

The Sydney Cyclist



OFFICIAL NEWSLETTER OF THE SYDNEY CYCLING CLUB
ISSUE 06 → JUNE 2004

SCC ON PINO'S TOUR IN ITALY – GIRO D'ITALIA 2004



Photos courtesy Steven Sheirn.

NSW ELITE CRITERIUM CHAMPIONSHIPS

I must admit, I was a bit scared on the starting line – those girls (and their legs!) are most impressive!!! (actually, i was worried already when i saw the start list but Tim had been so good entering me last minute that I could not get out it like this!) I stayed in front of the pack the first 10 minutes - then I got dropped but chased them - almost gave up but for some reason, decided to chase them harder instead - caught them at 20 minutes, stayed with them for a few minutes, got dropped (again!), chased them (again!) and caught them again with 2 laps to go – stayed with them for the 2 laps, and finished at the back of the pack in the final sprint (which i did not have much energy for). That was a bit of an experience, and I was happy (and surprised) to finish with them in the end. The below photo taken just before the final sprint (there is about 200/250 m to go).

Ciao Yvoine



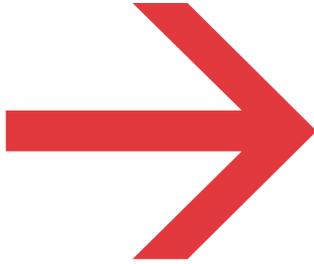
Photos courtesy Julie Howard.

inside

- 2 FROM THE SECRETARY'S DESK
- 2 SOCIAL SECRETARY'S REPORT
- 3 SIDEBURNS 2
- 4 ON THE ROAD WITH THE CAPTAIN
- 6 REGULAR RIDES
- 6 TOUR SECRETARY'S REPORT
- 7 RACE SECRETARY'S REPORT
- 8 BATHURST WOMEN'S RACE REPORT
- 10 MEMBER PROFILES
- 12 COMMITTEE 2004

From the Secretary's desk

George Schneller



OPEN RACE ENTRIES

Currently all race entries are processed by the Race Secretary, Tim Rice. In future I would ask that you also notify the Club Secretary (me!) of any races you wish to enter. The reason for this is that Tim will be in Europe for the TDF, and any emails sent to him will be lost. I will be assisting Tim whilst he will be away with organising Club TTs as well as lodging entries for Open events.

Member's Forum

At our last meeting, the SCC Committee decided to hold our next Member's Forum on Monday 21st June. It is scheduled to commence at 7:00pm and the venue is the Columbian Hotel on the corner of Oxford and Crown Streets, Darlinghurst.

If you have any specific issues you would like to bring up, please email me at gschnell@bigpond.net.au

Delegates

I would like to thank Phil McKnight, Alex Simmons, Tanya Bosch, John Tsalos & Jamie Bedford for making the time and effort to represent our club at the last two CNSW council meetings. Their presence is already influencing some of the decisions taken by the Federation re cycling in NSW.

If you would like to become a delegate, please drop me a line.

2004 Six Month Licences.

Any member, who currently has a non-competitive licence but would like to give racing a go, can now upgrade to a six month racing licence. The cost of the upgrade is \$80.00 for Masters divisions and \$90.00 for Elite. Let me know if you are interested.

Be careful out there!

George

Social Secretary's Report

Ruth Lax



Ski weekend

Do you want to recover from the TTT race, maybe find some muscles you didn't know you had or just enjoy a change of scenery?

You don't need to be an expert to come along.

When: 20-22 August – Friday and Saturday night.

Where: Three Way Inn, Jindabyne – hosted by Bruce and Elaine Vote.

Cost: \$130pp for share rooms (including Breakfast) or \$170 for doubles.

I need to confirm the reservations by early July, so if you are interested or have any questions, please let me know ASAP.

Contact 0405 335 190 or Ruth_lax@yahoo.com.au



TOUR DE FRANCE DINNER

It will soon be that time of the year again.

Mark your social calendars for **Friday evening August 6, 2004**.

Full details will be out soon.

by Simon Pardey



Cinque Terre – Italian Coast East of Genoa

After the prologue time trial, the 2004 Giro headed east for the hills of the Liguria region, around Genoa. Between the stage 2 finish at Pontrimoli and the coast, lies the Cinque Terre, a rugged area right on the Italian coast with five small towns built into the rocks between the beach and the hills. It is a popular area for walking with a number of well marked trails. The mountains rise pretty well straight up from the sea, and farmers have built numerous terraces into the hillside to make farming possible.

