



SYDNEY CYCLING CLUB

Weekly Newsletter

Thursday 31st July 2008

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Hello SCC and welcome to your new Weekly Newsletter. Each week I will endeavour to summarise the news and views from all corners of our rapidly expanding club. With a membership of around 275 plus active Racing, Touring and Charitable programs there is always a lot happening within SCC. I'm hopeful that this weekly communiqué will keep you informed and sometimes entertained. If you would like to include anything in this newsletter you can contact me anytime. Deadline for your submission is Wednesday 6pm each week. The final draft will be emailed to you (via George Schneller) every Thursday afternoon and items that miss the Wednesday deadline will be carried forward to next weeks edition. I would also like your feedback on the form, content and style of this document. So if you have any suggestions email me at: Daniel@fusionhm.com.au



Regards

Daniel Healey—Race Secretary SCC
Mobile: 0438 322 267

Black Dog Charity Ride

Sydney Cycling Club Chase the Black Dog Charity Challenge looms – time to begin registering

The Chase the Black Dog Charity Challenge will be the second SCC Ride for a Reason to Bowral. This year we hoping that around 100 cyclists will participate....More on Page 2

Ride For Life—Sunday 17th August Centennial Park

Race day is fast approaching! I urge all Sydney CC Members to support this years Ride For Life by entering one of the many races that will be run on the day. This event is presented by our club and it is up to all of us to support the great work of Adrian Atherton and Barry Doosey in getting this charity fundraiser off the ground. The Ride for Life is on in 3 weeks and will be held on flat course within Centennial Park. The event is in support of the Oncology Unit at POW Randwick.

Enter online at: <http://www.nsw.cycling.org.au/>

Race Report

Rosemount Estate Open & Muswellbrook Explorer
Saturday 19th – Sunday 20th July 2008.

Tues/Fri Spin Classes

Our resident Spin King Barry Doosey will commence a new series of Spin Classes at TBC Gymnasium. More on Page 2

Last weekend a group of Sydney CC riders made the trip up the F3 Highway to the Hunter Valley to compete in the Rosemount Estate Open & Muswellbrook Explorer road race. Most people associate a trip to the Hunter Valley with fine food, great wine and a relaxing sleep in. And to some extent this was a reality for the only non racer present (me!). However, for the riders this was serious and nerves of anticipation were apparent as we loaded up the Vans...More on Page 3

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Black Dog Charity Ride

Sydney Cycling Club Chase the Black Dog Charity Challenge looms – time to begin registering

The Chase the Black Dog Charity Challenge will be the second SCC Ride for a Reason to Bowral. This year we hoping that around 100 cyclists are expected to participate in this century (100 miles or 160kms) ride via Macquarie Pass to raise funds through individual sponsorship and donations. Last year's Ride for a Reason was a huge success raising over \$32,000 for the McGrath Foundation.

The entry fee is \$95. Register at <http://www.sydneycyclingclub.org.au/> before 30th August (late entries \$120), and includes an exclusive cycle jersey with a unique Chase the Black Dog Charity Challenge design, thanks to sponsors St George Bank, the Steyne Hotel, Manly, and Capitol Research.

Armon Hicks
Road Captain

ahicks@capitolresearch.com.au

Race Results

NSW Time Trial Championships

4th SOFAIR, Jeffrey MMAS3
Sydney CC (34.22.75)

10th WHITFORD, Peter MMAS5
Sydney CC (38.15.32)

5th HANSEN, Grant MMAS8
Sydney CC (37.03.85)

Beaumont Road Race Results 27th July 2008

4th Elliott, Ben A Grade. Should have been 1st but he insists on using dodgy race wheels!!!

Spin Classes: Tuesday + Friday Sessions

From next week Tuesday's mornings will be a High Performance class of 60 minutes (Tuesday 5th August onwards). For our cyclists this will be equivalent to almost a 2 hour ride! I have an exciting, new tracklist to help us through. We will start at the normal time of 6.15am. Friday's class will remain as is though am reviewing the other evening classes with the gym and Adrian. Any buddies will just pay half price (or \$40) for the August and September sessions with the normal rate down to \$80.

