



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
April 2001 Edition



Stan Genakis receives 4th place in the Canberra to Goulburn



Derek keeps warm in the Snowys



Digger pushes on in the Canberra to Goulburn

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Steve Hobart & Doc congratulates Simon Kenny on his Hilltop win



The Hopkins Lads at Jindabyne!

From the President's Chair



In the last month the SCC has been active on several fronts, including touring, racing, social events and the ordering of new winter apparel. The following pages reflect some of these activities and highlight the significant participation rate enjoyed by SCC events.

Personally, I attended the successful Snowy tour weekend and found the Saturday ride of 150 odd kilometres was one of the toughest of my life. We then had to back up and do some serious climbing the next morning to the highest point in Australia.

A big thanks to Bruce Vote and Meg Croft for all the hard work that went into providing the 40 odd members with a satisfying cycling experience. The second event was the first Hill Top race for the year, which was held in perfect conditions (I am sure I could have won if it had not been for that bloody hill in the middle of the course!!). Steve Hobart and his helpers did a wonderful job in organising a very successful race in which we had over 30 participants. We also implemented a new handicapping format which all agreed was superior to previous attempts. The third event was last weekend's open race from Canberra to Goulbourn in which over 15 SCC riders and helpers participated. On one front this ride was very successful with Stan achieving a fourth place; for others the experience, which included a significant crash on the freeway and being dropped by a powerful bunch, provided interesting lessons for the future. One of the virgins in open racing commented that he thought undertaking a full course triathlon was tough, now, however, he has reached new heights of pain, suffering and emotional distress.

I would like to take this opportunity to raise a number of more serious issues that I believe members should consider and discuss. First, I was disgusted by the Channel 9 current affairs program the other night that sensationalised a few riders' misdemeanours and really encouraged road rage towards bike riders. Alan Lumb has a copy of the program and I encourage all members to write to A Current Affair expressing disgust at this sort of sensationalism. Second, last weekend there were three incidents concerning bike safety and the SCC bunch. One was a car accident near the bunch; the second, a fall in the bunch at a set of lights; and third, a fall on the ride back from Waterfall. Can I stress to everyone that when we ride in a bunch each individual is responsible for the whole bunch's safety and we all ride together in the belief that other members of the club have sufficient bike skills, consideration and regard for other's safety to behave in a responsible manner. A recent email from a member expressed it this way:

"Until two months ago I had never been in an accident involving other cyclists, nor in an accident where I had been injured. Until then I felt quite bullet proof. I knew how to handle a bike well enough to stay out of trouble & accidents were things that occurred to other cyclists, not me. I'm also realising that as we get older we are less likely to bounce up from an accident unhurt, & we do take a bit longer to mend. Taking months of discomfort to recover from an accident which has also written off the road season for me, certainly isn't fun, & I don't wish that upon any of our members."

At the recent executive meeting it was agreed that members of the club should be encouraged to share their riding knowledge with newer and inexperienced riders. Members should be willing to give constructive criticism to others; it is the responsibility of all members to behave in a safe and responsible manner whilst on the road. Also any potential new members will now have to go through a period of probation and will then be considered for full membership by the committee. Other mechanisms for improving the skill level of all members will be announced at the beginning of rides and through future newsletters.

In looking towards the near future we have a number of special Easter rides organised, a Kangaroo Valley tour, a Criterion series, and other activities. Stan also has new batch of tops available and the winter apparel order should be available in six weeks.

To conclude, I personally will be riding remotely for the next few weeks, as I will be in Europe for work and pleasure. Therefore you will not see me on the road. However, with a bit of luck you will be able to communicate with me via email. Please ride safely and think of our buddies in the Sydney Cycle Club bunch.

Doc

From the Secretary's Desk

For those of you who don't already know, the **Pinarello Prince** has arrived. It didn't help me to victory at Hilltop, but I suspect it wasn't the bike's fault. For the curious here's a photo of the frame, courtesy of Phil McKnight.



Bunch Etiquette – revisited

New members were sent a copy of the club's Bunch Etiquette booklet. Recent events suggest that it is languishing unread. Please read the booklet. It won't take long and it may save your skin or someone else's. If you need skills training, make sure that you get it.

To highlight a few of the problems encountered in the bunch recently:

- Always call all hazards down the bunch
- Don't ride too close to the wheel in front, give yourself an escape route
- On the front maintain a pace that is comfortable for the bunch, it's not a sprint!
- Don't half-wheel, keep your handlebars level with your partner's
- If your partner rolls, you roll too! It's only polite not to break up other partnerships

Lastly, be aware that bunch skills take time to develop and don't expect to know everything after a few rides. If you are an experienced rider and you notice a new rider doing something that could cause an accident, let them know. You could be saving them from a bad fall.

George

Editor's Column



Well here we are again, another month, another newsletter.

Sorry for the delay in getting this edition out to you all. A number of the club, including myself, were off cycling around the Bathurst and

Dubbo region of NSW, participating in the RTA Big Bike Ride, a major fundraising event for the MS society. You'll read the report next month if I can get the time to write up what was this year, one of the best.

Now to this month's edition. You'll see a heap of photos provided by Pete Scott, Phil McKnight and Andrew Price from various club races and tours. To any other photographers I've missed I apologise.

You will also read up on these events. Andrew Price has written up what was a very successful Snowy Tour. Bruce and Elaine Vote deserve a huge vote (pun intended) of thanks for their efforts in feeding and looking after 37 hungry cyclists. Our Tour Secretary, Meg Croft also deserves a mention for organising this very popular event.

The one downside to participating in the Big Bike Ride was that a number of us missed the first Hilltop race of the year. Not that yours truly would have done particularly well but by all accounts it was one of the best events yet. Read the Race Secretaries report for full details. Steve has also reported on the NSWCF Canberra to Goulburn race in which the SCC was well represented.

