

The Sydney Cyclist

Newsletter: Issue Jan / Feb 2008

Happy New Year

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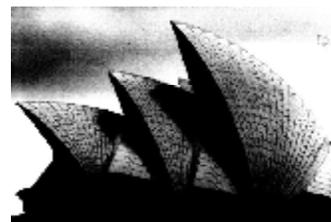
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Tour Down Under - Andre Greipel (Team High Road) wins.

Inside this Issue:

- SCC at the Tour Down Under
- Social Stuff
- Touring
- Racing
- and other stuff



Contents

Grant's Rant

Hello my turn to contribute to the club, so I am the new Newsletter editor in this 30th Anniversary year. I would like to acknowledge the great efforts of my predecessors (Auriol and Frankie) who have set a new high standard for the SCC Newsletter, and I hope to be able to maintain that standard.

Some of you may have already noticed me riding around with a VCR in hand. I am attempting to capture some footage of various SCC stuff during this Anniversary year and then edit it down to a short film / documentary. It may well be the world's most boring home movie, but we will see. Any contributions would be welcome.

Having now attended two SCC Committee meetings, I can tell you that these people really do contribute a fair bit of their own time in order to provide an extensive programme of social events, touring, club rides, training rides, and racing, not to mention a significant amount of management and administration duties. It would be greatly appreciated if just a few of the two hundred plus members could provide some additional assistance. Please contact one of the Committee members directly (see back page) if you are interested in a particular area of the club's activities.

Recommendations:

1. Membership of Bicycle NSW for the Insurances (Public Liability and Personal Accident) which are included in the \$85 annual fee:
www.bicyclensw.org.au
2. Arm Protectors for protection against skin cancer during those long hot summer rides. Lightweight products available from Assos and also the triathlete shop in Bond (south end of Campbell Parade)

Finally, any contributions from members to upcoming SCC Newsletters are welcome. Send to grantc100@yahoo.com.au

Seeya.



Grant Chellew

EDITOR

grantc100@yahoo.com.au

"Don't look where you don't want to go"

Inside this Issue:

- President's Chair
- Club Captain's Column
- Race Secretary's Briefing
- Racing Bits and Pieces
- Tour Notes
- Tour Bits and Pieces
- SCC at the Tour Down Under
- Social Notes
- Social Bits and Pieces
- Hogg Heaven
- Cycling Nutrition—Eat Good
- Stuff
- New Members
- Member Profile
- Sydney CC Sponsors
- Sponsor Profile
- Sydney CC Committee

Corrections—Apologies:

Eric Waddell draws attention to the fact that he is not the author of "Les amis" which was published in the December 2007 Club Newsletter. He simply translated it from a delightful collection of cycling essays entitled *Besoin de vélo*, written by Paul Fournel (Paris: Seuil, 201). "Les amis" is on pp.117-120. Our sincere apologies for any potential misunderstanding.



President's Chair

2008 – A big birthday year!

Well happy birthday everyone! Like every year I look forward to celebrating our successes and enjoying every minute of my ride in the Sydney CC bunch in our big birthday year!

Like in general life, a myriad of new challenges turn up when you officially move away from being “young” and out of your twenties. There are the expectations that you will grow your family, that you will lay down plans for the future and your financial independence is set. Due to our rich history and the commitment of the clubs forefathers (and mothers), we turn past the “30” post in a strong leadership position with immense capabilities to meet the challenges of the future as we all work together! Enjoy the ride in 2008 – it will be a cracker!

Help us help you!

At the next committee meeting we are going to look at a proposal to expand the number of “management” roles. We have grown quickly – since I first rolled/wobbled down into Centennial Park for my “intro ride” we have grown 400% and no, since you asked, it was not in the 60's! A lot of this growth has been in the last 3 to 5 years.

Perhaps not surprisingly then those in the front-line are starting to show some signs of wear however stoical and brilliant their performance. The club captain has some nasty shrapnel wounds; the secretary is constantly bitching and moaning after only having lost a limb or two from RSI (can you believe it) and the rest of the committee have various levels of infections either through claw marks or stab wounds in their backs!

In all seriousness we have 2 options – gain further assistance and spread the load or stop some of things we offer eg. full racing program, managed bunch rides, club communications , charity ride and other tours etc – the committee are determined to not only keep these going but build upon them with your support! It is your club – get on it!

