



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
September 2000 Edition



The Bronze team!



Concentration on the start line

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Jeff Linder Fan Club



President's Report



Yahoo!!

That's the best way to describe the feeling when I found out "Team 2" had won a Bronze medal in the NSW State Teams' Time Trial. This was my fourth attempt & Pete Scott's sixth, so you can imagine the podium finish was pretty well received. I'd like to thank Pete, Dave McAlpin and Norman Rydge for putting in a superb ride and to Walter Rolli and Leigh Ringrose for driving the support vehicle and yelling words of encouragement. Dave McAlpin drove the team on the way out, pulling some long hard uphill turns and keeping us in the hunt. Everyone pulled like there was no tomorrow on the way home, putting in gutsy turns, which gives me goose bumps thinking back.

"Team 1", consisting of Wayne Eastburn, Dave Clarence, Paul Kelly and Steve Hobart finished a very credible ninth, out of a field starting 18 teams. Unfortunately they lost

Steve after just 5 kms with a right ergo lever jammed, thus Steve had a gear selection of either 39 x 17 or 53 x 17. If you know the Calga course, this is mission impossible! Also a very good effort considering race day was their first ride together as a team, a baptism of fire for Paul Kelly!

The Men's 4+ team rode the best they possibly could have and finished just 7 seconds off a Bronze medal. These guys trained the most consistently of all our teams, but were plagued with problems in the critical final weeks. Both Eric Waddell and Tony Johnson were fighting off colds, while Frank Milner and John Ruherford were battling with lack of miles. It would have been sensational to send Eric back to Canada with a State medal of any colour. C'est la vie.



Team #1 crosses Team #2 at Calga

The Women's team really trained very consistently for this event, but it was always going to be difficult to beat other teams that consisted of current and former World champions, current NSWIS and AIS members! Ann Clarence was the form rider, ably backed up by Sarah Entwistle, Meg Croft and Julie Avakian who recently joined the Club and fitted straight in. Monique Batterham graciously volunteered to step aside and act as the reserve. They rode their hearts out to finish a very fine fifth. Many thanks also to Tanya Bosch for coaching the girls for the event. Not easy getting up at 5:30am when it's 7°, just to go coaching!



Would you buy a coffee from this rider?

This was not the Club's only podium performance at State level. The previous week at the NSW Road titles at Calga, in the Masters Women's event, Ann Clarence placed second, Julie Avakian third and Meg Croft fourth! A fabulous effort from the girls who only decided the week before to ride the event in preparation for the Teams TT! I really felt sorry for Sarah Entwistle, who in my opinion would have won a gold medal, but was extremely ill on the morning of the event and couldn't participate, being physically ill after her warm-up.

As I write this report (from sunny San Diego!), John Arkwright is in Manchester, finalising his preparation for his pursuit of a medal at the Masters World Track Titles. A "Rainbow" jersey in the bunch really would be something to report on!

The "Voice of Cycling", Phil Liggett has agreed to become the SCC Patron! This honorary position was gratefully accepted when Phil was offered the position via Jeff Linder at a meeting in London a few months

ago. We have a "Patron's" page up on the Club's web site, with some nice words, sent to us by Phil. If his schedule during September will permit, we are trying to organise an inauguration dinner. Watch this space.

Now if you see the Club's jersey on a mannequin in the window of Clarence Street Cyclery, don't get too alarmed, as the Committee has decided to market the Club's very appealing line of clothing through the Clarence street store during the Olympic period. As we have a very narrow stream of income, we saw this as our only legitimate option of cashing in on the Olympics and strengthening the Club's financial position.

Last Saturday we had a Club ride to farewell Mal Lyons who's heading off to the US for a few years in pursuit of a career in science. He'll be based on the East Coast around Maine, so if you're over that way

make sure you drop in and see what he's up to. We had a fantastic turnout, with over 40 riders in the bunch! Everyone rolled back to the Park for some superb pastries and a coffee or three. I'd like to thank Lea-Ellen for arranging the pastries and to Café Niki who subsidised them.



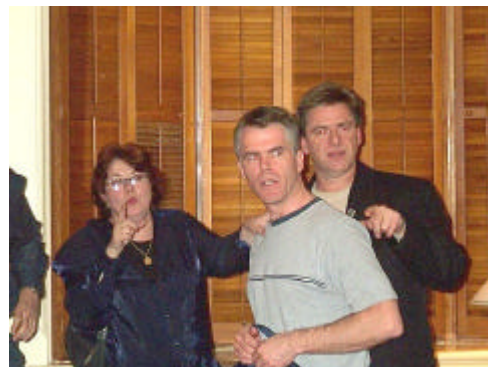
Winning team from the Trivia night

thoughtless remarks prompted Lea-Ellen to resign her position. I'm disgusted that members have provoked this action with their self-interested comments. These same people mind you, have never put their hand up for a Committee position, nor offered to assist in the running of any Club events. I think it's about time these members, put up or shut up. Sam Kosky has agreed to fill the casual vacancy on the Committee in terms of the Constitution until the AGM in November. Thanks Sam.

Phil

The Club also ran a very very successful "Olympic" Trivia night at the London Tavern in Paddington. Lea-Ellen and Sam Kosky did a fantastic job of organising a very enjoyable evening, that had a fantastic atmosphere. The prizes were great and the competition very keen. While the Viper's performance was nothing short of his sarcastic best, Lea-Ellen was disappointed with the London Tavern's effort. Short of cooking the food themselves, Lea-Ellen and Sam couldn't have done anything else to provide everyone who attended a great evening. However, some members did offer up some less than

supportive comments about the evening and these



No! Don't do it!

Phil Liggett - Club Patron!

By Teri Sawers

Bike Friday/pilot man, SCC member Jeff Linder was chatting to me as we rode along one day, wondering aloud 'what was a Patron'? I explained the largely ceremonial role that Patrons play and he filled me in that Phil Liggett, a fellow Bike Friday rider now *[Ed: makes sense if you think about the amount of air travel Phil does]* and increasingly a friend, had kindly agreed to be Patron of the Bike Friday Club here in Australia.