The villages were traditionally linked by mule tracks cut into the hillside. There is a railway linking the towns, but road development is limited so the towns are pretty car free. The towns are Vernazza, Corniglia, Manarola, Riomaggiore and Campiglia. High above these are smaller settlements each of only a few houses. One of these is Drignana (altitude 530 m), where we stayed in a stone farmhouse. It had an elevated courtyard from where you can see the extensive network of stone walls creating the terraces in the hillside, and the Mediterranean, stretching to the horizon. A great place to stay.

The morning bread run involves a climb over Foce on a very minor road before a lovely 3km descent through forest and small farms. A steep drop brings you to the main road. After a cruisey 5km descent (no hair pins) you turn left over an old stone bridge and enter Pignone. There are only a couple of shops here but the town has a lovely old square with steep stone streets and alleyways. In the small deli you can get fresh ciabatta for breakfast, and just about anything else in the way of ham, cheese etc that you fancy. All that remains is the 8km climb back to Foce, cross the pass, and drop down to Drignana. You barely see a car the whole way so this makes a great start to the day.

Vernazza is an old town built around a small harbour. Cycling up the hill out of Vernazza, you take a left above the car park and ride along past a quarry. The road then winds up the hill side in and out of the valleys past olive groves and grape vines planted on terraced fields. As you ascend, the view over the Mediterranean opens up. It is a stiff climb on a narrow road so there is not a lot of time to relax and take in the wider view. After 6 km of climbing you arrive on a road which traverses the mountainside at

around 530 m altitude. On the descent back to Vernazza, care is required as there are hairpin bends and many steep drop offs. The road is narrow and this is no place to make a mistake. Once back in town you can recover at one of the cafes or bars in the square on the waterfront.

Despite the steep terrain there is a good ride which doesn't involve much climbing. Eight km west above Pignone on the main road is a col at Termine (altitude 543m). At this point you turn east (left) towards Drignana and set off along a road which traverses the hillside. It is almost level but descends very gently. There are great views over the Mediterranean and Vernazza. After Drignana the road levels and sometimes climbs imperceptibly. It winds in and out of the spurs coming off the main ridge above. This is a spectacular road to cruise along and take in the scenery. Due to the sharp drop off down to the sea you feel at times like you are flying. Below Cigoletta (607 m) the road descends to Manarola (sea level) so this is a good place to turn back unless you want some more climbing.

The three rides above could be combined to make a day tour, and if you like mountains, the area to the north and west is worth exploring. In the height of summer it is warm here but above 500 m it is cooler. Spring or Autumn would be good times to visit if you plan long days riding or walking. An excellent pre or post Giro stopover.

On the road with the Captain

John Revesz ...tied to the whipping post



The month of May could pretty well be summed up for me as sick, sick and more sick. After nearly 5 weeks it was nice to get back on the bike for the last weekend of May.

Unfortunately, what was not particularly nice about my return to the bike was what I saw and heard of across the weekend and across the grades. To be frank, as a collective group we were lucky not to find a few of us on the ground let alone under cars.

I am talking about things not so minor such as lane changes instigated by the lead riders without asking for a call, without looking, without indicating, just swinging into adjacent lanes and to make it worse the wheels behind blindly following. This happened twice in less than a kilometre.

I am talking about the exhibition of BMX skills in jumping a median strip into the opposing lane because the bunch had slowed in front. Whether there was no call from the front or there was not enough attention at the back.... whatever. Whilst I applaud the skills and trust we could all do it if required, jumping the median strip into the face of oncoming traffic to avoid rear ending riders is a low percentage situation to be in.

I am talking about lead riders turning right across the traffic and leading the bunch in to a gap where patently the bunch as a whole can't get across without being broad sided. Yes, you need to pay personal attention but why lead the bunch into having to make those decisions when there is nothing to be gained. It only takes one tired person to not pay enough attention, to trust the wheel in front and.....

I am talking about the people I see in the bunches in front of me spending more time looking at each other whilst they talk than at the road ahead. I don't know about you but I feel uneasy riding a few wheels behind that sort of thing.

This was across the grades and that was my first weekend back on the bike and I was thinking that maybe I should get sick again. I know to err is human and I put my hand up to being human but everyone please try to maintain that base level of attention, concentration and awareness that keeps us all safe.

