

The Sydney Cyclist



President's Message – Barry Doosey



Committee Develop 2007/8 “More than that” Strategy

Welcome to the Club for another year! With members input, plans for 2007 have been developed with associated budgets drafted, set to deliver enormous value for your membership and a considerable investment in our sustainability.

Some programs have commenced with unmitigated success (see race coverage). Over the year the rides, races, tours and social streams will feed into supporting the overall SCC pool, offering and developing the theme of: “Cycling? Much more than that”. This is a rather simplistic phrase highlighting that as a club, we can and do, successfully and uniquely offer much more, both to our membership and the broader community.

One tangential idea is the development of a charity ride through the streets of Sydney raising funds and cycling awareness simultaneously. Riding for a reason is no brainwave but leading other clubs and participating in such an event would add meaning to recurring, and sometimes seemingly selfish pursuits. If you believe you can help develop this idea let the committee know – it'll require work and solid commitment.

Club Sponsors Provide Capacity and Benefits

The committee is pleased to announce new sponsorship partners for 2007/8. We welcome our new, and renewed, partnerships with Kinselas, Cross City Tunnel Motorway, Kuota (SEDC) and Italia Spring Tours. Negotiations continue with cycle retailers.

Funds from sponsors and members for this year will provide for the heavy subsidisation of the new club kit, encouraging everyone to wear it, looking professional and uniting the club. Bunch and riding skills will be boosted through the publication of the Bunch Etiquette Guide, free and compulsory reading for all members. We are endeavouring to upgrade the web site and buy software to improve member communications. Support will continue for touring, racing and social events with an additional capacity to provide low-cost professional coaching.

The Cross City Tunnel management have honoured their commitment to cycling and club support even after moving into receivership. The partnership is based on a simple shared goal: we both would like to see more cars off surface roads and into the tunnel. The CCT are, with us and other cycling bodies, endeavouring to develop plans for a race or ride through Sydney with the aim of building cycling awareness. This action as well as the offer of the most significant historical cash sponsorship, allowed from overwhelming support, not unanimous, from the committee and membership.

Barry

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Where's the Sunshine – Christmas Day '06



Climate change around the world has certainly provided a different sort of Christmas day for us. An overcast morning greeted approximately thirty club members for the traditional Christmas Day ride (reversal of Watson's Bay). A few members didn't make the cannons start for various reasons but ended up creating their own version in order to catch the bunch. A recent



retired Bruno Sibilia, an x-club member from a vibrant past showed that he was still a powerhouse of strength. Another welcomed blast from the past was Alan Smith, who pops up from time to time; lacking none of his crafty moves, like.....sticking on a wheel!



Morning Coffee at a premium

A costly cuppa for a Christmas morning, but what the hell, who's counting pennies! The rain



held off until the drinks were ordered and then the heavens opened. Dane and Suzanne kindly brought Christmas cake. Grant Chellew and wife Lyn were able to drop in, as did others club member as well as some of their four legged friends.



For those who had more time on their hands, they returned to Centennial Park for the Christmas Roll.....what's that a new member asked?

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Christmas Roll — photos Dane Firth

New Member gets a taste of tradition

Those returning to Centennial Park lined up for what is known as the “Christmas Roll”. It was started by Bruce Vote back in the mid 80’s and has been on the calendar ever since, although without as much frivolity as it once had. You start on a hill and “coast” as far as you can without turning the crank; using any crafty technique you can to be the last one rolling. Spy Cam caught the group with Mark Cash taking first place although someone mentioned that he sucked the life out of Michael Avakian’s wheel to get there. Alan Smith who weights in at 60 kilos was jubilant, at taking out third place. There are no prizes, just line honours and a lot of laughs.



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Where's Doc – Frankie Hopkins

A recent new club member, Alan Jones was looking forward to his first Sunday ride. The Doc (James Guthrie) had introduced him to the club; sold him a bike, provided him with a jersey and a confident verbal, such as "Come along on Sunday and we'll go to Waterfall"



It was the day before Christmas; remember! It was overcast, rain well and truly in the air.....could we get a ride in? Optimistic, all six of us. Alexandro and John Kearney lead the way.....well! they were the "A" team after all. We soon latched onto another group going south which provided us with some protection. The so-called "B" team decided to turn at Sutherland while the two-man "A" team continuing to Waterfall.....thank you guys.

Through wheel-spray, rain, heavy breathing and traffic noise I eventually got a chance to talk with Alan. All he knew about the Sunday ride was, there was a stop at a service station...somewhere! All the way to Sutherland he had been eyeing up every passing service station with a small sense of doom as each one was passed.

Alan may not have completed the Waterfall ride this day but he sure learnt the ethics of suffering and digging deep under very wet and soggy conditions... well-done Alan. Thanks go to Garrath Styles who doesn't realise his own strength at times, driving the train home.

As for Doc. He was one of the sensible members that stayed in bed; he just forgot to mention to Alan – that sometimes rain does stop play. Alan has been a regular on the road ever since and doing very well. (See Alan's profile under New Club Members)

Chasing Shadows – Glen Butterworth

Certain Gentleman of the club arranged for any early morning ride to Stanwell Tops (21/12/06 - 5am).

Glen was running a little tardy, or so he thought – arriving at the rendezvous point to find no one there he struck the crank with determination to catch them... "Can't be too far ahead". Reaching Sutherland without a trace of the others he thought....."They must be flying, where are they?" The scenario below then takes place.



Hi Walter
Where are
you?



I'm in Bed

Tribute to Glen, he continued solo and completed the ride.

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Boxing Day

It was a relief to see the sun shining even though the temperatures were unseasonably low for this time of year.

Three rides of different lengths and strengths went out:

- Kurnell-coffee-return, for those feeling fragile
- Waterfall, for those slightly less wasted
- Akuna Bay (starting North side), for those with a more sleep then sense



In brief things didn't go well for a couple of club members from the Kurnell group. Frankie never got passed Moore Park due to a flat-tyre – not wanting to hold the group up, she elected to solve this one alone. A wrong size spare tube was her nemesis and with not other spare tube or patch she decided

to walk to Walter Rolli's place in Redfern for additional assistance – he was just waking up after a busy night with a red bottle. Needless to say, breakfast was first, followed by the tube change and then home.Thanks Walter.

Alan Lumb on the other hand had a more serious dilemma, the chain-stay on his bike had snapped so he carefully rode to Alan Smith's place in Brighton-le-Sands for assistance, which was generously received.