Some of you wonder how Tom Klemola time trials so well ... well Tom has been kind enough to write up some hints and tips for us all to follow.

Finally, after my appeal for comments and ideas for the newsletter last month I did actually receive one constructive criticism. For those of you who receive the newsletter electronically you'll now see that I have put hot links against most web addresses and the front contents page thus allowing you to read the pdf file and just click to go straight to the appropriate place. I am also working on trying to improve the quality of the pictures you see.

'til next month, take care on the road.

Malcolm

Tour Secretary's Report



The Snowy Tour was a huge success and you'll be pleased to know that contrary to the rumour, there was no snow. Read all about it in Andrew Price's report.

Once again, a huge thanks to Bruce and Elaine for being such wonderful hosts and making it all possible.

What's next on the ride calendar?

Easter and Anzac Day Rides

After the Snowy Tour, Hilltop, the Canberra Tour and the Big Bike Ride it seems ages since we have ridden our old favourites so over Easter and Anzac Day we are going to revisit them all!

Day	Destination	Meeting	Time
Friday 13/4	Akuna Bay	Cannons	6:30 am
Saturday 14/4	Normal Saturday ride (plus a group heading to Sutherland)	Cannons	6:30 am
Sunday 15/4	Waterfall - back via Audley	Darley St Gates	6:30 am
Monday 16/4	Stanwell Tops	Cannons	6:30 am
Anzac Day			
Wednesday 25/4	Galston Gorge/Berowa/Bobbin Head	Cannons	6:30 am

Kangaroo Valley Tour, 4-6 May

Time to conquer more hills and breathe more fresh air on the Kangaroo Valley Tour. If you didn't make it to the Snowy Tour then definitely make sure you come along to this one. The plan is to travel down on the Friday night (4/5/01) and ride on Saturday and Sunday. Alan Revell is the Tour Director for this one - I am just the Secretary. Alan knows this area well and has planned three possible rides of 100, 130 and 170 km for Saturday in addition to a couple of options for the Sunday ride - all of which are wonderful and should allow you to fulfil your desire to either cycle or avoid the hill out of the Valley.

Various accommodation options are being investigated and at this stage it is down to luxury cabins in the caravan park or shared rooms (4 per room) in the motel. We envisage the cost will be somewhere around \$35 per person per night. What we need right now is a **commitment** from people wanting to go on this Tour - **I need a \$35 non-refundable deposit by 21 April at the latest for people not on email if you are on email then we need your money this Easter weekend.** You can either send a cheque made out to Sydney Cycling Club (to Meg Croft: 3 Kennedy Street Kingsford 2032) or give Alan Revell or myself the cash/cheque when you see us on a ride over the weekend. We need to book the accommodation now. Since there could be quite a few of us we also need to book for dinner at the Pub on the Saturday night. Don't miss out on another great cycling weekend!

The welcome back Eric ride - mid May

I have just heard that Eric Waddell will be visiting Sydney some time in Mid May. Unfortunately he will not arrive in time for the Kangaroo Valley tour. As you all know, Eric was always keen to do a ride that was not to Waterfall so in his honour I will be organizing a ride that heads North (and is not to Akuna Bay) on whatever weekend Eric has some spare time. Let me know if you are interested in coming along on this ride - whatever it is.

Meg

Boutique Car Boot Sale

Stan Genakis will have all the new jerseys in a variety of sizes available for trying and purchase on **Saturday, 28th April** after the normal morning ride in Centennial Park about 9am.

If you are a member waiting for a summer jersey, these are now available from Stan and if you wish to pick them up at the boot sale, please ring him.

Come along and check out the SCC boutique.

Snowy Mountains Tour Report

by Andrew Price



This popular tour was a sell out this year with 37 members making the five and a bit hour journey to the 3 Way Lodge owned by Bruce and Elaine Vote in Jindabyne. An exceedingly keen policeman in Cooma thought it necessary to breath test one of the early arrivals with 3 bikes on the roof at 11am on Friday and probably filed a report saying, no alcohol detected, but the sanity of the occupants wanting to take on the Snowy mountain hills might well have been questionable.

Arrivals were spread over Friday and extending, in the case of Norman Rydge after a drive in the wee small hours, to arrive with very precise timing 20 minutes before rollout time on Saturday morning.

Most of those arriving with sufficient daylight on Friday rode out to the Diggings – a locality to the west of Jindabyne for a round trip of a little under 50km – an opportunity to spin the legs and greet other bunches as they arrived over the afternoon – pretty much an uphill work most of the way out with a long descent home. Dinner was a choice of the pub (easy walking/staggering distance of the lodge) or the local Italian pasta bar opposite. The numbers were such that Bruce's other lodge was also used ("the Executive Residence") which apparently has better views but involves riding up one more hill at the end of each day.

After a briefing session early on Saturday morning from Bruce on what to expect from the rides on offer 3 bunches choose themselves, 2 for the long ride through Dalgety, Maffra, Cooma, Berridale, Jindabyne (152km) and one bunch led with style and grace as always by Walter Rolli to do 100km with a half hour drive to Berridale, a ride to Dalgety and Cooma for lunch with the other 2 bunches and then back to Berridale for coffee and a vehicle ride home (an option which became appealing to some later in the day).

The long ride had 2 pick-a-plank bridges with some wheel swallowing gaps which Bruce forewarned us all of; it also involved going up and down the Great Dividing Range about 4 times which you sort of became aware of as the ride unfolded.

The landscape on the rides for both days was worth a gaze (for those that are into Australian rural scenery) but the hills seem to just keep coming at you unlike the Sydney where you can do the climb but then expect a reasonable amount of flat afterwards to regroup and recover. Also different were a number of new hazards to call - such as "sick/dead parrot", "fox guts", "bloody mess" – no shortage of road kill out there!