New Member Support

The club has a tradition, which we hope to build upon, of supporting inexperienced cyclists.

New member support starts from being a club that facilitates and favours open, honest communication particularly coming from the ride captains and from our newer members. For those of you who have been around for a while put your hand up to be a ride captain and provide your support to the club captain and newest members of the cycling fraternity. It's bloody easy to sit back and complain about bunches or riders yet those that gently help others improve demonstrate grand dexterity and grace.

Matt White on top

It was great to catch up with Matt on a club ride recently. It was indeed his last ride as a “professional cyclist” before stepping up to his Director Sportif role. An honour, I thought, to have him ride with us in full club kit (and then have the cheek to pull his *own* name out of the hat winning another set). Matt, I know you're listening out there somewhere - all the best and we all look forward to hearing a stack of cherished stories from your first year with the Slipstream-Chipotle-H30 squad!



Barry Doosey
PRESIDENT



Club Captain's Column

Welcome back for 2008, and a warm welcome to the many new members who have joined SCC over the summer.

As usual, a couple of gentle reminders for all members to start the column off with.

Please remember to be polite to all other cyclists including any "hubbards" you meet on the road. Remember the enemy are motorists not other cyclists. Besides as a taxpayer, anyone on a bike is going to cost you less in state funded health care over the longer term i.e. you hard earned tax dollars paying for avoidable and preventable diseases such as diabetes, heart disease or obesity.

And besides Sydney doesn't need another arrogant cycling club.

A bunch of 30 plus SCC cyclists is neither fun nor safe. Remember each of us is responsible for our own safety and that of other members. Don't be afraid, too proud or stupid – simply split the bunch into two bunches of 15 – it will be safer and more fun. Besides you might meet a member you've never met before. Don't wait for someone else to make a decision, ride tempo, let the bunch in front go and then catch them up for coffee at the end.

Sydney bunches are safe – let's keep it that way.

Congratulations to the various youngsters who have been racing and winning on the road and track over the summer. They've been carrying the flag for the club and all our sponsors. Let's remember to support those who support us.

The racing and touring calendars are about to kick off – be involved and you'll get more out of the bike. Memo to self – it isn't all about the training program.

To all those members who went to Adelaide for the TDU – thanks but let's work harder to wean Stan of the one Cibo's coffee shop in East Rundle St! In regard to the rest the rule is *what happens on tour stays on tour* – despite flickr, blogs and Facebook.

In closing I'd like to pay tribute to Sheldon Brown (who I only knew from the www) whose writings helped with the design of my training "fixie" which like Sheldon is now deceased.

In conclusion, let's keep the rubber side down and have a safe and successful 2008.



Armon Hicks
CLUB CAPTAIN



Race Secretary's Briefing

Club racing dates are already up. Couple of timetable clashes re: SCC @ Eastern Creek vs V8 Super Car racing program. But we can get Eastern Creek for two of the 4 scheduled races..

Open racing, well the calendar is out. We just need to decide what events the club wants to support. This is a conversation for the committee.

Training: I'll do a few presentations and throughout the year. Next Training Programme commences Thursday 28 February.

See SCC Weekly update 12 February for report on **Luke Davison** at National Track Titles.



Davison celebrating his national title.
Photo ©: John Veage

Congratulations to Luke Davison , selected to represent Australia:

On 19 February, Cycling Australia announced the junior team which it will send to the 2008 junior World Track Championships being held in Capetown , South Af-



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



Racing Bits and Pieces



Auriol Carruthers breaks through for her first win at RBCC: E Grade—Heffron Park on 2 February 2008.



Here is how she did it - the rest of the field was not even in sight as she crossed the line. This is one way of ensuring an automatic upgrade. Auriol has now been punted to D Grade (and hoping to see a few other SCC members racing alongside her on Saturday afternoons).



RBCC 12 Jan 2008: B Grade - Kevin Black 3rd



RBCC 8 Dec 2007: E Grade - Tanya Bosch 2nd



RBCC - 1st Damon Wade



RBCC - 2nd Keira Wade



RBCC 16 Feb 2008: A Grade - Luke Davison 1st



Ooops!