I happily asked Jeff if he could then kindly ask Phil to be our Patron too as SCC was equally deserving! Months later having taken on board this cheerful piece of cheek, Jeff remembered to ask when he had a chance



for a coffee one morning in London with Phil L. "Why not" was the response, and Jeff reported back happily that the deal was in motion and passed on Phil's email address.

Phil and I got in email contact post his Tour de France commitments (just a little more pressing than his Patron duties for SCC I suspected) and Phil McKnight as the club President made the official invitation, which was properly accepted. President Phil emailed him to ask if there might be a brief meeting or dinner during the Olympics but we know his time is hopelessly tight.

So that's the story ... Sydney Cycling Club now has a Patron in the form of Phil Liggett, the internationally renowned 'voice of cycling'. In his younger days, Phil was an aspiring cycle racer and wrote articles for local cycling magazines. His racing colleagues would often secretly tell Phil when they were planning a breakaway, and let him join the break, letting him do no work in the break. They did this so that Phil would write about them in his next article. At one point, Phil was even offered a modest pro contract and declined, because he realised he had a brighter future in sports journalism.

What sets Phil aside from the rest is his poetic language and often subtle allusions. His knowledge of cycling is immense, and his passion for the sport is infectious.

Editor's Column



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

This month is Olympic month. By the time you receive this edition it'll only be a week or so before Sydney and the rest of Australia get Olympic

fever. I dread to think what the roads will be like over the next month or so. All I can say is watch out for pedestrians who look the wrong way when stepping from the kerb, beware of cars driving on the wrong side of the road and please wear your club jersey when out on the bike.

This month's newsletter has lots of photos from the recent NSW Team Time Trial event, Jeff Linder's farewell ride and the Trivia night.

The 'Doc' has written up his trip to the Pinarello factory in Italy complete with pictures.

A reminder; our Hunter Valley Spring Tour and Wine Tasting is on again in October. Details are in the newsletter and Meg, Phil and Suzanne are waiting for your call.

I have grabbed some Olympic stuff off the web detailing courses etc. Worth a read just to find out what SCC are planning for these events.

'til next month, take care on the road.

Malcolm

Race Secretary's Report

Another reminder about the **Rosemount Estate Open** & the Club's **Hunter Valley Tour** during the weekend of **14th & 15th October**. This is a great weekend not to be missed. Please let me know if you intend competing in the Open race so I can liaise with the State Handicapper to ensure you are not unfairly handicapped. This is one of the very few events with a Men's E grade, & entries close 22nd September.

The last month has again been very quiet with only one club race scheduled. A Long Course Time Trial was run & won by Johnathon Lewis. Unfortunately it was cold, windy & rain threatened, so the turnout was by far the smallest of the year. Anyone who did race was guaranteed easy points.

A fantastic effort & **HUGE** congratulations to John Arkwright who has finished fifth in the 40-44 age group 750m time trial at the World Master Track Championships in Manchester. We might as well hand John the Club Kilo trophy now.

Congratulations also to all SCC members who competed at the State Masters Team Time Trial Championships at Calga, particularly the Men's A team who picked up a bronze medal, & the Women's team who, thanks also to the coaching of Tanya Bosch, beat a few of the Men's Mas1-3 teams. The following results were obtained:

Men's Mas1-3 "A" Team (Phil McKnight, Norman Rydge, Pete Scott, Dave McAlpin) 3rd place

Men's Mas1-3 "B" Team (Dave Clarence, Wayne Eastburn, Paul Kelly, Steve Hobart) 9th Place

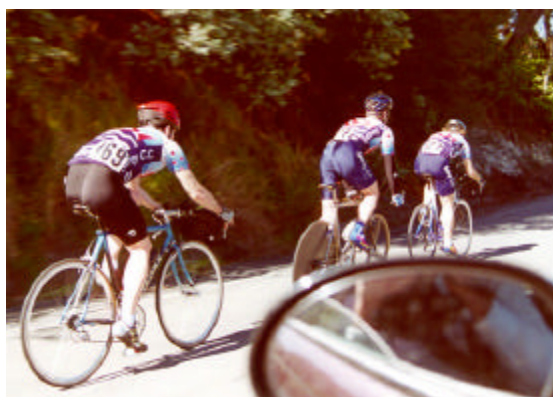
Men's Mas4+ Team (Frank Milner, Tony Johnson, Eric Waddell, John Rutherford) 4th Place

Women's Team (Meg Croft, Anne Clarence, Sarah Entwistle, Julie Avakian) 5th Place.



How to sit on a wheel

R.S.



Hunter Valley Spring Tour and Wine Tasting

14th and 15th October



The ever-popular Hunter Valley race and tour weekend is on again. Also included this year is a wine tasting afternoon following the race on Saturday – see Assistant ASS's notice below.

Accommodation is being organised at the Pinaroo Tourist Park, Muswellbrook in deluxe on-site cabins, on a share basis. Cost will be less than \$20 per person per night.

Members wishing to compete in the race should ensure that their entry is lodged – see Race Secretary's notice in this newsletter.

There will be two days of touring. Saturday - approximately 100kms including part of the race circuit so that we can cheer our team. Sunday - approximately 80-100kms. Members who compete in the race on Saturday may join the tour group for the ride on Sunday.

Our Assistant ASS will also be organising dinner at a restaurant on the Saturday night. No doubt you will continue tasting wines purchased that afternoon.

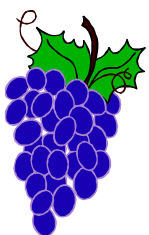


Please advise either Meg, Phil or Suzanne if you wish to participate in the race and/or tour and require accommodation. To confirm your booking we will require \$30 deposit to be paid by **Sunday 24th September**. After that date members will have to make their own accommodation arrangements.

Everyone had a great time on this tour last year. This will be spring cycling at its best! So if you haven't been on a tour this year and you know you will feel like a couple of nice rides in the fresh air on traffic-free roads after stressing out in the Olympic traffic, then this is the tour to be on in October.

