone and Gulgong before resting for the day in Wellington. Refreshed, the ride then heads south through Cumnock, and Canowindra before turning north again through Grenfell before finishing on the 8th April in Forbes. Your tent and kit bag is transported for you, all you have to do is ride. Daily distances this year range from as little as 55km on the first afternoon to 90km on the run into Canowindra. Of course once you've arrived at your destination there's nothing to stop you adding some extra k's if you so desire, otherwise just relax, see the local sites and sample the local eating and drinking establishments.

This is an annual tour for a number of SCC members and this year will be no exception with a good half dozen or so already planning to participate. Cost for Bicycle NSW members is \$570 plus transport and insurance options.

For more information contact **Malcolm Wade** (see contact list) or grab the info and entry form off the web at <http://www.bicyclensw.org.au/bigride/index.html>

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Most elite cycling coaches recommend that if you want to really find out how you are going on the bike, you should complete a Lactate Threshold test.

"The most accurate method of measuring performance and establishing training intensities is by undergoing a lactate test in a sports physiology laboratory. If you have an opportunity to take this test you will be required to cycle for 3-5 minute work periods with each work period getting progressively harder. Whilst this test is now a routine procedure in most sport physiology laboratories, it is still relatively complex to administer, expensive to have done and is certainly not readily available to the majority of athletes". Neil Craig – Senior Sports Scientist for the SAIS Track Cycling Program.

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Lactate Threshold test:	\$90	Sprint Power test:	\$40
VO _{2max} step test:	\$65		

WISE Exercise provides a complete range of simple, affordable and practical cycling assessments suitable for every level of cyclist. We use the same protocols as the AIS, so you can check your performance every few months or even compare yourself with international stars. Best of all, you will use your own race bike during each test, rather than some lab machine that just doesn't fit.

Contact Zac Dillon (Sports Scientist) to arrange your test today.

Ph: (02) 9542 2790

www.wise-exercise.com.au

News from 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 is more 'local news' but it does have some amusing overtones so I'll write it up here and you can all make your own minds up. Recently, the Human Powered Around the World Expedition had their final leg from Horsnby into Sydney. Now these guys have just ridden from Greenwich in England to Sydney in 17 months and the tales these guys can tell are pretty hard to top. Not only have they scorned non-human power transport basically all of the way but even managed to get shipwrecked when they hit (literally) the Australian coast.

One of their support crew who recently broke his arm in a fall just north of Byron Bay had contacted the club via the web site and a couple of us volunteered to guide the riders in on their final morning from Horsnby. Paul Montesin and I left the Cannons at about 6:50 and battled the traffic up the Pacific Highway to arrive at Horsnby at 8:10 ... and missed them! The 5 of them left had left at just after 8am; saw us going in the other direction and yelled but we were in thick traffic on the run into Horsnby going the other way and didn't see them. After a comfort stop Monty and I were wondering whether we in the right place so I called them on their mobile, only to find them already on their way. Ok says me, we'll chase and off we went, trying to crank up quickly into the big ring. All this looked great until we turned onto the Pacific Highway, which was of course a completely different story at 08:30 on a weekday morning compared to the normal light traffic on weekends. The traffic was at a standstill so we hopped onto the footpath, dodged the traffic etc for a good ¾ of an hour and still no sign of them. Finally as we approached Chatswood I called them again to find they had just passed Mowbray Rd. "wait up" says me, "we're nearly with you". And there they were, waiting at the top of the Gore Hill freeway and from there we escorted them into town, stopping to take photos and video etc on the Bridge and Opera House before the formal finish at Mrs Macquaries Chair at 10:15 with quite a bit of media coverage.

Pretty impressive trip; 17 months to the day; just under 22,000km (theirs - not ours, although riding to Horsnby and back in peak hour is something not to be underestimated).

- 🚲 There were a few wondering about 'favouritism' on the tennis weekend when our Social Secretary managed to team up with Phil Gomes, who as it turns out is an ex-tennis coach!

- 🚲 Overheard at a recent TT:

Stan: "Hey Phil, where can I get some of those shoe covers you use in the TTs?"

Phil: "They're not available here, I got them overseas. I don't know that they make much difference."