KOM



As for the Akuna Bay group they had a magical day. Stan Genakis ignored the deafening din of cicadas to claim both KOM's of the day even with the added competition of a young and fast tag-along rider, who was dumped when he had a flat tyre, but who was kind enough to assist Steve Shein with his flat, later on. The odd mechanical gave the group of 12 welcome rests and only strengthened Garrath's Styles sprinting efforts which occurred at random and at frightening intervals. The tag-along rider was also useful in guiding us to excellent coffee at

Mosman so by the end of the day he was offered club membership forms and the inside low-down on club racing by George jnr. All in all, a great ride.

Julie Avakian

The Newsletter is your Voice Have Your Say

As club members we value your opinions and input towards the Newsletter. If you have any issues, comments and/or cycling news/stories then we want to hear from YOU!

Next Newsletter due out 23rd April: Please email all newsworthy information to frankieandpete@iprimus.com.au or mail: Frankie Hopkins: 9 Marshall St, Petersham Sydney 2049

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Three Bridges – New Year's Day '07 – Frankie Hopkins

Happy New Year

This day is left void on the Club calendar and for good reason – the majority of people are either just going to bed; haven't got there yet or are simply trying to get there. We five have our own excuses.



Riding thought the CBD

North of the Paddington gates we were greeted with our first predicted call of the morning..."Get a Life!" Dodging numerous broken bits of glass, bodies and cat calls we came to a halt at Taylor Square's traffic lights – the police were easily picked out among the crowd, in their heavy-duty yellow jackets, despite numerous people, all seems relatively quiet. At this point looking upwards from the traffic lights, one sees a numerical display, recording 200,000,000 plus. The slogan beneath reads "Pommy Complaints" and Lumby shouts... "And that's only for this year"...we ride on.

Continuing towards Town Hall, showing that pedal power can get you anywhere as people in every direction hooted, hollowed, whistled and shouted in an impossible task to get home. The high glamour of the night before was still evident on the city streets; groups of girls strolling and shouting New Year slogans, giving the men in our group something to wobble their front wheel about...steady Lumby. The true heroes of New Year's Day would have to be the street cleaners – No time for pleasantries as they grunt and wave us through with a nod of their heads and a swish of their brushes in an effort to keep us moving.

The Deluge

Coinciding with the eruption of a heavy storm, "puncture!" was called. We made a unanimous decision after this to retreat back to the park; pausing, just for a moment on the harbour bridge to watch the storm unfold from hence we'd came.Good decision as it looked bleak!



Park Kiosk

Like any other public holiday and weekends the kiosk, ran by partners Robert & Janet Carafa and Diana Abbonizio is the central hub for après velo chitchat; it just wouldn't have the same vibe if it wasn't for them and their supportive crew.

Not alone

Des Sullivan determined to start his cycling year off positively and despite going to bed well after midnight, got straight into hill training in preparation for his pending European trip (July '07). Perhaps he'll be taking on the slopes of Alpe d'Huez or Mont Ventoux.....*Bonne Chance* Des.

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Wollongong – January '07 Julie Avakian & Frankie Hopkins



A rather large group left the cannons at touring pace but not everybody had their sights set on Wollongong. The first turn around saw approximately six leave the bunch at Sutherland followed by an un scheduled turnaround just prior to waterfall by Suzanne Lyndon who unfortunately slipped from her handlebars while making a gear change (a case of sweaty palm syndrome) which sent her into a funny 45 degree turn towards the mid line, where she promptly came to a halt after gathering a bit of gravel along the way. Not knowing what was happening some of the group thought.... "What a strange place to do a turn around". Suzanne fainted soon after the ordeal and was whisked away by an ambulance to Sutherland hospital for mandatory observations. She was discharged some hours later. (See under Nurse Diesel).

Due to this little accident a cycling posy of about six left the main bunch to accompany and support Suzanne. They hit out hard on the return journey home, making up for lost mileage and hilly terrain.

Continuing

The post Waterfall group was now down to 14. Taking up George Tragaris excellent suggestion, to hoof on along the freeway rather than go via the National Park, as they would get to enjoy this on the trip home. With Meg navigating on the front they got to Stanwell Tops in record time and posed for photos in front of the incredible view along the coast south including the Sea Cliff Bridge.



Decent

The boys were itching for the Bald Hill descent so it was off and racing down to the bottom then the exhilarating crossing of the sea bridge along the beaches and into Austimer. Great fun! Everyone loved the back street cafe with its' fresh baked ricotta muffins and fruit cous cous. Some afforded scrambled eggs to digest on the train home while others carob. loaded on fruit toast for the cycle back.

Different directions

At this point 4 continued on to Wollongong and caught the train home while the rest (5guys/5girls) headed into a rainsquall, which morphed into fine weather and a blessed tail wind. Bald Hill was nowhere near as much fun this time round but the National Park was a hoot on the new hot mix, fast, fast, fast. Meg and Breeda had fun playing with the boys before the grind up Waterfall hill.

Big, big thanks to Stan, Alessandro and Mark for huge efforts on the front all day.

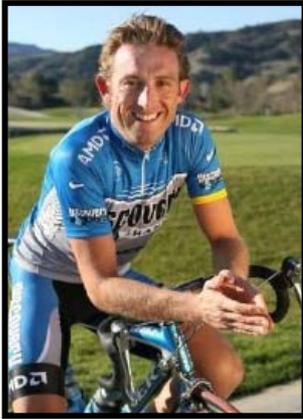


Ever put your helmet on backwards and cycled on...if so don't repeat that to anyone. Recently in Centennial Park, Spy Cam identified two cyclists riding around with that funny "look".

You would be relieved to know, it wasn't a club member.

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“Bunch Riding – Core Skill from Amateur to Professional”



One special thing about our beloved sport of cycling is BUNCH RIDING. It is a unique phenomenon that allows people from many diverse backgrounds and levels of fitness to train and socialise together.

Whether you are a weekend warrior or at professional level, it is very important you understand and practice the basics in bunch etiquette.

The make up of bunches has changed a lot in past years. Before the majority was made up of racing cyclists where as now we have a lot of people attracted to our sport just for keeping fit and socialising.

If everyone can remember 5 basic points it will be a lot easier to have trust in your training partners and have a more enjoyable outing.

- ❖ When you are on the front of the bunch you are the eyes of the bunch. Always remember roughly how many riders you have with you.
- ❖ Point out obvious dangers, potholes, car doors, pedestrians etc.
- ❖ Ride at an appropriate speed - remember that's why you are in the bunch to ride with them. If you want to hammer do it solo or in designated sessions.
- ❖ Keep an eye out for wind direction and try not to fan out into traffic, its 2 a breast.
- ❖ Never, ever over lap the wheel in front!