**Hunter Valley Tour Committee,
Meg, Phil, Suzanne**

There's only one REAL reason to visit the Hunter Valley, and it's not to ride bikes. . .



. . . but to toast the god of wine, Bacchus.

To compliment the hectic pace of the morning's racing and touring, what could be better than spending a few relaxing hours kicking back in the tasting rooms of some of Australia's premier and boutique wineries?

If enough people are interested to make a real afternoon of it, I am happy to plot a little course of 4 to 5 wineries (shouldn't be able to do more than that if we are able to book their tasting rooms).

Let me know via e-mail (or on a ride) if you are interested. You will need to give a **definite 'yes' or 'no' when paying your deposit.**

I will have to speak directly to the vintner – it's polite to give the number of people in the group.

You don't have to be a wine guru to join us and naturally we can take some of our purchases to dinner.

Sam Kosky



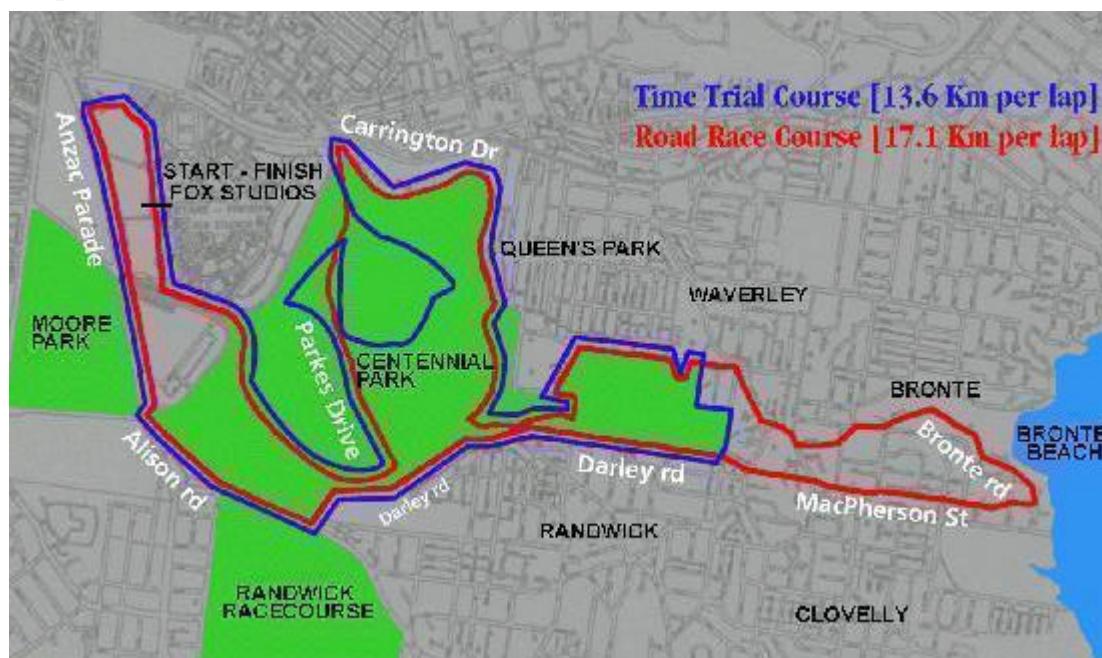
Scenes from the Trivia Night

Olympic Cycling Courses

Now I'm sure we all know about the Olympic Cycling courses but for those that haven't been paying attention here's a quick update and the details (taken from cyclingnews.com). I have also added an SCC section after each event, detailing what members are (considering) doing.

Road Cycling Course - Centennial Park/Eastern Suburbs

Course Map



Course Profile:



Course Description:

The Olympic road course is a circuit of 17km, taking in some spectacular scenery around Sydney's Eastern Suburbs such as Bronte Beach before heading back through the city's green belt of Centennial Park and finishing outside one of Australia's sporting monuments, the Sydney Cricket Ground. At one stage, the race was going to be held on a boring, flat course at Bankstown, in Western Sydney, which would have been a disaster for spectators and athletes alike. However, sanity prevailed and the course was moved back to its present location.

The reinstatement to the original was coupled with a reversal of the route to an anticlockwise direction in September 1999, after an inspection by UCI president Hein Verbruggen, and 1996 Tour de France winner, Bjarne Riis. The reason given was that following cars may come to grief on the descent into Bronte beach. However, there is now a sharp left hand bend on the counterclockwise descent into the beach which is potentially dangerous. Due to the road closure, the riders will not at least have to deal with cars coming up the other way. Similarly, the short but steep ascent up Queens Park road will now be a fast and again tricky descent in the new route.

The race starts outside the Sydney Cricket Ground gates in Driver avenue, and the riders have approximately 5km of flat, open, and fast roads as they turn left into Moore Park Rd, Anzac Parade, Alison Rd, and Darley

Rd, skirting around Centennial Park. This will be a key part of the course for those wanting to gain position before the more technical climbs and descents begin. This will be dependent on the wind, however.

The first incline is encountered up Darley Rd up to McPherson St (800 m at 5%), which will not hurt at first but will be a drag later on, especially as it is relatively exposed to the left. The short 700m descent into Bronte beach follows, with the riders negotiating the sharp left hand bend mentioned earlier. The bottom part is quite steep, and speeds of around 90 km/h should be reached. This is certainly one of the more spectacular parts of the course for viewing, although there won't be much in the way of attacking going on.

The hardest of the climbs follows immediately after (1.2 km at 6.6%) - it is split into three sections, with a flat spot in the middle for 150m. Although the momentum of the bunch will make it fairly straightforward early on in the race, it will start to hurt by the halfway point. The road is narrower here and the position gained before the descent will be crucial for those wishing to make the selection later (or earlier) on in the race.