The quick bunch seemed to take it all in their stride with Pete Scott and Paul Davies doing some big turns and Meg Croft demonstrating form sufficient to mean that she will not be troubling the B grade riders any time soon but instead will be giving the A graders some stick – its good to know the 'Handicapper' has his unofficial little helpers everywhere really.

In the second bunch Richard put in a big day with a back pack on all day (no one ever found out what he was carrying!) and Jamie Bedford making spectacular break aways which seemed to upset the sheep somewhat.

All 3 bunches met for lunch as planned in Centennial Park (Cooma that is) and tales of daring descents were told – 97km on the big descent after Dalgety was recorded by Alex Simmons and he reported others passing him! The first half of the ride must have been unusual for Debbie Pearce to have to pull sticks and vegetation out of her knicks and for Frank Millner's front wheel to get a flat all by itself after 15 stationary

minutes – perhaps a wayward small part of space station Mir got it.

Bruce's truck doubled as a sag wagon for 3 riders on the way back to Jindabyne with the occupants using the time doing a fairly comprehensive review and analysis of the available male and female talent in the club – I always wondered what they talked about in sag wagons.

The last stage from Berridale to Jindabyne was not made any easier by a headwind (when it blows down south it really blows) and understandably the noise was a little down in the lodge when everybody got in that afternoon – with so many staying and with laundry facilities in the lodge a bit stretched one member thought he might try the kitchen sink to wash his knicks in after 6 hours in the saddle – this resulted in Elaine Vote creating a temporary but total Cyclist Exclusion Zone in the kitchen whilst cooking up a storm for dinner – it seemed like a good idea at the time for the rest of us to cruise a bar or two in Jindabyne or try the pretty good bakery/coffee shop in Nuggets Crossing.

After a pasta/lamb/chicken/salad dinner (Elaine clearly knows a lot about what cyclists need by way of food) and some presentations from James Guthrie (you will be held to those promises of massages next year Doc), Lumbie brought out a video of Great Moments in Cycling from the 50's and 60's including some great footage of the '56 Melbourne Olympics – perhaps we could fast forward to the Sydney 2000 Madison next year? Accommodation being a bit tight there were a number of mixed doubles in the rooms with one couple inadvertently locking their door against Derek who, after returning late in the night found he had been consigned by a locked door to the couch and when asked at breakfast about his choice of t shirt and jeans as being stylish pyjamas reflected philosophically that they worked pretty well as day wear too!

Sunday dawned blue and cloudless with a variety of rides on offer (Thredbo and back, Thredbo/Skitube/Perisher/Charlotte Pass, or straight to Charlotte Pass and back) – Paul Davies

got into the mountain spirit by doing the lot in one day for the experience! The first part of Sunday was a morning cyclists dream of – crisp, clear no traffic to speak of, good road and everyone a little cautious after a hard ride on Saturday. Thredbo and the road in are worth the ride – especially if you stop for the coffee and fresh rolls at the



bakery/coffee shop up the hill a bit (cyclists seem to have a pretty good nose for those places). A quick descent back to Bullocks Flat passing those just doing the Thredbo and back ride – good to see a smiling Bruce got the time for a ride apart from looking after us. Up the rack railway to Perisher

and then out up the road to Charlotte Pass. Ann and Dave Clarence, Tom K and Pete who did the Jindabyne/Charlotte/Jindabyne ride reported the ride up from Jindabyne to Perisher a tougher section than Perisher to Charlottes.

After Perisher the wind that had been around on Saturday made its presence really felt on Sunday at lunchtime – blowing hard from over Kosiusko side; lunch at the top of the Pass was grab a coat, grab a sandwich (thanks Monique and Sally) grab a quick photo and grab a wheel home (Walter Rolli clearly being the man to know). Whilst there were many memorable descents back into Jindabyne

most involve a bit of sharing the work and there are a few climbs that make hanging with the pack a good option.

One of the impressive things about SCC rides is that while they will all try and kill you in a sprint, they make very sure everyone gets home alive and well – saw a bit of that on the weekend.

Departure times varied on Sunday and Monday with another short recovery ride on offer to the Diggings on Monday into a now familiar headwind.



Lessons learnt? Take and carry a variety of cycle clothing – weather conditions change fast. Also not a bad move to have some support motor vehicles around to carry clothing food and water (there's not a lot open for business out there in the Snowy hills) – oh, and have a few serious hills in your legs before you roll out on Saturday morning down at the Snowys...

Trek Racing Team Update

The Trek Racing Team's star new recruit - **Nash Kent**, will be racing in South America for the next 6 weeks. Nash, is part of a composite Australian Team, including other top Aussie riders such as Robert Crowe and Peter Milostic. The team will compete in two ten-day tours, one in Uruguay and the other in Chile as well as various 1-day racers in Argentina. Nash left Australia in good form having recently finishing 3rd in the NSW State Criterium title.

New Trek Australia Website

The new Trek Australia website will launched this month. With many new features, including sponsored rider profiles, results and the Trek Café, it's well worth a visit.

Log on to <http://www.tba.com.au/> this month.

Canberra to Goulburn

The Trek racing team had mixed results at this years Canberra to Goulburn race of the future.

The race was run in very difficult windy conditions, which saw the A grade race stopped twice for crossing to the wrong side of the road. Brian Appleyard once again raced very well, figuring in a promising break after the feed zone at Gunning, and eventually placing 7th.

Clarence St Cyclery

This year saw the running of the 20th edition of the Clarence Street Cup. Some of the biggest names in Australian Track cycling, including Gary Niewand, Sean Eddie and dual 2000 world champion Mark Renshaw, competed on the night. The main event, the Clarence St Cup Wheel Race was won by 16 year old Alex Sommer, with a very creditable performance from Team Trek's Brian Appleyard in 4th. It was great to see so many people turn out to watch a great nights racing.