Cycling in a bunch at 30kmph can get a bit monotonous so, in a planned way, spice it up with simple things like paceline training and efforts up hills, re-grouping at the top. It's great for everyone's skills and fitness and more importantly it is invaluable for those of you who want to race successfully. It is a fun way to simulate the rhythm and speed changes associated with racing.

Following the guide points above will help you and your training buddies, get the most enjoyment out of bunch rides in the safest possible way.

Matt White

SCC Member, Ambassador and Tour Professional since 1996

Acknowledgment



One could say that the potholes on Military Rd, Matraville are more like craters than potholes but just recently these craters have been filled in which ends the potential hazards it's caused us every Saturday morning. The silent achiever responsible for this "action" is fellow SCC member Steven Shein – There are gunners and doers in the world and certainly Steven Shein is the latter. He brought the derelict and unsafe road to the attention of Matraville Council and has been in dialogue with them to ensure a positive outcome. SCC recognises your effort Steve.

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Bunch Riding – SCC Club Captain Armon Hicks

Sydney Cycling Club bunches have traditionally been safe, polite and welcoming of all. Unfortunately today some of our bunches are neither safe nor polite. In fact the situation has deteriorated to such a degree that some long-standing members are choosing not to ride with SCC.



As a club we need to remain personally vigilant that SCC bunches are safe and polite. The aim of bunch riding is not to smash the bunch into fragments scattered across the Eastern Suburbs – that's racing.

As a general reminder the following principles apply to SCC bunches.

- All SCC bunches obey the law, road rules including traffic signals, and respect other road users.
- All SCC bunches STOP and WAIT for mechanicals, punctures and accidents. NO EXCUSES and no jumping on to the next SCC bunch to come past.
- B, C and D Grade SCC bunch start together and finish together. No rider shall be dropped and abandoned.
- B, C and D Grade SCC bunches will stop, wait and regroup at the top of each climb – stopping where it is safe to wait. The A Grade bunch should slow sufficiently to regroup for the safety of all members in the bunch.
- If a SCC bunch is split by a red light, the front part of the bunch will slow and wait for the remainder to rejoin.
- Each SCC bunch will have a designated ride captain.
- SCC bunches ride tempo out and faster home as general rule.
- If any rider feels the pace is too slow either take a longer turn on the front (or ride away from the bunch from the back – having told the designated ride captain what's occurring). DON'T race off the front.
- The aim is to maintain a safe separation between bunches NOT to push the pace and catch the bunch in front down the road.
- Pass all calls up and down the bunch (including the route).
- Concentrate – social chitchat is for the coffee shop afterwards.
- Time trail bars are NOT to be used when riding with SCC bunches.

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Club Cycling Kit – Armon Hicks



2XU
custom spec.

Firstly, your Committee would like to thank all the members for their patience in regard to the new club kit.

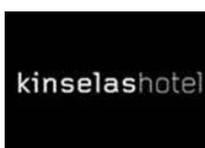
A sample kit from supplier 2XU is now complete and subject to final approval and agreement both jerseys and knicks will be available for members shortly. The final approvals necessary are commercial agreement from the various club sponsors.

Look out for the sample at SCC rides.... coming soon.

The kit is also currently being registered with the Federation and will be the required outfit for Opens and other races.

Secondly, the Committee has decided to subsidize the purchase of the kit to members. It is our intention that the jersey (¾ zip) and knicks will be available for a total cost of \$100.

The Committee also intends to order vests, arm and leg warmers – more details pending. The final process will be posted on the website and in the newsletter.



Club sponsors for 2007 are:

- Cross City Tunnel
- Kinsellas Hotel
- Kuota plus Reynolds & Xentis
- Italia Spring Tours

The support of our sponsors is critical to the health of the club and all the various activities we enjoy, including: racing, touring and safe cycling.

Thanks to Aidan Clarke and Shaun Campbell of 2XU and club member and graphic designer Dave Levitski for their invaluable assistance.

Members can access free component upgrades and discounts through Kuota (www.kuota.com.au) and tour discounts through Italia Spring Tours.

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Protect Yourself from the Sun – Nurse Diesel

When cycling in the summer months it's important to reduce skin exposure to the damaging effect of solar ultraviolet radiation (UVR).

Quick Facts

- The sun is at its strongest two hours either side of midday. Therefore avoid cycling between 11-3pm (10-2 during Winter).
- Sun protection factor (SPF) rating indicates the level of protection provided by a sunscreen against UVR. Choose the highest 30+ (see table for % UVR blocked)
- Choose a broad-spectrum sunscreen. It contains several ingredients, each absorbing at different wavelengths, thus offering you better protection
- Due to sweating ensure your sunscreen is water resistant
- Apply sunscreen evenly and liberally
- Apply sunscreen 15 minutes prior to going out and every 2hrs thereafter, more frequently if you sweat a lot
- Check expiry date and adhere to label storage condition; failure may decrease potency of sunscreen

Protect all exposed skin areas

- The whole of the face that includes lips and bald patch. (Sweating from the brow/ scalp can cause irritation to the eyes)
- Consider non-allergenic cream
- The neck (front & back). Don't forget the "V" of your neck; when you're trying to keep cool you may zip-down, exposing skin that is otherwise not protected
- Ears: An area most often neglected
- Arms: both sides
- Hands: including fingers

Tips and Hints

- Tightly woven fabrics best protect your skin. The easiest way to test this is to hold it up to the light; if you can see through it then the UVR can penetrate.
 - Look for "Ultraviolet Protection Factor" (UPF) Garment with UPF rating of 30 or higher will provide sun protection all day to the area of the body they cover.
- Wear wrap around sunglasses, they reduce the amount of scattered and reflected solar UVR reaching the eyes
- Consider using:
 - Sun visor
 - Neckerchief
 - Bandana
 - Cycling cap with or without flap
 - All can be dipped in water to provide a cooling effect on those longer rides
- Take sunscreen with you, travel packs are readily available or just squeeze some into a little plastic top container
- When taking a break or stopping for a tube change try and take cover in a shady area
- Wear thin armllets, they can be rolled down when necessary, just remember to add sunscreen before applying the armllets. Be aware that your old armllets may not provide adequate protection. Do the light test, described above.
- Consider starting your ride much earlier in the am

SPF		% Blocked
4		75%
8		87%
15		93%
30		97%

Cancer Council of NSW provides an excellent range of Sunscreen products
All proceeds go back into cancer research.
For additional information go to: www.CancerCouncil.com.au



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Racing – SCC racing secretary George Tragaris

Club racing has started again this year with a great turn out for the first time trial around Heffron Park. Interesting to see those who have been training hard over summer with most of the A graders and juniors setting new personal best times but all other grades going backwards. (If this is a ploy so you can be placed in a lower grade it will not work!)



