

The Sydney Cyclist

Newsletter: Issue May / June 2008

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Inside this Issue:

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Grant's Rant

It was with great sadness that we received news of the passing of Michael Griffiths after a four year battle with cancer. Michael was one of the founding members of Sydney Cycling Club (thirty years ago). I was fortunate to have met him about eighteen months ago whilst cycling / coffeing in Centennial Park, and quickly formed a close bond with Michael. He really was a nice bloke and is missed greatly. I have include a Tribute to Michael (courtesy of some of his long term mates in SCC) in this Newsletter.

On another matter, you should all be aware that our Secretary, George Schneller, has advised that he needs a quiet break from the enormous workload that he has performed for us over the last eight years, and had asked in the weekly SCC notices for a helper / replacement. I suspect that no offers were forthcoming. I think that may just be the definition of apathy.

On a lighter note, I will be taking my first ever 4 week over-seas trip (Greece) in August, without the bike. Hard work, I know, but someone has to do it. I know you don't really care, but the point of mentioning the trip is that there will not be a Newsletter that month, so save you contributions until the next issue in October.

Finally, any contributions from members to upcoming SCC Newsletters are welcome (if you can be bothered—most aren't). Send to grantc100@yahoo.com.au

Seeya.



Grant Chellew
EDITOR
grantc100@yahoo.com.au
"2nd place is the best loser"

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Corrections—Apologies:

Sorry—but no apologies necessary this month.



Race Secretary's Briefing

We are almost at the halfway point in the SCC racing season and the Club Championship Point Score is starting to take shape. With one more round of the competition taking place on Saturday 21st June at Eastern Creek, every grade is still wide open.

In A Grade we have David Sitsky leading on 158 points, Jeff Sofair is a close second on 123 points and Stan Genakis is sitting comfortably in third place on 90 points. Given that its 30 points for a win in A Grade these gaps are small and it will be interesting to see how Jeff and Stan perform at the final road race this Saturday.

B Grade has been the division with some of the most interesting racing of the season so far. Paul Davies blitzed the field in our last event at Heffron Park with a performance that almost earned him a spot in A Grade. Barry Doosey leads the B Grade points score on 111 points, followed closely by Alessandro Garofalo on 90 points and Paul Davies is third with 88 points. The top 3 riders in B Grade will have to watch out for 4th placed Adrian Atherton who is building towards his Open Racing campaign and it will be interesting to see what kind of form 'Doc' Guthrie is in when he returns from secret training in Italy.

C Grade is usually very competitive and 2008 is no exception. On the eve of our final road race for 2008 there are 7 riders in with a chance of winning this division. C Grade series leader Marcus Hodgson is being shadowed by Alan Jones and Naras Lapsys. With 63, 62 and 54 points respectively the top three will be watching each other closely at Eastern Creek and it may be possible for Peter Whitford (51 points) to sneak off the front. George Day, Scott Collings and Ralph Stanford are only a couple of consistent races away from breaking into the top 3 in C Grade. But I have a word of warning for all C Grade riders: watch out for Melissa Neumeir. She has only raced once in her life and placed 3rd.

D Grade has been a real eye opener for the first part of the year. 23 members have pinned on a number in this division with some D Graders racing every event while others have raced here for the first time. Paul Western and Philip Arndt are tied at the top of the leader board on 36 points closely followed by Steve Youngman, Luke Youngman and Gregor Whiley all on 20 points. Snapping at their heels is Imogen Vize and Auriol Carruthers on 17 points. Both ladies have been showing great form and Eastern Creek should suit them. Watch for a reshuffle at the top of the D Grade points score after the next couple of races.

For the remainder of 2008 SCC will be supporting all club members that want to enter selected* NSW Open Events this year and through the generous sponsorship of Liam Kelly at BikeBar we will have a swag of prizes to distribute at our end of year presentation. Other sponsors Murrays Brewing, Lite 'n Easy and Kinselas are also very supportive of racing in 2008 so if you are yet to take the start line in your club colours we would like to see you soon.

SCC Open Racing Support

12th-13th July Mudgee

- Mudgee 100 Km Mark Dwyer Handicap Saturday 12th July
- Mudgee 100km Peter Van Gent Graded Scratch Races Sun 13 July
- Entries close Sunday 29th June 2008

19th-20th July Muswellbrook

- Muswellbrook Rosemount Estate Road Open Sat 19 July
- Muswellbrook Explorer 160km Road Race Sun 20 July
- Entries close Sunday 29th June 2008



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



Racing Bits and Pieces



NSW Hillclimb—Bathurst: 3rd Luke Youngman



RBCC— 10 May A Grade: 1st Luke Davison



RBCC—10 May E Grade: 1st Laurie Scanlon



RBCC-17 May C Grade: 3rd Adrian Atherton



Eastern Creek—Eddie Salas Cup: Grant Hansen
(Ernie Smith Photography)

Bathurst Crit—Grant Chellew dropped after 55km
pace down the back straight !!