Stan: "Who cares about that, I just want to look good!!!"

- 🚲 Now this next entry is possibly a little difficult to read and I must admit, when the photos was forwarded to me it wasn't until I enlarged it that I was able to read all the text. If you work it out ... well it made me laugh!



Club Calendar

Day	Time	Venue	Comments
10 th Mar.	06:50	Ocean St. Gates	Ext. TT (8/7/.../1) Handlers: Stan Genakis & Kate Rowe
24-26 th Mar.	-	Jindabyne	SCC Snowy Mountains Tour
31 st Mar to 8 th Apr.	-	Oberon to Forbes	RTA Big Bike Ride, http://www.bicyclensw.org.au/events/index.html
1 st Apr.	09 :00	Yanderra	Hilltop Rd 1 (12/11/.../1) Handlers: TBA
21 st Apr.	07:15	Heffron Pk.	Criterium Rd 1 (10/9/.../1) Handlers: Peter Bodor & Tony Johnson
22 nd Apr.		Centennial Pk or Bronte Beach	Picnic/Beach Volley Ball (see Social Report this issues for more details)
28 th Apr.	06:50	Cannons	1 Lap TT (8/7/.../1) Handlers: Roy Keyes, David Bullock & Tom Klemola
5-6 th May	-	Kangaroo Valley	SCC Kangaroo Valley Tour
19 th May	07:15	Heffron Pk.	Criterium Rd 2 (10/9/.../1) Handlers: John Rutherford & Jonathon Lewis
19 th May to 10 th Jun.	-	Italy	Giro d'Italia
26 th May	06:50	Cannons	SC TT (8/7/.../1) Handlers: Bruce Field, Sam Reuben & Alan Lumb
9 th Jun.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Dave McAlpin, Kelvin Haisman & Phil McKnight
16-17 th Jun.	-	Mudgee	SCC Mudgee Tour & NSWCF Mudgee Road Handicap
23 rd Jun.	07:15	Heffron Pk.	Criterium Rd 3 (10/9/.../1) Handlers: Steve McMillan & Andrew Price
30-1 st Jul.	-		SCC Hunter Valley Tour & NSWCF Rosemount Open
7-29 th Jul.	-	France	Tour de France, http://www.letour.fr/
21 st Jul.	07:15	Heffron Pk.	Criterium Rd 4 (10/9/.../1) Handlers: Craig Warner & Phil Gomes
11 th Aug.	06:50	Cannons	1 Lap TT – FMM (8/7/.../1) Handlers: Paul Rigby, Glen Butterworth & Leigh Ringrose
25-26 th Aug. ⇒ 25 th	06:50	Cannons	2 Day Tour. Points awarded to respective series, NOT to overall point score. a) SC TT - FMM Handlers: TBA b) Criterium Rd 5 Handlers: TBA c) Hilltop Rd 2 Handlers: TBA
	08:00	Heffron	
⇒ 26 th	09:00	Yanderra	
8 th Sep.	06:50	Cannons	SC TT – FMM (8/7/.../1) Handlers: Wayne Eastburn, Richard Kerr & Pete Scott
8-23 rd Sep.	-	Spain	Vuelta a España
15-16 th Sep.	-		SCC Cessnock/Wollombi Tour
29 th Sep.	07:15	Heffron Pk.	Criterium Rd 6 (10/9/.../1) Handlers: Alex Simmons & Sally Thomson
6 th Oct.	06:50	Ocean St. Gates	LC TT – FMM (8/7/.../1) Handlers: Steve Youngman, Tim Youngman & Carl Horn
20 th Oct.	06:50	Cannons	Handicap 2 Lap Wheel Race Handlers: Walter Rolli, Robert Hood & Con Roubis
27 th Oct.	TBA	TBA	Hill Climb – FMM Handlers: TBA
10 th Nov.	06:50	Ocean St. Gates	Ext. TT – FMM (8/7/.../1) Handlers: Mike Larkin & Frank Milner
24 th Nov.	07:15	TBA	Kilo – FMM (8/7/.../1) Handlers: TBA

Regular Rides			
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	Randwick Gates	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	Randwick Gates	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
 LC TT= Long Course Time Trial
 Ext TT= Extended Course Time Trial
 FMM = Frank Murray Memorial Trophy

Note: 6 points will be awarded for handling once in a season.
 1 point will be awarded for riding and finishing the event.
 Penalties for Drafting or Breaking in TT's will be 30secs.
 Race Sec's decision's are final. No correspondence entered into.