Ride for Life + Spinning: Any spinners who enter the ride for life or sponsor me :) will receive:

- a \$40 spin credit, or
- a limited edition Sydney Cycling Club musette, or
- a fit-check, fitness program and private lesson at TBC valued at, well, thousands \$\$\$\$

In summary:

- High Performance Tuesdays - 1 hour
- new tracklist next week
- August/September program open now - \$80; \$40 for partners; \$8 casual
- Ride for Life - 17 August - looking for your support (or money)

Baz D (my new instructor code name)

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Race Report

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Last weekend a group of Sydney CC riders made the trip up the F3 Highway to the Hunter Valley to compete in the Rosemount Estate Open & Muswellbrook Explorer road race. Most people associate a trip to the Hunter Valley with fine food, great wine and a relaxing sleep in. And to some extent this was a reality for the only non racer present (me!). However, for the riders this was serious and nerves of anticipation were apparent as we loaded up the Vans to escape World Youth Day for our own northern pilgrimage.

As a group we are getting used to traveling, eating and sleeping together. After a hassle free drive of just under 3hrs we arrived at our comfortable accommodation to be greeted by our extremely energetic and enthusiastic host. I suspect Wayne and I arrived just after she had 'A Bex & a lay down..?' In fact the Motel owner was so accommodating that leaving our bikes in our rooms and organizing a late checkout on Sunday (at 3.30pm!) was not a problem. This country courtesy was thrust upon us everywhere we went; from the local RSL (glasses of wine \$2 and filled to the brim) to strangers in the street and as David Sitsky found out, this country hospitality can be a lifesaver at times. More on David and the locals later. However the relaxed country atmosphere did not seem to influence the race commissaries. They were as vigilant as always in pinning Chris Wright on the startline in Saturdays Rosemount Estate Open (Div 2) for having his race number upside down. He was number 88? Now take a step back from your computer screen, stand on your head and re-read the number 88. It's still 88 isn't it?

Saturday 19th July: Saturdays Rosemount Estate Open

What a beautiful location. Once you leave the main road and drive into Rosemount you are greeted by a long tree lined boulevard. This constitutes the finishing straight and immediately after seeing this stretch of road I knew that our stronger boys (Wayne Hourigan and Chris Wright) would be in with a great chance. For the division 2 race we had Wayne, Chris and a sick Ben Elliott (who didn't drive up with us due to illness – but came good Friday night and met us on the start line at Rosemount the next day). The plan was for Ben to cover any breaks (which he did – 100 times!), Chris was to stay close to Wayne and shepherd him around the back of the course and Wayne was to conserve as much energy as possible and be fresh for a sprint finish that was made for him. The plan worked with only a slight flaw: a Masters 5 rider was allowed to sneak off the front and he ended up taking line honours. This Masters 5 rider was north coast legend Steve Darracott. I can assure you there is no shame coming in behind Steve even if he is 15-20 years older than the rest of Div 2. Wayne ended up taking 5th on the line with an exhausted Ben Elliott not far behind.

In Division 3 we had David Sitsky and Jamie Bedford while Adrian Atherton rolled out in Div 4 and Grant Hansen was entered in Div 5. I tuned into these races at their conclusion and saw David Sitsky roll across the line mid field (looking fresh as a daisy) with Jamie finishing next to him not even pedaling. I then realized the reason for Jamie free-wheeling home: his chain had come completely off his 13 cog and was jammed between the outside of his cluster and the intersection of his seat and chain stays. This part of the bike probably has a name but I'm not enough of a bike nerd to know it. Jamie would have won by several lengths had he not had this mechanical and both he and I were left to ponder what could have been? Div 4 was a strange looking finish with a group of middle aged men frantically thrashing their bikes from side-to-side but not generating much forward momentum. I was bracing myself for a crash but somehow this erratic bunch managed to stay upright. Adrian was tucked in at the back of the group, comfortably out of harms way. Then in Div 5 I was certain that Grant Hansen would have psyched out his fellow competitors simply by taking to the start line. He rides a handcrafted titanium work of art equipped with Campagnolo Record, SRM Power Meter and assorted bling bits 'n pieces while one of his fellow competitors was wearing welding goggles and carrying what looked to be a hip flask. I noticed this wide discrepancy of gear in Div 5 mainly because I'm jealous, Grants Titanium Baum really is a great looking bike and it reminds me of the days where bicycle frames were finessed into shape, not moulded, pressed and popped out. Onboard his trusty steed Grant rolled in with the bunch.