Graeme Moffett

Pina's Mobile Massage

Mobile Phone: 0402 81 99 11

Email: pinap@telpacific.com.au



Remedial/Sports Massage

Robyn & Lana's Beauty Clinic or Enfield Massage Clinic \$45 /hr
Remedial/Sports or Indian Chair Massage \$30 / ½hr

Mobile Massage \$50 /hr
(more than one person) \$45 /hr

Mobile Massage – Remedial /sports/
(minimum 4 people) \$20 / ½hr

Dip. Remedial Massage/Sports Massage/Indian Seated Massage
Member of ATMS (11507)

Time Trial Work Ethics

by Tom Klemola

After seeing my grey hairs and belly for the first time at a club time trial, some people are surprised when they see my time. Eric Waddell used to say "Bugger! He did it again." I did my first time trials when I was 14, and have always finished wanting to be able to go faster.

Recently, I have been competing in club time trials in Montreal from 1995-1999 and with the Sydney Cycling Club since September of 1999. Our club in Montreal with a membership varying from 300-500 had riders who over the years had been age group time trial, road race and track champions at the provincial and national levels. They were always keen to give a few pointers over coffee after a competition.

Don't Blow Up

The first mistake a novice will make is to go out too hard too early. It takes practise to know how hard to go out. Part of it is doing a proper warm up. Montreal club members who went to a training camp in Florida, The Walden School of Bicycle Racing, said that before the start you should do several accelerations where you get your heart rate up to the point where you want to maintain it during the TT.

I have found that this works best when it is done in an easy gear. There's no point in thrashing your legs, it's about getting the heart rate up. This type of warm up should be done within about ten or fifteen minutes before the start. It makes the heart rate rise to the target range faster once you're on your way.

I also like to do 20-30 minutes of moderate pace to warm up the whole body. You don't want your time trial to be a warm up. Some riders take an hour. I've read that it takes about 45 minutes of exercise for your body to start using fat as fuel.

What I like to do at the start is to focus on the feeling that I want to have when I have reached cruising speed. Being sensitive to what it feels like to be just below the effort level where you start getting too lactic is a skill that comes with practise.

Work Hard

The idea of a competition is to give your all. In a time trial that means lungs, heart, and legs. In the first place, you want to find out how it feels to go all out. If you're gasping for air but your legs feel fine, then choose a bigger gear. If your legs are dying but you're breathing easy, take a smaller gear. It's about finding a combination of gear and

effort where you are hurting all over, not just in one place.

A heart rate monitor can be a useful guide to let you know if you are working too hard or too little. However, relying only on heart rate may not get you the best time. In my case, I found that I go my fastest in a gear slightly bigger than the one that I can sustain my highest heart rate with. They can be a distraction too, so I haven't used mine since I learned the habit of noticing when I have slacked off and pick up the pace again. One important part of a good result is to concentrate on putting out the whole time.

Stay Aero

At speed your biggest enemy is the wind. Your position should be one where you can work hard comfortably and make the smallest possible hole in the air. Tucking your head down below your shoulders is one important thing to do. Aerobars can take about 2 seconds per minute off your time. It takes practise to get used to them. You should practise your aero position by going for a test ride a day or two before a competition. Then you will know how far you can comfortably lower your bars and still work hard. You should still be able to breathe hard comfortably.

There is a tradition in moving ones position forward for time trials. More recently, it has been found that most cyclists lose power when their position is most aerodynamic, Miguel Indurain being a famous case. It is important to be low and narrow, but being able to comfortably work hard is the priority.

There are many ways of spending money to go faster. Probably the best values are fast tires, aerobars, a skinsuit, aerodynamic wheels, shoe covers and shaving your legs. If you can't get comfortable in an aerodynamic position, then there are fit experts, chiropractors and massage therapists that can help.

A lower back injury kept me off the bike from the age of 14 to 32. Several months visiting a good chiropractor made it possible for me to ride regularly again about 7 years ago. Still not satisfied with my lower back comfort, I have spent many hours in the last year getting my back and hips worked on by chiropractors and massage therapists with very good results.

Training

Time trial intervals are long and steady. Something like 5-6 minutes at time trial pace with a cadence

around 80, usually on a long hill like Military road in Bondi. When you time trial you have nowhere to hide. Therefore some solo riding at pace is an important part of training for time trials. You can do like me and miss the start of the Sunday ride by 5 minutes and chase for 30-120 minutes, but it's easier to just do some hard laps in the park.

Your range of output in terms of cadence is something to work on. If you can produce good power from 80-110 rpm you won't need to shift as often. An easy way to do that is ride around the park in a gear big enough so it gives you a little trouble on the false flat. You can make it more

challenging by timing your laps and trying to go faster, always in one gear all the way around.

Mental Preparation

When you start your time trial, you should have as little as possible going on in your head. Believe it or not, this can take a lot of practise. It helps to focus on simple but powerful thoughts, preferably positive. I think about going fast. I think about the satisfaction of getting a PB. I have had some of my best improvements after having an engaging discussion with an inspiring woman in the 12 hours before an event. It must be the testosterone.

SCC Contact List

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Newsletter Submission Details: Next Deadline: **7th May, 2001**. Please submit articles to Newsletter Editor via e-mail or post to **108 Rothschild Ave, Rosebery, NSW, 2018** or **Club PO Box**.

SCC Website Statistics

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Reqs: %bytes: Domain
----: -----: -----
1614: 43.25%: .au (Australia)
631: 21.01%: [unresolved numerical addresses]
567: 16.60%: .com (Commercial)
539: 12.06%: .net (Network)
317: 4.68%: .uk (United Kingdom)
81: 0.96%: .de (Germany)
30: 0.51%: .hk (Hong Kong)
26: 0.52%: .us (United States)
6: 0.06%: .jp (Japan)
6: 0.21%: .nz (New Zealand)
4: 0.09%: .nl (Netherlands)
3: 0.03%: .edu (USA Educational)
1: 0.01%: .fr (France)
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Race Secretary's Report

Another successful month of racing has passed with some excellent results to report.

