

The Sydney Cyclist

Newsletter: Issue March / April 2008

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Winner of the Front Cover Photo Competition for this issue: - **John Perry**....with a photo of himself in France 2007, riding up Mt. Ventoux. (This was winner by default because it was the only entry—however, a good shot never the less).

Inside this Issue:

- Nothing special really
- Social Stuff
- Touring
- Racing
- and other stuff



Contents

Grant's Rant

Rain, rain, go away.....come again another day. This rain is reallyyyyyy staring to shit me. How about you? Bring back the drought!

Probably the biggest news for this issue is that SCC has now passed the **250 membership** mark. I am never sure where we all are, because we all participate in the many different activities at different times, which are offered by this club, such as training rides on weekdays or weekends, day or weekend tours, social functions, club racing of NSW open racing. To me, that is the best part about SCC, ie its diversity.

One little problem which we have in SCC is apathy, which is common to most social organizations. For example, it would be nice to receive some contributions for inclusion in this Newsletter, from the many (250) club members. For this issue I received one only submission for the front cover photo, and nothing else from the general membership (exception—Tour stuff). I don't really care, because I too am apathetic, just thought I would mention it.

To those new members (and maybe not so new), who may be interested in the racing scene (my particular interest—though with little success), feel free to contact me directly with any questions, and I may be able to help or put you in touch with some of our own very experienced members. There is racing suitable for all standards. I also wouldn't mind some company at the various Cycling NSW races held both in Sydney and country NSW.

On racing, a special thanks to George Tragaris and George Schneller who continue to provide essential assistance with our club races.

An updated SCC kit has been ordered and is on the way. See sample image in this issue.

Finally, I am feeling a bit apathetic, so until next issue....Any contributions from members for upcoming SCC Newsletters are welcome. Send to grantc100@yahoo.com.au

Seeya.



Grant Chellew

EDITOR

grantc100@yahoo.com.au

"Giving up is easy, so don't."

Inside this Issue:

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Corrections—Apologies:

Sorry about all of the wet weather.



President's Chair



Barry Doosey
PRESIDENT



Club Captain's Column

With the end of daylight saving, and the colder starts to the morning, it becomes a challenge to get out. However the Club has lots on with racing, touring and training.

With the dark, wet and wind it becomes all the more important for all members to pass the calls up and down the bunch. The alternative is to stand around and get cold while an unfortunately member fixes an avoidable puncture.

Skills Training

This year the Club will be again run four skills training sessions for SCC members on Saturday mornings starting at 6:30am from Centennial Park.

12th July - Cornering

26th July - Advanced cornering

16th August - Descending

30th August - Pace lining

Please put the dates in your diary. And remember everyone can improve their skills.

Tanya Bosch who is a Level 2 Cycling Coach will be running the skill sessions again for this year.

The two cornering sessions will be held at Heffron Park. The more basic session is for those who know that they are not good compared to the rest of the bunch and for those who want to start racing Heffron. The more advanced course will deal with corners at race speed, U turns and hairpin turns. Descending will take place on "Heartbreak Hill" New South Head Rd Vaucluse to Rose Bay. Pace lining will take place in the park. Please pre-register for sessions as the time gets closer and pace lining is compulsory registration. Each session will be advertised in detail from a couple of weeks before-hand.

For those of you who don't know Tanya Bosch – she has been a member of the Sydney club since 2000 and competes successfully in her age group on the velodrome. She has been coaching professionally since 1995 and specialises in teaching cycling skills to all levels. She also writes programs for all levels of cyclist, tests and writes articles for cycling publications. She is currently coaching a top level U23 and has 2 Masters cyclists contesting the World Masters Road Cycling Championships in St Johann Austria this year. She can be contacted on 0419217974 or on-
yabike@ozemail.com.au

SCC Bunches are training bunches

Finally, all members are reminded that they are welcome to join a faster bunch as their fitness improves, but until you can comfortably and safely hold the pace, please ride down the back, and when spat out the back roll back to the following bunch. The SCC bunches that start from Centennial Park are training bunches, not touring bunches. Bunches that are not training will be advertised as "touring pace".