At top, the route follows Bronte Rd for 300m before turning left into Victoria St and then Queens Park Rd. A 300m fast, sweeping descent follows, again allowing for some spectacular viewing, before levelling out and turning left into Baronga Avenue. Left again into York Rd for 500m, and then a sharpish right into Centennial Park via the gates at Musgrave avenue. The riders will then turn right into Grand Drive (normally one-way the other way) and ascend for 1.2 km at 3.3% on the final climb of the circuit.

Although not particularly steep or exposed, the top part of the climb up Robinson Drive and Loch Avenue could see the winning move late in the race. A sharp left at the top, followed by 800m of flat (Carrington Drive), then a left again down Parkes Drive. Not an overly steep descent, but it is 1.2km of straight downhill which may make it tough for a lone escapee to hold off a charging bunch. Then it is right into Grand Drive again for 1.2km of gradual downhill/uphill, then left at the top along Lang Rd for 500m before the final right hander into the finishing straight. The finishing drag is slightly uphill for approximately 500m from the corner and could well be a tailwind, if Sydney maintains its usual September weather patterns - definitely not a given.

The key selection point will probably be the narrowish climb up Bronte road, as position as much as strength is important here. Riders caught behind any crashes down into Bronte will find it very hard to recover up the other side. However, the winning move may come as mentioned above on the last incline in Centennial Park, with approximately 4km to go. If the wind is favourable down the hill afterward, a lone rider may stay clear, or more likely a group of three. The final sprint will have to be timed perfectly, as those who want to win will have to resist the temptation to go from the corner, unless there is a tailwind. The finish outside the Sydney Football Stadium will be great viewing.

The time trial course is just a shortened version of the road course, cutting out the descent into Bronte by turning left at the top of Darley Rd into Carrington Rd. Then it is left into Victoria St, and Queens Park Rd as for the road race. The course is not overly technical, compared to the full course, but there are still enough turns in it.

SCC:

Well it's free to watch. A number of members have been discussing suitable places to view the racing. Queens Park seems a good spot where you should be able to watch the uphill stretch, then the re-entry to the park, maybe even running back to see the bunch re-enter Grand Drive on their run to the line. There is also an option of grabbing a spot near one of the video screens in the park if the weather is good. Alan Lumb has also been investigating the restaurant at the Robin Hood Hotel in Charing Cross. Late breaky and a 3 course lunch, window onto the course and Foxtel for the live action. Interested parties should contact Alan on 9387 5972 (h) for more details. Cost will be approx. \$40pp.

The Dunc Gray Velodrome - Bankstown

Track size: 250 metres.

Total length of track timber when laid end to end:
60 kilometres.

Number of nails used in construction: 360, 000.

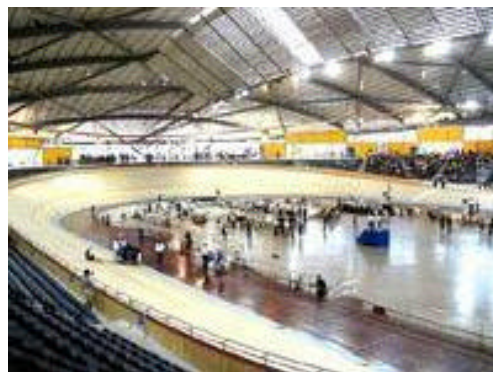
Track racing surface: Baltic Pine [Finland]

Surface angles: 42 degrees maximum [mid bends], 12 degree minimum [straights].

Track safety [duck board] width: 5 metres.

Track racing surface width: 7 metres.

Seating capacity: 3000 [6000 Olympic games]. The Velodrome has 3000 permanent spectator seats, ranked to provide the best



possible viewing.

Track Information: The building contains athletes' change rooms and gymnasium, race and commentary facilities, venue and management rooms, spectator amenities and retail services. The metal decked roof contains glazed central skylights which have light control louvres. This enables natural lighting to be utilised and helps to eliminate shadows on the track. The louvres also enable warm air to be ventilated out of the velodrome and cooler air to be drawn in. Bicycle stands are situated at key entry points for spectators and competitors cycling to the venue. Access features include ramps, wheelchair seating, a lift, accessible amenities, accessible parking and tactile signage.



The 11,000 square metre fully enclosed velodrome is located on a 3.5 hectare site within the existing sporting complex at The Crest Park, Georges Hall, 3.5 kilometres from Bankstown Railway Station.

Dunc Gray: The Velodrome has been named after Dunc Gray, the first Australian cyclist to win a gold medal. The medal was won in 1932 in Los Angeles. Dunc Gray was an athlete who is passionately committed to the sport of cycling and was involved in the bid for the 2000 Sydney Olympics. He passed away in 1996 when he was 90 years old.

SCC:

You'll need tickets (obviously). Some are still available according to the Olympic Web site. Good thing to ask around to see who else is going and maybe arrange to meet up.

Mountain Bike Course - Fairfield City Farm

How to get to the course:

Fairfield City Farm is a 186 hectare working farm located less than an hour's drive from the central business district of Sydney. Exit off the M4 Motorway at Wallgrove Road, take a left and then follow the Fairfield Farm signs which are brown. Parking is free.

Course Map:



Course Description:

The course is 6.9km long and passes through a variety of challenging terrains, providing the mountain bike competitors with an extremely rigorous ride.

Course designer, Glen Jacobs, planned the first half of the main course especially to give onlookers and the media a wonderful and exciting view of the action, as well as the beautiful views outlining the city. They are able to follow the competitors around sections such as the Dharuk Downhill and the Cauldron.

Cockatoo Gully to Double Dams is where the riders will reach their highest speeds as this is the biggest decent in the course. They are then introduced to a steep rise in the landscape and will reach the highest point in the course up at the Reservoir. Towards the end of the course they will have to climb one more back-breaking rise before they charge themselves up for the 50 metre dash down the straight towards the finish line. The mountain bike course has already been tested for the demands of Olympic competition during the 1999 Diesel/UCI Mountain Bike World Cup.

SCC:

A number of members have tickets to attend both the Saturday (women's) and Sunday (men's) sessions, your editor included. Best way out to Fairfield seems to be via train to Bankstown, then the free bus. It's a 1100m walk from the drop off point into the course proper. Again, let's all discuss over coffee and see what we can work out.