Tour Notes

Tour Update

Please note the following changes to the Tour Day and Weekend Schedule.

Weekend Tour: Road Orange now Goulburn – dates 13 and 14 September

Unfortunately I had to cancel some of the day rides due to other commitments, however, if anyone else that would like to arrange day rides for the ones that have been cancelled or any other weekend simply forward the details of the ride etc. to George Tregaris and he will include this in the weekly updates.

Day Rides:

13th July –Akuna Bay

20th July – 3 Gorges (Bobbin Head, Galston, Berowra)

27th July – Cancelled

10th Aug – West Head

17th Aug – Cancelled

24th Aug - Cancelled



Ellen Loois
TOUR SECRETARY



MTB Tour—Southern Highlands May 2008

by Eddie Bosch (aka Cappuccino 1)



Thanks to Ellen Loois and Alyssa Rogan for organising the World's Best MTB Tour on the Anzac Weekend. Julie & Michael Avakian, Yvoine & Michael McCort, Dan Tess, Trica Goes, Kate Roberts, Imogen Vize, Clement Grech-Angelini, Glenn Butterworth, Nick & Paola Tanner, Barbara Miller, Mark Cash, Alice King, Ellen Loois, Alyssa Rogan and Cappuccino 1 & 2 invaded the Bundanoon Youth Hostel for an international MTB and Food Festival. At least you would think it was an international event with participants originating from France (2), Britain, New Zealand (2), Germany, Argentina, USA (2) and Manly.

On the fine Friday morning the Anzac Day convoy of cars headed south for 20 km to Wingello State Forest where we did 25 km of dirt. Alyssa guided us between the numerous well made single track where much fun was had by all. Some showed off their bush survival skills by getting lost and then becoming unlost to join the rest at the end of the ride. Some riders had such a good time they swapped bikes. This led to the first domestic of the weekend when Glenn didn't want to give back Clement's beautiful lefty Cannondale which almost does all the riding for you.



What has 2 heads, 4 arms and legs, has a French accent and rides a MTB faster than a speeding bullet, all at a heart rate less than 160 bpm? Answer: A 5 month pregnant Yvoine McCort! Yes, Wonder Woman will soon become Supermum but that didn't stop her giving most of us a MTB lesson or two. Riding alongside her on a steep (out of category) rocky downhill I could have sworn I heard a wee small voice say in a French accent "Oh shit! Not this again!" The single tracks at Wingello are really worth a visit. They are included in the Highland Fling 100 km event every November, are clearly signposted and shown on the map "Mountain Bike Trails of the Southern Highlands" published by Wild Horizons and available at various retailers including the Bundanoon YHA and Wingello Coffee Shop.



Friday night was Food Festival part One with Ellen's nibblies direct from Norton Street, Leichhardt refuelling empty rider tanks before a first rate dinner thanks to Michael, Kate, Dan and others. Various refreshments were consumed and the age old question of "Do real MTB riders drink gin and tonic?" was answered in the affirmative.



Saturday was a beautiful sunny day and the convoy headed for Kangaroo Valley to do what is the best ride in the Southern Highlands. Some riders parked in KV and rode up the very steep hill bitumen road to Fitzroy Falls where those taking the "no 7 km hill climbs" option were waiting patiently at the coffee shop at the Visitors Centre. A number of "ring-ins" joined the group for this classic ride including our host at the YHA, Glenn and his son. Laurie Scandrett was in the area and tagged along.



From Fitzroy Falls the route went along the escarpment edge when after 10 minutes an observant rider asked, "Where's Tin Tin?" referring to the Tin Tin T-shirt wearing Glenn Butterworth. Worried faces all round because sure enough Tin Tin was missing.... and I had a story line for my next children's book. Adhering to the SCC motto "We never leave a man out in the field," Alyssa took command and assembled a posse of 4 riders to go back and find Tin Tin. The remaining riders were directed by our com-



mander to wait until their return and under no circumstances to split up. No sooner was General "I will return" Rogan out of sight then out came the maps and photocopied instructions read by a few Weekend Warrior map readers who gave different opinions as to our current position. This varied from "I'd say we are right in the dead centre of the Southern Highlands" to "My guess is if we go left, left and second on the right we should be able to get a coffee at Robert's caravan." Despite such poor impersonations of a GPS and our vow to obey our fearless leader no matter what, it was decided that the more cautious (slow) riders would push on ahead and the faster riders should wait for the General. The granny gear group moved off and that was the start of their very own little MTB adventure.

