



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
January 2001 Edition



Ann Clarence on the podium at the NSWCF Criterium Championships

Inside this month's 12 page edition:

From the President's Chair	2
From the Secretary's Desk	3
Editor's Column.....	3
Tour Secretaries Report	4
Note from John Arkwright.....	4
Hunter Valley Tour Report.....	5
NSW Criterium Championship Report.....	6
Local and Overseas News	7
Race Secretaries Report	8
Cycling is back at the Olympic Velodrome.....	8
The Social Report	9
News from the Bunch	10
SCC Contact List.....	10
Club Calendar	11



Phil Anderson discusses riding techniques with SCC Tour Down Under riders



Scenes from the 2000 SCC Tour Down Under

Membership Renewals – Final Reminder

Yes, this is the **final reminder**. Your SCC membership renewals were due two months ago. As you can see from this newsletter a current membership list is attached. If your name isn't on it, as of the 8th of January 2001, the club secretary, George Schneller has not received your completed renewal forms.

From the President's Chair



Well Xmas and the New Year celebrations have come and gone and the club, thanks to Meg, has had a number of major rides to keep members weight down and their time occupied. As indicated in this newsletter, the Committee has planned a grand array of racing, touring and social activity this year. Please note the important dates and plan the rest of your life around the SCC activities. However, also note these dates are still tentative, as we try and fit in with the Federation racing schedule.

We are now back to our normal SCC training rides and last Saturday there was over 40 on the bunch ride to La Perouse, with about 10 breaking out for a fast ride to Sutherland and back. On Sunday there was over 50 riders in the three Sydney bunches. Nearly 20 went south to Sutherland and Waterfall, whilst 2 bunches went north as it was the first Sunday of the month jersey ride. One of these bunches went at race speed and the other at a more controlled pace. It is great to report that the bunch riding is improving and members are thinking about the safety of others when they ride. However, the Committee notes there is still room for improvement, not just for new members, but also traditional riders. To this end the Committee are producing a bunch riding guide and also producing the riding rules.

Also during the Xmas break, the Committee agreed to have the members of the Australian Trek Racing Team (ATRT) join SCC for the 2001 season. This is the first time that the Club has had affiliated with it a serious road racing team. The ATRT have decided that the national road series will be their primary goal for 2001. The team will aim to race the vast majority of Interstate and State Open races on the calendar. They will race in Trek gear and results will be reported as SCC. The events that we can follow their progress should include:

- Tour of Perth,
- Canberra Three day tour,
- The Berkley Challenge - Mt Isa,
- The Top End Tour - Darwin,
- Tour of Sunraysia - Victoria, and
- all the state open races from Canberra to Cooma, Goulburn to Liverpool and Canberra to Goulburn.



Australian Trek Racing team

The Trek team members are keen to be involved with the club's activities during the year. They may also come on a few training rides with the club riders when the opportunity arises. The group of riders who have been assembled are all young up and coming A grade riders with bright futures in Australian Cycling. Already the team has had great success with Brian Appleyard placing 11th in the national Criterium race in Perth against a field full of European Professionals.

The Committee is also hoping to announce soon an important sponsorship deal that will mean that the Club will have an affiliation with a high profile business and also have sufficient funds to undertake a number of important projects for the members' benefits.

As I write this report, Paul Rigby has just emailed from Adelaide that the temperatures over the next few days will be 36, 37, 39, and 41! It is great to know we will receive a warm reception when we go to Adelaide for the Tour Down Under. This is the third year the club has sent a bunch to Adelaide, this year 14 will be going for a week to watch pro-racing at the highest standards. Also for some of our own magic rides up and down the Adelaide Hills!

Already the Tour Down Under has etched it self in the SCC history with such incidents as the member who was reported lost to the police, after he was seen 48 hours before dancing in a night club. The ex President who's image was the main item on the nightly news and the description in the papers and TV was about an "unidentified photographer" who had crashed the tour on Bubble Hill and in the first year the enthusiast Stuart OGrady cheer squad who raced around the country side in the vans, to be seen in the next TV coverage.

The feature of last month's SCC rider profile, John Arkwright has decided to become a world champion this year, as part of this he will be joining another club for the year. However, he will continue to be a member of SCC and looks forward to coming back to a normal routine in 2002, as a world champion. John, we wish you luck and success.

To all, please keep the bunches tidy and the riding safe. Also when you wear the SCC uniform remember you are part of a great bunch of people who love their cycling and would not abuse other riders or road users.

See you on the road.

Doc

From the Secretary's Desk

Most of you have sent in your renewals by now, or made arrangements to pay up soon. For those of you yet to pay up, please do so now. You were given a two month period of grace, but your membership ceased at the end of December 2000.

Members remaining unfinancial, or who have not contacted me regarding some arrangement for payment, will not receive the next issue of Malcolm's great newsletter, or be included in the attached membership listings. That should be reason enough to pay up now.

On a more cheerful note, the committee is investigating a number of exciting initiatives regarding club sponsorship. When operational, these initiatives will result in real benefits for club members. Please see the President's Report for the details.