The Former SS Report



The Games of the Sydney Olympics are upon us.

The SCC held an Olympic Trivia night on August 15th. The contestants, the prizes and the questions were all great. Sadly, the venue let us down ... so we won't be going back there. (London Tavern, Paddington – put it on your list of places not to visit in this lifetime!)

However, to concentrate on the positives, some of you have brains that are absolutely crammed with Olympic Cycling, Olympic Swimming and Tour de France trivia! Congratulations!

It's not too late - you can still Test Your Trivia Skills!

For those of you who missed out on our Olympic Trivia Night, the club magazine will publish the questions and the answers separately. (No cheating guys!) If you score more than 65%, congratulate yourselves; that was the winning score on the night.

Overall winners of the Grand Prize for the Smartest Olympic Trivia buffs were **Suzanne Lyndon**, **Alex Simmons** and **Dave McAlpin**. As well as their keepsake Olympic "Gold" medals, they received cycling outfits from Netti. Watch for them as the weather warms up!

Hell's Bell's – More Farewell's

Since becoming Social Secretary of the SCC, I have "farewelled" Johnny Stanton, Mike Robertson, Nanami Jingu and Bob, Pete Smith and Don Beavis.

Recently Jeff Linder left us following a promotion with his airline, and Anton Allen managed to slip quietly out of Sydney and into Hong Kong. Mal Lyons was farewelled in Centennial Park with tasty bagels, snails and muffins thanks to an inspired idea from Phil McKnight and the generous cooperation of Café Niki in Surry Hills.

In November or early December, Eric Waddell leaves us to rejoin his wife and daughters in Canada. Some of these guys will get the chance to come back for prolonged visits. We have lots of enthusiastic new members, welcome to those of you who have just joined the SCC.

AGM is coming up in November

Our Annual General Meeting is coming up in November. Whether you are new to the club, or have been a member for ages, if you are brimming with enthusiasm and ideas to help make the club even better, please come along. If you can find time to help the club, then you might consider being nominated for a position on the committee! (there must be a ballot if more than one person wants a position).

ASS takes over the reins!

Due to a demonstration of star quality, the ASS Samantha Kosky has been encouraged to take, and has graciously accepted, a more prominent role in organising Social Events. There is a lot of work involved in organising social events, so please give Sam all the help she needs. For those of you who have breathed a sigh of relief re nagging e-mails, the bad news is, I've offered to help Sam until the AGM, so those emails won't stop just yet!

Regards,

Lea-Ellen



Jeff Linder fan club

Olympic Advice for Travellers to Australia

Extracted from cyclingnews.com

You've just spent the best part of three weeks (or what feels like it) at high altitude in a water retention/disease propagating device known as an "aeroplane" and have made it onto Australian soil in one piece. Bikes and baggage? Well, they're probably out at Nar-Nar Goon somewhere but the nice man at customs assures you that you'll have them once the chaos of the Olympics dies down...

Then you are attacked by three crocodiles whilst trying to hail a cab and taken to your point of residence where people keep muttering "cobber", "blue" and "carnastanawordysayin". What gives? In such a harsh foreign land, you need help. The following should be all that you require.

Sydney: A visitor's guide

- ➔ When in the water at Bondi, always be sure to wave enthusiastically to the lifeguard, so he'll know exactly where you are.
- ➔ The tolls on the harbour bridge are voluntary. You should only contribute if the toll officer sings for you, or at the very least plays an instrument.
- ➔ When visiting the top restaurant the Rockpool, be sure to joke with Neil Perry about how he lost his Good Food Guide hats last year. Neil is very relaxed about it, and finds the jokes "hilarious".
- ➔ It is traditional to bargain with Sydney taxi drivers over the fare. On no account pay what is on the meter, as this will be sure to cause offence.
- ➔ Before attempting the traditional climb of the Opera House sails, always remove your shoes.
- ➔ Money lost at the Star City Casino is refundable at the end of the night. Just have a word to one of the kindly security guards.
- ➔ You'll find Kerry Packer's luxury yacht, Arctic P, moored in the harbour. Just clamber aboard, as Kerry loves surprises.
- ➔ The Olympic "Clearway" lanes are kept completely clear of traffic so as to provide cheap parking.
- ➔ The monorail is no longer in service. The metal track, though, is now available to American visitors for rollerblading, or simple sunbaking.
- ➔ When surfing at Bondi, do not be surprised if a hooter sounds and the swimmers around you head for the shore. This is a local custom to allow our visitors to have uncrowded enjoyment of the waves.....and if you happen to have a shark appear - they are very tame and love to be patted on the nose.
- ➔ Sydneysiders love to hear constructive feedback especially if given with our favourite accent: British. If you can think of any way to improve our city - perhaps in your country you've found a better way to do something- tell the Sydneysiders you meet in as much detail as you can. They'll thank you for it.
- ➔ Tourists crossing the Harbour Bridge will be pleased to know that Bureau de Change offices are installed in all lanes, where you can charge your home currency for Australian dollars. Feel free to haggle to get the best exchange rate.
- ➔ Sydney has vibrant drinking houses and a lively tradition to match. Join in the fun by following a local custom - after every third drink, catch the eye of as many people as possible and call out loudly, "It's my shout!".
- ➔ Parliament House is open to the publicFrom the public Gallery it is possible to see one of Australia's finest actors, Robert Carr, perform in the role of Abraham Lincoln.
- ➔ If sunburnt while in Sydney a good remedy is to sleep naked between fresh bed sheets, which have had a hand full of Bondi sand sprinkled liberally between them.
- ➔ While bathing in the Harbour remember that any Jelly Blubbers you may swim into can be used to beef up your bra or sluggo size. These do-it-yourself beauty enhancements come in many different sizes and colours and are GST free.
- ➔ Keep an eye out for one of the hundreds of delightful creatures that decorate our beautiful beaches, The Blue Bottle. You'll have hours of fun picking these creatures up by the tail and swinging overhead.
- ➔ Visitors to Sydney will notice a unique road service provided to assist tourists: special sightseer lanes on the Harbour Bridge and elsewhere, marked B-U-S, which stands for Banned Unless Sightseeing.
- ➔ Don't worry about getting to the station early - Sydney trains always run on time.
- ➔ The "T" lane means Tourist Lane, so that Tourists can stop on the Harbour Bridge to look at the Opera House.