Keep the rubber side down,



Armon Hicks
CLUB CAPTAIN



Race Secretary's Briefing



Daniel Healey
RACE SECRETARY
VO2 Performance Systems
Accredited Exercise Physiologist and Registered Nutritionist



Racing Bits and Pieces



Luke Youngman at NSW Junior Track Titles



RBCC-Heffron 12 April: Park B Grade:

2nd—Richard Dodds



Success (again) for track star Tanya Bosch at NSW Track Titles.



RBCC-Heffron 4 April: Park A Grade:

1st—2nd—3rd (wonder what club they represent?)



RBCC-Heffron Park 12 April A Grade:

Chris Wright on the limit behind pro Peter McDonald.



Blayney to Bathurst 110km: Grant Chellew at Start with some RBCC mates. Only able to finish 40th out of 90 in 50—65 age group. That sunshine was replaced by pissing cold rain 10 minutes after this photo.

Racing Bits and Pieces

NSW Hill Climb Championships at Mt Panorama Sat 12 Apr

3rd U/15 M Luke Youngman (first Metropolitan finisher)

By my estimate, Luke is our only home-grown club junior to win a medal at a State Championship.

He competed in his first race (a club kilo TT at Heffron Park on a mountain bike) back in November 2005..

He is just starting his 3rd road season, and has certainly come a long way in that time.

Regards, *Steve Youngman*

Saturday Racing at Randwick Botany CC (Heffron Park) is now back to normal start times every Saturday (except Public Holidays)

2.00pm Grades E-F

3.00pm Grades A-B-C-D



Amber Jenkins displays the SCC Kinselas racing kit.

Tour Notes

We're already more than a quarter through the year and some people have had the opportunity to taste some great riding by signing up on either the day or weekend tours. Both Jindabyne and Goulburn were full in a matter of a couple weeks. Even for our day tour to Wollongong and back there was unexpected turn out – with some keen bodies wanting to find out their true pain threshold.

Over the next couple of months the tour focus is on Mountain Biking with Bundanoon first on the list, which is happening over the Anzac period. Check out the dates below for the next two tours and mark these in your calendar. Dust of your mountain bike or rent a bike for the weekend as these trips cater for all levels. Looking forward to seeing you on one of the upcoming Tours!

MTB Bundanoon (Fri/Sat/Sun):	25-26-27 April
MTB Canberra (Sat/Sun):	31 May - 1 June
MTB Katoomba (Sat/Sun):	28-29 June
Road Tour – North Head (2 climbs):	18-May
Road Tour – Patonga Reverse (all day):	25-May



Ellen Loois
TOUR SECRETARY



Tour Bits and Pieces

Jindabyne Tour — March 2008 *by Adrian Atherton*

Jindabyne 2008 - what happens on tour...

Away from work early(ish) on a Friday. Who could ask for a better start to the weekend. The open road, fresh air, blue skies... Well bumper to bumper traffic to contend with of Sydney for a couple of hours is not such a bad thing with the joy of a weekend of riding ahead of you. Literally a taste of things to come at the famous Greengrocer Café in Goulburn, patting the Golden Merino, who cast an imposing figure, especially under lights and then off again down past Canberra. After almost scoring a wombat as an ornament on my bonnet, my mind was cast back to swampen-gate in Centennial Park and I thought I had better watch out as I could get a reputation for myself. Fans of the Young Ones would recall the incident when SPG came to grief (there is a prize if you can correctly decipher that acronym). I recall we arrived in Jindabyne at the friendly time of 1130. This did not pose a problem, as I thought all the hard core tourers would be just kicking into second gear at this stage – especially my room mate GT. I think they had gone extremely hard early and hit the wall, as they had all passed out in bed in their pyjamas. Perhaps they were playing drinking games in their pyjamas, or perhaps it was a good thing that I did not turn up until 1130pm!

Saturday morning was a cracker. The sun was shining, a good spread was put on for breakfast (the food was not bad either!) and everyone spent at least 15minutes putting on arm / leg warmers, jackets, etc, taking them off, and conversely. We set off for our 120km or so like a well oiled machine. GT took about half an hour to declare that we should all ride ahead, and he would look after the ladies.

