

The Sydney Cyclist

The Official Newsletter of the Sydney Cycling Club

sydneycyclingclub.org.au

May 2002

Sponsored by **Clarence St. Cyclery**

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Pics Courtesy of Phil McKnight, Hiro Toyozumi and Sam Kosky

Thank you to all contributors!

Record turnout at Hilltop!



Above: Andrew and Julie at Hilltop.

Below: The last lap, SCC's favourite event, on the Anzac Day ride.





President's Address

Alex Simmons

Well it's May already and there are plenty of events, news and club business to discuss this month.

First up I trust you have worked out the new delivery method for the Newsletter via the upgraded SCC Web Site. Please give the new web site a good look. There are several new links including a members' only section which includes a discussion forum and archives of newsletters and club photos. The site is also hosted on a new server which should also improve access speed for members and visitors alike. I'm sure you'll agree that accessing the newsletter when it's convenient for you rather than being force fed a large e-mail is a great improvement. Many thanks to Phil McKnight for upgrading the site with the assistance of Peter Montford, and to Phil Gomes for continuing the newsletter production. The site will continue to be improved and we welcome your feedback and suggestions. Why not use the new members discussion forum?

On the Social front, what a fantastic turn out for the New Members' Dinner. Nearly 50 members and guests rocked up for a most enjoyable night fuelled by copious quantities of great Indian food and plenty of BYO vino. There were 20 new members present and many took the opportunity to get to know their fellow club mates a little better. At \$20 a head it was great value - just check the photos. A big thank you to Sam Kosky our Social Secretary for organising a great venue and night. Look out for the next instalment on the social front - The Tour de France night. Planning is also under way for the Club's 25th Anniversary celebrations in 2003.

As noted in the Secretary's report, we have a couple of casual vacancies to fill on the Club's Management Committee following the recent resignations from the Committee of Malcolm Wade (Newsletter Editor) and James Guthrie (Immediate Past President) who are now both on extended overseas journeys and have decided to take a well earned rest from Club duties. Our thanks for their contribution to the Club and Committee and we wish them both well on their respective sojourns. As is allowed for in our constitution (you mean you haven't read it?!), the Management Committee can fill casual vacancies by appointment and we intend to do just that. One position, the Newsletter Editor, is already accounted for with Phil Gomes already showing his colours by producing his second edition. For the other position, the IPP, the Committee is considering appointing a

replacement in the role of "Club Captain" giving us the opportunity to "try before we buy". More on this to follow.

Interest in racing is as healthy as ever. We had another solid turnout for the first round of the Club's Criterium Series with about 30 members entering the Heffron Park event. This time round the scratchies did it tough. Keep at it guys - as racing is the heart of our sport and will always be the way to become better riders. Congratulations to new member Tim Rice for winning the race. Look out Tim, you'll be a marked man now!

The women are getting set for a big turnout for the women's race Bathurst Tour 11-12 May with 12 SCC members competing in this event and some others going along to support. Good luck girls - I look forward to the report in the next edition and what a fantastic representation by the Club's female contingent. Given the excellent turnout, the Committee has decided to get behind the girls and allocate some funding to assist with the tour. Come on boys, or we'll get left behind!

The girls haven't had it all their own way though, with the road season only just starting and a few souls (including yours truly) making their way to Canberra for the annual 3 Stage race Canberra Tour. Well done to Richard Scriven who, in his first ever open race, finished 12th overall on GC, 1'09" down on the race winner in the D-Grade event. This is a really tough race and finishing it alone is an achievement. Good also to see the Team Trek boys there as well. Many of the Club's Masters riders are also starting their preparation for the State Championship Time Trial events, both individual and Team, with teams training already under way for the MMAS 4+ team. Go guys - a State medal is there for the taking.

The Kangaroo Vally Tour is nearly upon us and once again we have a large contingent taking advantage of this popular activity

Finally, thanks to all the well wishers who have helped ease the pain of the injuries I sustained following my crash in the 2nd Stage of the Canberra Tour. If you see the piece of road in question, you'll notice the new line markings in a shade of pink and red! I had the pleasure of losing about 2 feet of skin from my leg, thigh, hip, hand, arm and shoulder. Not much fun but no broken bones so hopefully I won't be out of action for too long.



George Speaks.

And it's not about his Pinarello.

