

The Sydney Cyclist

The Monthly Magazine of the Sydney Cycling Club

sydneycyclingclub.org.au

February 2003

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Ride right.

Club Secretary:

Paperwork please.

The Captain:

Sharpen up with Jamie.

Racing News:

The Calendar is out.

The Big Tours:

Sign up for the Snowy Tour.

Training for Endurance:

Good training sense from iteamnova.com

Truth or Rumour?

Notes from the bunch.

Rides and Contacts.

Thanks to all contributors.



Heffron Park Racing: Richard, Andrew and Simon. SCC continues to post good results at Heffron.

Dunc Grey Velodrome: Olympic sprint. Story next month.



The President

Paul Rigby



As we roll through the last month of summer Club life has kicked up a gear following the 1st Club Event of the year, the 1 Lap TT. I am pleased to say we enjoyed a near record turn out of

over 40 participants; this indicates a healthy interest in the racing aspect of the club.

It was interesting to note the increased activity by other groups during this event and I would like to remind everybody to ride cautiously while participating in any of our "Timed Training Events" in Centennial Park. As you are all no doubt aware this is not a NSWCF sanctioned event and therefore we must ride carefully and cautiously while undertaking such rides.

We are pleased to welcome many new members into our fold and I would encourage the older and more experienced members to welcome these new faces into the club. If you see someone you don't know in our jersey on a ride, please take 5 seconds to say 'hi' and perhaps even give a word of encouragement to them if you see them suffering.

While the participation in club rides is high it remains one of my personal goals to increase the safety and enjoyment of the club rides. In my brief tenure as Club Captain the club changed the format of our weekend rides to a three-bunch system in a bid to facilitate this.

It is the responsibility of any club to provide a mechanism in which to encourage and nurture weaker, slower and more

inexperienced riders to improve in the activity that the club undertakes.

In the Sydney Cycling Club it is therefore our responsibility to nurture and support any member in our club or sport and to help them develop their fitness and cycling skill.

So how can we do that as a club?

Well, the first thing we can do is not ride at the pace of the slowest rider in a bunch. All of our weekend rides are out and back rides, if you are dropped at some point, you can always take a short cut or turn early to catch the bunch again. By keeping the pace at a speed suitable to the group we allow the ride to be enjoyed by all on it.

The second thing we can do is for the more experienced riders to take an interest in maintaining and improving the quality and enjoyment of the rides. The Ride Captain and Club Captain cannot do all of this on their own. This can be as simple as encouraging the slower riders up a hill, perhaps not hammering a bunch at all times and just dropping the pace a bit to allow everybody to hang on, or perhaps pointing out the art of a paceline when stopped at Sutherland on a Sunday. In general terms, simply taking an interest in the ride as a group will help us to improve these rides.

And lastly, is to take any advice, criticism or encouragement willingly and happily. We all enjoy the sport of cycling and it is from others that we truly learn the etiquette and art of cycling. To have these things explained to you is one of the true benefits of being in a club such as ours. They say you are never too old to stop learning and this is certainly true in cycling.

See you on the road.

The Secretary

George Schneller



Membership renewals.

Most of you have renewed your SCC membership by now. For those of you who are yet to renew – keep those forms and cheques coming in! Time runs out very soon.

Need help getting membership forms?

Phone 9319 2899 If you are having difficulty downloading or printing the forms off the website, please phone me for a hard copy to be posted out to you. Do It Now!

Un-financial members will lose club privileges.

Membership in the club ends after the 60-day period of grace has elapsed –members who remain un-financial by the end of February will cease to receive club privileges and will be removed from the SCC database. However, in cases of genuine hardship – special arrangements can be made. Phone the Club Secretary on 9319 2899.

FROM THE COMMITTEE

Club Forums every quarter.

The committee will hold general forums of club members four times a year – the first forum will be held soon at a time and venue to be advised.

Mandatory skills sessions.

Prospective NEW members will be required to go through mandatory skills sessions before joining the club. These will be held monthly on Saturday mornings, when no club races are scheduled. If there is enough interest Wednesday mornings may be devoted to skills sessions for existing members. Contact Jamie Bedford the Club Captain, or Paul Rigby the Club President if you are interested in these sessions.

Introducing someone to the club?