We cruised to Dalgety heading for Berridale where we had coffee at the winery, moving on to Rocky Plains for a picnic lunch. At both locations our gracious hosts were there to greet us, to give us warmer clothes, take our clothes, etc. Truly magnificent stuff, we all felt like we were on the Pro-Tour with this sort of support. Well perhaps not the Pro-Tour, perhaps the Grand Tours or whatever the best ones are now. A few of us rode on to Eucumbine Dam. Computer queried whether we wanted to ride all the way down to the dam, however, he was rewarded with the most colourful insect spreading its wings for him (and no one else). I think the insect was jealous of Computer's flash haircut and wanted to show him how the Eucumbine insects roll. After 120km or so there was a fair amount of stretching, wearing of skins and general laziness. That is, unless your name is Breed a Kelly and you have to do a 10km run straight after. I felt very jealous and it really affected my three hour afternoon sleep.

Into the early evening there was the standard fare – GnT's all round and various snacks. Then our hosts put on a magnificent feed which really went down a treat. It is quite funny to share a meal with women who actually want to eat, rather than show you how much they are leaving. Talk was about the climb up to Charlotte's Pass the following morning and the handicaps. Doc and Marcus in particular took great delight in shafting people for their own benefit. These indiscretions have been duly noted and will be brought before the kangaroo court when the mongrel/bone nominations come out.

The following morning was very tough indeed. Computer kept our group together well; with me bouncing off the back, until the boys finally attacked the climb. It turned out pretty well with most people completing the climb within a close band of reach other. The benefit of coming up towards the rear though is that you do not have as much time to get cold! A quick happy snap and then the joy of descent. There was a bit more laziness that afternoon, and another 10km run from Breed a. A few of us jumped in the lake, which was nice – once you were in! We went down to the local pizza / pasta place in the evening, which again saw the blokes having to jostle with the Phillies for garlic bread and the like. Truly horrific scenes that take me back to the depression of the 30s.

The next morning though, the cream rose to the top. All that refuelling of the previous two nights saw the hard core ladies in action on the climb to Dead Horse Gap. Martin Wood and myself could barely hold the wheel, as Ellen, Alyssa and Imogen motored their way up this climb, leaving all and sundry in their wake.

The highlight would have had to have been the worst bakery in the world, which is situated at Thredbo. If you are ever in the neighbourhood, don't do yourself a favour!

What a fantastic weekend it was, with something for everyone. A great way to kick start or continue your base program. I look forward to next year's tour, when we will ride on from Dead Horse Gap and make an assault on Tom Groggin.

Tour Bits and Pieces

.....Jindabyne Tour:



Tour Bits and Pieces

Goulburn Tour — April 2008 *by Steven Berveling*

After the lengthy and detailed organising by Ellen for the weekend to Goulburn in April 2008, it actually started early Friday morning, when Walter Rolli and Ellen Loois unselfishly braved the crowds at Haymarket to ensure that those riding in Goulburn would not go hungry on the Saturday evening. Their success in culinary harvesting was the foretaste to a fantastic weekend.

About half of the 26 participants were lucky enough to be able to sneak out of Sydney on Friday morning. Many of us got stuck in a traffic jam trying to get onto Southern Cross Drive, which merely reminded us of the urban challenges which we sought to leave behind. It also increased our desire to get on our bike as soon as possible and enjoy a "warm-up preliminary ride" that afternoon. The delay caused some slight confusion as to whether a number of us could actually get to the Greengrocer Café and Cycle Shop in the heart of Goulburn by the scheduled ride time. Some of us went to Mike's Manor first (where we all stayed), but found it deserted and locked – no matter: we just changed into our cycling gear in the back yard. Others changed at the Café. At 3.00pm, 12 of us set out from the Greengrocer Café in order to check out Middle Arm, a leisurely 48 km ride to the north of Goulburn. We experienced quiet roads, rolling hills, down hills, and (yes) the reciprocal up hills. A terrific precursor of great things to come during the weekend. Later on Friday, we were joined by the remainder of participants and we all enjoyed a great dinner at the Greengrocer Café that evening. The Café people understand that cyclists like food – the wood-fired pizzas were huge and tasty, the pasta was huge, the deserts were there if you were game!