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

Clarence St Cyclery is proud to be a sponsor with Sydney Cycling Club for 2001. Each Club member will be sent, over the next month or so, a Clarence St Cyclery member card which will entitle you to a 15% discount on bikes and accessories. We look forward to a long and prosperous relationship with your club.

Tony Cook

SCC Event Results

SC TT, Centennial Park, 10th February, 2001

Name	Grade	Lap Time	Finish Time	Place Overall	Place inGrade	Points	PB / Margin
Phil McKnight	A	5:14.49	10:37.51	1	1	8	
Stan Genakis	A	5:24.04	10:45.17	2	2	7	PB - 9 secs
Tom Klemola	A	5:26.86	11:08.57	3	3	6	PB - 32 secs
Paul Kelly	A	5:27.61	11:15.99	4	4	5	PB - 31 secs
Dave Pye	A	5:32.36	11:19.26	5	5	4	PB - 1 st time
Paul Davies	A	5:52.26	11:36.04	6	6	3	
Leigh Ringrose	A	5:40.70	11:37.54	7	7	2	
Doc Guthrie	B	5:50.20	11:43.54	8	1	8	
Shane Maundrell	A	5:41.92	11:46.36	9	8	1	PB - 1 st time
Frank Milner	A	5:50.26	11:50.95	10	9	1	
John Rutherford	A	5:54.45	11:57.07	11	10	1	
Tony Johnson	B	5:51.92	12:01.09	12	2	7	PB - 9 secs
Rob Hood	B	5:56.49	12:01.26	13	3	6	PB - 1 st time
Kelvin Haisman	B	5:53.54	12:06.01	14	4	5	PB - 1 st time
Alex Simmons	A		12:11.64	15	11	1	
George Schneller	B	5:38.39	12:12.33	16	5	4	PB - 1 st time
Dave McAlpin	A	6:04.11	12:15.42	17	12	1	
Walter Rolli	B	6:02.89	12:16.99	18	6	3	
Richard Kerr	C	6:02.00	12:20.39	19	1	8	
Alan Lumb	B	6:06.73	12:22.61	20	7	2	
Craig Warner	B	6:09.96	12:27.11	21	8	1	
Meg Croft	C	6:00.49	12:29.67	22	2	7	PB - 1 min 20 secs
Heydon Miller	C		12:38.64	23	3	6	PB - 1 st time
Pino D'aguianno	C	6:19.20	12:51.48	24	4	5	PB - 1 st time
Malcolm Wade	C	6:21.87	12:57.96	25	5	4	
John Slater	C	6:12.83	12:59.57	26	6	3	PB - 1 st time
Julie Howard	C	6:28.29	12:59.89	27	7	2	PB - 1 st time
Steve McMillan	C	6:35.73	13:04.95	28	8	1	PB - 21 secs
Tim Youngman	C	6:21.01	13:07.02	29	9	1	PB - 8 secs
Bruce Field	C	6:27.73	13:33.76	30	10	1	
Steve Youngman	C	6:50.31	14:08.36	31	11	1	
Paul Rigby	A	5:06.32	Mechanical	32	13	1	
Dave Clarence	A			Handler		6	
Monique Batterham	B			Handler		6	
Tanya Bosch	C			Handler		6	
Eddie Bosch	A			Handler			