Sorry to sound hard folks but it's because I care about your safety and well-being. I want you to enjoy your rides and I want you to be able to go to work on Monday. Personally, I have a theory that we all have fairly high pressure jobs with more than a fair share of responsibility and we look to our rides as an escape and a release from those pressures. Maybe we escape and release a bit too much. Ultimately, you are responsible for yourself in the bunch but by being so you are being responsible to everyone in the bunch. If we all did that then..... Be sociable, enjoy the ride, smell the roses, release work pressures, whatever, but remember all that comes a distant second to paying attention to what we are doing and what the traffic around us is doing.

John

Tour de France

www.letour.fr

Tour Down Under

www.tourdownunder.com.au

Cycling NSW

www.cyclingnsw.org.au

Australian Cycling Federation

www.cycling.org.au

News

www.cyclingnews.com

www.velonews.com

C Bunch to Waterfall

Next group departs from the cannons @ 6.30am Sunday June 20.

Ride Captain: Alex Simmons

Regular Rides

DAY	TIME	VENUE	COMMENTS
Tuesday	06:00	Cannons	Watsons Bay hills ride, approximately 25km. Eastern Suburbs hills and in-between flat bits. Faster riders wait up at the top of Military Road for new kids/the hill-challenged. Back at approximately 7:00am Bondi Junction.
Wednesday	06:00	Cannons	Very fluid, up to who turns up to find riding buddies – maybe brisk laps of the park, or a 35km circuit round the Eastern Suburbs.
Thursday	06:00	Cannons	La Perouse via Anzac Pde and Malabar, approximately 35km. Fast clip (35-40ish) with three even faster (40-55km) intervals, back in the park around 7:00am. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Friday	06:00	Cannons	Invariably some SCC riders in the park doing easy recovery laps before the harder weekend rides.
Saturday	06:30	Cannons	La Perouse ride, 45km. Three bunches leave the park rolling easily until Foreshore, then the first two bunches pick up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. Third bunch does the same route at a slightly slower pace with an emphasis on bunch riding. All round off back in the park for coffee about 8:20am or Regular Time Trials, Criteriums or Road Races as per published calendar in latest newsletter. At the conclusion of TT's all members are invited to attend a bunch training skill session, starting at 7:45am at the Cannons.
Sunday	06:30	Cannons	Waterfall ride, 90km+. Medium to hard ride, out at 28-35km, some turn round at Sutherland (60km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120km) or back through the Royal National Park (110km). Main bunch U-turns, pacelines back to Sutherland, collects the stragglers, then a fast ride back to the park for breakfast. Or a more medium paced ride, medium/average fitness level. Same route as above or maybe Short or Long Cronulla (60-70km), Kurnell or Cape Solander (80-90km) or maybe even Sutherland, then back via Como and Hurstville (70km). All rides finish back in the park for breakfast (approximately 9:30am).
First Sunday of the month	06:30	Cannons	Club Jersey Ride 100km+, 2-3 different paced bunches head north to Akuna Bay via Wakehurst Parkway and Church Point. Keener riders can opt to take the turn off to West Head. Those wanting to miss the hills and take it a bit easier skip the Akuna Bay turn off and regroup at the top of McCarrs Creek Road. The ride returns to the Park via Forrest Way and the Spit. Coffee options are decided on the day.

Alex Simmons has offered to take a group to Waterfall. Alex will be happy to offer advice which will more than likely concentrate on bunch riding skills, etiquette and knowledge and that the pace will be designed to ensure all can make it to Waterfall and return safely. His only request is that in order to make these rides viable at least 8-10 riders make the trip to Waterfall. Given the volume of requests for such rides there shouldn't be any problem in them being well supported. The dates for the rest of the year are as follows: June 20, July 18, August 22, September 19, October 24 , November 21 and December 19.

All rides leave from the appropriate venue in Centennial Park unless otherwise specified. For club events, please ensure that you either turn up to handle when rostered or find a replacement. Dates for the NSWCF Open races are subject to confirmation.

The Sydney Cycling Club does not take responsibility for the conduct or safety of the training rides detailed on this program. Training can be dangerous and you do so at your own risk.

Tour Secretary's Report

Richard Dodds



Hi All,

No tours this month so not much to report but I will take this opportunity to remind you all of the SCC Hunter Valley Tour. I still have a few vacancies to fill so stop thinking about it, send me an e-mail via rads102@hotmail.com to let me know you're coming along.