Message from Chris Wright:

"Kevin Black won B-grade at Heffon Park on 5 February (which is a very high standard of racing). He has had an amazing summer, winning B-grade most of the time & placing the rest of the time. John Sunde is calling

LUKE YOUNGMAN—SUMMER SEASON to date (1st Oct 2007 to 24 Feb 2008)

Huge congratulations to *young* Luke Youngman who has achieved some extraordinary results over recent months:

TRACK OPENS (5 wins)

Wagga Wagga Junior & Masters Track Open 16/17 Feb

- 1st U/15B Sprint Derby
- 2nd U/15B Scratch Race
- 3rd U/15A Points Race

Racing Bits and Pieces

Clarence St Cup at Dunc Gray Velodrome 2 Feb

3rd U/17B/U15 Elimination Race

Southern Cross Junior Open at Dunc Gray 19 Jan

1st U/15 Group Handicap

1st U/15B Scratch Race

2nd U/15B Sprint Derby

3rd U/15 Elimination Race

Shepparton New Years Day Track Carnival (Vic) 1 Jan

3rd U/15 Wheelrace Final

Bendigo Christmas Track Carnival (Vic) 30 Dec

3rd U/15B Scratch Race 1

3rd U/15B Scratch Race 2

Lidcombe Auburn Junior Track Open at Lidcombe 14 Dec

1st Div1,2,3 Wheelrace

1st Div 2 9 lap Scratch Race

2nd Div 2 6 lap Scratch Race

3rd Div 2 Elimination Race

Metropolitan Track Championships at Tempe 17 Nov

4th U/15 Scratch Race

4th U/15 Sprint Derby

(both these races with a broken hand)

ROAD OPENS

7th Cronulla International Criterium U/15 Men 16 Dec

7th Olympic Park Criterium U/15 Men 20 Oct

CLUB ROAD RACES (5 wins)

1st Marconi Senior E Grade at Eastern Creek Raceway 19 Feb

1st Southern Cross Jnr Handicap Crit (off scratch) at Waratah Park 27 Jan

1st Southern Cross Jnr TT at Waratah Park 27 Jan

1st Northern Sydney Jnr Criterium at Mt Kuringai 20 Jan

1st Sydney Senior D Grade TT at Heffron Park 13 Oct

CLUB TRACK RACES (6 wins)

1st Southern Cross Jnr Div 2 Sprint Derby at Tempe 24 Feb

1st Lidcombe Auburn Jnr Div 1 Scratch Race 8 Feb

1st Lidcombe Auburn Jnr Handicap Wheelrace (off scratch) 8 Feb

1st Bankstown-Parramatta Senior D Grade Scratch Race at DGV 12 Dec

1st Bankstown-Parramatta Senior D Grade Handicap at DGV 5 Dec

1st Southern Cross Jnr Div 2 Scratch Race at Tempe 21 Oct

2nd Bankstown-Parramatta Senior C Grade Elimination at DGV 30 Jan

2nd Bankstown-Parramatta Senior C Grade Sprint Derby 9 Jan

17th/21 Bankstown-Parramatta Senior A/B Grade 25 lap Scratch Race at DGV 20 Feb

(his average speed **43.4kmh** on 42x15 gear - stayed in bunch until sprint finish)

Tour Notes

There is a very comprehensive programme of events planned for 2008, including long day rides, weekend tours, and even mountain biking. Have a look on the SCC website: www.sydneycyclinclub.org.au

More information will be available in the SCC weekly notices.



Ellen Loois
TOUR SECRETARY



Tour Bits and Pieces



Boxing Day 2007: Club ride to Cape So-lander



Lumby's wet XMAS ride 2007



Where's the bunch gone?

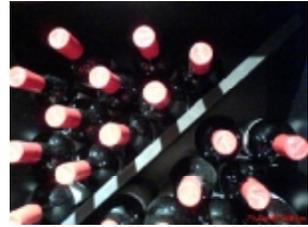
SCC at the Tour Down Under *by Grant Chellev*

ADELAIDE - January 2008

A picture says a thousand words....., so here are a few.....



Tour Down Under



Tour Down Under



Social Notes

SCC Social scene 2008:

With the summer almost gone what's ahead for the rest of the year... new member drinks in late March or early April. A trip to Leichhardt to celebrate Giro de Italia in May, Randwick for fine dining to cheer us up in winter, Tour de France dinner and trivia in July, the club's 30th birthday party in Centennial Park in early October and last but not least, Sydney Cycling Club's Christmas and awards night on 6 December.