MTB Tour—Southern Highlands

Now in the bush there is only one thing worse than splitting into 2 groups and that is splitting into 3 groups which is exactly what we had done. At each intersection the granny gear group participated in much discussion with Laurie noting that he had the instructions which didn't seem to exactly match the Bundanoon topographic map in possession of Cappuccino 1. Between intersections Kate wondered if her rented (for \$85) bike would make the distance while her rented bike wondered if Kate would make it. Bush survival skills were displayed as Team Granny left stick arrows at each intersection to make navigation easier for the Fast Group. It was noted that the Fast Group might think we were trying to trick them and therefore go in the opposite direction. "That's exactly why the arrows are pointing in the right direction," replied Cappuccino 1.



During the ride Cappuccino 1 (real name suppressed in case Telecommunications Laws were accidentally breached during the ride) demonstrated a set of spousal communication devices, commonly called portable CB radios. By using these devices husbands will be amazed at the control they have when communicating with their partners. Conversations are generally short in keeping with radio protocol. If they are not short the sound can be turned down or the device can be switched off. When interrogated later by the temporarily quiet partner the husband should refer to the numerous radio "black spots" that exist in the bush.

Eventually the fast group caught up with Team Granny and Tin Tin had to retell his amazing adventure involving a hard ride up to Fitzroy Falls, too many coffees at the Visitors Centre, an experience in an environmentally not-so-friendly convenience and his escape after being kidnapped by a band of smugglers. Once the riders were all back together we continued our habit of disobeying the trail riders golden rules. This time it was the "Don't take advice from locals" rule. YHA Glenn highly recommended we take the single track which he described as easy and a short cut into the bargain. How could any rider resist such an offer? After about 300 metres (just enough for the whole group to be committed to the path) the mud started. And it didn't stop for about 2 kms. The puddles were all about a foot deep with few options but straight through the middle. Riders planned to steal the guest towels at the YHA to get back at YHA Glenn, until they remembered that the YHA had no guest towels or anything else worth stealing. Finally the mud ended and riders looked on the positive side and declared it a bonding experience. The mud had indeed bonded all moving bike parts together like super glue.



The General guided us to a lunch spot with spectacular views overlooking the Yarrunga Valley. Then it was the highlight of the weekend – Meryla Pass – 5 km of steep downhill with enough erosion humps to satisfy all the thrill seekers, even Air France (Clement) who clocked up enough time to get his pilot's license. Almost as amazing as this "really sick" DH was the fact that there were 4 MTB riders riding up!

We then crossed the 2 foot deep Yarrunga River - most with the help of a strategically placed rope. The General, Kate and Cap 1 attempted to ride across but instead displayed excellent swimming style and got a free bike wash. A challenging uphill stood between us and the long (mainly) downhill to KV. Michael McCort was the stage winner followed by Imogen who easily held off 2 old blokes in Tin Tin and Cap 1.



MTB Tour—Southern Highlands

In keeping with the International Food Festival flavour of the weekend we headed for a shop advertising “The World’s Best Pies,” many of which rapidly disappeared soon after our arrival. It was such a good day that one old rider didn’t even realise that it was his 48th birthday till 4.40pm! Most felt exhilarated and exhausted but two (Mark & Barbara) were seen riding up to Fitzroy Falls, such was the energising powers of the world’s best pies!



Saturday night the excellent fare of the Bundanoon pub refuelled hungry riders. Sunday morning we tasted the General’s delicious premium unleaded porridge which gave us the low GI power to tackle Belangalo State Forest. What was promised by the General to be easy single track turned out to be some Olympic level technical sections but mainly soft, windy, around pine trees stuff. 20 km was about enough to satisfy all then it was off to the Berrima Café for our last taste of the Southern Highlands before the drive home.

A very successful weekend of MTB riding. Thanks again to Ellen and Alyssa for looking after us.



Cappuccino 1

MTB Tour—Canberra June 2008

By Barbara Miller

Debauch was the name of our main eatery on this tour, and the name served as a bad omen when the group managed to get half-way round a single-track loop at Sparrow Hill before realising the tour organiser had been left behind at the car park. No-one had noticed Ellen having some trouble with the back wheel and it was left to two friendly locals to fix her bike and point her in the direction of a short cut so she could catch up with the group. Given that the custom in those parts seemed to be to strip strange beings of their flesh, and lay the bones out beside particularly tricky sections of track, she came off rather well in the end.