The number of members turning up for bunch rides over the Summer period has increased, prompting the introduction of two bunches. There will be more on this subject after the next committee meeting in early February.

A Sydney Cycling Club booklet is underway. It will contain topics like Bunch Etiquette gleaned from the accumulated wisdom of experienced club members. It will act as a useful resource for both new and old members. Watch for it soon.

Regards,

George

Editor's Column



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

Well a happy new year to you all. I hope you all enjoyed a festive season and are now relaxed and ready to take on a new year of challenges.

This month we have a couple of reports; Reg Shortland was finally persuaded to part with some words on the Hunter Valley Tour from late last year which Suzanne Lyndon edited before passing on to me for publishing.

Following on from last month, Monique has put together a full report and photos from the NSWCF Criterium Championship held in early December in which Ann Clarence did so well.

Meg has penned up a report from the Xmas rides which makes interesting reading, especially as it introduces some new routes and rides for us all to

try. Don't be worried about some of the distances; I shortened one of the rides with ease and I know some of the others can be done likewise for those who, like me, are unable to stay out all morning.

This edition contains a first pass on the 2001 Club Calendar including 'training rides', tours and ideas for social events. As mentioned on the front page, you should also review the attached SCC membership list; if your name isn't on it this is your last newsletter.

Finally, I must pass on a big personal THANK YOU to John Bosevski, George Schneller and Steve and Margaret Hogg for getting me back on the road in a timely manner after my frame failed, and at the same time providing me with a spare bike to keep me mobile. Thanks to you all.

'til next month, take care on the road.

Malcolm

Tour Secretaries Report

Christmas -New Year 2000

We covered lots of kilometres between Christmas and New Year and it was pretty easy to work out who in the Club had the least family, work and holiday commitments. It was also easy to work out who was desperately trying to get fit before hitting the Adelaide Hills. .

Christmas morning 15 people started the day with Lumby's Christmas cake, a reverse Watson's Bay ride and coffee at Bondi Beach. There was a good vibe and a happy Christmas spirit. Lumby won the Christmas cruise making it all the way around to the entrance of the children's bike track. I vote we do this again next Christmas. At least 30 people made it out to Cape Solander on Boxing Day all of who now know that you can turn either left or right at the roundabout. However it is best to just follow the people at the front of the bunch.

Sadly many people had to return to work on Wednesday when Dave showed about 18 of us the Galston Gorge ride (120km). This ride follows the Pacific Highway to the turn off just past Hornsby, winds down through the hairpin turns into Galston Gorge and then climbs up the other side for 4km. From there it goes down to Berowra Waters, across on the ferry, then climbs another 4km up to Berowra Heights. It then continues along the Pacific Highway to Mt Colah, winds down to Bobbin Head and back up the other side (another 4km climb) to exit near Pymble on the Pacific Highway. Kelvin won the Master Hill Climber award for the day. This is a great ride (except if you get a puncture) and lots of people have said that they would like to do it again soon - maybe one Sunday after everyone returns from Adelaide?

Thursday was a chance for people to take it a bit easier as George took us on a variant of the reverse Saturday ride. Unfortunately there are still a few hills in this ride. We finished the morning with coffee in Crown Street where we bumped into the SCC Sutherland diehards. Friday was another hilly ride North (136km) for about 18 people. This time it was straight up the Pacific Highway to Mt White where we all turned around (except for Eddie who headed on to Wyong or was it Newcastle, in fact has any body seen Eddie since then?). Pete, Sam Vella, Stan and Dane did a great job of making sure everyone conquered the hills either side of the Mooney Mooney Bridge – or maybe they just like doing the hills twice.

On Sunday Pete did a second turn as ride Captain and took a small group past Waterfall to Sublime Point and then on to the top of Bulli Pass (140km). There is a gradual incline out to Sublime Point but it's a fast ride back. A pace line all the way back from Sublime point would be just what a bunch of our A-graders need to keep their blood pumping and their masochistic tendencies in check.

Sam Kosky was the only person who managed to ride nine days in a row clocking up about 760km – good one Sam! A big thanks to the ride captains for the week: Pete Scott, Dave Clarence, Phil Gnomes, Alan Lumb and George Schneller who all did a great job of keeping us together and showing us some new ride routes as well as some variations on the old ones.

Time to plug up and coming Tours:

18 February: Day Tour Sydney – Wyong via Central Mangroves. The plan will be to return by train but you never know, there may be a group that decides to ride back (let me know if you think you may want to do the return ride - Eddie?).

24 &25 March: Snowy Tour – If you only get to go on one Tour this year then make it this one. Bruce and Elaine are wonderful hosts and Bruce has some great rides lined up. This year there is no getting out of riding to Cooma.

2002: Quebec: I've just received some more info and inspiring photos from Eric so start saving those holidays!

Meg

Note from John Arkwright

The following is an extract from a letter to the club president from John Arkwright:

"I am writing to you to ask you to accept my temporary resignation from the Sydney Cycling Club. I have made this decision after many weeks of consideration and I'd like to stress that it in no way reflects badly on my respect and feelings for the Sydney Cycling Club. I have been a member of the club for many years now,

and, although I'm not the most active member of the club, I have always enjoyed being part of the group and have competed in my club jersey with pride.