- ➡ Small silver scooters are ubiquitous throughout the city and are provided free by the State Transit Authority....just approach someone riding one and ask them firmly to give up the scooter...they may protest...but don't be put off. You may need to physically wrest the scooter from the other rider.
- ➡ Unless you have 'top cover' travel insurance, do not attempt to drive across the Harbour Bridge as the trip up and over the arch is extremely hazardous.
- ➡ Should any visitors have any problems when travelling please call 9333 1000 where the large number of helpful staff will offer all advice and assistance.
- ➡ Vegemite is a very mild flavoured chocolate for putting on bread. To fully appreciate it you should spread it at least 1 inch thick.
- ➡ Most Australian families leave all their clothes at the front door (a bit like the Japanese do with their shoes). If you are invited to an Aussies home, disrobe as soon as you enter the front door.
- ➡ When a local says he's going to "shoot through" take it literally - and run for your life.
- ➡ If you want to see kangaroos, stand on George Street at 5.05 pm and yell "cooe" five times - reminding them to come out of their burrows under the Queen Vic building.
- ➡ 'When visiting the Opera House - rows A to K are best for mobile phone reception and for flash photography....
- ➡ The viewing windows from the Sydney Harbour Tunnel are open to the public outside peak hour. The best access is via the southbound tunnel: parking is provided at intervals along the tunnel.
- ➡ Due to the huge number of international tourists visiting our city and touring around the countryside, the government has decided to temporarily amend the road rules. All tourists will be allowed to drive on the right side of the road until the end of the Olympics.
- ➡ The locals at Bondi Beach have invented their own competition. So far Mark from Ireland has managed to consecutively hit 4 tennis balls directly onto the volleyball court from the beach. Anyone who beats this record will have their name recorded in the local newspaper's special Olympic edition.
- ➡ Finally, "The Games" on ABC TV at 6pm weeknights is required viewing for all visitors.

Local and Overseas News

Current national and international news (typically sourced from <http://www.cyclingnews.com>, <http://www.velonews.com> or <http://www.InfoCiclismo.com/>):

- ➡ **Australia on top at the Junior Worlds.** Reported in last month's **Sydney Cyclist**, our Australian Juniors were well on their way to wiping the rest of the world at the Junior Track Championships in Fiorenzuola D'Arda, Italy. We're happy to report that after 5 days of racing our Aussie juniors came out on top, winning 4 gold and 2 silver medals. Well done to you all.

<u>Nation</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>	<u>Total</u>
Australia	4	2		6
France	1	1	3	5
Italy	1	1	2	4

- ➡ **For the women of the club.** Kate Rowe reports that at the end of November, the women's commission is running a weekend training camp just outside Foster suitable for all grades of riders. Cost will be about \$130 for all meals and accommodation.

There will be plenty of training, skill training and hopefully coaching from some women from the national team. As long as women have either a full racing license or tri license, they can come.

All women will be receiving a letter about this in early October, but it's good to think about it now. I have been on one of these camps before and they are great. Places are limited to 25.

Also for the Hunter Valley 2 Day Tour. The women will be graded ABCD not in age groups.



Adding up trivia scores is a tough job!

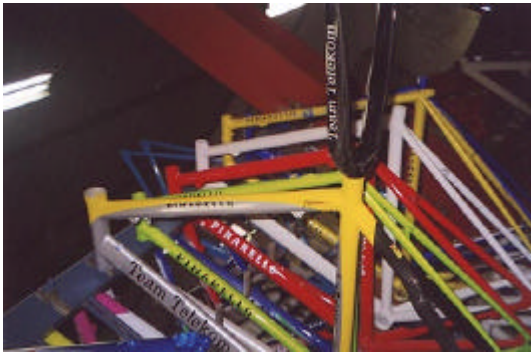
Pinarello Factory Visit

By 'Doc' Guthrie

I understand that the best bike frame is the one we are riding.

However, after my recent visit to the Pinarello Factory in Italy, I walked away amazed at the dedication and skills that goes into making a quality bike frame. Also I now understand a little bit more about the strength of the Italian small and medium Enterprise sector which is the economic powerhouse of northern Italy.

Pinarello frames have been placed either 1st or 2nd in all the Tour de France over the last 10 years. The factory receives twice as many orders per year as what it can produce. There is currently a 6 month backlog of orders. Over 70% of the output are the top line Opera, Prince and Paris frames.



This factory has been responsible for two recent major advancements in frame building over the past three years; the new style headsets and the mixing of various materials such as carbon rear stays. Pinarello frames were used by two teams on the Tour this year (Telecom and Banesto) and a number of other major European teams. Their frames will also be used by the Italian, German and Russian teams at the Olympics this year.

On the Monday after the my race/tour (see last SCC newsletter for report), I contacted the factory to see about a visit. My Italian is not great so I employed an attractive Italian interpreter (it always helps in Italy!) to help with the negotiations. The person we were talking to had to ask Mr. Giovanni Pinarello (the father and founder of the factory) for permission! The factory manger was also worried that the workers should not be disturbed too much. I was lucky enough to get the nod and joined an English tour lead by the UK importer. The tour lasted 2½ hours, with the factory little more than a big farm shed, this left plenty of time to drool over Pinarello bikes.

At the start of the factory tour we were meet by the one and only Fausto Pinarello. The group was then shown through the various stages of frame building from the raw material, buffing, to adding the various bits to the finished frame. The highlight for me was the paint shop in which I saw a similar colour scheme to my own bike being applied by the painter. All the frames are individually painted and it was a work of art to watch him work on to the frame the various details that make a Pinarello colour scheme unique.