(photo: Ellen back with the group at Sparrow Hill follow her ordeal)



It was for the most part an undulating track, with several well-marked get-out options and was a pleasant way to end the weekend's riding. For our young riders, Andrew (11) and David (9), the area had plenty to offer too, although there were some unconfirmed reports of a strange whining noise emitting from one of the two on the up-hills.



That was day two. Day one began in the Majura Pines with a rather tricky hairpin descent into a, for the uninitiated, decidedly scary dip. Our leader Gaye, a Canberra local, tried to assure the fearful that since you'd gain enough momentum on the descent, you didn't have to pedal up the other side, making it one of the easiest dips in mountain bike history. The argument was patiently and kindly put, but proved unconvincing for most of the less experienced riders, but after a few chicken runs Imogen finally took the plunge and won.

(photo: Imogen contemplates the "easiest dip ever")

After ample refuelling in 'A Bite to Eat', we headed that afternoon for Mt Stromlo. The land is still scarred from the bushfires, but the winding climb up and sweeping track back down was for this rider the highlight of the weekend. It's a bit of a bumpy path and baby-to-be Napoleon McCort was rocked off to a sleep from which he wasn't to emerge for close on 24 hours.

(photo: Napoleon McCort and friends on the summit of Stromlo)



I think we have found Jamie Bedfords missing stomach. Actually it's a McCort baby—due in August (Editor)

On account of some very holey knicks there was however rather too much of a fellow Frenchman on display. The rider, who can't be named for legal reasons, also managed to demonstrate, and not just once, that skill on a singletrack doesn't necessarily translate into ability to stay upright in a flat open space.

The weekend ended in at the Greengrocer café in Goulburn. Mark was seen disappearing into the back shop, and it seemed he was again tempted to add a new bike to his order. He then remembered he'd have to leave Ellen behind if he wanted to fit it in the car, and decided once was enough for one tour

Fed and watered, tired and sore, we headed back to Sydney and the rain.

Tribute to Michael Griffith by his SCC Mates

Michael Claude Griffith

Died 3 June 2008 aged 57 years

Wife: Carmel

Children: Sam, Alex and Tusya (*pron. Tushla*), Tom and Amanda

Granddaughter: Madison

Brother: Greg

Sister: Jenny

Member of the Law Society of NSW

Date of NSW Admission: 11/02/1977

Original Member of Sydney Cycling Club (1978)

President (1986) and Club Captain (1988).



Michael was a longstanding and much loved member of Sydney Cycling Club who will be greatly missed by the many members who knew him and enjoyed his company.

He was a club member from the earliest days and the SCC Honour Roll shows that he shared the job of newsletter editor with John Beauchamp in 1982. He also held the roles of Tour Secretary (1985), President (1986) and Club Captain (1988).

As a lawyer, Michael assisted in the incorporation of the club and advised on various constitutional issues that have coloured our history.

Here are some recollections, reactions and ripostes from some of the club's members:

John Beauchamp (in Thailand) recalls: *'Michael was an original member of the club. He joined all the rides, a solid rider always doing his turn at the front, sociable and pleasant to all. Never complained. He took over as Secretary and newsletter producer when I gave it up. I visited his home and met Carmel and his boys. A good father and family man. He was a skinny streak like myself and we often pushed up a long hill, side by side, leaving the weight disadvantaged behind. I remember him as an enjoyable companion, a friend always willing to help.'*

Hugh Milner (in Thailand): *'I have fond memories of Michael and wish that I were able to be there to farewell him. The club that I joined at the invitation of John Beauchamp was aligned to social riding not to racing. Michael was like me - interested in both but maybe more as a trial of his strength, fitness and strategic ability than to win as an objective.'*

Owen Lowe: *'In the early days of SCC I remember there being a lot of dogs and too few trees - we all had the right idea, and every one of them different! Michael was no exception, but how sad to not have the opportunity to disagree with him again. I am ever so pleased to have seen him only recently, and to have had a couple of nice rides in his company earlier this year, and of course the mandatory coffees. We should recognise Michael's love of the bike, and applaud the significant contribution he made to our endeavours.'*

Frank Milner: *'I first met Michael in the 1980's and revered him as one of the club stalwarts who rode in events like Coonabarabran – Gunnedah and a strong cyclist who thought nothing of the annual 160km club ride from Centennial Park to Kangaroo Valley. The last time I saw Griff was at his house a week before he died. He was very tired and I had my granddaughter Pia with me. One of the things that we had in common was our first granddaughters as Pia and Madison were born within a few weeks of each other. Pia and I had visited him a couple of times before when he was in St Vincents and she certainly brightened him up on every occasion.'*

Tribute to Michael Griffith

Phil McKnight: 'A very sad day indeed.....'