Any suggestions regarding a different format for our Christmas/awards evening greatly appreciated. Please forward comments to Breeda: cncl@bigpond.com



Breeda Kelly
SOCIAL SECRETARY



Social Bits and Pieces



Baby Wrighty with mum and dad.



Retired life.

Founding SCC member Bruno models one of the many previous SCC jerseys.



Hogg Heaven

A WINDOW INTO THE LIFE OF A EURO PRO 12.2.08

Every October and November, or occasionally in late January, we get a Euro Pro or two seeking positional help for any of a variety of reasons. I take the chance to gain a vicarious look into Euro racing. Most of us look at the pro scene as the epitome of road cycling performance and technology. Sometimes the glitz and gloss obscures the reality, so read on.

The most recent Euro pro visitor was been a young gent at the end of his first year with one of the top 10 teams. We had a couple of lengthy chats about the life he was leading and the dynamic that exists in his team. What follows is a condensed version of some interesting points he made, and for reasons that will become obvious, I won't tell you his name or that of his team.

Reason for the visit.

Crashed out of the Giro d'Italia after landing on top of an Armco upright at about 70km/h. The triangular section of the upright penetrated his outer thigh to the bone and severed an artery. It also ruptured his iliotibial band (ITB) and the wound needed more than 70 internal and external stitches to close. After recovering, he has been plagued with ITB issues leading to knee problems, a 'strong leg / weak leg' syndrome, back issues and sundry chronic niggles.

Had sought help in Europe, firstly within the team structure and then at the Mapei Institute for no result. Feels that positioning isn't a high priority within pro teams generally speaking. The usual attitude for anyone less than a superstar is "Perform or we'll sign someone who can". His team directors are more sympathetic than the norm but offered no direct help. That's my task apparently. His team management gave him a lot of latitude with regard to performance after the injury, but for '08, it is perform or else!

His issues weren't hard to resolve; drop the seat 15mm, move it forward 20 mm, shorten stem from 140mm to 120mm, lower handlebars 20mm, insert 9mm shim under one pedal, change bar shape, etc, etc. No, he is not a perfect specimen. One leg is noticeably longer than the other and he uses a different size shoe on each foot, but he has a huge engine, a terrific work ethic and is exceptionally flexible. Subsequently he rode the Tour Down Under without problems, so he looking for a good season ahead.

Sporting Background

Injured himself at 15 years of age playing contact sports and took up cycling with immediate success. Within 3 years he was riding with an amateur 'feeder' team for the first division team that he now rides for.

Technical support

For some Euro teams including his, not much has changed since the 70's. This gent felt that there was more tech backup in his national track squad (small nation, not a track 'power') than his pro team which contests all the World Cup races, Classics and Grand Tours.. Examples being

– Food on bike is glucose syrup. Nothing high tech about that

Training program devised by team is "Here is your race program. Make sure you show up fit".

No help with positioning but says team mechanics have a brilliant measuring jig. You give them a bike you are happy with and they can duplicate the position to the millimetre.

Says he is one of the few who stretch regularly in his team. Doesn't know how the others manage without it. His view is that they must be self selecting in that the likely candidates who couldn't ride at that level without stretching, have all fallen by the wayside.

Equipment

Frame and fork are carbon fibre. Has broken 5 during the year and we found a crack in his existing one while he was here. So 6 frames for the '07 season. Says this isn't unusual for the larger riders (He is 187 cm and 74 kg). Frames are now viewed as a consumable like bar tape, tyres and brake pads. So much weight has been cut from frames in the last few years that their life with pro riders can be laughably short.

Bike is Dura Ace equipped with Dura Ace carbon wheels. Bars, stem and seat post are Pro, a Shimano value for money sub brand. Seats are Selle Italia. His choice is a Flite Professional which looks nothing like a Flite. It is shorter, heavier and has much more padding. Selle Italia supplies these to sponsored teams but they are not available to the public. Bar is a deep drop round bar and pedals are SPD-SL's.