Canberra to Goulburn – 8th April. SCC had 15 riders compete in this very successful Open which attracted over 350 riders across all grades. Congratulations to Stan Genakis who finished an excellent 4th in D Grade which had about 140 starters and a finishing bunch of only about 20. I am told that the race was quite tough with most riders either getting dropped or unfortunately crashing. It has been a few years since an SCC member has finished this highly in an Open scratch race. A special thanks to those who organised this weekend & helped get riders to the start line, & to those who took time out to support.... Riggers, Phil, Doc, Walter & Pete Bodor. Race descriptions and results are posted on the NSWCF site <http://www.cyclingnsw.org.au/2001road.html>.



Stan, 400m from the finish in the Canberra to Goulburn

Extended Time Trial - 10th March. Again, the numbers continue to impress. I'm not sure whether we have ever had 20 starters for our longest time trial. More than half of the finishers recorded PBs as the depth and standard within the Club continues to rise. Congratulations to Dave Clarence, Tony Johnson & Meg Croft for gaining maximum points in their respective grades.

Hilltop Road Race - 1st April. Congratulations to Simon Kenny who won the first leg of this two race series by beating Mike Avakian & Andrew Hudson in a very tightly fought race. We trialled a slightly new format whereby we sent off a smaller number of larger groups, based on grades (A, B & C). This resulted in a finishing group of 10 riders, followed by a second group of 7 riders less than a minute behind. All riders finished within 7 minutes of the winner. Historically, this is an excellent result.

There were a number of reasons for the new format which proved successful in creating a tighter, more interesting & enjoyable race. In previous years, smaller groups often broke up early in the race resulting in riders competing in near individual time trial conditions. Larger groups, which are handicapped with smaller margins so they are more likely to come together, ensure that we have a true handicapped *road race*, competition is promoted within each grade, and the vagaries of handicaps are reduced.

We have introduced a revised pointscore system whereby points are allocated towards the Hilltop Road Series depending on your overall placing within each Hilltop race, and points are separately allocated towards the Annual Pointscore determined by your placing within your grade. The results table in this newsletter should clarify.

Success at RBCC Criteriums. Paul Kelly & Alex Simmons received good write-ups on the Randwick Botany web site for winning RBCC criteriums. Well done guys.

“Saturday 10th March - C grade set a cracking pace from the first lap of their 15-lap race. Half the field of 15 riders struggled to stay with the pacesetters with 5 riders being dropped after only 2 laps. Paul Kelly started the sprint to the finish 1,000m from home and maintained a 20m breakaway from the C Grade bunch to the line.”

“Saturday 17th March - C grade averaged a steady 36km per hour during their 30km race, Alex Simmons set the pace and broke away 3 times during the race, only to be caught by the 17 strong C grade pack. Alex made his final attack 750m from the finish line.”

Criterion Series – Round 1 in April. The six leg Criterion Series at Heffron Park kicks off on Saturday 21st April and continues until late September with one race per calendar month. Similar to the Hilltop Series, points will be allocated to the Criterion Series determined by your overall placing within each criterium, and points will be separately allocated to the Annual Pointscore depending on your placing within your grade.

One Lap Time Trial scheduled 28th April. Please note the new registration system for Centennial Park time trials which appears to be working successfully. For all future time trials riders are to register at the Cannons, opposite the restaurant, from 6.30am to 6.40am. This will ensure that the time trials start promptly at 6.50am.

Canberra Two Day Tour. For those who believe the Kangaroo Valley Tour (same weekend) won't be challenging enough and really want to experience suffering, this Cat 1 event is scheduled for the weekend of 5th

and 6th May. As usual, details are posted on the NSWCF web site or can be obtained from myself if you don't have web access.

Last month I reported on the NSW State Omnium Titles and stated that "Tanya Bosch beat Karen Dutton from Sutherland on a countback. Karen recently beat our Ann Clarence in the State Criterium". I apologise for any confusion or upset this may have caused. The State Omnium and State Criterium are completely different events and there is no intended inference that any one SCC rider is better than another SCC rider in any given event.

Steve

SCC Picnic

- Where:** Bronte Beach (gassed area next to SLSC).
When: Sunday 22 April 1pm onwards.
What: BYO Basket of Yummy food and drink, blanket, folding chairs etc.
Hint: Try collaborating with a few others to produce a great banquet.
Who: You, your partner and your kids.
What else: Hopefully heaps of sunshine, sand and socialising.



I would love someone (or two) to volunteer to muscle in on some space down at the park earlier on the Sunday morning. We will have the Bronte SLSC tent and BBQ courtesy of Graeme Ford.

And what's even better . . . no need to RSVP or send any money – so now you've got absolutely no excuses.

News from the Bunch

Here's the general gossip from out and about. As always, reported (almost) anonymously and never letting the true facts get in the way of a good story!

🚲 **Guess Who** competition for the month:

A female club member (Ms X) was walking up George St in the city one lunch hour, when she bumped into a male member of the Club (Mr. Y). They were both heading in the same direction towards Grosvenor Place, when, approaching the restaurant where Mr. Y was meeting colleagues for lunch, he insisted that Ms X hold his hand & give him a smooch good-bye!! All with the guise, this was just a wind up for his mates!!

🚲 Which rider, formally accused of not doing enough of a turn out the front in Adelaide, towed the bunch all the way from the Park to Waterfall, won the sprint to Sutherland (against the Randwick Botany boys) and finally towed the bunch all the way back from Sutherland to the Park?

🚲 **Rumor of the month** goes to the bright spark that started the one on the Sunday of the Snowy Tour that it had actually snowed on the Saturday and the club members down south had spent the day 'bonding'!