See you on the bike.

Richard

Tours at a glance

October 30-31

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

November 28

Patonga One Day Tour, 160km

Hunter Valley Tour - Muswellbrook

Date: Sat 26 June – Sun 27 June 2004

Location Sovereign Motor Inn
62-68 New England Highway, Muswellbrook, NSW

Telephone (02) 6543 1188

Contact Joy

Accommodation Options

Option A – Singles Room. Approximately \$120 per person

Includes a single bed in a shared room (with 1-3 others) on Friday and Saturday night

Option B – Couples Room. Approximately \$120 per person

Includes a private room with double bed on Friday and Saturday night (minimum 2 people)

Meals

Dinner on Saturday night is included in the cost. This is a three-course dinner and rest assured the vegetarians will be well catered for.

Dinner is at Palatinos In The Hunter
Loxton House, 142 Bridge Street, Muswellbrook NSW 2333.
Phone: 02 6541 2211
Contact: Hollie

Breakfast is not included in the cost. However, there are a few options for breakfast including:

- Buffet breakfast
- Room delivered breakfast
- BYO toaster and make breakfast in the room for yourself

All rooms have an electric jug and a bar fridge.

You will need to look after yourself for Friday night's dinner and for lunches. The tour route runs through some country towns where last year we found the lunch menu pretty satisfying.

Payments

Payment must be via Cheque payable to: Richard Dodds and sent to: Richard Dodds, 9 Jocelyn Avenue, Marrickville, 2204.

There are limited spaces on this tour and it is another popular one so book early. Let me know ASAP via e-mail rads102@hotmail.com if you wish to come along on this tour. Please state your preferred room option. Receipt of payment will secure your place.

Rides Descriptions

Friday – non-scheduled, free day for travel and sight seeing

Saturday – approximately 125km taking in the Rosemount Estate Race start. The terrain varies from fairly flat to undulating but nothing too extreme in the way of hills.

Sunday – approximately 90km. The terrain is relatively flat with one major climb up to the beautiful Lake Glenbawn.

NB. Riders briefing will be at 7:45am and we ride out at 8:00am sharp.



SCC clothing available!

Clothing can be picked up 7 days a week between the hours of 10.00am and 4.00pm from the Colombian Hotel on corner of Oxford and Crown Streets, Darlinghurst. Alternatively it can be mailed. Payment can be made by cheque (SCC, 117 Oxford St, Darlinghurst 2010) or by credit card.

Mobile: 0419 700 101 Work: 9360 2151 Email: david@kinselas.com.au

SCC CLOTHING PRICE LIST

SCODY SHORT SLEEVE JERSEY	\$80
XL & WOMENS L SHORT SLEEVE NETTI JERSEY	\$50
ANNIVERSARY JERSEY	\$110
LONG SLEEVE SCODY JERSEY	\$125
WIND VESTS	\$75
BIB KNICKS	\$100
NETTI KNICKS (OLD STYLE; LIMITED SIZES)	\$50
ARM WARMERS (BLACK SCC)	\$25
SECONDS NETTI LONG SLEEVE (LIMITED SIZES)	\$40

Race Secretary's Report

Tim Rice



Well I can cross that one off the wish list. 40 riders to do a SCC event and 30 in a CNSW Open. June will see this goal met as we had 40 riders attempt the SCC Road Race at Hilltop and at Rosemount we will have the largest turn out ever for an open event (currently 33 entrants with entries still open for another week).

This month has also had SCC riders (in the new Kinselas outfits) attain podium places most Saturdays at Heffron, and a good presence at all the Opens (Bathurst / Cootamundra / Elite Crit Champs and Wagga Wagga).

Firstly Bathurst Women's Tour (8 & 9/5) – with some suspect grading and subsequent negotiations we had riders in B/C & D Grades. Yvoine McCort getting severely bitten by the racing bug managed a 5 overall in B Grade (a mighty effort). C Grade we picked up 3rd and 4th with Julie Howard and Kate Everett and D was

almost a clean sweep Julie Avakian 1st, Meg Croft 3rd and Breeda Kelly 4. So well done girls and I hope the trend continues into the Time Trials.

On the same weekend the boys had their turn at Cootamundra, again some disappointing grading (considering I had confirmed everything not two days earlier) saw some struggle with the pace. Best results (would have been) Richard Scriven but a puncture in the finishing straight dropped him from 7 to 12 .