Future Prospects

He is looking forward to this year as he is injury free and riding well. He left me with some team gear and a poster taken at the team presentation in '07. The telling point about the team photo is that of the ten neo pros that started the year, only he and one other are left. Some other, more senior riders were cut from the roster as well.

Tough business and not as glamorous as it seems!



Steve Hogg
PEDALPUSHERS and CYCLEFITCENTRE



Cycling Nutrition—Eat Good



Do Cyclists Need Protein Supplementation?

You only need to open a sports magazine or stroll down the aisle of your local supplement store before you are bombarded with the marketing hype of protein supplementation. Remember though, there is a vast chasm between science and hype. To add to the confusion, even the scientists are at odds when it comes to the protein needs of the athlete. The big debate is: do athletes have increased protein needs? Some theories suggest that athletes don't need additional protein because they recycle and utilize protein more efficiently than non-athletes. However, there is a lot of scientific evidence to suggest that athletes' needs are increased, depending on the type, volume and intensity of their training. For those of you that like numbers, the table below outlines the current figures from the literature.

Training Type	Protein (grams/kilo bodyweight/per day)
Sedentary	0.8
Adolescent	1.0
Team Sport	1.4-1.7
Endurance	1.1-1.6
Strength	1.3-2.0

As shown on the table, it is quite possible that cyclists who ride many kilometres per week, or sprint cyclists, may have additional protein needs. However, before you go out and start buying big on protein powders, it would be wise to look at your diet first and see if you are already on-target. Most Australians far exceed their daily protein needs in their usual day to day eating habits. An easy way to check is to go to a website such as www.calorieking.com.au and use their free trial download to assess a typical day's food intake. You will get a breakdown of your protein, carbs, and fats and you can then divide the protein value (in grams) by your body weight (in kilos), and compare your results to the numbers on the table. Please note that females have around 10-20% less requirements than males so you may need to factor this into your readings.

If you find that your protein intake is low, then I would suggest looking at food first rather than reaching for the protein shake. Fish, lean red and white meat, legumes and pulses are great protein sources. Protein shakes and bars are a convenient (and often expensive) option but they are certainly a viable choice and worthy of consideration. Stay posted and I will soon dedicate a column to the most appropriate protein supplements available in Australia.

Please note, I would like to continue to offer SSC members 20% off first consult if they want to use my services. I am conveniently located at Bondi Junction. Ph 1300 364 316



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



Stuff

Adrian Atherton is representing SCC on the Committee of the RIDE FOR LIFE event.

Message from Simon Cuypers:

"Hi mates,

I am really grateful for riding with you guys. I met a lot of interesting people, the rides were great and I enjoyed my staying in Sydney a lot! Anyway, because I could borrow Georges 'spare' bike, and you guys, took me on some great rides, I would be happy to do the same thing when somebody is visiting Belgium. I can show you some rides on the Antwerp countryside. (Somewhere between Eindhoven (NL) and Antwerp (B)). I even have a spare bike (58) if you need a smaller size I can always try. George Schneller has all my data to contact me, so if you come by, and wanted to cycle, we can try to work something out...

Grtzzzzzzzzzzzz Simon aka the belgian guy"

Fashion Tips:

1. Grow a beard.
2. SCC arm warmers are left and right specific (don't wear the SCC logo upside down)
3. Pull your helmet down over your forehead (its also safer in the event of a head-on crash)

Safety Tips:

1. Check your cleats for wear and replace regularly. Numerous accidents have resulted from worn cleats pulling free from the pedal when under pressure, such as sprinting, but also when jumping out of the saddle for hill climbing.
2. Please review the bunch riding booklet which has been issued by SCC.
3. Prior to releasing a golly during a bunch ride or a race, first prepare the golly then HOLD, look left then right, move to side of bunch then project outwards, well away from other riders.

Health Tips:

1. Wash your nicks after every ride.
2. To reduce risk of saddle sores from frequent saddle time, rub your crotch with metho after a shower to toughen the skin (just don't smoke at same time), rub Sorbolene into the chamois on your nicks, and use chamois cream on your crutch.

Anton is on the Move:

"As you may be aware I have relocated back to Melbourne after more than 2 years in Sydney . It was always intended to be a temporary stay but I can't deny there was a great temptation to stay.

One of the great highlights of my time in Sydney was the chance to become part of the Sydney Cycling Club. What a great club, what a great bunch of people. Thank you for the chance to ride with you, to learn so much about riding and to enjoy some great times together.