Committee Update – casual vacancies

Malcolm Wade has formally resigned as newsletter editor. Phil Gomes has already taken over from Malcolm and has been appointed by the committee to fill the casual vacancy left by Malcolm's departure. James Guthrie, our immediate past president, has resigned his position as IPP. The committee is looking to fill this casual vacancy with a Club Captain. If you would like to know more about the position of Club Captain, apply to the committee.

Visit the Club's Revamped Website <http://www.sydneycyclingclub.org.au>

The SCC website has been revamped and now contains a new "member's only" section; also a member's discussion forum for your comments. This is unmoderated, so hold the abuse! Huge thanks are due to Phil McKnight and Peter Montford for their hard work on the site. The special members only section needs login, with a user name and password. These will be emailed out to you. The Members Only section is, you guessed it, for the use of members only. Make sure that you respect the privacy of fellow members

Jersey Design Needed for our 25th Anniversary

Feeling creative? Get busy and submit a design for a motif for the SCC jersey to celebrate the club's 25th Anniversary. Speed is essential, as time is short!

New members

A special thanks to those senior club members who have generously given up their time to help out with prospective members. The club is continuing to attract new members in record numbers. Assimilating them into the fold is an ongoing task, but the load is lightened when shared. Thanks guys!

Dim and Dimmer !

I've mentioned this before, but it bears repeating...Autumn means darker mornings and evenings, so check your lights for brightness! Dim lights make you hard to see, but easy to hit. Recharge /change the batteries in your lights when they start to fade.

Watch Out for White Lines

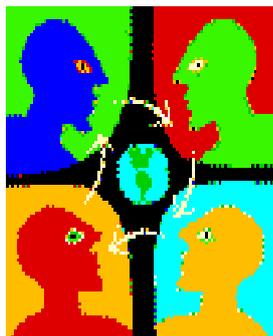
Club members have suffered a few falls lately, due to the slippery surface of white lines. Moist conditions aggravate the problem, but some falls have occurred on dry roads, so watch out for white lines!

Non-members

Do you have a friend you want to bring along? Before non-members are allowed to ride with the SCC bunch they are required to sign a safety waiver. People wanting to join us are asked to turn up on a Saturday morning when no racing is scheduled.(See the club's calendar.) They should contact the email address on the website: Gales@bigpond.com for more details.

Every Sunday is a Jersey Ride

Sunday rides are jersey rides and for members only. No prospective members can be processed on Sundays – it's our day of rest!



SCC Members Forum

About: Your chance to discuss with committee members the burning issues of the day

When: Saturday the 18 May @ 9:00 AM, Centennial Park

Where: we usually meet for coffee

Curry in a hurry

Social News from Sam.



Sydne**C**ycling **C**lub members give yourself a pat on the back for your support of club activities last month. Races, tours, rides and (most importantly) social functions have been more successful than ever!

Gossip and feedback have confirmed that everyone enjoyed the New Members' Dinner at **Maya Da Dhaba** on the eve of ANZAC Day. We had a total of 48 members and a great turnout of new members. At \$20 the food was sensational value and it was pretty good tucker too. I always appreciate any feedback and would like to know what you thought of the value, the payment system and the restaurant.



Our next function will be the annual Tour de France Dinner on Friday, 2 August. This year we are going to try **The Bayswater Brasserie's** French Menu. You can check out the venue at the following site.

<http://sydney.citysearch.com.au/E/V/SYDNE/0020/20/26/1.html>

This meal will be a little more costly (about \$50) and payment will be prior to the dinner. How do you feel about the option of paying on-line? Details will follow via another e-mail invite. Thanks to all of you who have used the e-vite technology - it makes my job so much easier.

Tour De France Dinner



THE BAYSWATER BRASSERIE

FRIDAY 2nd AUGUST 7:00 PM

Fun, vino and tipping competition prizes!

TOUR DE FRANCE TIPPING COMPETITION - WATCH FOR THE DETAILS VIA E-MAIL!

Debbie Does Hilltop

Deb Pearce has the racing bug.



Hilltop Road Race round 1- Sunday 7 April.

My first race. Nervous? Yes. Daunted? Extremely. No turning back though.

At the start line, the more experienced riders were looking at one another with the "you know what's in store look". **Phil McKnight** had obviously done it all before and wished me luck. I'm sure he reckoned I needed it.