Then to the store; as a Professor of Management, I was surprised to see an old fashion stock control board with ins and outs in chalk!!!. The only computer I saw was the one used to place the individual number of every individual frame that is built in the factory. Unlike the latest American management style of mass production, Taylor work practices, and computerisation and knowledge management this was a traditional family business run on old fashion values and methods.

It was explained to the group that all employees have a long term relationship with the family and each has specialised skills that they brought to the team.

On the tour some of the following highlights were spotted. On the finished rack there were a special order for DeGrandi bikes in Geelong, the Russian Olympic team bikes and a row of the new Opera large tubing.


Also spotted was a Team Telecom frame in yellow, waiting for Ulrich to again win the tour. We were told that a green frame had already gone to Paris for Zabel!!

To finish the visit, the old man Pinarello dropped in and of course I was able to get him to sign a shirt from the Gran Fondi Tour and have my picture taken with him. I am really becoming an old age groupie.

In all a very sobering thought to see the factory in which my bike was created, as now I know that my bike was hand built by a dedicated family business. Mr. Pinarello spoke of his bikes as being compared to the Ferraries of the motor world. On a sobering note there are no bargains to be had at the factory shop, the standard reply was you must deal with the importer and if Paul and my experiences are an indication we were actually given a very good price on our new bikes!



Club Calendar

Day	Time	Venue	Comments
9 th -10 th Sep. ⇒ 9 th	06:50	Cannons	2 Day Tour a) SC TT - FMM (8/7/.../1). Handlers: TBA
	08:00	Heffron	b) Criterium Rd 5 (10/9/.../1). Handlers: TBA
⇒ 10 th	09:00	Yanderra	c) Hilltop Rd 2 (12/11/.../1). Handlers: TBA
16 th -21 st Sep. 23-24 th Sep. 26-27 th Sep. 30 th Sep.		Bankstown Fairfield Farm Eastern Suburbs Eastern Suburbs	Olympic Track Cycling http://www.olympics.com/eng/schedule/ Olympic Mountain Bike Olympic Road Race Olympics ITT
7 th Oct.	07:15	Heffron Pk.	Criterium Rd 6 (10/9/.../1) Handlers: TBA
9-15 th Oct.		Plouay (France)	World Championships http://www.uci.ch/
14-15 th Oct.		Hunter Valley	Hunter Valley Sprint Tour & Wine Tasting (<i>see details in this edition</i>)
22 nd Oct.	09:00	Yanderra	Hilltop Rd 3 (12/11/.../1) Handlers: TBA
4 th Nov.	TBA	TBA	Hill Climb Championship - FMM (8/7/.../1) Handlers: TBA
11 th Nov.	06:50	Ocean St. Gates	Ext TT - FMM (8/7/.../1) Handlers: Teri Sawers & John Newbery
18 th Nov.	06:50	Cannons	SC TT - FMM (8/7/.../1) Handlers: Norman Rydge & Pete Scott
19 th Nov.	06:30	Moore Park	Sydney to the Gong ride.
2 nd Dec.	07:15	TBA	Kilo Championship - FMM Handlers: TBA
3 rd Dec.	08:00	North Sydney to Parramatta Park	RTA Cycle Sydney.
2001 16-21 st Jan.	-	Adelaide	Tour Down Under http://www.tourdownunder.com.au/
31 st Mar to 8 th Apr.	-	Oberon to Forbes	RTA Big Bike Ride http://www.bicyclensw.org.au/events/index.html
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.
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. The bunch rolls easily until Foreshore, picking up the pace at La Perouse for the run home. Faster riders hammer off the front but the main bunch re-groups after first hills and finishes the ride as together as possible. Rounds off at Bar Coluzzi, Bondi Junction 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. or Gentlemen's Ride, medium/average fitness level, 45km. Ride with the main bunch until the pace picks up at Port Botany, then roll off the back to complete the ride at a slower pace. Finish at Bar Coluzzi as above about 8:30am.

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 Royal National Park (110km). Main bunch U-turns, pacelines back to Sutherland, collects the stragglers, then a fast ride back to park for breakfast. or Gentlemen's Ride, medium/average fitness level. Ride with the main bunch to Taren Pt. then maybe Sutherland or Waterfall as best you can with the main bunch (60-90km), Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80km) or maybe even Sutherland, then back via Como and Hurstville (70km). 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.

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

SCC Contact List

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Secretary:	Paul Rigby	0419 205 113 (m)	prigby@ozemail.com.au
Treasurer:	Gary Stevenson	9360 5575 (h)	garystev@ozemail.com.au
Race Secretary:	Steve Hobart	9698 9440 (h) 9598 9474 (w) 0416 146 804 (m)	shobart@comtech.com.au
Race Sec. Assistant:	Malcolm Lyons	9518 1297 (h)	m.lyons@hri.org.au
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Submission Details: Next Deadline: **2nd October, 2000**. Please submit articles to Newsletter Editor via e-mail or post to **108 Rothschild Ave, Rosebery, NSW, 2018** or **Club PO Box**.



Norman Rydge and his fan club!



Familiar sight in the team TT?

SCC Event Results

LC TT, Centennial Park, 2nd September, 2000

Name	Grade	Time	Place Overall	Place in Grade	Points
Jonathon Lewis	B	16:23.42	1	1	8
Frank Milner	A	16:42.26	2	1	8
Steve Hobart	A	16:54.73	3	2	7
Eric Waddell	B	16:56.45	4	2	7
Paul Kelly	B	17:01.13	5	3	6
Phil Gomes	A	17:16.67 (PB)	6	3	6
Tom Klemola	B	Handler			6
Dave Bullock	C	Handler			6

For Sale

- **Cannondale Delta V1000 MTB 18"** (medium). Shimano XT/LX gears; Coda bars, brakes & cranks; Headshox front suspension. Excellent condition, hardly used: **\$1,950**. Contact David or Ann Clarence on **9326 4710**.

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!