If you bring along another person to join the club, then that person is YOUR RESPONSIBILITY until they have the required bike and bunch skills to ride safely. They will still be required to attend mandatory skills sessions.

Basic membership requirements.

These will be updated on the website, to better reflect the riding standards required for safe assimilation into the SCC bunch. Bike and bunch skills have deteriorated due to the influx of new and less experienced cyclists into the bunch – and this needs to be addressed.

The Captain

Jamie Bedford

First of all I would like to thank all the people who have helped to run the group rides over the last two months. Without this help at all levels, any progress on ride quality would be unachievable. Thanks Guys.

Now its time for me to bring out the big STICK!!! And as my dear dead dad used to say, "Don't make me use this". It's time to get tough on some very dodgy riding in the bunch lately. It is the responsibility of all members to keep the rides as safe as possible. So if you see someone who needs a hand, don't mutter under your breath, pass on some of that hard learned wisdom or comment to your ride captain. Many club members have taken up riding a little later in life and so haven't had the same introduction into the sport that some of us were lucky enough to experience. As a teenager, I received many a slap to the back of my head -probably explains a few things - from my coach for playing the fool in the bunch. Don't overlap the wheel, slap! Don't ride no hands in the bunch, slap! and so on.

However, living in this politically correct age, slapping someone across the back of the head is definitely out, but knowing the right and wrong way to behave in the bunch

never goes out of style. We will be running some skills classes for new members but that doesn't mean you can't come along for a brush up on skills, especially if your hearing a few grumbles from your fellow riders.

I will now leave you with a few do's and don'ts I observed from a Thursday morning ride recently.

DO- Ride a straight line. Weaving around behind the wheel is a definite no no
DON'T- Turn around to talk to the person next to you. If you must, keep looking straight ahead while you talk, and always watch where you are going.

DO- Call or point holes and obstacles
DON'T- Swing into the middle of the pace line. Go all the way to the back of the line before moving over.

Next month I will discuss bunch courtesy as apposed etiquette. There is a culture of bike riding behaviour that is lacking from some of our bunches, so consider yourselves pupils.

Any Questions, comments or complaints email bikeboy@ozemail.com.au and I would be happy to discuss them with you





SCC Race Calendar 2003

SCC race calendar for 2003 is now finalised. All up we have twenty races scheduled for the year – time trials, criteriums and road races. Handlers will be allocated for the SCC race events and the names will be communicated regularly via emails, newsletters and the web. If you have been designated to handle for an event and are unable to do so, it is your responsibility to find a replacement. Please let Debbie know of your replacement if this arises. Handlers

are awarded a massive six points towards the Championship Pointscore for their first event and awarded one point for any subsequent events.

Cycling New South Wales – Draft Road Race Programme 2003 just released

SCC members achieved some significant results in racing last year and we hope to build on this during 2003. We have handpicked several races from the CNSW programme, which we believe have the widest appeal to members. We will be regularly promoting these races through the year with the objective of encouraging many members to give it a go and race - as many of you know it's always great to have a large team turnout at events. Further details on these and other open races will follow in the coming months.

| | |
|--------------|---|
| 10 -11 May | Bathurst Women 2 Day tour (incl Hill Climb Championships) |
| 25 May | Ken Dinnerville Memorial Handicap Road Race, Dapto, nr Wollongong |
| 7 June | Sydney Road Championships, Parramatta Park |
| 8 June | Sutherland Shire Criterium, Waratah Park |
| 9 June | Randwick Botany Snowy Memorial Criterium, Heffron Park, Maroubra |
| 28 – 29 June | Rosemount Estate Open and Muswellbrook Explorer, Muswellbrook |
| 20 July | Parramatta Road Open inc. U19M/U19W & Women Road Champs |
| 26 – 27 July | Southern Cross 2 Day Womens Tour, Helensberg |
| 10 August | NSW Individual Time Trial Champs, Calga |
| 17 August | NSW Club Team Time Trial Champs, Calga |

Please note dates may change.

For the CNSW draft race programme go to http://www.nsw.cycling.org.au/files/draft_road_03.pdf.

If you have any questions relating to the scheduled SCC or CNSW events or any racing related issues, please contact us. We will be happy to help out where we can.