Next thing I know **Pete Montford**, with stopwatch, is saying '15'...What?? Oh, you mean 15 seconds and then '10'... What am I meant to be thinking now?? My mind has gone blank. '5'. The flag was dropped and our fearless bunch was off. Our pace line was a bit sticky at first but we quickly sorted ourselves out and got going up the road at a fairly fast pace. About ten kms on we encounter the first bunch who hopped on.

Digger, as chief marshal for the day, drove up to us in his 4WD shouting "**the next two bunches aren't that far behind – you all should get a bloody move on**". I figured we'd have to increase our speed by approximately loads of kms per hour to stay away from them.

I hadn't planned on seeing the fast guys behind me quite so quickly but, alas, soon enough I did see the guys behind me's behinds. I was strangely impelled not too lose sight of these behinds so jumped on a wheel. That was the first time I had smiled since the start.....

Unfortunately my smile soon turned to a grimace as we hit the infamous Hilltop hill. It seemed to go on for kms and kms. This was the hardest climb in the race and only sheer determination and the lack of any feeling got me up to the top. The Hilltop climb split the big bunch up and surprisingly I found myself in the front group of seven or so boy racers. After a

rather nice downhill we hit a series of uphill and downhills. It seemed mightily unfair to me that I should have to race AND do hills. But it would, apparently, have been inconvenient to move them.

Km and km later we took a left turn at a roundabout and onto rolling smooth bitumen road, this felt like bliss even if the speed did increase a few notches. Everything flew by, eyes watered under my glasses and my little legs were spinning faster than ever before. We were now thankfully on the homeward straight although we still had another 10 or so kms to go before the finish. We knew the chase was on as two **Trek boys (Matt Smithson & Brian Appleyard)** together with **Simon Kenny** and **Richard Scriven** were hammering behind us.

I was hearing shouts from the bunch ("Come on you lot! Pick the pace up. They're gaining on us."). The bunch speed was lifted again to what I hoped by now was the maximum speed limit. My legs were yelling.

Jamie Bedford: "How long have we got left?"
Unknown rider: "10kms". **Jamie**: "We can make it".
Unknown rider: "No we can't". The last reply was spoken to thin air as the pace was lifted once again. This clearly demonstrates Jamie's bizarre physiological tendency to hurt himself more the further he rides, the more tired he gets and the less he eats and drinks. Here, I should point out that Jamie's body should be donated to medical science when he dies.

The **awesome foursome** sadly caught our bunch at 5kms out from the finish. The finishing bunch was now extended to eleven. One hundred metres from the finish line, there was suddenly a war going on all around me with the boys fighting for top place. Me, I was just happy to have finished. The race was finally over, and knowing I had finished and finished in the first bunch was just amazing. The sense of achievement was narcotic.

So, if you've never ridden a race before just get out and give it a go. Be part of this communal struggle. Yes its pretty daunting but I'm sure the more racing you do, the greater your confidence – then, apparently, you're 90% there.



Shaved legs and lycra...not just for sissies any more!

Kate Rowe on the Gay Games and Volunteers.

From 2-9 November this year, Sydney is going to experience the largest multi-sport event since the Olympics. You may have heard about them in recent times and as the time gets nearer, you will hear even more. Yes it's the GAY GAMES. 14,000 athletes who will be gay, lesbian, transgender and yes even straight! The Gay Games doesn't discriminate. In addition there are 30,000 visitors from overseas expected as well as a national influx from around Australia. And there is also a two week series of cultural events. This is going to be huge.

For the last five years, I have been quietly planning and organising the cycling. This event has been sanctioned by the Australian Cycling Federation and they have been wonderfully supportive offering their guidance and support in the planning process and will be providing officials for all the events. To date we have 250 cyclists registered with over 50 also participating who are registered for the triathlon (which to date has 600 registered). By the close of registration on 31 July, we expect over 300. You can get more information from the website on www.sydney2002.org.au

The criterium is to be held in the Royal Botanical Gardens, The ITT, TTT and the Road Race will be held in Centennial Park and the MTB race at Yellowmundee in the Lower Blue Mountains. Petra Rossner will be awarding some of the medals at a presentation on Friday 8 November.