- ➔ After last months 'female' comments ... here's another. One of our female members was enthusiastically talking about the new race wheels she was going to buy. "What sort are they?" was the obvious question posed. "Oh I don't know but they're expensive and they're orange"! Supplied by AOL or that coloured communications company perhaps?
- ➔ **Road rage.** It has been reported to me that one of our members was recently involved in a road rage incident. He and a training partner were descending into Rose Bay at speed (as one does). The two were separated and taking their lane (as you do). Unfortunately a motorist managed to get in between the two and then proceeded to use his horn as an indication of his impatience at being held up. Apparently the front rider finally had enough of this, stopped and proceeded to start a discussion with the driver. At this point the driver moved forward, nudging the riders bike which enraged the rider so much he physically removed the number plate off the car and told the driver "if you want this back ... I'll see you at Rose Bay police station"!

The two riders then proceeded to the local cop shop and were reporting the incident to the desk constable when in walked the motorist to report the cyclists for their behaviour and the damage to his car.

After the motorist had left, the desk constable then started to admonish the cyclists about their conduct and it was at this point that one of them identified themselves as a police Inspector (this identity had remained completely hidden up to this point)!
- ➔ Which club president recently performed a 1kph somersault over the handlebars whilst negotiating a gutter in Watsons Bay on Jeff Linder's last ride?
- ➔ **Teri's Shortcuts!** On a recent early morning Wednesday ride your editor and Leigh Ringrose were treated to a classic shortcut by Teri to avoid the climb back out of Bronte whilst checking out the Olympic Road Race circuit. The shortcut turned out to descend rapidly downhill followed by a much steeper uphill section; causing us all to grovel for bottom gear (42x19 in Leigh's case!). As we turned back onto the course proper (about two thirds of the way down the Bronte hill) there was the tougher group coming back up. Nice one Teri!

2000 Progressive Point Score

Date	16- Jan	29- Jan	12- Feb	26- Feb	25- Mar	09- Apr	29- Apr	13- May	20- May	03- Jun	17- Jun	24- Jun	15- Jul	05- Aug	05- Sep	C R	T O
Event	1 Lap	SC TT	LC TT	Ext TT	1 Lap	H'top Rd1	Crit Rd1	Crit Rd2	SC TT	Crit Rd3	2 Lap W'Race	LC TT	Crit Rd3	1 lap FMM	LC TT	FMM	A L
Name																	
A Grade																	
Frank Milner		1		1	1		7	10	6	7	6	4	6		8	30	57
Phil McKnight	7	8	8		7	1			6	1		6	10			11	54
Paul Rigby	8	6	7	8	8	5							9			9	51
Mel Licker					6					9	8	8	7	6		16	44
Dave McAlpin	4	4		4			6	1	8	1	3	7				2	38
Anton Allen	6	5	4	7		1	1	1	7				5			7	37
Eddie Bosch							10		5	1	2	5	1	7		12	31
Paul Davies	5	6	5	3	2	1	1	1	2	1			1	3		4	31
Stan Genakis	1	3	3	5	6	1						6		2			27
Pete Scott		7	6	6					3								22
Steve Hobart	2	1	1	6								3	1		7	1	21
Leigh Ringrose					3	4		1	4	8						9	20
John Arkwright	6													8			14
Malcolm Lyons	3		2	2	4	2				1						1	14
Wayne Eastburn					5	1		1						4		1	11
Steve Hogg	1	2	6														9
Dave Clarence						1								5			6
Alex Simmons							6										6
John Rutherford			1	1													2
Phil Gomes							1								6	1	7
John Newbery	1																1
B Grade																	
Paul Kelly	7	6	5	5	7	1	8	7	8	1	1	6	1	5	6	17	74
James Guthrie	1	1		6	4	11	9	9	5	10		5		4		28	65
Tom Klemola	4	7	8	7	8	9		1	2						6	1	52
Tony Johnson		6	6	8	1	6		4	1	1	1	7	1	8		6	50
Eric Waddell	3			4	2	10	5	3	7	2	1		4		7	14	48
Jonathon Lewis					6							8	8	6	8		36
Steve Youngman	8	3	1	2	6			8	3							8	31
Rob Wilson	6	5	7		6		1		1	1						2	27
Walter Rolli							6		4	4	7		1			5	22
Michael Larkin	1		2		5				6					7			21
Alan Lumb	5	2	3	6	1	1											18
Sally Thomson			4		3	7	1									1	15
Mark Meltzer		8						1								1	9
Dave Warneford	2			3													5
Simon Kenny		4															4
Bruce Field			1	1													2
Roy Keyes													1			1	1
C Grade																	
Monique Batterham			8	8	4		6		8	1	4	8	3	7		10	57
Dave Bullock	7	7	7	4	5		1	1	4				1	2	6	3	45
Kate Rowe	6	8		7	6		3					7	1	4		4	42
Tanya Bosch					8	8	4			6		6	2	5		12	39
Malcolm Wade	3		6	6			1		2	1	5	6		6		2	36
Con Roubis					7	1	1	6	6	5		4				12	30
Meg Croft	5		6	5			1		1		1	5	1	3		2	28
Tim Youngman	8	6		6				2	3							2	25
Ann Clarence						12								8			20
Sam Kosky	2		5		3	3											13
Andrew Price									7	3	1		1			4	12
Danielle Jolly							2	5	5							7	12
Ian Cranston		3	4	3													10
Steve McMillan						1	1	1		1	1	3	1	1		4	10
George Schneller						1				6	1						8
Kim Gordon		6															6
Gary Stevenson		5				1											6
Sam Cooper		4												1			5
Teri Sawers	4																4
Richard Kerr									1								1
Ryan Catzel														1			1
Women (top 6)																	
Monique Batterham			8	8	4		6		8	1	4	8	3	7		10	57
Kate Rowe	6	8		7	6		3					7	1	4		1	42
Tanya Bosch					8	8	4			6		6	2	5			39
Meg Croft	5		6	5			1		1		1	5	1	3		2	28
Ann Clarence						12								8			20
Sally Thomson			4		3	7	1										15

Please report all inaccuracies to the Race Secretary