2003 Race Calendar

| February | Race Details | Handlers |
|---------------|--|--|
| Sat 22 Feb | Long-Course Time Trial Centennial Park | Chief Handler: David Clarence Julie Avakian, Dan O'Callaghan, Stan Genakis, |
| March | | |
| Sat 8 March | Extended Time Trial Centennial Park | Chief Handler: David Clarence Glen Butterworth, Daniel Hynes, Meg Croft |
| Sun 23 March | Hilltop Handicap Road Race, #1 Yanderra | Chief Handler: David Clarence Rob Hood, Scott Chapman, Stuart Davis, Ruth Lax |
| April | | |
| Sat 12 April | Crit Series #1 Heffron, Maroubra | |
| May | | |
| Sat 3 May | Crit Series #2 Heffron, Maroubra | |
| Sat 17 May | Kilo Series # 1 Breakwater, Port Botany | |
| Sat 24 May | Hill Climb Series #1 Location: TBA | |
| June | | |
| Sun 1 June | Road Race Championship (graded) Location: TBA | |
| Sat 21 June | Hill Climb Series #2 | |
| July | | |
| Sat 12 July | Crit Series #3 Heffron, Maroubra | |
| August | | |
| Sat 23 August | Crit Series #4 Heffron Maroubra | |
| September | | |
| Sat 6 Sept | Extended Time Trial Centennial Park | |
| Sun 14 Sept | Hilltop Handicap Road Race #2 Yanderra | |
| Sat 27 Sept | Long-Course Time Trial Centennial Park | |
| October | | |
| Sat 11 Oct | Crit Series #5 Heffron, Maroubra | |
| November | | |
| Sat 1 Nov | Short-Course Time Trial Centennial Park | |
| Sat 15 Nov | One lap Time Trial Centennial Park | |
| Sat 29 Nov | Kilo Breakwater, Port Botany | |

The Tours

Richard Dodds

I trust you all know about the Snowy Tour in March. As usual, this tour has filled fast but this year we are in a position to offer more places than before. We already have thirty SCC members attending but there is room for more, so if you're thinking about a bike tour I assure you the Snowy Tour won't disappoint. Check out the tour details and let me know if you want to come along.

Please e-mail me via rads102@hotmail.com to book a place or ask questions about the tour. Receipt of your cheque will secure your place. I'm in the Park most weekends to receive payments or you can mail your cheque to the address below.

If you miss the Snowy Tour then there is always the Kangaroo Valley tour to look forward to. If you have commitments that preclude weekend touring, no problem, I've got a day ride planned in April, Wollongong return, its offers some superb seaside views and plenty of challenging terrain.

The Tours dates for 2003 are as follows

Weekend Tours

Snowy - March 1,2, and 3

Kangaroo Valley - early May

Hunter Valley - (to coincide with the Rosemount Open)

Cessnock or Mudgee - September

Day Tours (dates TBA)

Wollongong- 180km

Wyong- 170km

Patonga- 160km

We also try to set Tour dates that avoid clashing with SCC race events and other NSW Cycling Federation events. At the time of writing, race dates were still forthcoming so I'm not able to set the Tour dates. The situation should be rectified by the time the March newsletter is published.

See you on Tour.

The SCC Website

The SCC website is going from strength to strength and we are trying to give the membership a more immediate way of accessing the race results etc. Now posted up is a comprehensive and full list of all racing results and some pictures from these events.

Rather than wait for a monthly report from this scribe, logon to www.sydneycyclingclub.org.au go to the members page accept the privacy statement then enter the username and password which is e-mailed to you each month with this newsletter.

If there are any members who have difficulty receiving e-mails from me call on 0412 417 865.

SCC Snowy Tour - Jindabyne

Date:

Fri 28th February - Mon 3rd March

Location:

Three Way Inn, 4 Ingebyra Jindabyne, NSW

Tel: 02 64562105

Contact: Bruce and Elaine Vote

Cost:

Option A -\$60 per person

Option B - \$150 for the room (maximum 2 persons per room)

Accommodation and Inclusion:

Option A - Shared room with single bed on Friday, Saturday, and Sunday night

OR

Option B - Private room with double bed on Friday, Saturday, and Sunday night

PLUS

Breakfast on Saturday, Sunday, and Monday morning

All linen and towels supplied

Dinner Saturday not included (until numbers are final it is unclear whether we will be catering at Three Way Inn or eating out, charges will be at cost, between \$20 and \$30)

Payments:

Payment must be via Cheque payable to: Three Way Inn, All payments sent to: Richard Dodds, Unit 11 / 48 Cambridge St Stanmore NSW 2048.