In order to make this the best cycling event of any games, we have planned other events outside of the races to give our visitors a chance to see our great city, and meet with other cyclists. Randwick Botany will be hosting a 10 lap criterium at Heffron Park on the morning of Saturday 2 November, which will be run as an open and anyone with a licence can take part.

We are also planning two training rides on Thursday 31 October and Sunday 3 November. So far 180 riders have expressed interest in these rides! Both Sydney Cycling Club and Waratah Veterans Club have agreed in principle to support these rides.

It is clear from these numbers that we will need several captains so that we can break the numbers into manageable and safe bunches of 20. So, this is where you come in.

I understand how busy everyone is during the week so I would like to suggest that SCC host the Sunday Morning ride to Sutherland. It would be like any regular ride, but for those of you, who volunteer, you would take a group starting a little later. The details are as follows:

- Bunches would head off at 10 minute intervals from 7am.
- The meeting place would be the usual cannons
- Extra food and drink will be provided by Robert at the kiosk, who will be notified of the extra numbers so he won't run out of refreshments
- Participating riders have been told that the average speed will be 28/30km
- Predicating riders have been told that if they get dropped, it is their own responsibility to get back to the city. This is to make sure that we attract those who can actually do the pace.
- All volunteer captains would be required to register as a volunteer of the Games and thus be covered by the Games public liability insurance, so SCC is not in anyway responsible

If you are interested in being part of this fantastic event, please contact me on either 9798 5242 or email me at krowe@bigpond.com

20 Seconds with.....

We are proud to re-introduce a long time favourite "20 Seconds with Stan Genakis".

The first instalment of this classic column features non other than the Potato Farmer himself - **Stan Genakis**.

In coming months we will feature other members of SCC to give you an insight into what makes them tick.



Q: How long have you been a member of the Club ?

A: I've been a member of the Club since 1996.

Q: What was your most memorable occasion with the club ?

A: Winning the Homebush State Sport Centre Critirium.

Q: What was your most embarrassing cycling moment ?

A: My first La-Perouse ride with the SCC bunch. My riding buddy is David Bullock, _ Hour into the ride and we are approaching the lights at the intersection of Botany Rd and Foreshore Rd, for a righthand turn into Foreshore Rd. Light turns red and the call is stopping. David was on the right of me, I braked to a standstill but didn't release my foot from the pedal. I fell on top of David and the ride was over for a very unhappy David, and he was in a Taxi on his way home. I did finish my ride and later was invoiced for damages.

Q: Who is your most admired cyclist and why ?

A: Stuart O'Grady, because of his happy down to earth attitude.

Q: What is your favourite ride ?

A: All the rides I did in Adelaide, in mid-January.

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

A: I would like to ride up the Dolomites in Italy. I heard the ride is like floating towards the heavens.

Q: What does your training consist of ?

A: Nothing but Junk Miles...

Q: What cycling skills or attributes do you wish you had ?

A: Erik Zabels sprint, Jan Ulrichs heart. Mario "I will finish the Tour De France this year" Chippolini's good looks, Lance Armstrongs Tour and TT prowess.

Q: What is your favourite cycling food and when do you eat it ?

A: Pasta and Meat. Before and after a big race.

Q: Where would you most likely be on a Saturday night ?

A: A recent change of career sees me working in Kings Cross...no not selling my body. But working in the Liquor Industry, educating the tourists and Locals about the Australian wine industry.

Q: What is one thing you can't do without ?

A: Music.

Q: What are you reading at the moment ?

A: Retailing- How to lift sales and profits by Lorraine Thornton and Red and White- by Max Allen.

Q: What are you listening to ?

A: U2-All that you can't leave behind.
Dido, No Angel. Diana Krall, The look of love.
Classical Hits Vol 1-2

Q: What would you never give up ?

A: Chocolate and Coffee.

Q: What would you spend your last \$10 on ?

A: 2 Caffe Lattes, a piece of Carrot cake and the Tuesday Morning Herald.

Ridin' all over the place

News on our Anzac Day ride from Richard

I hope that you have been getting in plenty of kms over the last month and those signed on for the KV Tour have done their work. Right now there is about a week and a half before I get to ride through some of the most picturesque country side around Sydney. I'm really looking forward to this Tour and wish all those going along a safe and enjoyable ride. You'll hear all about it in next month's newsletter.

I had arranged to do a ride to North Head on Anzac day however the traffic was very heavy that day and a wise decision was made to change the ride to the Cronulla loop, although a small bunch still headed north.