With the disappointing cancellation of Ken Dinnerville Yvoine McCort was not satisfied with an easy weekend and took on the big guns in the NSW Elite Criterium Championships, managing a credible 10 place and is starting to turn a few heads – who is this pocket rocket - they ask'.

Then Wagga Wagga, my first 'Road Open' for the year and a rude shock that I need to train more. No real results but the guys (Steve, Dave, the two Richards and I) all had good hard races. PS: If anybody

knows a good bum masseuse send him or her to Richard Dodds (who is now scouting for a new 'friendlier' saddle).

Last weekend (just squeezing into this newsletter) was the SCC Road Championships at Hilltop. From all reports everybody had a good (safe) time and some hard fought racing saw the following results. A Grade – 1st Richard Scriven, 2nd David McHugh and 3rd and now overall A Grade Leader Simon Vagg. It was great to see some of the more experienced members supporting the club race. B Grade had the largest field for the day (17) and was eventually won by our club captain John Revesz closely followed by the flying Dutchman Pieter van Rijn and Steve Alperstein in third place. Then there is the battle of the women – C Grade. Unfortunate a miss-timed sprint may have cost Yvoine the overall win (but hopefully taught her a valuable lesson – always check where the finish line is before starting the race) Eventual winner was Amber Jenkins then Yvoine and Kate Everett.

Women's Team Time Trial Training Well it is dark and cold in the early morning and that means it must be time to start training for the Team Time Trial. Being in a TTT team is a great experience and also helps improve your bike handling skills. If by some chance you have missed out on all of Tanya's emails and the dinner last Wednesday night and you want to be in a TTT team then please either phone Tanya (0419 217 974) for more details or just turn up for training. The first training session is Tuesday 8 June 5:55 am at the Cannons (and every Tuesday morning after that) so re-charge those lights and don't be late! – or you'll be doing an Individual TT chasing us down in the Park.

Unfortunately I had a real dilemma with D Grade and yes it bothers me to the point that next year we may have a serious look at regrading people to either accommodate D or drop it all together – Marguerite Young was the only entrant and hence the winner but to her credit (based on time) she would have placed 10 in C Grade had I taken that alternative route. Huge thanks should also go to Allan Revell and his better half, for putting on another great BBQ at their beautiful home. Attended by about 17 members - for the rest of the afternoon we ate well and replenished much of our lost fluids.

Not racing but racing related – Last Saturday morning saw the inaugural Kinselas’s photo shoot, unfortunately I was probably the only one to not attend (as I was enjoying Allan’s hospitality and getting some early Hilltop recce done) but I am sure it was a fun morning and evidence of this will be scattered through this newsletter. No promises but keep you eyes peeled for some familiar faces in you favourite cycling mags.

Tim at the Tour – for those that don’t know, I am off to the Tour de France in early July (for a month) so please start to get in the habit of copying George Schneller into

any race related e-mails, as he will be organising things in my absence (SCC Time Trials and Open entries).

Well this brings the report to a close and I can’t tell you how excited I am about the coming open races and in general the future of racing in this great club. I know the mornings are cold and the bed is warm but get out there, have a go and I promise your legs will thank you later.

Till next month.

Tim

WAGGA WAGGA



Photos courtesy Vikki Bishop.

Bathurst Womens Tour 2004

By Meg Croft

This year not only did the SCC women look resplendent in the new Kinselas gear (Australian fashion week had obviously moved to Bathurst) but we also made sure it was up front in our races.

The tour kicked off on Saturday morning when we found that Yvoine was in B grade, Julie A in C grade and the rest of us in D grade. Although we did protest that we all wanted to be in C grade no one was keen to move us up a grade, but they said they would think about it after the TT.

After a quick warm up through the cows and the steaming cow pats it was straight into the 7km time trial. It was a gradual climb, so although we charged out of the start at 40+ km/hour it wasn't long before the speedo reading dropped dramatically. Yvoine had a fantastic TT time; faster than the rest of us and we knew she was right where she belonged in B grade. The rest of us had times faster than half of C grade so that at least justified elevating our two fastest times Julie H and Kate up into C grade and Julie A back into D grade even though she was winning C grade at this stage!