Club grades:

Will be finalised after race number 4 and the following criteria will be used:

- Performance from last year.
- Performance in the first 4 races of this year.
- Potential performance this year.

Don't worry too much on the first 2; POTENTIAL PERFORMANCE will be the main one you will be judged on.

Races 5 & 6 will be at:

- Lansdowne on Saturday 24 March.
- The prologue will be a short flat TT, and then the Road Race will follow it.

All 4 grades will have their own road race with bonus sprint points on offer. Hopefully we can have the mobile coffee man available during the morning.

Upcoming Opens

Next month includes:

- Lidcombe Auburn CC Criterium at DGV on Sunday 11 March
- Macarthur Collegians CC Criterium on Sunday 1 April at Smeaton Grange.

Also good to see a few interested to race at the Canberra Tour in April with Stan Genarkis, David Sitsky, Geoffrey Kennett, Sam Rutherford and Tim Williams thinking of participating.

Racing Results (Over the last 2 months):

Congratulations to all and a special mention to Amber Jenkins who raced well in the Australian Women's Road Race Championship in Victoria then followed that up by racing in the UniSA Women's Criterium Series in Adelaide.

Saturday 23 December

Bike Bug 500 – Heffron Park

E Grade – 1st Laurie Scandrett

Under 15, 10km Scratch Race – 2nd Luke Youngman

Monday 25 December

SCC Christmas roll – Centennial Pk.

1st Mark Cash

2nd Michael Avakian

3rd Alan Smith

(Won on weight to distance handicap)

Saturday 6 January

RBCC Criterium – Heffron Park

2nd Unplaced A Grader, Handicap Race – Steve Hogg

Friday 12 January

Sutherland Twilight Criterium

A Grade – 1st Matt White

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Special mention – Amber Jenkins



Saturday 13 January
Australian Open Road Race Championship
Elite Women's, 102km – Ballarat
35th Amber Jenkins @12:07

16-20 January
UniSA Women's Criterium Series
South Australia
Stage 1 – 11th Amber Jenkins, 20 points
Stage 2 – 11th Amber Jenkins, 20 points
Stage 3 – 17th Amber Jenkins, 8 points
Overall 13th place, 48 points.

Personal comments: It was a good opportunity for me to throw my hat into the ring, take a flogging and learn from it. I need to gain more confidence within my self when riding in larger bunches and make further improvements in my overall fitness. My main objective is to be in the top 10 of the Australian Open Road Race Championship next year so from now till then I've a lot of training and commitment to do.

Amber Jenkins

Tuesday 30 January
Heffron Park Criterium
1st B Grader – Stan Genarkis

Wednesday 31 January
Dunc Gray Track Racing
Luke Youngman - 1st Jnr Div 1 Scratch Race

Friday 2 February
Lidcombe Track Racing
Luke Youngman - 1st Jnr Div 2 Scratch Race

Saturday 3 February
RBCC – Heffron Pk.
Luke Youngman - 1st Jnr
Luke Youngman - 1st Jnr A H'cap (off scratch)

Sunday 4 February
ATTA 25km Time Trial – Calga
Stan Genarkis 35:54, 3rd place.
Tony Johnson 42:04

Monday 5 February
Hurstville Track Racing
Luke Youngman - 1st Under 15s (Scratch Race)
Luke Youngman - 1st Under 15s (2 lap Derby)

Tuesday 6 February
Heffron Park Criterium
Stan Genarkis – 2nd placed B grader, 8th overall

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Snippets

London Bound
Daniel Hynes

Hi all,

I'm sad to say that I won't be riding with Sydney CC this year as my career is taking me (and my family) to London. We'll be moving over in the next couple of months and with all the work to be done beforehand, I'll find it difficult to even get on a bike.

Sydney CC will always be close to my heart as it was the first club I raced with and I will miss all the great people around the club. Unfortunately my second stint with the club (after a brief interlude in Melbourne) has been restricted due to family and work commitments, but I've enjoyed it nonetheless than the first.

I wish everyone the best and if you happen to be over in London (especially with the Tour starting there this year) don't be afraid to look me up.

Cheers, Daniel Hynes Email: daniel@pisces.id.au (this will be in use in London)

Wondering where Pete Scott is these days? If so read on...

He's been seen wandering around the numerous harbour fore shore walks, observing what he thinks is aboriginal art or could it be a man on his bike.....wishful thinking. In actual fact he's a stride his bike after months of niggled knees. He says he needs to get used to turning his legs in a circular motion rather than what he believes are squares.



Good Luck and fond cycling to Jody Buckey & David Levitski who are moving to Melbourne soon. The club wishes you all the best for the future.



Spy Cam! Boy you can't get away with anything these days...

A member of **SCC** was spotted recently at the opening of the Spit Bridge (7.30pm) – the club jersey gave him away. Trying to beat the traffic home the rider rode up to the red and white boom gate. As the bridge was up he felt the need to get a little closer to the edge of the bridge (traffic was banking up in large proportions) as he did this he was spotted by the bridge operator peering over the gap, or maybe he thought he could just jump the gap with his bike. As the bridge was lowered and everybody thought they could continue their way home, the operator proceeded to walk over to the rider and mutter some words. Don't know what he said, but the rider "sheepishly" walked back to the other side of the boom gate. At this stage he had a big audience watching him and laughing (10min had elapsed). The operator then slowly walked back to his control tower only to be abused by a motorist on the other side of the bridge, so he just stood there and didn't move for a few minutes.

Of course, I guess the **SCC** rider didn't think that the bridge operator would have for: 1 - lost his job, 2 - the bridge would have been closed for hours if he had fallen over the gap while the rescue squad and police were called or even worse cut in half by the bridge, with a **SCC** jersey floating one way and a pair of knicks floating the other...Who was that rider?