LC TT, Centennial Park, 24th February, 2001

Name	Grade	Time	Place Overall	Place in Grade	Points	PB / Margin
Paul Rigby	A	14:06.01	1	1	8	PB - 31 secs
Phil McKnight	A	14:25.17	2	2	7	PB - 4 secs
Dave Clarence	A	14:35.01	3	3	6	PB - 1 min 17 secs
Stan Genakis	A	14:44.20	4	4	5	PB - 28 secs
Tom Klemola	A	15:08.48	5	5	4	PB - 45 secs
Pete Scott	A	15:11.88	6	6	3	
Pete Montford	A	15:20.95	7	7	2	PB
Eddie Bosch	A	15:27.63	8	8	1	PB - 45 secs
Johnathon Lewis	A	15:33.51	9	9	1	PB - 49 secs
Rob Hood	B	15:43.57	10	1	8	PB - 1 st time
Leigh Ringrose	A	15:48.63	11	10	1	
Tony Johnson	B	15:50.38	12	2	7	PB - 16 secs
Shane Maundrell	A	15:50.76	13	11	1	PB - 1 st time
Carl Horn	B	15:52.60	14	3	6	PB - 1 st time
Frank Milner	A	15:58.70	15	12	1	
John Rutherford	A	16:04.45	16	13	1	PB - 8 secs
George Schneller	B	16:22.92	17	4	5	PB - 1 st time
Ann Clarence	B	16:25.13	18	5	4	PB - 1 min 22 secs
Kelvin Haisman	B	16:26.66	19	6	3	PB - 1 st time
Monique Batterham	B	16:28.13	20	7	2	PB - 1 min 11 secs
Tanya Bosch	C	16:39.23	21	1	8	PB - 1 st time
Meg Croft	C	16:39.27	22	2	7	PB - 1 min 16 secs
Craig Warner	B	16:48.41	23	8	1	PB - 1 min 3 secs
Richard Kerr	C	16:53.89	24	3	6	PB - 13 secs
Alan Lumb	B	16:54.13	25	9	1	
Simon Pardy	A	17:00.69	26	14	1	
Heydon Miller	C	17:17.89	27	4	5	PB - 1 st time
Steve McMillan	C	17:21.56	28	5	4	PB - 1 min 42 secs
Malcolm Wade	C	17:30.85	29	6	3	PB - 33 secs
Glenn Butterworth	C	17:54.73	30	7	2	PB - 1 st time
Tim Youngman	C	18:05.23	31	8	1	PB - 1 st time
Steve Youngman	C	18:11.40	32	9	1	
Paul Kelly	A		Handler		6	
Paul Davies	A		Handler		6	

2001 Progressive Point Score

Date	3- Feb	10- Feb	24- Feb	T 0
Event	1 Lap	SC TT	LC TT	T A
Name				L
A Grade				
Phil McKnight	6	8	7	21
Stan Genakis	7	7	5	19
Dave Clarence	5	6	6	17
Tom Klemola	3	6	4	13
Paul Kelly		5	6	11
Paul Davies	1	3	6	10
Paul Rigby		1	8	9
John Arkwright	8			8
Eddie Bosch	6		1	7
Dave McAlpin	4	1		5
Dave Pye		4		4
Leigh Ringrose	1	2	1	4
Pete Scott			3	3
John Rutherford	1	1	1	3
Jonathon Lewis	2		1	3
Peter Montford	1		2	3
Frank Milner	1	1	1	3
Shane Maundrell		1	1	2
Alex Simmons		1		1
Simon Pardey			1	1
B Grade				
Tony Johnson	3	7	7	17
Monique Batterham	7	6	2	15
Kelvin Haisman	6	5	3	14
Rob Hood		6	8	14
Doc Guthrie	5	8		13
Ann Clarence	6		4	10
Carl Horn	4		6	10
George Schneller		4	5	9
Mike Larkin	8			8
Craig Warner	2	1	1	4
Alan Lumb	1	2	1	4
Walter Rolli		3		3
C Grade				
Tanya Bosch	8	6	8	22
Richard Kerr	7	8	6	21
Meg Croft	6	7	7	20
Heydon Miller	5	6	5	16
Malcolm Wade	4	4	3	11
Steve McMillan	2	1	4	7
Pino D'aguianno		5		5
Breeda Kelly	3			3
Steve Youngman	1	1	1	3
Tim Youngman	1	1	1	3
Glen Butterworth	1		2	3
Julie Howard	1	2		3
John Slater		3		3
Bruce Field	1	1		2
Dave Bullock	1			1
Ian Cranston	1			1
Women				
Tanya Bosch	8	6	8	22
Meg Croft	6	7	7	20
Monique Batterham	7	6	2	15
Ann Clarence	6		4	10
Breeda Kelly	3			3
Julie Howard	1	2		3