🚲 A quick note from Paul Montesin who reports, "For those of us who subscribed to C7 Olympic Channels through Foxtel or Austar and were conned by the programming, i.e. they scheduled the entire road race to be broadcast live - and we all know they didn't!!! Well here's a little sweetener to lesson the pain of it all. Simply ring C7 on 1800 247 711 and register your complaint and you will be refunded the princely sum of \$20. How's that for justice?"

🚲 **Wanted**, road bike for a mountain biker! A friend of Teri Sawers is looking for a second hand road bike, steel frame, approximately 55cm with 57cm top tube. If anyone has something suitable please contact Teri (terii@ozemail.com.au) or Andrew (kand@ozemail.com.au).



Cycle News on the Web

by Malcolm Wade

For those of you web literate people out there, there's a wealth of cycle related information available to you. There are stacks of sites out there and I've listed a few that I tend to frequent to find out news and information:

- 🚲 **Bicycling Australia** <http://www.bicyclingaustralia.com/>
Web page version of the magazine. Daily results and news service plus a moderated forum, stolen bike listing service and comprehensive buyers' guide.
- 🚲 **Cycle Racing Results and News Service** <http://cyclingnews.com/>
One of the premier sites around (used to be Bill's), Cyclingnews has daily updates and some useful archives including photos and team information. Also has a good list of Aus. URLs and diaries from Australians Jay Sweet and Tracey Gaudry. Worth watching.
- 🚲 **CNN/SI - Cycling** <http://www.cnn.com/cycling/>
Associated with the huge CNN site, this is their cycling part of it. Not too bad with daily updates but not one of the best from my point of view although does sometimes have good photos.
- 🚲 **Cyclegossip.com!** <http://www.cyclegossip.com/>
Cycle news and gossip from the world of European professional cycling including daily updates.
- 🚲 **Cycling Australia** <http://www.cycling.org.au/>
Cycling Australia's or Australian Cycling Federation Home Page. Contains local results.
- 🚲 **NSW Cycling Federation** <http://www.cyclingnsw.org.au/>
NSW Cycling Federation Home Page. Contains local results, racing calendars, club information etc.
- 🚲 **NSW RTA Cycle Route Maps** <http://www.nsw.gov.au/>
RTA research has revealed that whilst cycleways exist there is limited knowledge within the communities of NSW of their location. To this end the RTA has developed the Draft State Bicycle Network Strategic Maps, which catalogue cycleways in Sydney, Newcastle, Central Coast, Illawarra and selected major rural NSW centres. The information provided on the Strategic Maps is being converted into a useable, attractive series of cycleway maps for everyday use by cyclists. Click on the **Transport** icon on the above home page, then select **RTA - Bicycle Maps**.
- 🚲 **RIDE Cycling Review** <http://www.ridemedia.com.au/>
Published by Rob Arnold, this site is really starting to take shape now and thanks to the diligent work of Frank Gonzalez, you'll find a good dose of cycling-related reading each and every day. You'll also find diaries from Stuart O'Grady and Henk Vogels. All this make this site worth the review.
- 🚲 **Sydney Cycling Club** <http://www.sydneycyclingclub.org.au/>
A damn fine site worth reviewing at every chance you get; but then we're biased aren't we.
- 🚲 **Tour de France** <http://www.letour.fr/>
Official site of the Tour de France. Daily updates during the tour (7th-29th July, 2001), plus a good place for previous tour information. This site also hosts information and results from other European classics including the Paris-Roubaix and La FlècheWallone.
- 🚲 **Tour Down Under** <http://www.tourdownunder.com.au/>
Official site for the Tour Down Under with daily updates during the tour (16th-21st January, 2001). Also has previous years site available for review.
- 🚲 **International Cycling Union** <http://www.uci.ch/>
Official UCI home page. Useful for race calendars.
- 🚲 **VeloNews** <http://www.velonews.com/>
Daily cycle race updates plus lots of links and other good cycling stuff.

If you know of any other sites that you feel deserve a mention let me know and I'll publish this list on a bi-monthly basis.

Club Calendar

Day	Time	Venue	Comments
21 st Apr.	07:15	Heffron Pk.	Criterion Rd 1 (10/9/.../1) Handlers: Peter Bodor & Tony Johnson
22 nd Apr.		Centennial Pk or Bronte Beach	Picnic/Beach Volley Ball (see Social Report this issues for more details)
28 th Apr.	06:50	Cannons	1 Lap TT (8/7/.../1) Handlers: Roy Keyes, David Bullock & Tom Klemola
5-6 th May	-	Kangaroo Valley	SCC Kangaroo Valley Tour
19 th May	07:15	Heffron Pk.	Criterion Rd 2 (10/9/.../1) Handlers: John Rutherford & Jonathon Lewis
19 th May to 10 th Jun.	-	Italy	Giro d'Italia
26 th May	06:50	Cannons	SC TT (8/7/.../1) Handlers: Bruce Field, Sam Reuben & Alan Lumb
9 th Jun.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Dave McAlpin, Kelvin Haisman & Phil McKnight
23 rd Jun.	07:15	Heffron Pk.	Criterion Rd 3 (10/9/.../1) Handlers: Steve McMillan & Andrew Price
30-1 st Jul.	-		SCC Hunter Valley Tour & NSWCF Rosemount Open
7-29 th Jul.	-	France	Tour de France, http://www.letour.fr/
21 st Jul.	07:15	Heffron Pk.	Criterion Rd 4 (10/9/.../1) Handlers: Craig Warner & Phil Gomes
11 th Aug.	06:50	Cannons	1 Lap TT – FMM (8/7/.../1) Handlers: Paul Rigby, Glen Butterworth & Leigh Ringrose
25-26 th Aug. ⇒ 25 th	06:50	Cannons	2 Day Tour. Points awarded to respective series, NOT to overall point score. a) SC TT - FMM Handlers: TBA b) Criterion Rd 5 Handlers: TBA c) Hilltop Rd 2 Handlers: TBA
	08:00	Heffron	
⇒ 26 th	09:00	Yanderra	
8 th Sep.	06:50	Cannons	SC TT – FMM (8/7/.../1) Handlers: Wayne Eastburn, Richard Kerr & Pete Scott
8-23 rd Sep.	-	Spain	Vuelta a España
15-16 th Sep.	-		SCC Cessnock/Wollombi Tour
29 th Sep.	07:15	Heffron Pk.	Criterion Rd 6 (10/9/.../1) Handlers: Alex Simmons & Sally Thomson
6 th Oct.	06:50	Ocean St. Gates	LC TT – FMM (8/7/.../1) Handlers: Steve Youngman, Tim Youngman & Carl Horn
20 th Oct.	06:50	Cannons	Handicap 2 Lap Wheel Race Handlers: Walter Rolli, Robert Hood & Con Roubis
27 th Oct.	TBA	TBA	Hill Climb – FMM Handlers: TBA
10 th Nov.	06:50	Ocean St. Gates	Ext. TT – FMM (8/7/.../1) Handlers: Mike Larkin & Frank Milner
24 th Nov.	07:15	TBA	Kilo – FMM (8/7/.../1) Handlers: TBA
Regular Rides			
Tuesday	06:00	Cannons	Watsons Bay hills ride, approx. 25km. 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 to Bar Coluzzi (<i>café</i>) in Bondi Junction.
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. 35km. Fast clip [35-40ish] with three even faster [40-55km] 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, 45km. 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 <i>or</i> 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	Randwick Gates	Waterfall ride, 90km+. Medium to hard ride, out at 28-35km, some turn round at Sutherland (60km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120km) or back through the Royal National Park (110km). Main bunch U-turns, pacelines back to Sutherland, collects the stragglers, then a fast ride back to the park for breakfast. <i>or</i> 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 (70-80km) or maybe even Sutherland, then back via Como and Hurstville (70km). All rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:30	Randwick Gates	Club Jersey Ride. 100km+. 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.