Saturday. Bit cool in the morning – about 7-8 degrees. We got well dressed with lots of gear. Downside was that when the fog lifted and the sun came out, what do we do with all those arm warmers, leg warmers, booties, headbands, and vests? Oh well – just extra weight to carry uphill. Off we set for Crookwell, via Gurrundah - a mere 67 km. Sounds easy. Pity about the (up) hills. We climbed 1200 metres – Mark Cash did not seem to notice.

Crookwell was lovely, good café, good bakery, beautiful autumn leaves. Then the trip home - a shorter route of 44 km, predominantly downhill – yes!. We dropped some 700 metres, where the descenders in the pack showed their stuff: Adrian doing it serenely, Breeda with great glee, the falcon with feathers aflutter swooping down yet still to be caught repeatedly by Michael McCort. Good on you Michael – keep the pack in check! Jake from the Goulburn Cycling Club very kindly accompanied us, to ensure that we took the right turns etc. He was very patient, and delightful company.

After (more) coffee at the Greengrocer Café, we dawdled back home to Mike's Manor, for showers, stretches and G&T's prior to dinner. And what a dinner it was – marinated steaks, potato salad, rice salad, tofu, haloumi, green salad, great breads, chocolates and lollies for dessert, and fabulous company. A terrific time was had by all, even if some of us (i.e. me) snuck off to bed a little early (8.40??)

Sunday morning the weather seemed better than Saturday morning, but unfortunately we were all merely looking east, and when Mike suggested that the sky west was "black as", most of us needed to double check. The sudden hailstorm caused a substantial drop in temperature, and the rain that followed was no encouragement to get on our bikes. Some decided that they preferred to return to Sydney and ride there on Sunday afternoon, whilst others decided to get a coffee at the Café and take a "wait and see" approach. The hardy Adrian took up the challenge of racing in Breadalbane, against the local cyclists. I understand that he enjoyed it despite the weather and being outnumbered. Separately, 11 of us set off at 9.30am to ride to Bungonia Gorge. It was merely spitting a little but the clouds were all around us. Mike from Mike's Manor came with us – he thought it was a nice idea to join us after having been off the bike for 7 weeks. (I am certain that during those 7 weeks he was investing in turbo-charged legs – he could move and was a great inspiration for us.) The nice part of going to Bungonia Gorge is that getting there is predominantly downhill. Great fun- great speeds! We had a little rest at the town of Bungonia, whereafter 9 of us set out further to the actual Gorge. Again, more quiet roads, lovely hills, lovely smells of the bush, and great wildlife. Mr Kangaroo made us very welcome in his part of the woods, loping alongside us for some 300 metres, whereafter he jumped the road boundary fence, crossed the road in front of us, and sailed over the fence on the other side. (Try that on a bike!) Bungonia Gorge is a gorge some 350 metres deep, at the bottom of which is the Creek and the Shoalhaven River. With the steep mountains, the rolling mists, and the viewing platform jutting out over the edge of the gorge, it made for a great halfway mark on our ride.

Tour Bits and Pieces

Returning to Goulburn brought with it the unfortunate truism that when one goes out predominantly downhill, one goes back predominantly uphill. This did not seem to matter to Lee Stickells, who suddenly took off uphill. Quickly joined by Imogen and Mike, and chased by Ellen, they were all not to be seen again until Goulburn town. Others decided a more relaxed ascent would ensure the retention of a heart beat, and this meant that various of us rode the return leg at various speeds. Given the quiet roads that did not matter. We all got back to the Café within about 30 minutes of each other – for lunch and coffee!

And then – the sad realisation that all good things come to an intermission. We returned to Mike's Manor, showered, packed and joined the Highway north.