The ride of the day came from Imogen Vize. Those of you that read last weeks race report will know that Imogen is completely new to road racing. Before her 55km women's event Jamie helped her size up the opposition and had her race plan sorted (Jamie has had a massive influence on Imogen and in a very short time frame has taken her from riding laps of Centennial Park to podium finishes at NSW Open Races). What makes Women's racing so different from the Men's events is just how nice all the girls are to each other in the minutes before the start. Imogen placed 2nd B Grade Women...[More on Page 4](#)



Race Report

Sunday 20th July: Muswellbrook Explorer

After our second night in Muswellbrook we were all feeling like locals. My red Flannelette shirt which purchased at Woolworths in 1991 is still in vogue up there while David Sitskys application of conflicting colour is huge in these parts (Dave, the Yellow Helmet with grey bits doesn't really work with a Red bike). We even acquired a taste for MSG at the RSL which is lingering with me – I'm finding it strange to be eating meals at home that are not shinny. This comfortable and relaxed atmosphere was quickly replaced by deep introspection as we woke Sunday morning to be faced with Zero degree temperature and the challenge of riding 165km at race pace.

Non starters on the day were Chris Wright whose marital leave pass was valid for 1 day, Ben Elliott who put in 100% in Saturdays race and Wayne Hourigan who was struck down by a combined tummy, nasal, head & knee disease. Their spot was ably filled by David Barr whose leave pass was validated by his fiancé for Sunday only. Accompanying David Barr for this jaunt around Muswellbrook – Scone – Merriwa – Muswellbrook was: Imogen Vize, Jamie Bedford and Adrian Atherton. With Jamie making a very rapid and in some ways miraculous return to racing the 165km distance was always going to be challenging however his experience turned out to be enough to get he and Imogen through the entire race. Adrian joined these two after the feed zone (at 80km) to form a 3 rider team. And work as a team they did. As the kilometers ticked over and some very serious climbs were conquered Imogen began to feel the pinch. Up against a very strong female team from Newcastle and a couple of State and National Elite individual female riders Imogen was tired and outnumbered and possibly wondering what she was doing out there? Enter Jamie and Adrian. With their race going up the road (with David Barr still in contention) our two boys controlled the females in the race for the last 50km. This sometimes required the use of skill but in most instances required the use of force. I have not laughed so hard as I did when Jamie recounted the story of how he sent one female rider into the dirt in the finishing straight. No one was injured and it was all good clean fun but the pacemaking efforts of these two helped Imogen to a 6th place in what was a very tough race.

The course for the Muswellbrook Explorer is hard. Grant Hansen and myself drove the entire route in reverse, initially to make it to the feed zone and then to return to the start finish area. The hills are absolutely huge; they are long, steep and for the first (and hardest) part of the race there was a stiff headwind. Another climb appears at the back end of this loop circuit and then just as your legs are dying there is a knee deep water crossing which must be traversed at speed. However this intimidating race was perfect for our two in-form riders David Sitsky and David Barr. At the feed zone David Barr was tapping out an easy rhythm and was sitting 6th overall with around 20m between him and 1st place on the road. We were told that David Sitsky was absolutely flying up the steep climbs before the feed area but after waiting...and waiting...and waiting some more he was no where to be seen. As the last car to leave the feed zone Grant and I figured we would eventually pick David Sitsky up on the side of the road as we headed back to town. But he was nowhere to be seen? Eventually we found Dave at the Start finish where he told us a story about puncturing, then breaking his seat, being abandoned by the neutral spares vehicle, hitchhiking back to Muswellbrook (65km) with broken Red Bike and Yellow Helmet, showering at our hotel and hitchhiking back to the start/finish area wearing no shoes! It was rotten luck for David who really has applied himself to his training in the last couple of months and we were unanimous in our sympathy for him. Of course it is essential that you check your bike is in good working order before each race but who checks that their seat bolt is secure? I suspect we all will from now on.

While David Sitsky was having his own excellent adventure David Barr was learning all about the differences between road racing and triathlon cycling. As an accomplished Ironman Triathlete David was able to stay with everyone in his race until there was 15km to go. The fitness and endurance was there for him but the constant change of pace in road cycling was what unhitched him from the front group, with the hardest parts of the race behind him. David came in around 1min behind the winner and ahead of nearly half the remaining pack. This was a very solid result and David can walk away from this weekend knowing that he has what it takes to be very good at road racing. In fact I'll be negotiating with his partner to let David out to play with us more often.

So there you have it. Another huge weekend where friendships were cemented, abilities were tested and the reputation of SCC was enhanced by a group of passionate ambassadors. I'm sure I speak for everyone when I thank the committee and sponsors of SCC for supporting racing in 2008.