We had just enough time to find Julie's keys, scull some coffee and pose for a photo shoot (have we mentioned how good we looked in our new gear) before it was time for D grade to start the road race. Although Julie A didn't get a chance to don her bright yellow leader booties everyone was aware she was the points leader. Breeda lead out strong from the start and set Meg up for the sprint just out of town – it was a pity she hadn't paid attention and didn't know there was a sprint! Fortunately Julie had listened and almost won it. It was in that split second, when she had a Zabel moment that the woman from Parramatta snuck through on her inside. May she forever be known as Eric? Although the lady from Parramatta could sprint she didn't like doing a turn at the front and was always eager to move aside. Meg decided



Photos courtesy Julie Howard.



if she had to do a turn out the front then it may as well be right out the front and so proceeded to chase down the lead car. Julie thought that looked like too much fun and managed to bridge the gap and finally Breeda also came across with a couple in tow. We had tested their legs and heard their heavy breathing so we kept the pressure on. When the hill started it was just like our weekly sprint up Cranbrook. Breeda took out the QOM with Meg and Julie in second and third. The rest of the field was well and truly dropped – Julie had managed to turn around and check this out as she was climbing. After the turn we went into full Team Time Trial mode (never too early to start training for the TTT) and belted down the hill and back to the finish line with Julie taking out the finish and Meg and Breeda second and third. We were now working as a team - our aim to keep Julie on top of GC.

Kate donned the bright yellow leader booties for the C grade road race. The pressure felt in the yellow booties was so intense that killer Kate raced for the QOM but failed to see that it was for D grade – not C grade. Julie rode all the youngsters into the ground after the first QOM, did a courageous solo break (news of which filtered back to the finish line where the D graders waited with baited breath) and was just beginning to slow at the second QOM when Kate reminded her to push on and get the points. From there Kate and Jules rode in the lead group and finished 3rd and 4 in the final sprint (the crowd went wild). Kate worked really hard to get Julie home and they were now 1st and 2nd overall and in a good position for the crit.

This was Yvoine's first road race, one in which she learned a few race tactics and best described in her own words "B grade left all together, a couple of girls took off, I





was in the second break away. Got my point for 3rd in the queen of the mountain on top of the second hill and understood that in a race, one does not share the work in front but let's whoever is stupid enough to do it do it! As Julie H said afterwards, Yvoine, they always look for the stupid bunny in a road race, and I think today it may have been you! Stayed with this group till the end, only to miss the final sprint as I misunderstood where it was! (bloody French, a bit slow we are) So anyway, I still finished, happy, in 6 place, with the hand claps and screams of part of the support crew. A good experience" So watch this space for more race results from Yvoine – there is no stopping her now!

Having taken out so many placings we ditched the planned pasta cook up back at the cottages and attended the presentation dinner, picked up our winnings and ate lots.

Sunday morning, 7:30 am there was a lot of fog at the top of Mount Panorama and it was difficult to see the corners on the tiny crit circuit (550m). It didn't get much clearer for the 8:30 am start. Fortunately you could make out the mattress tied to the tree when you got close enough and of course Julie A's leader booties were shining brightly. The pressure of the booties had lead to an almost sleepless night (or it could have been too much pizza, pasta and red wine). Julie, Meg and Breeda do not look pretty on a crit circuit with each following their own very individual line. So it wasn't long before the Parramatta lady sprinted off and dropped the rest of the

field (obviously crits were her thing even if hills weren't). A few more laps in and we dropped everyone else, managing to lap them twice before the end of the race. Julie and Meg got 2nd and 3rd in the sprints and the finish with Breeda (who was almost taken out by a lapped rider) a close 4 . Unfortunately we hadn't quite got our sums right. The Parramatta lady managed to squeeze into 2nd place on GC by one point – oh well yet another lesson learned.

The fog had started to clear and there was a hushed silence as C grade lined up. Mainly because we saw that somehow we had managed to convince Kate to start the race and we didn't want to bring this to her attention. Julie H had the pressure booties on this time and right from the start the pace was on. Julie was right up there until a fall in the bunch just in front of her let a breakaway escape. Jules put in a massive effort the whole race in an attempt to chase them down but did not quite make it, finishing 6 in the crit and 3rd overall. Kate completed her first ever crit (corners

and all) to finish 4 on GC.

Now the event we had all been waiting for. We knew Yvoine, our little French dynamo would give them hell out on that crit course and she didn't disappoint. Yvoine rode a fantastic race and we almost cheered ourselves hoarse. Her cornering was superb as was the way she handled every attack. She got 2nd place in the sprints (she had the organisers commenting on her wonderful bike skills) and 4 in the final sprint finish, the crowd went wild (well we did) and the other B grade riders came up to congratulate her on an outstanding effort. Yvoine had moved up to 5 place on GC.