James Guthrie (in Italy): 'I would like to be there in spirit for Michael's funeral and farewell drinks. Please say a few words on my behalf. Michael introduced me to the club in the late 1980s and he was truly a gentlemen. He will be sadly missed.'

Steven Shein: 'Very sad news.'



Mary Howell: 'What a fight Michael had – I think he was amazing and courageous. One of my early recollections was probably about 13 years ago! I always have a chuckle to myself when I recall one of the very first cycling club dinners when I sat opposite Michael and next to Pam Scott - who sported a short hair cut, no make up and 2 yrs younger than me. Anyway Michael asked me if she was my daughter.....bloody hell. He was serious. Fortunately I didn't hold a grudge and always enjoyed his company and humour.'

Mark Meltzer (in South Africa): 'I joined the club in 1986 after emigrating from South Africa. I was a novice cyclist. Michael was one of the first club members who helped me improve my cycling and he introduced me to other members in the club. Michael did a lot of work for the club when he was club president and in the following years. Please send my sympathy to Michael's family on their sad loss.'

Walter Rolli: 'In 1983 a Hunter Valley weekend tour was organised with the overnight stay being at Neath. Michael got a lift with Roz and me in our old VW Kombi van. The three of us set off on a rainy cold morning, and between the highway turn off and Cessnock a car overtook us on a roadworks site and broke our windscreen. We had to remove the shattered windscreen by hand to continue our journey. With the rain getting stronger and in a wet and frozen state, we got to Neath - arriving just as the bunch were leaving to go on a tour of the vineyards.'

Bruce Vote: 'Just a few memorable situations with my friend Michael.'

Michael was always there, club racing, tours, club meetings and dinners.

When racing he put in the big one, working hard in the bunch in handicaps such as the Sundowner at Coona-barrabran and the Goulburn to Liverpool.

Around the mid eighties Sydney Club started to hold club races, prior to that it was time trials only. I remember a motion being carried at the club meeting to change the coming time trial at Hilltop to a full on handicap race. This motion was carried by one vote, Michael's.

He also competed in several State Premiership Team Time Trials. There was one such event at Callala Beach in which he was part of the Sydney club team but unfortunately discovered he had left his bike shoes at home. He was most pissed off as was Spencer White who was a reluctant reserve and was suddenly promoted while Michael sat in the pits.

He did many other state team time trials and in one at Mt White he felt he hadn't done enough in the event so he decided to ride home but on one of the descents on the F3 his front wheel collapsed and he crashed badly. He was alone but luckily Lumby's support vehicle arrived only minutes after it happened. He wasn't seriously hurt but a bit shocked with skin loss and bruising and I can still remember the look on Carmel's face when I took him home.



Tribute to Michael Griffith

Michael was part of many club tours to Kangaroo Valley, Sofala and the Southern Highlands. One such tour was based at Mittagong and Michael and I left Sydney by car early Saturday morning. When we arrived at the caravan park at Mittagong there was an urgent message to ring Carmel, Michael had taken all of the house and car keys with him for the weekend. This was a challenging situation but it didn't particularly daunt Michael. He went straight to the nearest railway station, the Melbourne-Sydney train arrived within minutes and, he handed the keys to the guard with instructions to hand them to son Tom at Central. A quick phone call to Carmel and the problem was solved by Michael's quick thinking.'



Social Notes

Hello everyone.

Coming up on the social scene:

TOUR DE FRANCE DINNER: 14 August - Sugo Restaurant Elizabeth Street Paddington

SCC 30th ANNIVERSARY PARTY: 12 Oct – Centennial Park

SCC XMAS PARTY: 6 Dec – Café Simeon Lord Street Botany



Breeda Kelly
SOCIAL SECRETARY



GIRO Dinner by Dan Tess (SCC Pizza Eating Champion)

The SCC's annual Giro d'Italia dinner was held on Thursday 22 May at Moretti Cafe in Leichhardt. The turnout was fantastic with over 50 cyclists and their guests filling out most of the restaurant. Club Social Secretary Breeda Kelly was a fabulous hostess and did her usual fantastic and seemingly effortless job of organising the whole affair.

There was a wide variety of pasta and pizza, and plenty of it. So much so that at our table the waiter asked anyone if they wanted more pizza and everyone shook their heads "no". Can you imagine this happening on a Jindabyne tour?