Two groups headed off to Cronulla, the first captained by Tony Johnson and the second by Alan Lumb. Cronulla is one of those great middle distance rides and with good weather the seaside route is definitely a bonus. Both rides were more or less uneventful. The first bunch took it easy on the way out and without stopping wound up the pace on the return leg. The second bunch did the social thing by stopping for coffee and cake. Hiroyuki Toyozumi took along his camera and looks to have captured the moment with a couple of great shots. Thanks Hiro!

For those that missed out on the KV Tour, don't despair, the next tour is planned for late June. This tour will be organised soon and full details will appear in next month's newsletter. I'd also like to do one of our famous northern day tours next month so stay tuned to your e-mails for that one.

That's all for now. See you on the bike!

Tanyas Travels

Racing and SCC TT teams training

I have finally returned after my jaunt to Central Australia for the Masters Nationals and from Nepal where I did a 5 day trek and caught up with some friends with whom I worked in 1980-1981. Many thanks go to Peter Montford and his helpers who ran the races very smoothly and for all the work that he has done entering results in the computer.

It is really good to see that 11 women from the club are going to the Bathurst tour. For many this race is their first open so all the best to those going. We will look forward to reading the report in the next newsletter.

Could all those who have gone to opens please let me know how you go whether your results are good or bad. Firstly I am sure all of us would like to hear the news and secondly the riders that attend opens outside of Sydney and Calga are eligible for a grant from the club towards expenses.

On that note Eddie and I competed at the Masters Nationals at Alice Springs both track and road. Eddie had his first go on the track on a borrowed bike. He

competed in the 500m time trial and 3000m pursuit. Afterwards he wondered what the fuss was all about! I basically got bronzes behind 2 Queenslanders one of whom represented Australia in her younger years and another who has only been riding for one year. My excuse was that they were in lower divisions than me! On the road we competed in a street sprint and both got 3rd. The time trial was very hot and shortened at the last minute much to Rhonda Craigie's disgust. I placed 2nd and Eddie 4th. The crit was around the centre of town with some tricky corners. Whilst the womens race was on the men met and decided to change the course to make it safer! I placed 2nd and Eddie 5th. The Road race was the most picturesque that I have ever ridden. It was on the road beside the West McDonnell Ranges.

Going out there were gentle undulations but coming back into Standly Chasm there were some hills which was where our race broke up. I placed 3rd and Eddie

was a DNF as he punctured twice on rocks that were on the road.

Next year the Masters Track will be at Chandler in Brisbane in early September just before the National

Club Championships at Mooloolaba which will incorporate the National Masters Road Championships. This year the World Masters Games are on 5 to 14th October and have a 30-34 age group as well as the usual age groups in the cycling. There is track, road and MTB cross country. There are a lot of Masters Games on in August and September so if you are interested please contact me.

The State Team Trial Championships are on the 18th August. For those who don't know it is a race where a team of four cyclists from the same club work together to cover a certain distance in the shortest time. The age categories are: open men (19 – 34)

open women (same) Masters Men 1-3 (35-49) Masters Men 4+ (50+) and Masters Women (35+). Last year our club won the gold for the masters women and the bronze for the Masters 1-3. The masters men 1-3 are training under Peter Montford the schedule is on his website which will be advertised in this newsletter. Masters 4+ are already hard at it and are training Wednesday and Saturday mornings. See Tony Johnson if you are interested. The women are starting to train beginning of June and will be having a dinner in the week after the Bathurst tour to discuss training times and other questions. I will be coaching the teams but would appreciate help as it is possible that we could be entering one open team and three masters teams. If some open men want to organise a team could they contact Peter Montford.

Hilltop Results

7/4/02

Story, pics and results.

Perhaps the biggest ever roll up for a Hilltop. The Trek boys had to do a 15k time trial from Campbelltown to make the start (Brian needs a map). They started drifting off 3 seconds early hence the 15.27 time. Matt Smithson put in a huge ride to win and take fastest time. Rumour has it that an apple dropped into the race and broke the delicate elastic band that was keeping our president going. Burglars Jamie and Kenny stole the minor placing's, whilst Scriven keeps getting in the thick of it. The biggest surprise of the day had to be Debbie Pearce coming in with the lead bunch to win C grade. Simon Parry can't be long for the world of B grade. Phil McKnight was well on his way to Elite status until a puncture brought him undone. Pre race favourite Tony Johnson also punctured. Bring on Hilltop 2.