Legend: SC TT= Short Course Time Trial
 LC TT= Long Course Time Trial
 Ext TT= Extended Course Time Trial
 FMM = Frank Murray Memorial Trophy

Note: 6 points will be awarded for handling once in a season.
 1 point will be awarded for riding and finishing the event.
 Penalties for Drafting or Breaking in TT's will be 30secs.
 Race Sec's decision's are final. No correspondence entered into.

Clarence St. Cyclery

THE ULTIMATE BIKE SHOP

104 Clarence St, Sydney NSW 2000
Phone: 02 9299 4962
Fax: 02 9261 3802
Website: <http://www.cyclery.com.au>
Email: info@cyclery.com.au



Scenes from
Canebrra Goulburn



SCC Event Results

Ext. TT, Centennial Park, 10th March, 2001

Name	Grade	Lap Time	Finish Time	Place Overall	Place in Grade	Points	PB / Margin
Dave Clarence	A	15:45.76	25:35.19	1	1	8	
Pete Scott	A	15:56.61	25:56.51	2	2	7	
Phil McKnight	A	15:44.81	25:59.70	3	3	6	
Tom Klemola	A	16:08.58	26:21.51	4	4	5	PB - 4 secs
Jonathon Lewis	A	16:25.83	26:28.86	5	5	4	PB - 33 secs
Paul Kelly	A	16:19.36	26:36.26	6	6	3	PB - 24 secs
Leigh Ringrose	A	16:39.26	26:57.40	7	7	2	
Tony Johnson	B	16:30.08	27:00.92	8	1	8	
Rob Hood	B	16:44.01	27:04.67	9	2	7	PB - 1 st time
Pete Montford	A	16:33.45	27:23.23	10	8	1	PB - 1 st time
Meg Croft	C	17:00.00	28:04.42	11	1	8	PB - 1min 15secs
Alan Lumb	B	17:30.00	28:33.54	12	3	6	
George Schneller	B	18:08.36	29:09.76	13	4	5	PB - 1 st time
Richard Kerr	C	18:13.51	29:33.26	14	2	7	PB - 1 st time
Steve McMillan	C	18:30.00	29:58.17	15	3	6	PB - 1min 21secs
Heydon Miller	C	18:42.23	30:15.04	16	4	5	PB - 1 st time
Tim Youngman	C	19:00.00	30:51.95	17	5	4	
Bruce Field	C	19:21.26	31:45.14	18	6	3	
Steve Youngman	C	19:30.00	32:03.61	19	7	2	
Paul Davies	A		Mechanical	DNF			
Doc Guthrie	B			Handler		6	
Kate Rowe	C			Handler		6	

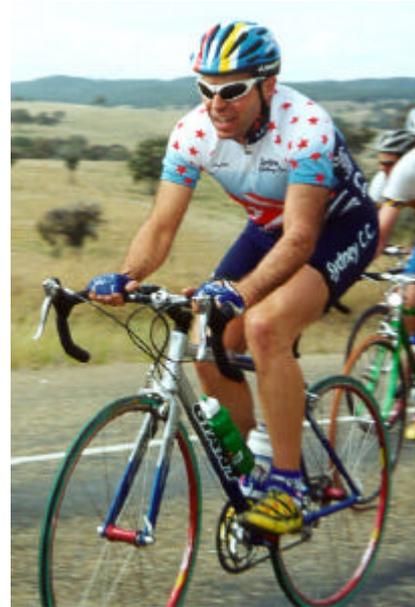
Hilltop Round 1, Yanderra, 1st April, 2001