Of course a big challenge on the night was actually recognising fellow club-mates dressed in regular clothing instead of perched on their war machines in lycra and helmets and sunnies. As shown in the photos, several club members were clearly gunning for top position in the style stakes. Nominations for special style mention were submitted and received as follows:

- * Breeda for her always classy "Annie Hall" look in black slacks and vest
 - * Sarah for her perfect black leather ensemble
 - * Julz looking fit and fab as always
 - * Michael Avakian channelling George Clooney with his black turtleneck and dreamy dark eyes
 - * Julie Avakian as a dead ringer for Cameron Diaz (something about hair gel?)
 - * Mum-to-be Lisa in "3-D" mode ("comin' at-cha!")--surely it must be twins?
 - * SuperBabes Imogen and Alice making a big splash entrance all frocked up ("grrrr...babe-a-licious!")
- ...and additional special mention to Immy for her fabulous new "short & sassy" haircut.



Although not garnering a style nomination, it is only fair to recognise Mark Cash as the only member of the Sydney CYCLE Club to actually arrive via bicycle! Steve Hogg also gets a special mention, at least he was on two wheels with his fabulous classic Moto Guzzi. Steve was last seen demonstrating good posture and the fine points of precise positioning and bike measurement while leaning up against the side windows--the guy never stops!

A definite highlight on the night were the lovely diet kits provided to all attendees, featuring water bottles in bum bags and electronic pedometers. I can personally attest that the pedometers really work, with Tricia registering 18,000 steps on the Spit to Manly walk Saturday with a select group of club-mates. Julie How-

ard and Patsie had plans for earning big \$\$ from selling their diet kits at their weekend garage sale, with proceeds going towards the club bar tab at our next dinner gathering at Balzac's. Surely that will buy lots of grog so be sure to sign up for that one.

The evening finished with some rich cake and the whole group in song for George Tragaris's birthday (according to George his 32nd). George submitted his own name for the special style mention but of course this was disallowed on grounds of poor taste--sorry George.



GIRO Dinner



BALZAC Fine Dining by Des Sullivan

Cyclists partake in fine dining

The diversity of membership in Sydney Cycling Club was demonstrated again on 19 June when the club held a very successful degustation dinner at Restaurant Balzac in a lovely sandstone building in Belmore Road, Randwick.



Social secretary, Breeda Kelly, organised the dinner in support of the Committee's agenda to provide a wide range of cycling and social activities to suit all tastes.

There was nary a meat pie nor dim sim in sight as club members and their partners grazed their way through an eight-course meal specially chosen by the Balzac chef. The food was presented – and given a very detailed description – by a dedicated staff member, Eugene, who spoke in a broad Irish accent which only Breeda seemed to easily understand!

Some of the culinary delights included carpaccio of baby tuna, squid and clam vinaigrette with anchovy beignets; silver dory with scallop canape, fennel, artichoke and olives; roast quail breast with soft polenta, pine nuts, raisins and balsamic; and chocolate and armagnac terrine with prune fudge ice cream and macerated prunes. Vegetarians were given their own speciality choices.

As is the Balzac custom, dinner guests either brought their own fine wines or ordered direct from the extensive restaurant wine list. Cleanskin wines were not apparent on the table during the meal!

As the wine flowed and the meal was absorbed, conversation became more and more energetic. One pleasing aspect was that the presence of several non-riding partners meant that not all talk was about cycling but covered a range of current and topical subjects.

Breeda has many other social surprises up her sleeve so all club members are encouraged to watch for announcements and make sure you take the opportunity to fully enjoy all the advantages of membership of Sydney Cycling Club.



Ride for Life by Adrian Atherton

Sunday 17 August 2008 Centennial Park

This year, the Sydney Cycling Club has become involved in the Ride for Life.

The Ride for Life is an established cycle event that has become the feature cycling event in NSW and has now raised in excess of \$170,000 for the Prince of Wales Oncology Department.

An energetic committee, headed by Rick Christie, a cancer survivor himself as well as Professor Michael Friedlander, the Director of Medical Oncology, staff, Prince of Wales Foundation and several community citizens have combined together to support this event that will continue to grow and assist funding for cancer research.

Rick Christie, a lawyer, and his wife, both underwent cancer treatment at the same time after being diagnosed in 2002. Rick, inspired by the feats of Lance Armstrong and his world acclaimed book, "It's not about the bike" was not only motivated to overcome testicular cancer but emulated what Lance Armstrong had undertaken in America with the "Ride of Roses". Rick started to raise funds for cancer treatment to help other cancer sufferers and members of the community.