All told, over the weekend we rode about 240 km, on quiet roads with great hills and fabulous scenery. Mostly in good weather. We all enjoyed the weekend so much and it was a great success – in very large part due to the hard work that Ellen Loois had put into its organisation. Thank you ! Furthermore, the success came also from the very kind and generous help which we received from the Greengrocer Café and Cycle Shop, Mike's Manor, and the fabulous riding facilities around Goulburn, as well as the enthusiasm of all the SCC participants. I look very much forward to doing it all again, and again, and thereafter again once more!



Goulb1.jpg



Goulb2.jpg



Goulb6.jpg



Goulb7.jpg



Goulb3.jpg



Goulb5.jpg



Goulb8.jpg



Goulb9.jpg

Social Notes



Breeda Kelly
SOCIAL SECRETARY



Hogg Heaven

Stay tuned until next issue.



Steve Hogg
PEDALPUSHERS and CYCLEFITCENTRE



Cycling Nutrition—Eat Good



Antioxidant Supplements and Cycling Performance

In response to active bouts of strenuous exercise, our muscles produce large numbers of oxidants or reactive oxygen species (ROS). It is likely that an accumulation of ROS causes damage to cell membranes and may impair immune function. It is thought that these effects may lead to reduced exercise performance, delayed recovery and muscle soreness. As a result, there has been suggestion that athletes and sports people should supplement their diets with antioxidants such as vitamin C and E to protect against ROS and to delay fatigue during exercise.

The sale of antioxidant supplements is a thriving industry; however there is little evidence to suggest that taking antioxidant supplements provides any significant performance benefits to athletic individuals. In fact, some recent studies suggest that antioxidants may have the opposite effect and may be disadvantageous to athletic performance.

The scientists at Gatorade routinely produce a publication that reviews recent advances in nutrition research. Not surprisingly, they are always looking at ways to further improve their product. In their March 2008 issue of SciClips, several antioxidant supplement studies on athletes were put under scrutiny. For example, in one study, the effects of vitamin E supplementation were assessed in individuals who had completed an Ironman event. In another study, athletes were supplemented with vitamin C and their adaptations to endurance training were assessed.

Without going into too much detail, the following key points could be extracted from these studies:

The accumulation of ROS may actually *help* muscles and other tissues adapt to stresses induced by strenuous exercise

Taking antioxidant supplements to reduce ROS accumulation may have a *negative* effect by delaying or reducing these adaptations to stress.

Taking vitamin C and E supplements are unlikely to improve performance or delay fatigue.

So, until the scientists can prove otherwise, get your antioxidants from fresh fruit and vegetables. Remember, the antioxidants are concentrated in the skins so keep peeling to a minimum and eat the skins whenever possible.

Until then, yours in health,

Please note, I would like to continue to offer all SSC members 20% off their first consult. I am conveniently located at Bondi Junction. Ph 1300 364 316



Dr Naras Lapsys
THE BODY DOCTOR
Accredited Practicing Dietitian and Sports Dietitian



Stuff



At left: The updated SCC kit which is currently on order.



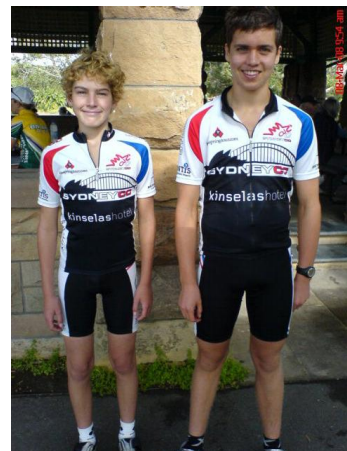
The Belgian Guy—Simon Cuypers back in Belgium in SCC kit.



Steve Shein on new Pinarello Prince—I hate him!!



J24—Duck for Cover—see note by Michael Blaxell next page.



Young Guns: Luke Youngman (13) and Robert Ireland (15)

Stuff

"Two SCC members, being myself and Ed Cox, are going to Sardinia in early June to compete in the **J24** World Championships. The J24 is a 24 foot keel boat which is sailed in most countries throughout the world. It is expected that a fleet of between 70 and 90 will complete in the world championships, and we will be sailing together on one of three boats with all Australian crews.