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Nurse Diesel *Information provided by members*

Club Member	Progress Report
Susanne Lyndon	Independently fell just before Waterfall, sustained multiple gravel abrasions plus a fainting spell. Taken to Sutherland Hospital for routine observation and was discharged a few hours latter. The gravel grazed knee became infected (antibiotics/rest). Back in the saddle with no lasting injuries.
Marguerite Young	Back in the saddle gaining confidence.
Vikki Dodds	Fully recovered but not rejoined the club for this year. Nevertheless she is back on her bike enjoying the streets of Sydney again, more for the chat and a cuppa than for the km & bpms.
Kevin Crowie	Hodgkin's Lymphoma. Good team looking after him at St. Vincent's. Chemotherapy treatment commenced, suffering a little nausea but other than that remains positive and continues to ride.
Alyssa Rogan	Following her fall from last year, Alyssa has recently had her arm plate removed along with an impromptu triceps tendon repair and reattachment to the bone. Hopefully this will strengthen her arm, taking the strain off descending. Strict instruction: No Mt. biking for 6 weeks and avoid hazards, spills and the like if on the road bike.
Grant Chellew	Skin cancer (Melanoma). Progressing with treatment, radiotherapy & chemotherapy, which have caused a reasonable amount of nausea. Maintaining the saddle position when able and always positive
Frank Milner	Back on the bike, taking it easy, doing laps around the park. No leg strength at present but that's to be expected.
Ruth Lax 	Fractured clavicle and multiple abrasions to her face along with a black eye following what Ruth can only describe as "my front steering went funny and then I was on the floor". Ruth goes onto say that her only brush with cycling fame had to be in this compromised state as Kath Bates assistance her at the road side (Ruth was cycling solo).

Asthma Sufferers

Opportunity:

- **Do you take asthma medication**
- **Are you physically trained and fit**
- **Are you interested in being in research to understand how asthma treatments work?**
- **If you think you can help please contact:**

Dr. Corinne Caillaud,
School of Exercise and Sports Science,
University of Sydney, Phone: 9351 9158
Email: c.caillaud@fhs.usyd.edu.au

Subjects will be reimbursed for their time and traveling expenses

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Off the back & Personal with Tanya Bosch



- Q1. What tickles your fancy?**
Shaved muscular legs
- Q2. If you had a time tunnel where would go and why?**
In the time of Jesus Christ to see what it was really like
- Q3. Are you a pointer or a shouter when cycling in a group?**
Pointer
- Q4. What other activities do you pursue other than cycling?**
Cross stitch and sermon at church
- Q5. Do you have any regrets in your life?**
Not enjoying my kids enough when they were younger
- Q6. What's your best achievement in cycling?**
2005 World Masters Championship where I won gold
- Q7. Do you have a favourite food?**
Apple scrolls from the State of Victoria
- Q8. What disappoints you the most in people?**
People who don't consider other people's opinions
- Q9. Where and what do you like doing at holiday times?**
Mountainous areas – Bike touring bush walking
- Q10. Is there a passion in your life?**
To see more people ride bikes in the community

Bonus question:

Who coached the SCC women's 35+ from 2000-2005 winning gold & silver
I believe that was me (see below for Tanya's skill courses)

Next issue "off the back & personal" with Michael Avakian

Bicycling Skill Courses

Tanya Bosch is a level 2 cycling coach who conducts skill courses for recreation and sport (see below). The courses and rides can be tailored to adults, children, and individuals, for councils, schools, workplaces and clubs.

Tanya Bosch

Ph: 9369 1436/ 0419 217 974 (m)

Email: onyabike@ozemail.com.au

Date	Course	Where	Time	Cost and booking
10 th February	Commute by Bike Shortened course	Centennial Park	10am – 1pm	Bookings essential: Alison Jones Waverly Council Tel: 9369 8176 Free for residents of Waverly council
10 th & 17 th March	Back on your Bike For not so confident riders 18 years plus	Sydney Park	10am – 1pm	Bookings: Sydney Community College: Tel: 8752 7555 www.sydneycommunitycollege.com.au \$69
10 th & 17 th March	Commute by Bike Kids 14 + and Adults	Sydney Park	2pm – 5pm	Tanya Bosch onyabike@ozemail.com.au Tel: 9369 1436 or 0419217974 \$69

The Sydney Cyclist

Tour Down Under – 16-21 Jan '07



The SCC members do get a round, whether it's with Pino's Spring Italian Tours as David Ojerholm chose to do or as Independents which Doc, Marcus, Des, Kate, Stan, Mark & Armon did. Whatever the arrangements, it's a great week to explore the Adelaide hills and absorb the cycling atmosphere and culture that overwhelms this pretty city, fondly known as the city of churches.

Des enjoyed being Amber's "roadie", Pitt-side mechanic and for just a brief moment a VIP.

Mark and Stan did a little riding together until Stan took a stumble on the tram trolley tracks at Glenelg, putting him out of action for a few days. Doc and Marcus were no doubt doing their own thing in-between lattes, hills and watching the Tour.

Most did the "Challenge" ride (stage 3 of the Tour). There were two starting options:

- Sterling 184kms to Victor Harbour
- Ashbourn 84Km to Victor Harbour

Unfortunately the weather pattern had changed from a very hot 40 plus degree last year to an all day deluge of rain, but despite this it was a good day of cycling. The only true spectator in all of this was Armon Hick and his kids

Two rides went out: The challenge of Macquarie Pass and traditional Captain Cook's landing.

Macquarie pass



setting off for the 30km to the base of the beast in dry conditions. Warnings were issued to the newbies regards length, grade and oxygen requirements.

An enormous downpour the night before set off a flurry of SMS's in the soggy morning – "will we?" "should we?".... We did. After a damp drive down only 8 hardy SCC souls decided to brave the Giant Mountain. We needed a bracing first coffee in town where we glanced nervously at the massive black cloud hanging over the escarpment before setting off for the 30km to the base of the beast in dry conditions. Warnings were issued to the newbies regards length, grade and oxygen requirements.



There was no turning back now as we commenced the climb, cycling ever upwards into an eerie fog. George Tragaris blasted off the front and was lost in the mist immediately while the rest of us enjoyed the hour plus of personal reflection or demon fighting. Thanks to Michael Avakian for having sufficient energy to double back down the hill and look for strays. We gasped for breath and regrouped at the top in glorious summer sunshine.

Congratulations to Des Sullivan and Alan Jones for first summits. Kate Everet did it with ease even though she does zero training! Everyone was in high spirits and deserving of great coffees at the Cheese Factory along with plenty of chatter thanks to Kate Roberts (the Vulch). Then it was the easy return trip to Kiama to laze in the sun and reflect... as always, a satisfying ride.

Julia Avakian

The Sydney Cyclist



Captain Cook's Landing. If you don't know where this is, don't read any further because you won't find the answer here. It was a pleasant enough ride, easy on the leg muscles, all the men working while I hid. It was hot and sticky on the body and the only refreshments until the return was water. We lost two riders who I think went for a sneaky coffee at Cronulla...wise choice, why didn't we!