In 2008 and beyond, the committee is aiming to make the event a great family day of cycling. This year the event will once again be staged at Centennial Park but for the first time, will be held on a Sunday. There is also a new course (below) and the open racing events are graded to encourage people from all ability levels. In addition to the racing there is a specially designed 'Corporate Challenge' and also the 'Fun Ride'.

Centennial Park has kindly allowed the Committee to stage a festival, featuring music, entertainment, international food stalls, cycle trade stalls and related products. There is no cycle event in NSW quite like the Ride for Life. The Ride for Life will be supported by professional and amateur racers, including World and Olympic champions, competing for the honour of being the 'Champion of the day'. This will raise funds and awareness for the Oncology Department at Prince of Wales Hospital.

Two great champions, Ben Kersten, Commonwealth Games gold medallist and triple world champion and Stephen Wooldridge, Olympic Games gold medallist and four times World Champion, are ambassadors and join the Patron of the event, the Hon Peter Garrett.

What you can do to help:

Now: point us in the direction of sponsors, contacts for the corporate race and potential attendees of the pre-race launch at your places of business

Prior to the 17 August 2008:

If you have a racing license, sign up via the Cycling NSW website (<http://www.nsw.cycling.org.au/>), click "calendars" on the LHS, then "2008 Winter" and scroll in the central bar to the event date).

If not, then register your interest in the other rides via me (details below)

On the day: volunteer an hour or two of your time to assist

For further information contact Adrian Atherton
on 0410 077 790 or adrian.atherton@aapt.com.au

Ride for Life

Course Map (The new circuit)

The new 2 kilometre undulating course is a fast and exciting course and located in the centre of the Park. It offers great safety for all riders and will make for some great action, excitement and fun.

Ride for Reason

Ride for a very good reason

OK Sydney members, what have you done for charity this year? If the answer's "not much", then here's your chance to make amends and put your riding skills to work for a very good reason.

The annual SCC Ride for a Reason from Sydney to Bowral will be on **Saturday 27 September 2008**, this time in aid of the Black Dog Institute. We are hoping you will all rise to the challenge to top the success of last year's inaugural charity event.

All SCC members, friends and other cycling clubs are invited to join in the SCC "Chase the Black Dog" Charity Challenge and help us reach our mega-goal of \$50,000 through individual sponsorships and donations. We guarantee that one hundred percent of the money raised will go to the Black Dog Institute, which specialises in depression and bipolar disorder.

The spectacular, and suitably challenging, 'century' ride (100 miles or 160 kms) from Centennial Park to beautiful Bowral via Wollongong and Macquarie Pass is open to cyclists of all standards and ages, and will be conducted with the support of the RTA and NSW Police.

Last year's event was a huge success with 50 SCC members participating and over \$32,000 raised for the McGrath Foundation to support breast cancer nurses. But this year we are going for broke, especially as it's our 30th anniversary year, and we are hoping for at least 100 riders to help us reach our \$50,000 target.

An achievable challenge

The Charity Challenge is achievable for everyone, with several slower, medium and faster pace bunches to suit all standards; and even a short 30 km option from Robertson to Bowral for those who would rather give Macquarie Pass a miss. There will be several rest stops along the way, and support cars to ensure every cyclist reaches Bowral safely.

You've got plenty of time to get fit, so start training and fundraising now! Most of us know family and friends who have been touched by depression at some stage in their lives, so this is a great opportunity to make a contribution to a very worthy cause and enjoy an awesome ride with your cycling buddies at the same time.

Entry fee includes free jersey

Thanks to our sponsors, we are able to offer you a fantastic deal. The fee to participate in the 2008 SCC Ride for a Reason is \$95, if you enter before 30 August, which includes a free, top quality, Nalini cycle jersey with a unique "Chase the Black Dog" Charity Challenge design. Both the jersey design and entry form will be available on the SCC website as soon as they are finalised. Make sure you sign up early as the fee for late entries will be \$120.

St George Bank and the Steyne Hotel, Manly, are key supporters of the SCC "Chase the Black Dog" Charity and we are very grateful for their help.

The Black Dog Institute

The Black Dog Institute is the chosen charity of the 2008 Bowral Tulip Time Festival, and Maggie Tabberer is the Tulip Time Ambassador. You can find out more about the charity at www.blackdoginstitute.org.au, and activities surrounding the event at www.southern-highlands.com.au/tuliptime.

We'll keep you up to date with further details and news of special training rides in preparation for the big event! If you can't wait that long, or would like to volunteer to help on the sub-committee organising the ride, then please contact SCC Club Captain Armon Hicks at ahicks@capitolresearch.com.au.