My top 5 highlights?

1. Being inducted into the club by Andrew Price - a true gentleman.
2. The weather (I've already unpacked the arm warmers)
3. Akuna Bay
3. Kangaroo Valley
5. Being reminded by Lumby to "call the f***ing holes"

My email address remains the same and I'd be delighted to head out with you for a spin along Beach Road when you are next in Melbourne".

Best regards, Anton Hermann

Stuff

We're a nation of pedal-pushers

From: AAP January 07, 2008

AUSTRALIA is experiencing a boom in pedal power, with bicycles outselling motor vehicles in 2007 - for the eighth consecutive year.

More than 1.4 million bikes were bought around the nation in 2007, compared to just over one million new motor vehicle sales, according to figures compiled by motor vehicle sales monitoring agency VFACTS and Customs.

Cycling Promotion Fund (CPF), which is urging the Federal Government to invest in cycling infrastructure, say the figures show Australians have greater awareness of climate change and their health.

New Members

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

grantc100@yahoo.com.au

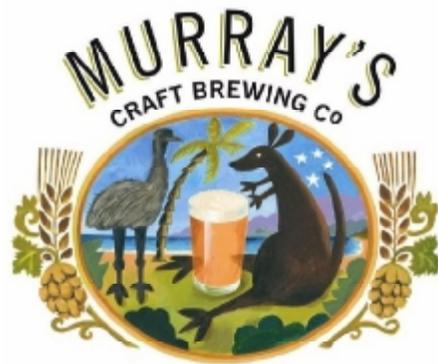
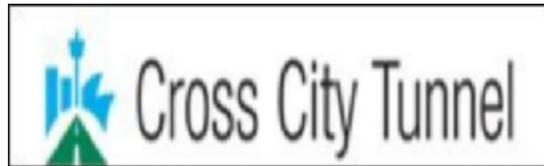
Founding Membership in 1978 was a total of **5**. Total current Membership at February 2008 is total **216**.

Member Profile

This page will be dedicated to a SINGLE detailed profile of one SCC club member (new or old). I will select someone prior to each upcoming newsletter, so - look out!

Sydney CC Sponsors

Thankyou to our Sponsors for their continuing support in 2008:



Sponsor Profile

We are hoping to provide some more detailed information about our many Sponsors in upcoming Newsletters, including some information about the Sponsors' business, and some background information on their involvement in cycling generally, and SCC in particular.

Here is some info on Liam Kelly's **BikeBarBici**:



Bike Bar Bici, a new cycling concept store has opened in the southern Sydney suburb of Caringbah. Taking over the Precision Cycles location but keeping many of the same faces, Bike Bar Bici offers local cyclists the finest cycling and triathlon equipment, clothing, accessories and advice.

Bike Bar Bici will serve the best coffee in the shire for cyclists after a long training session or those browsing the range of the world's elite bikes and the biggest range of clothing in Sydney.

"Coffee and cycling have always gone together, it is a tradition as old as cycling," said Ironman champion Chris McCormack, after his recent win at the Ironman Hawaii World championships. "Most sports have a club house or pub to socialise in after competing.

"Bike Bar Bici gives cyclists and triathletes somewhere to sit around and chat after a ride."

Bike Bar Bici will stock a handpicked range of the world's leading bike brands, including Colnago, De Rosa, Kuota, Litespeed, Merlin, Quintanaroo, Argon18 as well as Xentis and Reynolds wheels.

"Bike Bar Bici will be a concept store showcasing the hottest ranges of imported bikes and running gear," said Troy Glennan manager of Bike Bar Bici. "Being the importer of these elite brands means we can offer the best range of bikes at the best prices in Australia."

Bike Bar Bici offers lots of support to those elite and non-elite alike. It is staffed and represented by professional athletes (Shaun Higgerson - AIS, Troy Glennan - NSWIS, MaCCA - World Champion): beginners and enthusiasts are invited on training rides so they learn from experts, improve their abilities and stay safe on the road.

Bike Bar Bici is at Shop 1, 360/2 Kingsway, Caringbah NSW



Liam Kelly presents new Lightspeed frame to new member Joe Milne (won in raffle).



RBC - Liam Kelly 1st - A Grade



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