Frankie

Alpine Classic 27th Jan '07 – Mark Cash

Memories

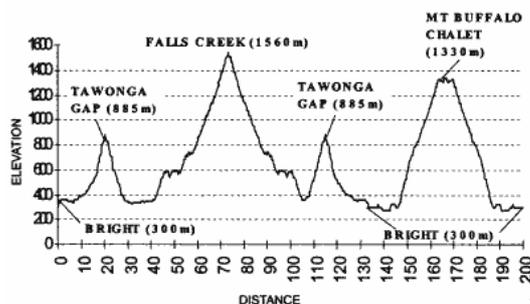
There was no way I was going to climb 30k up Mt. Buffalo like last time – out of the saddle, hardly able to pedal because my knees and back were hurting so much. However, I was also under no illusions – it was still going to hurt - 200 km of mountains, regardless of your speed, eventually gets painful.

Experience counts

I'd also learnt from bitter experience that training has to consist of more than drinking lattes and carbo-loading, so this time I came better prepared, having just spent ten days in Adelaide trying to keep up with Stan Genakis. So with much better fitness, and a bike that was properly set-up, (thanks Steve Hogg – worth every penny!) I was ready.

Perfect weather

Luckily the forecast this year was not for tyre melting, 40 plus degree, but rather a cool change with showers. I got to the start early and managed to barge my way towards the front. I don't remember much of the rider briefing except the bit about 'this is not a race' – yeah right! That little gem of advice was quickly forgotten as bunches quickly formed up and pace-lined out to Tawonga Gap. I managed to find a group that seemed to be doing a pretty good speed – my thinking was, if I could just sit on a wheel for the faster, flatter bits then I'd be fresh for the climbs. This tactic seemed to work and I made sure to chat with the other riders as we all struggled up the first climb – I'd need their help later! I was quite surprised though, at how badly some of these super-fit guys (and girls) were at descending, and I managed to gain loads of time by out-braking, (or not braking!) and just keeping a smooth line through the corners.



Skills – worth the effort

Some of the riders I'd passed on the descent managed to catch and pass me as I headed out of Mt Beauty, but we soon formed a little group and were tapping out a pretty high cadence up to Falls Creek. Our little bunch even managed to blast past some of the 'sprinters' that obviously thought our pace at the start was too slow, went off hard and were now paying for it, (it's 200k's guys not 20!!). By the time we got to the entrance to the park gates of Falls Creek, the guy beside me had counted only 9 riders coming down – cool! That meant we were probably in the top 30 or so... and my legs still felt OK.

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The Sydney Cyclist

Drop the brevet, fill the biddons, and pull on the gilet and arm-warmers, as it's actually quite cold up here.... Oh yeah – didn't bring them!! Better get down to where it's warm quickly! Again, descending was fun as I could overtake all those stronger and fitter riders – the only scary moment was when I dodged a hole in the tarmac that was on the apex of a corner, and drifted out across the centre white line.... Opps – better back off a bit!!

Energy source:

I didn't stop for food at Bright, as I'd made sure to eat (and drink) constantly the whole way. The organisers were great at supplying riders with plenty of food and water, but after stuffing a little custard tart down, I just couldn't face a huge salad roll – especially not just before the longest and hardest climb. – Mt Buffalo may not be as steep or as high as Falls Creek, but after 140kms things are beginning to hurt!

By this stage you are being passed by some familiar faces, you have a chat and ask how they're doing, (in between gasps for air), but you really don't care as your only friend now is pain. You're cycling at your own pace and finding your own motivation. In my case this included an iPod with lots of stuff I can play LOUD! (It distracts you from the pain, and by this stage hunger – damn, I should have taken that roll!). [Note-to-self... always check iPod for suitable music.] Don't get into a good cycling rhythm with some uplifting rock and duff-duff tunes, only to be ambushed by a rouge Kylie song!

My favourite – downhill!

Although this time I was slowed down by cars and other riders – but at least I didn't have to pedal! For most of the final 10k back into Bright I sat on the wheel of one of my new friends. By this stage there was a stiff head wind, but luckily we collected a few more riders and swapped turns to share the load. We congratulated each other as we cruised across the finish, stopping the clock at just after 2pm – my PB achieved!!

Summing Up

The Alpine Classic is certainly memorable for the great riding, the personal challenge and also the excellent organisation. I particularly liked the way the finish was a stumbling distance to the Bright Brewery! After 200 kilometres I needed to re-hydrate and carbo-load – make mine a pint!!



The Brew

The Hellfire Ale: Aromatic and moderately bitter amber ale with a clean, dry finish, leaving your mouth ready for another. Couldn't agree more!

The Blowhard Pale: American-style pale ale with a bracing citrus aroma, and crisp cascade hop character. It is the perfect accompaniment to spicy foods or fish and chips. Or in my case.... more beer (the wait for pizza was 1 ½ hours!)

Other members participating were:

Eddie Bosch, Glen Butterworth, Stephen McMillan, Alyssa Rogan, John Gallagher, Anton Hermann Ross Theo (200km challenge), Lynne Mathias (130km challenge), Tanya Bosch and Alan Smith (70 km challenge), Congratulations to you all. **Boot Camp:** The purpose of which is to inspire, impart knowledge and instruct fellow cyclists on how to get the most out their cycling. Both Tanya Bosch and Steve Hogg presented an individual talk on a specific topic related to, yes your guessed it.....CYCLING.

The Sydney Cyclist

New Club Members



Name: Frances Dunne
Occupation: Accountant
Bike: White Apollo

Comments: I'm originally from New Zealand but I've been residing in Australia for the better part of two decades. I joined the club to participate more in-group rides with an emphasis to improve both in ability and skills especially on the hills.



Name: Alan Jones
Occupation: PhD Student
Bike: Black Pinerello

Comments: Recently returned to Sydney to undertake my PhD after spending the last eleven years in Hong Kong where the only cycling you'll find are locals porting their wares such as chickens and portable gas. James Guthrie introduced me to the club. I find the club supportive and friendly. I'm enjoying the group rides and would particularly like to thank George & Armon for getting me back to the café on occasion. The newsletter and weekly updates are valuable to newbees. My main aim is to get fit and maintain that fitness.