We had loads of fun over the weekend and special thanks have to go to Michael Avakian and Michael Mc Cort for their never-ending support throughout. They did everything from fixing bike computers to finding a line around the crit course. They might just have 6 women looking after them at their next race. Thanks guys!



<http://www.erniesmithphoto.apexhost.com.au/>

Welcome to the Ernie Smith Photography web site! To find out more about this site and see if your picture has been taken at one of the Open races, please visit the About page where you can get more information about Ernies photography, and this site in general. On the Photos page, youll find samples of his work from various venues and events around the country. If you'd like to contact him or order a photograph, head on over to the Contact page!

Member profile:

Grant Chellew

Occupation Design Manager (Architect) for Australand
– Property Developer

Bike Giant TCR-2 (soon to be superseded)

Your most recognised cycling kit?

I have purchased more gear than I will ever need, so consequently I suspect that I have never been seen often enough in same kit to achieve any recognition??

How long have you been a member of the club?

16 months (joined January 2003)

How many years have you been cycling?

16 months (road cycling), plus normal childhood adventures

What is your most memorable occasion with the club?

My first road race – Hilltop 2003: shit myself at sight of significant crash involving Tony Johnson and then major crash involving Des Sullivan and a finger about 15 minutes later. (I had told my wife that my new sporting interest was safe!!!)

What is your most embarrassing cycling moment?

My wife walked in on me in the bathroom, whilst shaving my legs for first time. She had no knowledge that it was even related to cycling, so was even more alarmed that may have been expected.

Who is your most admired cyclist and why?

Lance Armstrong. Read both of his books.

Favourite training route, and why?

Waterfall ride on Sunday mornings. Good longer ride and usually has a good size bunch, with option to go reasonably hard or turn early if can't cut it. No hills.

How many km/hours training a week do you do?

Approx 200 - 250km on weekends, plus recently started Trainer sessions on week nights varies 3 – 5 hours total per week.

Best Cycling advice you ever received?

Got lots and lots of advice from numerous club members. Probably best advice and most frequent was “put it in the big ring!!”

If you could do one ride anywhere in the world where would it be and why?

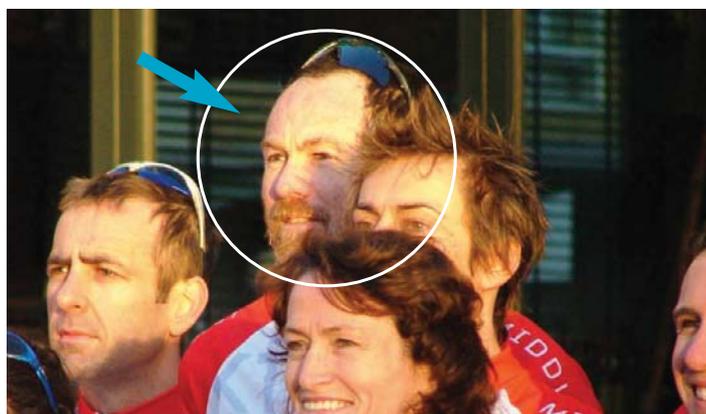
Probably a long tour through France. Never been overseas (went too early with the 2 kids, 2 cars, 2 cats, house, school fees, etc – but no regrets)

What cycling skills or attributes do you wish you had?

Much stronger hill climbing ability.

What is your favourite cycling food?

Pasta (if that is considered a cycling food ?). Most gels or bars are not especially appealing.



Your favourite cycling product?

The bike.

What would be your dream bike?

A custom measured and built European frame with very exclusive and expensive components (unlimited budget).

Do you race and if so, what grade?

I race in just about every event I can:

SCC club events – B Grade

Heffron Park Criteriums (most Saturday avros) – C Grade

CNSW Open Events – MMAS5 (Age Category) or E Grade

What are your short and long -term goals?

Short term – Win C Grade at Heffron Park 2004

Long Term – Win B Grade annual point championship 2005

What are your other sports and pastimes?

Previous sports – Rugby League, Surfing, Tennis

Hobbies – Photography, Electric and Acoustic Guitar (just about given up – so call me if interested in a good deal)

Where would you most likely be on a Saturday night?