Rider	Start	Finish	Corrected	Place	Grade	Series	C'ship
						Points	points
Matt Smithson	15.27	1.34.44	1.19.17	1st	Elite	12	8
Simon Kenny	11	1.34.44	1.23.44	2nd	A	11	7
Jamie Bedford	9.3	1.34.44	1.25.14	3rd	A	10	6
Richard Scriven	11	1.34.44	1.23.44	4th	A	9	5
Paul Davies	9.3	1.34.44	1.25.14	5th	A	8	4
Simon Pardey	9.3	1.34.44	1.25.14	6th	B	7	8
Martin Henery	9.3	1.34.44	1.25.14	7th	B	6	7
John Kearney	9.3	1.34.44	1.25.14	8th	B	5	6
Richard Dodds	9.3	1.34.44	1.25.14	9th	B	4	5
Vaughan Wickham	9.3	1.34.44	1.25.14	10th	B	3	4
Debbie Pearce	4.3	1.34.44	1.29.14	11th	C	2	8
Alex Simmons	11	1.39.11	1.29.11	12th	A	1	3
Tim Rice	9.3	1.39.27	1.29.57	13th	B	1	3
Julieann Howard	4.3	1.39.27	1.34.57	14th	C	1	7
Kate Rowe	4.3	1.39.27	1.34.57	15th	C	1	6
Andrew Price	7	1.39.27	1.32.27	16th	C	1	5
Kevin Crowie	7	1.42.45	1.36.45	17th	C	1	4
Ken Lord	4.3	1.42.59	1.38.29	18th	C	1	3
Karl Bellamy	9.3	1.43.00	1.34.00	19th	B	1	2
Walter Rolli	7	1.44.01	1.37.01	20th	B	1	1
Sally Thompson	7	1.44.01	1.37.01	21st	C	1	2
Daniel Hynes	4.3	1.44.39	1.40.09	22nd	C	1	1
Anneliese Aarts	0	1.45.01	1.45.01	23nd	C	1	1
Sean Gleeson	4.3	1.45.35	1.41.05	24th	C	1	1
Paul Rigby	9.3	1.45.56	1.36.56	25th	A	1	2
Stephen McMillan	4.3	1.48.47	1.44.17	26th	C	1	1
Tony Johnson	9.3	1.49.14	1.39.44	27th	A	1	1
John Hickmott	7	1.50.00	1.53.00	28th	C	1	1
Danny Rutherford	15.27	1.50.11	1.34.44	29th	Elite	1	1
Kate Roberts	0	1.50.11	1.50.11	30th	C	1	1
George Schneller	7	1.50.24	1.43.24	31st	B	1	1
Armon Hicks	7	1.50.24	1.43.24	32nd	C	1	1
Andrew Hudson	11	1.50.24	1.40.24	33rd	A	1	1
John Slater	4.3	1.58.01	1.53.31	34th	C	1	1
Marguerite Young	0	1.58.01	1.58.01	35th	C	1	1
Peter Hickmott	7	2.00.23	1.53.23	36th	C	1	1
Ross Scott	4.3	2.05.00	2.00.30	37th	C	1	1
Barbara Phillips	0	2.05.01	2.05.01	38th	C	1	1
Jono McCormack	15.27	DNF		Unknown	Elite		
Phil McKnight	15.27	DNF		Puncture	A		
Richard Kerr	7	DNF		Mechanical	B		