Name: Naris Lapsys
Occupation: Nutritionist (PhD)
Bike: Blue/silver Lemond

Comments: I'm new to cycling; started a year ago on a commuter bike with panniers that quickly turned to dumping the heavy commuter bike for the one I have now. I wanted to join a club to ride safely on the weekends and I'm looking forward to getting some longer rides in. I work at Bondi Junction: "The Body Doctor" as a consulting Nutritionist.



Name: Christopher Armstrong
Occupation:
Bike: Blue 1954 Hetchins

Comments: Originally from Buckinghamshire (England) I was introduced to cycling at a young age by my dad. After a long lapse I was back in the saddle on my own in Centennial Park but got bored cycling on my own so joined SCC which I'd heard good reports about. I manage to ride 3-4 times a week; I love the Watson's Bay ride the best. I have numerous bikes, 10 in all. If you see some one on an old fashioned bike with the funny stays and wearing a woollen jersey.....that's me.

The Sydney Cyclist



Name: Marcus Hodgson
Occupation: Consultant in Organisational strategy
Bike: Black Pinerello dogma

Comments: I met a few of SCC members on Pino's Spring Italia Tour 04 and Tour de France '03. James Guthrie brought me along to the club but I've had nudges in a supportive way from Breeda et al.....club effort to get me on board. I've just returned from a lapse in cycling (9 months off) so I'm starting to get fitter. My other sporting pleasure is sailing



Name: Toby Shingleton
Occupation: General Manager Base Backpackers
Bike: Blue/white Le Monde (Alpe D'Huez, on road)
Cannondale- rush off (off road)

Comments: I love the outdoors and love bikes both on and off road. Road riding is my way of getting fit for MTB. I'm currently racing State and Club MTB rounds in short and longer distance (4-24hr). My cycling goals are: Ottway Odyssey '07, Wild side Tasmania '08 and the Trans-Rockies Canada '08



Name: Ivan Holyman
Occupation: Chief Risk Officer Perpetual Limited
Bike: Multicoloured Colnago C40

Comments: I've been cycling for a while including a couple of years in Singapore and a similar period in Tokyo (1999-2002). I cycling with friends a couple days during the week and was looking for a safe and enjoyable bunch to pick up some more rides with. I saw SCC out on the road; did some research and decided to join. My objectives are enjoyable rides, good coffee as well as riding safely.



Name: Pike Talbert
Occupation: Investment Banker
Bike: Trek

Comments: I am an American who moved to Sydney in 2001 for New York. While my background is in competitive tennis, golf and squash, I have taken up cycling and ocean swimming/racing since moving here. I joined SCC because I wanted to expand/improve my cycling with an enthusiastic (but safe) group of talented, but like-minded, friendly cyclists. Knowing this, my great friends and fellow cyclists, Magdalen Simpson and Ivan Holyman, recommended SCC to me. From my first ride with the Club (to Waterfall one Sunday morning), I've been hooked! I don't know anything about bikes but I'm an avid fan of Lance Armstrong and US Postal Service.

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Name: Robert Dunne
Occupation: Statistician
Bike: Silver Merida

Comments: I used a bike for commuting in Perth and thought that I was a competent rider. Sydney traffic is quite another thing. However, when I arrived in Sydney it took me a month to gather the courage to face major roads, which I did in a state of terror. I was an inexperienced rider in a bunch but since joining the club I have improved. My most recent cycling excursion has been from Perth to Adelaide (20days). Simon Vagg recommended me to SCC.



Name: Magdalen Simpson
Occupation: Solicitor (homemaker)
Bike: Pink Colnago

Comments: I dabbled in cycling after finishing university and did a couple of short triathlons. A move to Jakarta in 1991 put a stop to cycling for a few years (3 babies). I started riding regularly in 2000, by which time we were living in Singapore- more conducive to cycling. Moved to Sydney about 2 years ago and started riding again with some old friends from the Singapore group.



Name: Chris Howard
Occupation: Head of Sales/Marketing Biotech
*Bike: Two Colnagos: Black/yellow (carbon)
Blue/white (titanium)*

Comments:

I joined SCC after a friend joined and said it was a nice group of riders. I have only done two rides as I have strained my back. I am only doing short easy rides at present until it recovers. Hopefully I will become a regular on the SCC rides from April.



Name: Lencia Macleod
Occupation: Project manager
Bike: White Bianchi

Comments:

Work colleagues introduced me to cycling. I always wanted to cycle in a pack and so joined a club to practice and ride with and so I'm riding in a pack and that thrills me. My goals are to get fitter and faster.



Name: Hamish Lamont
Occupation: Corporate IT Manager with Toll Holdings
Bike: Teschner (white)

Comments:

I've been riding for the past 5-6 years off and on, hadn't ridden with a club before and wanted to get my fitness levels up. **Biggest challenge:** Time...have two young children so fitting in rides can be the challenge

The Sydney Cyclist



Name: Garrath Styles

Bike: Colnago/white

Comments:

I 'm an old club member from 10yrs + ago. I had a bad accident that saw me leave cycling for surf and tennis but the passion for cycling is back and I'm wanting to lose more weight, become fitter and obtain a little more speed...glad to be back.

Name:

John Taylor

Occupation:

Human Resources Director for Reuters

Bike:

Orbea

Comments: Not sure what got me into cycling other than riding as a kid, and then did some triathlons many years ago. Played a lot of sport when younger and so now the knees don't stand up well to running anymore. Never really took road bikes seriously until dusting off my old Cadex bike and going for a few very easy rides. Then re-introduced to it again by a very fit mate who is obsessed and rode in an informal group a few times last year to prepare for the Round the Bay ride. Two bikes later, I'm completely hooked and joined SCC to get fitter, get more confident in riding and love the feeling of riding in a bunch. Got 2 little kids so time for rides is pretty thin but try to ride whenever, so riding before work and being back in Park by around 7am works.

Name:

Peter Soutter

Comment: Father in law got me interested. He would always return from his cycling trips in Europe with stories of mountain possess etc. 7 years ago my brother-in-law & I persuaded then to allow us to join them and I now go on their trip every second year. Over time I have cycled in the Alps, Pyrenees, Corsica and Italy. I have lived in Ireland for many years now back in Sydney. I found myself lacking exercise and missing cycling and so decided to join Sydney Cycling Club.

Other New Club Members include: Malcom McComas, Leanne Veitch, John Hattam, Joel Bloom, Bruce Taylor and Vanessa Bockhorni. We would like to extend a warm welcome too you all.



Meet the New Club Members
Over drinks, nibbles and a game of lawn bowls!

This sport requires skill if you hadn't noticed

Where: Lawn Bowling Club, Quarry St Paddington: 25th February 1pm (Bowls\$10.00 Food: \$15.00)

Note: Some club subsidise for New Members will be provided.