Maggie and Jet

Stuff

Mountain Biking comes to SCC! - by Michael McCort

Sydney Cycling Club has officially joined Mountain Bike Australia (MTBA).
www.mtba.asn.au

You can now get a MTBA race licence for racing state and open races, including the 'Working week series' that is so popular with so many SCC riders I see at these events.

So if you want to be a Racing MTBA member all you need is to

1. download the application form <http://www.mtba.asn.au/cms/uploads/forms/ridermembership07.pdf>
2. Send to George Schneller with a Cheque made out to MTBA, \$36 is you are an existing CA racing licence holder or \$80 if you are not a CA Racing member
3. George will endorse your application , send you a receipt and submit to MTBA on behalf of the club.

Next Race is AWABA in the Hunter region 22nd June, 8 hour enduro, brand new track not yet complete so will be completely virgin terrain for everyone, should be fast and smooth dirt single track , without too much climbing.
More info at www.brightorangeevents.com



SCC kids fondling our own Matt White at the Giro.

I recently did a 16 day tour from Adelaide to Alice Springs, with a detour to Ayers rock. The ride raised money for the MS society.

Here is a picture of me surveying the camping options at Glendambo roadhouse (between Woomera and Coober Pedy).

The day after this photo was the longest (Glendambo to Coober Pedy) at 250km.

I did this with a ride time of 8 hours 41 minutes in almost perfect conditions (cloud cover, and little or favourable winds).

Robert Dunne



Stuff

2008 Club Subsidies

This is where your money goes:

Social Events - \$4,000

Road and MTB Tour Events - \$3,000

Racing – including travel, accommodation, track hire. Used for both Open & Club racing etc. - \$10,000

Masters subsidy – incl. kit & fees - \$2000

Elite subsidy – incl kit & fees - \$2500

Junior Racing - incl kit & fees – Initially set at \$500

WANTED – HELP for your SCC COMMITTEE

Dear members, we are seeking a few more helpers on the committee. We know a lot of you have immense interest in cycling and can make a superb contribution to the club so we encourage to respond to the "advertisement" below. A couple of hours a week would make a huge difference to many!

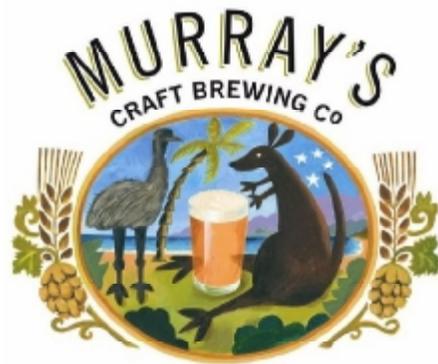
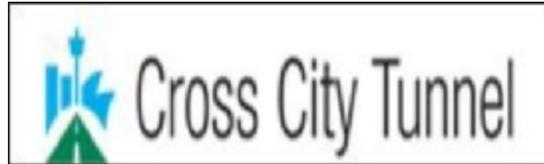
The club's membership has grown by 20% just this year and almost 100% in the past 3. This growth is fantastic and very welcome however increases the level of administration required. If you can provide support doing some of the following tasks, we'd love to hear from you:

- ✦ Ride Captains – we would like all rides to have a ride captain in the future
- ✦ Initial contact on the web and membership enquiries
- ✦ Sponsor liaison
- ✦ Help with club "marketing" and events including racing, charity, tours and socials
- ✦ Help with member liaison communiqués
- ✦ Support with other promotions

Contact Barry, presidentsydneycycling@yahoo.com.au or Phone 0411 014 144, or any committee person.

Sydney CC Sponsors

Thankyou to our Sponsors for their continuing support in 2008:



Sydney CC Committee

President

Phone
Email

Barry Doosey

0411 014144
iconaussie@yahoo.com.au

Secretary

Phone
Email

George Schneller

0418 581951
gschnell@bigpond.net.au

Treasurer

Phone
Email

Kate Roberts

0409 938966
alakate@bigpond.net.au

Club Captain

Phone
Email

Armon Hicks

0414 981372
ahicks@capitolresearch.com.au

Race Secretary

Phone
Email

Daniel Healy

0438 322267
Daniel@fusionhm.com.au

Social Secretary

Phone
Email

Breeda Kelly

0403 503101
cncl@bigpond.com.au

Tour Secretary

Phone
Email

Ellen Loois

0433 066730
eloois@hotmail.com

Newsletter Editor

Phone
Email

Grant Chellew

02 9571 6566
grantc100@yahoo.com.au