Name	Start	Finish	Corrected	Place	Grade	Series Points	C'ship Points
Simon Kenny	6.30	1:33.24	1:26.54	1	B	12	8
Mike Avakian	6.30	1:33.24	1:26.54	2	B	11	7
Andrew Hudson	2.00	1:33.24	1:31.24	3	B	10	6
John Kearney	0.00	1:33.24	1:33.24	4	C	9	8
Tony Johnson	6.30	1:33.24	1:26.54	5	B	8	5
Kelvin Haisman	6.30	1:33.24	1:26.54	6	B	7	4
Sam Reuben	2.00	1:33.24	1:31.24	7	B	6	3
Rob Hood	6.30	1:33.24	1:26.54	8	B	5	2
Carl Horn	6.30	1:33.24	1:26.54	9	B	4	1
Vaughan Wickham	2.00	1:33.24	1:31.24	10	B	3	1
Jochen Schroeder	12.00	1:34.22	1:22.22	11	A	2	8
Paul Rigby	12.00	1:34.22	1:22.22	12	A	1	7
Phil McKnight	12.00	1:34.22	1:22.22	13	A	1	6
Paul Kelly	9.30	1:34.22	1:24.52	14	A	1	5
Eddie Bosch	9.30	1:34.22	1:24.52	15	A	1	4
Julie Avakian	0.00	1:34.22	1:34.22	16	C	1	7
Dave McAlpin	12.00	1:34.45	1:22.45	17	A	1	3
Alex Simmons	9.30	1:39.02	1:29.32	18	A	1	2
Leigh Ringrose	9.30	1:39.02	1:29.32	19	A	1	1
Steve McMillan	0.00	1:39.02	1:39.02	20	C	1	6
Doc Guthrie	6.30	1:39.02	1:32.32	21	B	1	1
Roy Keyes	2.00	1:39.02	1:37.02	22	B	1	1
George Schneller	2.00	1:39.44	1:37.44	23	B	1	1
Tanya Bosch	0.00	1:40.14	1:40.14	24	C	1	5
Tom Klemola	9.30	1:40.14	1:30.44	25	A	1	1
Richard Kerr	0.00	1:40.27	1:40.27	26	C	1	4
Wayne Eastburn	12.00	1:40.39	1:28.39	27	A	1	1
John Rutherford	9.30	1:46.36	1:37.06	28	A	1	1
John Slater		DNF					
Dave Clarence		DNF	Mechanical				
Monique Batterham		Training	1:48.40				
Frank Milner			Handler				6
Hiroyuko Toyozumi			Handler				6

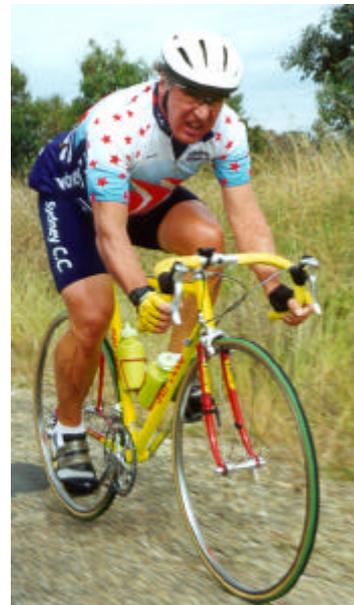
2001 Progressive Point Score

Date	03- Feb	10- Feb	24- Feb	10- Mar	01- Apr	T O
Event Name	1 Lap	SC TT	LC TT	Ext TT	Hilltop Rd 1	T A L
A Grade						
Phil McKnight	6	8	7	6	6	33
Dave Clarence	5	6	6	8		25
Stan Genakis	7	7	5			19
Tom Klemola	3	6	4	5	1	19
Paul Kelly		5	6	3	5	19
Paul Rigby		1	8		7	16
Pete Scott			3	7		10
Paul Davies	1	3	6			10
Eddie Bosch	6		1		4	11
Frank Milner	1	1	1		6	9
Jochen Schroeder					8	8
John Arkwright	8					8
Dave McAlpin	4	1			3	8
Jonathon Lewis	2		1	4		7
Leigh Ringrose	1	2	1	2	1	7
Dave Pye		4				4
Peter Montford	1		2	1		4
John Rutherford	1	1	1		1	4
Alex Simmons		1			2	3
Simon Pardey			1			1
Wayne Eastburn					1	1
B Grade						
Tony Johnson	3	6	7	8	5	29
Rob Hood		5	8	7	2	22
Doc Guthrie	5	8		6	1	20
Kelvin Haisman	6	4	2		4	16
Monique Batterham	7	6	1			14
Shane Maundrell		7	6			13
George Schneller		3	4	5	1	13
Carl Horn	4		5		1	10
Ann Clarence	6		3			9
Alan Lumb	1	1	1	6		9
Mike Larkin	8					8
Simon Kenny					8	8
Mike Avakian					7	7
Andrew Hudson					6	6
Craig Warner	2	1	1			4
Sam Reuben					3	3
Walter Rolli		2				2
Roy Keyes					1	1
Vaughan Wickham					1	1
C Grade						
Richard Kerr	7	8	6	7	4	32
Meg Croft	6	7	7	8		28
Tanya Bosch	8	6	8		5	27
Heydon Miller	5	6	5	5		21
Steve McMillan	2	1	4	6	6	19
Malcolm Wade	4	4	3			11
John Kearney					8	8
Julie Avakian					7	7
Tim Youngman	1	1	1	4		7
Kate Rowe				6		6
Hiroyuko Toyozumi					6	6
Pino D'aguianno		5				5
Bruce Field	1	1		3		5
Steve Youngman	1	1	1	2		5
Breeda Kelly	3					3
Glen Butterworth	1		2			3
Julie Howard	1	2				3
John Slater		3				3
Dave Bullock	1					1
Ian Cranston	1					1
Women (top 6)						
Meg Croft	6	7	7	8		28
Tanya Bosch	8	6	8		5	27
Monique Batterham	7	6	2			15
Ann Clarence	6		4			10
Julie Avakian					7	7
Kate Rowe				6		6

Please report all inaccuracies to the Race Secretary



**Stan pushing hard during the
Canberra to Goulburn**



**Bleeding but not finished,
Digger pedals on**