If you are listed under: **New Club Members** then we'd like to see you there!

The Sydney Cyclist

The Facts on Cleat Positioning – Steve Hogg



Every watt of power your body produces while riding is transferred to the bike via your feet. The relationship between foot and pedal needs to be optimised if the goal is best performance.

Almost every source that you will see will tell you that the most efficient cleat position is when the centre of the ball of the foot is centred over the pedal axle. You will see this in books, magazines and web pages devoted to bike positioning. This information has been around for ages and is so widespread as to be almost universally believed. It is rubbish and demonstrably so. Here is a test that you will need two people to perform.

Grab a long lever; a cricket bat, baseball bat, shovel or spade will suffice. Have another person face you at a distance that allows you to reach slightly past their shoulder while you hold the lever with bent elbows. Exert force on the lever and try and move your friend sideways. You will find that this effort is ineffective.

Take a small step forward so that 1/3 of the lever protrudes past your friends' shoulder. Now try and move them again and you will be much for successful. For those that don't grasp the analogy, the first position is ball of the foot over the pedal axle and the second position is ball of the foot in front of the pedal axle.

The question is just how far in front of the pedal axle to place the ball of the foot. Too far in front will give massive leverage but no ability to jump hard in a sprint. Not far enough will give lots of strain for not enough gain. Here are some general recommendations based on shoe size.

Shoe size 36 - 38: centre of ball of foot 7mm in front of pedal axle; 39 - 41: 8mm; 42 - 43: 9mm; 44 - 45: 10mm; 46 - 47: 11mm 48 - 50: 12mm. There are a number of qualifiers that I will attach to those recommendations.

1. This info is for road and mtb riders. For general track riding, I would reduce the amount of foot over the pedal by a mm or 2 depending on shoe size and event. For sprinters and kilo riders, I would halve the recommended amount of foot over the pedal.
2. If positioning someone in person, I might vary the above a mm or so either way depending on other factors.
3. For riders with an exceptional heel dropping pedalling style, I would increase the amount of foot over the pedal slightly. The converse is true for the exceptional toe down style peddlers. For both groups I'm talking about technique under moderately severe load, not cruising in a small gear pedalling fast.
4. For riders with a lot of heel lift in their shoe last, I would increase the amount of foot over the pedal.
5. If the distance the cleats are moved rearwards on the shoe is substantial, this will cause greater extension of the leg and so seat height will have to drop slightly for some people.

Unfortunately space only permits what amounts to this brief overview of the subject of cleat position. If anyone has any queries or would like more detailed information on this subject, please contact me.

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Tour Update – SCC Tour Secretary Julie Avakian



NSW Snowy Mountains Tour (Based at Jindabyne) March 3-5th

Time is running out.....put your name down for this fantastic annual tour

- Three days of riding some of Australia's most challenging climbs, all at a leisurely pace
- Admire the scenery and wildlife
- Enjoying wonderful company at group evening dinners

This is always a fun weekend and very popular. If you are a new member and are wondering if you should come then the answer is YES.

- See "weekly updates" for more details

NSW Wonder of Orange District April 21- 22nd

- By popular demand.
- This is a beautiful area full of surprises and only 3.5 hours from Sydney.
- A great opportunity to see somewhere new by bike.
- Try some local wines and taste the excellent food on offer.

Put this weekend in the diary and wait for more details.

NSW Mudgee racing and Touring combined July 7-8th

It is still a long way off but this weekend is worth thinking about, combining and catering for both the racers and tourer.

- Plenty of après-riding activities planned.
- Food and wine exploration to wet the palate
- Beautiful country landscape full of the aroma of winter

This will help break up the winter blues so look out for more news on this exciting weekend.

We may not have seen these two delightful ladies cycling with the club of late but "Spy Cam" can reassure us that they have not abandoned their trusty steeds of aluminum, carbon or steel.



Spied taking a leisurely ride to La Perouse together, just recently, looking lean, mean, keen and losing none of their ability to chat.

They are conscious about maintaining fitness and perhaps we'll see them in the pack, on a Tour, or at the après-velo coffee hub (The Kiosk).

Looking forward to having your company back again girls.

Frankie

Ride Cambodia, Ride the World – Yvoine & Michael McCort have made it to print: See their exciting adventure story in the latest "Australian Cyclist": and/or learn more about their trip at www.ridearound.com.

The Sydney Cyclist

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The Sydney Cyclist

Club Ride Program

Day	Time	Meet	Ride Description
Tuesday	06.00	Cannons	La Perouse Ride.

Two bunches: Fast or Steady. Takes the same format as for Thursday.

Wednesday	06.00	Cannons	Girls Paced Watson's Bay Ride.
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One of the more popular rides. A different route from the Tuesday ride and the girls lead the way. The bunch re-groups after all the climbs. Back at approximately 7.20am at Bondi Junction for coffee.

Thursday	06.00	Cannons	La Perouse via Anzac Parade and Malabar.
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Approximately 35km. Fast clip (35-40ish km/h) with three even faster (40-55km/h) intervals. Back at approximately 7.00am.

Friday	06.00	Cannons	The 3 Beaches (Bondi, Tamarama, Bronte)
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A good warm up for the weekend with a quick pace up Military Road then back along Campbell Parade towards Tamarama Beach. From there it's onwards and upward to Bronte. Back at approximately 7.00am at Bondi Junction for coffee.

Saturday	06.30	Cannons	La Perouse Ride.
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Approximately 45km. Three bunches leave the park rolling easily until Foreshore, then do 3 laps around Port Botany practicing pacelining. The first two bunches pick up the pace at La Perouse for the run home via the hills around Maroubra Beach with a paceline developing again along Anzac Parade. The third bunch does the same route at a slightly slower pace with an emphasis on bunch riding. Back in the park for coffee at 8.30am.

Sunday	06.30	Cannons	Waterfall Ride.
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Approximately 90km. Two bunches leave the park to Waterfall, medium to hard ride, out at 28-35km with some riders turning round at Sutherland (60km). At Waterfall smaller groups sometimes go on to Stanwell Tops (120km) or back through the Royal National Park (110km). The main bunch U-turns at Waterfall, pipeline 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. Waterfall rides finish back in the park for breakfast at approximately 9.30am

1st Sunday of the month	06.30	Cannons	Akuna Bay 100km.
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One or two different paced bunches head north to Akuna Bay via Wakehurst Parkway and Church Point. 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. Back at the park by 10:30am for brunch.

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.