The event web site is http://www.j24arzachena.it/index.php?option=com_content&task=view&id=5&Itemid=7&lang=en. The event is being sailed out of Cannigione, and that is where we'll be staying from 1 to 13 June. Ed Cox, who owns the Australian J24 'Duck For Cover' and who skippers the boat, has chartered a local boat for us to race in, called "Banda Bassotti". It will have sail no. AUS 185

While we were keen to take our bicycles to Sardinia, airline weight restrictions, and the need to carry sails and gear to the regatta, mean that the bikes will have to stay at home. However, if anyone knows the owner of a bike shop, or anyone else in or about Cannigione who might have a spare bicycle or two, let us have their details, as we would love to get out on the roads around Cannigione flying the SCC colours.

Attached is a picture of Duck for Cover sailing in Perth (see previous page)

Cheers, Michael Blaxell "

FASHION TIP: Never ever wear **BLACK SOCKS** when cycling!!!!

SAFETY TIP: Now that we are heading into the dark season, put fresh batteries in your bike lights. We often find that lights with last years batteries are fading badly after the first 20 minutes or so.....which is unsafe for the rider and the bunch.

Pre-Dawn start to SCC training ride



Proud father Grant Chellew, walking daughter Amy down the aisle in February. (Fortunately, she gets her looks from her mother)



One of our SCC members recently attended a Heathcote High School Re-Union for class of 1971 HSC. This photo fairly accurately captured the period. Won't identify the SCC (male) member, but see if you can guess?

New Members

This page will be dedicated to new members. If you have joined recently please forward info and pictures about yourself and your cycling background to Grant at:

grantc100@yahoo.com.au

Founding Membership in 1978 was a total of **5**. Total current Membership at April 2008 is total **250**.

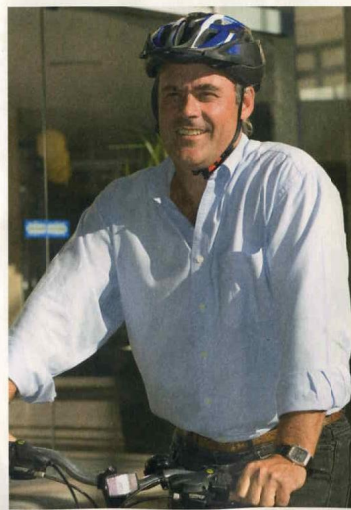
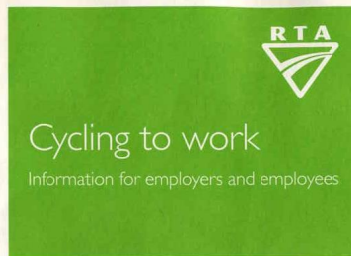
Member Profile

This is not really a member profile, but this issue's victim is long time member and SCC stalwart **Alan Lumb**:

Alan is a very experienced cyclist, and has personally taught me a lot during my five years in SCC. I would suggest that any new members seek him out especially during the Saturday and Sunday bunch training rides. Alan is proudly English (hence photo) :



and has been around for a longgggggggggggg time. I n fact so long, that the RTA has decided that he needs some special assistance, as they have been mailing these brochures:



Sydney CC Sponsors

Thankyou to our Sponsors for their continuing support in 2008:



Sydney CC Committee

President

Phone
Email

Barry Dosey

0411 014144
iconaussie@yahoo.com.au

Secretary

Phone
Email

George Schneller

0418 581951
gschnell@bigpond.net.au

Treasurer

Phone
Email

Kate Roberts

0409 938966
alakate@bigpond.net.au

Club Captain

Phone
Email

Armon Hicks

0414 981372
ahicks@capitolresearch.com.au

Race Secretary

Phone
Email

Daniel Healy

0438 322267
Daniel@fusionhm.com.au

Social Secretary

Phone
Email

Breeda Kelly

0403 503101
cncl@bigpond.com.au

Tour Secretary

Phone
Email

Ellen Loois

0433 066730
eloois@hotmail.com

Newsletter Editor

Phone
Email

Grant Chellew

02 9571 6566
grantc100@yahoo.com.au