Asleep - after racing at Heffron Park on Saturday arvo, and in preparation for the following training ride on Sunday morning (sad isn't it!)

What is one thing you can't do without?

Cycling on the weekend.

What are you reading at the moment?

Various cycling books – eg “Racing 101”

What are you listening too?

Sex Pistols

What would you never give up?

Competition Sport (of some sort – but currently Cycling) on at least every weekend (provides a good buffer from work stress)

What would you spend your last \$10 on?

Charity

Member profile:

Kate Roberts

Occupation Self employed, running a bookkeeping and accounting service

Bike Second hand Giant TCR



Your most recognised cycling kit? Is this my outfit?

If so the tiger "Shebeast" top. The one everybody gives me shit about.

How long have you been a member of the club?

3 years

How many years have you been cycling?

6 years

What is your most memorable occasion with the club?

Snow mountains tour, Bruce Vote was my hero for the weekend because he removed a large hairy spider from the sleeping quarters I was sharing with Ruth and Julie Howard. The men in the next room thought we (I) had lost the plot.

What is your most embarrassing cycling moment?

There are so many. Most recently I became the first member of the club to crash during the "Try the track day", beginners luck!

Who is your most admired cyclist and why?

Lance Armstrong. He is like a Timex watch, he takes a licking and he keeps on ticking. I would really like to see him win his 6 TDF.

Favourite training route, and why?

Patonga, because we get a lovely ferry ride across the Hawkesbury and a gourmet lunch at Pie in the Sky. Notice, I didn't mention the hills!

How many km/hours training a week do you do?

Depends on my social schedule, if I can manage the early starts, but probably between 150 – 250 klms.

Best Cycling advice you ever received?

Stop talking and start riding.

If you could do one ride anywhere in the world where would it be and why?

The Pyrenees, just to prove to myself that I could ride those famous climbs.

What cycling skills or attributes do you wish you had?

Smaller butt and bigger thighs so that I could climb the hills like the lovely ladies (and gentlemen) that I have the pleasure of riding with every Wednesday morning.

What is your favourite cycling food?

A very hot soy hot chocolate.

Your favourite cycling product?

Silcon cream.

What would be your dream bike?

A Ducati. Pity, I don't know how to ride motorcycles.

Do you race and if so, what grade?

Last year I raced in D grade, but probably would have been better suited to E grade. Is there an E grade?

What are your short and long-term goals?

Short term, to find a venue for the TDF dinner. Long term, to ride the Audax Alpine Classic in under 10 hours.

What are your other sports and pastimes?

Snow skiing, triathlon, sharing fine wine and good food with friends.

Where would you most likely be on a Saturday night?

Sydney Swans game, dinner with friends, a movie, checking my watch to make sure I get home in time to get my beauty sleep before the Sunday SCC ride.

What is one thing you can't do without?

My friends and spare tubes.

What are you reading at the moment?

SMH Good Living, the last club newsletter, and an autobiographical novel.

What are you listening too?

Japanese language tapes.

What would you never give up?

My friends and food.

What would you spend your last \$10 on?

My friends and food.

Sydney Cycling Club Committee 2004

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

Have you seen this bike?



When stolen it had Spynergy 4 spoke carbon wheels on it. Even without the wheels though it's quite a distinctive looking bike. **Any information please contact John Tsalos 0403 262 339 or jtsalos@cambrianonline.biz (He'd like it back because if it's not returned soon he'll have no chance of beating Lance or even big fat Jan come July).**

FOR SALE

- Polar Power Meter (measure your power output) – works with hi-end Polar HRMs – excellent condition just been serviced (receipts available) – \$400 (RRP New over \$800)
- Chorus Cluster – 12/23 (12/13/14/15/16/17/19/21/23) – \$100
- Chorus Cluster – 12/21 (12/13/14/15/16/17/18/19/21) – \$100
- Marchisio Cluster – Converts Shimano to Campagnolo – 12/23 – \$100
- 2 x Quill type head stems – \$5 each
- Seat Post (Aluminium) – \$5
- Road Bars - 420mm (c to c) – \$20
- 2 x Elite bottle cages – \$5 each
- Pedals LOOK 247 (I think) – black - \$30
- Shoes LOOK grey/red/blue (old lace-up with Velcro flap to cover laces) size 7.5 (UK) or 40 (Euro) – \$20

Contact Tim Rice 0416 095 889



**George Schneller – 02 9319 2899
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