As some accommodation must be prepaid refund cannot be given on cancellation.

There are limited spaces on this tour and it is a very popular one so book early. Send me an e-mail rads102@hotmail to hold your place. Please state whether you wish to stay in a shared or private room. Receipt of payment will secure your place.

The full cost will apply regardless of whether you choose to stay one, two or three nights.

Rides Descriptions:

Friday - non-scheduled, free day for travel and warm-up ride

Saturday - 100 km to 150 km

Sunday - 70 km to 120 km

Monday - 50 km

Training

By Dave Sanders

(Head Cycling Coach VIS/ AIS road coach)



Road Endurance

First we must identify what we are “preparing” for. “Just to ride better” is not good enough. Where? When? Then we can plan a program. We must identify our weaknesses and our strengths. Eg: Good endurance/Poor strength or Good strength/Poor power (or acceleration) I have divided the training process into specific physiological arrears which must be addressed individually and then blended together. These areas include: Endurance, Strength, Strength/Endurance, Power, Intensity, and Recovery.

There are other areas that are important for track riders in particular. Eg: leg speed- cadence – and speed endurance, but we will concentrate on road preparation.

It is very important to have a very basic knowledge of the primary energy systems and how to train them.

| | |
|-------------------------------------|------------------------------------|
| <u>ALACTIC POWER</u> | Short 95% HR-Max Power 5 – 20 sec. |
| <u>LACTIC – ANAEROBIC</u> | 90% - 95% HR 60 – 120 sec. |
| <u>ANAEROBIC – THRESHOLD (A.T.)</u> | 80% - 90% HR 15 – 30 min. |
| <u>AEROBIC ENDURANCE</u> | 65% - 80% HR 30 min – 5-6hrs |
| <u>RECOVERY</u> | 65% or less 15 min – 2 hrs |

The majority of our training will be spent in the AEROBIC-ENDURANCE zone

ENDURANCE

Medium – high volume measured in hours or kms.
40 – 200 kms per day
400 – 1200 kms per week
Low- medium intensity

STRENGTH

This can be developed both in the gym and with weights and on the bike with steep hill reps.
Low- medium volume
Medium- high intensity

Strength Endurance

We must develop the ability to “drive a gear” over an extended period of time. This can be done by using a higher gear ratio than is comfortable up a gradual climb or on the flat into a head wind. Cadence should be between 55-70rpm with HR sub (A.T.) to (A.T.). This should be done in the saddle while concentrating on smooth, even, efficient style. Be careful not to overdo this process in the early stages by using a gear that you can handle. This process takes time and repetitions, so if you “cook” yourself by racing someone, you will not be able to repeat the effort, thus reducing the training effect. It is also very important to keep flexible with stretching, massage and recovery rides while doing “S.E” work. This will avoid knee problems.

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 Secretary's decision is final.

Rumour, Innuendo and Fact.

Never let the truth get in the way of a good story.

Congratulations to:

Sally Thomson on winning the NSW Cyclist of the Year (WMAS Div1) for 2002. Sally rode some great races during 2002 including winning the State Titles at the Women's Masters Road Race Championship down at Wagga.

We're all in trouble:

Bikeboy, AKA Jamie Bedford our erstwhile Club Captain now has a new steed. A brand new customised Giant TCR Carbon with lots of other carbon fibre thingys added. This gives it a weight of 7.4 kg. He had really hoped to get it under 7kg but will now have to lose the extra 400grams himself. Warney's pills might help.

Seen:

Tony Johnson and his wife at the March for Peace Rally on Sunday, How many other SCC members attended?

Contact List

| <u>Position</u> | <u>Who</u> | <u>Phone</u> | <u>E-mail</u> |
|--------------------|------------------|-----------------------------------|-----------------------------------|
| President: | Paul Rigby | 0419 205 113 (m) | paulrigby@bytecraftertainment.com |
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| Club Captain: | Jamie Bedford | 0418 677 579 (m) | bikeboy@ozemail.com.au |
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