Round 1 EX TT

23/3/02

Name	Grade	Lap Time	Finish Time	Place Overall	Place in Grade	Points	PB/ Margin
Richard Scriven	A	15.19	25.13	1	1	8	PB First
Alex Simmons	A	15.49	25.37	2	2	7	PB First
Paul Kelly	A	15.46	25.48	3	3	6	
Leigh Ringrose	A	16.04	26.08	4	4	5	
Tony Johnson	A	16.00	26.15	5	5	4	PB .5
Simon Pardy	B	16.13	26.34	6	1	8	PB First
Dan O'Callaghan	B	17.26	27.55	7	2	7	PB 11 s
Johnathan Warr	B	17.28	28.07	8	3	6	PB First
Tim Rice	B		28.21	9	4	5	PB First
Julie Howard	C	17.51	28.48	10	1	8	PB First
Meg Croft	C	17.43	28.53	11	2	7	
Kevin Crowie	C	17.53	28.58	12	3	6	PB First
Debbie Pearce	C	17.53	29.10	13	4	5	PB First
Ken Lord	C	18.01	29.17	14	5	4	PB First
Kate Rowe	C	18.31	29.23	15	6	3	
Mark Meltzer	C	18.17	29.30	16	7	2	
Steve McMillian	C	18.24	29.53	17	8	1	
Erin Chamberlen	C	18.35	30.09	18	9	1	PB First
Bruce Field	C	18.51	31.05	19	10	1	
Peter Montford	A					6	handler
Richard Kerr	B					6	handler
George Schneller	B					6	handler

A great roll up of first timers turned up for a Windy race. One rider decided to do a small short cut in our view and was subsequently penalised. Race across the world rider **Mr Scriven** showed a clean pair of heels to everyone. While track ace **Alex Simmons** blitzed his fellow vet crystal cranks. **Dan** has breaking PB's on his mind, losing the hair will help.

Weekly SCC Rides

Tuesday	06:00	Cannons	Watsons Bay hills ride, approx. 25 km. Eastern suburbs hills and in-between flat bits. Faster riders wait up at the top of Military Rd. for new kids/the hill-challenged. Back at approx. 7am
Wednesday	06:00	Cannons	Coaching session focusing on developing rider fitness and general riding skills. Popular change is one lap of the Olympic road course.
Thursday	06:00	Cannons	Foreshore Road/La Perouse, approx. 35 km. Fast clip [35-40ish] with three even faster [40-55 km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Saturday	06:30	Cannons	La Perouse ride, 45 km. Two bunches leave the park rolling easily until Foreshore, then the first bunch picks up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. Second bunch does the same route at a slightly slower pace with an emphasis on bunch riding. All round off back in the park for coffee about 8.20am or Regular Time Trials, Criteriums or Road Races as per published calendar in latest newsletter. At the conclusion of TT's all members are invited to attend a bunch training skill session, starting at 07:45 at the Cannons.
Sunday	06:30	Cannons	Waterfall ride, 90 km plus. Medium to hard ride, out at 28-35 km, some turn round at Sutherland (60 km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120 km) or back through the Royal National Park (110 km). Main bunch U-turns, pacelines back to Sutherland, collects the stragglers, then a fast ride back to the park for breakfast. Or a more medium paced ride, medium/average fitness level. Same route as above or maybe Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80 km) or maybe even Sutherland, then back via Como and Hurstville (70 km). All rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:30	Cannons	Club Jersey Ride. 100 km plus. Typically combined group goes north to Church Point, where the faster or more keen riders split off heading for Akuna Bay with the rest of the bunch going straight to Terry Hills for coffee at the Bonds Nursery. All then regroup for the ride back.

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

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.

SC TT: Short Course Time Trial

LC TT: Long Course Time Trial

Ext TT: Extended Course Time Trial

FMM : Frank Murray Memorial Trophy

- 1 point awarded for riding and finishing the event.
- Penalties for drafting or breaking in TT's will be 30 secs.
- 6 points will be awarded for handling once in a season, 1 point thereafter.

Registration: TT's at start by 06:40, first rider off at 06:50 SHARP! No restarts allowed for missed starts.

Race Sec's decisions are final.

Contact list

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Submission Details: Next Deadline: 2nd JUNE 2002. Please submit articles to Newsletter Editor via e-mail or post to 61 Union St, Erskineville, NSW, 2043 or Club PO Box.

The Doctor lives!

A short note from the "Doc"

Well I have now settled down to my sabbatical in Ferrara University near Venice in Italy. Lots of local cycling news as the vice chancellor is in court on "maybe" supplying banned items to cyclists, Marco Pantani a local "failed hero" has been recommended for a 4 year ban and the Giro will swing through very soon.

One experience I wanted to share with SCC members, who might be interested in purchasing a new bike overseas.

When I went to pack my Pinarello Paris for the trip, I found a small crack in the frame, just above the front fork rubber rings. I spoke to the Australian importer who I bought the bike from and we decided I should take the bike to Italy. I then visited the Pinarello factory for a pre-arranged meeting. After inspecting the bike frame, I was told it was covered by warranty, then came the bad news, it would take 8 weeks to fix, they do not make Paris frames any more... then some good news, I could upgrade my bike, then the bad news... no size 57 and only a 6 month wait for my colour... then the good news. I was then measured and fitted by the factory specialist and after what seemed like discussions with half the factory, it was agreed that I could be on a 58...more length in the top tube and the head of the frame. Then the bad news, if I wanted a new 2002 frame another long wait, but then some good news, they found me a blue 2001 Prince frame in 58. So a deal was done and they cut the front forks to suit my measurements.

The bike has now arrived with some new parts and you can guess I very happy now have a bike to ride in Italy.

The long and short of the story is both the Australian supplier and the manufacturer both really went out of their way to look after me.

It is worth buying our bikes in Australia from large retailers, as my experience with after sales service has been outstanding. It could have been a completely different story if I had brought the bike in America on one of the discount WWW sites. Originally when I purchased the Paris, I only paid about 10% over the "best" WWW price, before freight and GST, I am sure I have had more than that in after sales service.

If you are considering buying a new bike, learn from my experiences and buy in Australia and deal with reputable suppliers.

Calendar of Events

Day	Time	Venue	Comments
11-12th May	-	Bathurst	Inaugural Bathurst Women's 2 Day Tour 4 Grades incorporating U19, Women's and Masters Women's ITT Championships
11th May-2nd June	-	Italy	Giro d'Italia http://www.cyclingnews.com/results/2002/giro02/index.shtml
18th May	06:50	Cannons	SC TT (8/7/.../1) Handlers: Steve and Tim Youngman, Margurite Young, Paul Kelly
18th May	09:00	Cent Park	SCC Members forum.
19th May	06:30	Manly Dam	MTB ride meeting at Cannons, contact:Chris Hille at Chris.Hille@hunter.health.nsw.gov.au
1st June	06:50	Ocean St Gates	LC TT (8/7/.../1) Handlers: Phil McKnight, Ralph Kress, Kelvin Haiseman.
1-2nd June	-	Forster	NSWCF Glitter Tour de Femme
8th June	-	Sydney	NSWCF Sydney Road Championships
15th June	07:15	Heffron Park	Criterium Rd 2 (10/9/.../1)Handlers:Paul Rigby, Dave Clarence, Erin Chamberlen
29-30th June	-	Hunter Valley	SCC Rosemount Tour and Rosemount Open on the 30th
6-28th July	-	France	Tour de France http://www.letour.fr/ or http://www.cyclingnews.com/results/2002/tour01
July TBA	-	Sydney	SCC Tour de France Dinner
6th July	07:00	Eastern Suburbs TBA	Hillclimb Round 1 (8/7/.../1) Handlers:Tanya Bosch, Tim Rice
13th July	06:50	Ocean St,Gates	Ex TT (8/7/.../1) Handlers: Glen Butterworth, Sean Gleeson, Ken Lord
28th July	TBA	Calga	TTT Training Ride
4th Aug	TBA	Calga	TTT Traaining Ride
11th Aug	TBA	Calga	NSWCF Mens ITT Championships
18th Aug	TBA	Calga	NSWCF TTT Championships, all catagories.
31st Aug 1st Sept	06:50 08:00 09:00	Cannons Heffron Yanderra	Two Day Tour. Points awarded to respective series. NOT to overall point score <ul style="list-style-type: none"> • SC TT – FMM Handlers: TBA • Criterium Round 3 Handlers: TBA • Hilltop Round 2 Handlers: TBA
7th-29th Sept	-	Spain	Vuelta a Espana http://www.cyclingnews.com/results/2002/vuelta02
5th-14th Oct	-	TBA	World Masters Games, all cycling events- Road, Track and MTB XC, ladies and Mens.
2 nd - 9th Nov	-	Sydney	Gay Games, cycling events held in Centennial Park, Royal Botanical Gardens and the Blue Mountains.

Freebie for SCC members

Feeling low on energy? Want a powerful boost so you can radiate good health and get more out of life (or cycling!)?

Come and have a **FREE 20 MINUTE** roll-out massage (fully clothed) and also learn how the latest in Japanese magnetic wellness products can benefit you. Call Karen to book in on (02) 9997 1629. "Looking forward to seeing you then".