The reason I have come to this decision to move on is that I want to put one final year of commitment into my track racing endeavors, which I hope will culminate in a successful campaign at next year's World Masters Track Champs in Manchester. To try to realise this aim, I will be training closely with Geoff Stoker and others from the Harlequins CC on the road and track, and then competing in the Olympic Sprint with Geoff and probably Dave Short in Manchester. Because of this close training relationship, and the need to compete as a team as often as possible before Manchester I will be riding for the Harlequins during the coming season.

Even though I will be concentrating strongly on my own personal goals and that of my new track team this year, I would very much like to stay associated with the Sydney Cycling Club. Once my immediate racing aims are fulfilled, I would very much like to return to the Sydney Cycling Club as a more social member and to enjoy my cycling without the pressures of national and international competition.

No doubt we will continue to meet up on the road over the coming year, so it only remains for me to wish you a very Merry Christmas and New Year.

Keep training!

John"

Hunter Valley Tour Report

by Reg Shortland & Suzanne Lyndon

Sydney Cycle Club members started to drift into "The Pinaroo Pleasure Park" around 5pm, most of the members were happy to see that they had been allocated comfortable inexpensive cabins with en-suites and veranda's. We decided to venture up town for dinner and found a cafe called "The Tea Rooms" which was just closing. When we approached the owner and informed him how many of us there were, he decided to re-open the cafe. The pasta, chicken, deserts etc were most enjoyable.

Saturday morning was quite grey with showers so we decided to find the local coffee shop and make decisions during our wait for caps. We could see that the weather was going to clear and decided to drive to the start of the race and cheer on our SCC racers.

We were all a little disappointed that Dave McAlpine and Paul Kelly were the only representatives of our club; nevertheless we cheered them on enthusiastically. By this time the weather was clearing rather quickly and after checking out Denman for a future site for SCC (which is closer to the race than Muswellbrook) we headed back to Muswellbrook to retrieve our bikes and ride up into the ranges.

It was decided we should head for 'castle rock', climbing most of the way into the wind with a couple of sections reduced to dirt. The descent was much more spectacular with Lummie and Walter reaching speeds of over 85kmh, overall the ride totalled about 65km.

Saturday night the full compliment of members met at Palantinos restaurant for pre-dinner drinks and

dinner. The food was good with everybody enjoying themselves. Steve Hogg said it was worthwhile coming, just for the food, however service was a little slow due to numbers, our gang alone was 24.

Sunday morning was fine and mild. We left The Pinaroo Pleasure Park at 9am. It was decided to head north to Belltrees, via Gundy. Someone in the club had been told that Belltrees was worth a visit. The magnificent 5 (they know who they are) arrived at Belltrees to find a bridge over the Hunter Valley onto a dirt road to a stud farm called Belltrees, a little disappointing. However the secondary country roads wound through rich lush country side, under a warm sun. The club regrouped at Gundy and everyone sat down to a well-deserved break.

One of the senior members was so happy to get off his bicycle he headed straight to the childrens' swings for a well-earned R & R.

Country touring is somewhat different to riding with the cub to Waterfall or the National Park in as much as you need to be ready for unusual calls besides 'hole', 'rubbish' etc. two new calls were heard 'snake live left', wallaby centre dead'. After stopping at Gundy for lunch, coffee and photos we proceeded back to The Pinaroo Pleasure Park. The only inconvenience on the tour was our 7 punctures all on Sunday. Total combined distance 180k.

A great time was had by all and if you missed this one make sure you are there next year.

NSW Criterium Championship Report

by Monique Batterham

The women of Sydney Cycle Club took it upon themselves to proudly wear the club's colors at the NSW Criterium Championships.

Ann Clarence and Tanya Bosch rode in the Masters category and had a carefully laid out plan. For the spectators it made the Women's Masters race the most interesting race of the day to watch as the plan almost rolled out perfectly.

On the second lap one girl broke away, but was quickly chased down by Ann. On the third lap Ann raced ahead, securing a large gap on the bunch as Tanya impeded the bunch's chase. Unfortunately one girl bridged the gap and caught Ann, and it is here that the real race began.



As I sat on the sidelines I could hear the talk, this girl from Sutherland was a great sprinter. Being a sprinter I knew then that Ann had to break her spirit and wear her down by constant attacking. Lap after lap I saw Ann either on the front or beside the Sutherland girl, and I knew she would lose unless she acted soon. To everyone's surprise, including my own, I screamed as they came past "Ann you've got keep attacking because she is a sprinter."

You can imagine how surprised I was as next lap Ann was trailing by about two bike lengths. Was this other girl strong enough to sustain this pace? This would either mean a certain win for Ann if she blew herself up or she would be too strong. The following lap her lead had stretched out slightly, however Ann was definitely looking more composed than her rival who was killing herself to stay away. Later Ann told us that she thought that being a sprinter the Sutherland girl would blow herself up and she was biding her time. It worked perfectly.

The following lap saw the bell signalling two laps to go, and saw Ann clawing back some of the gap. With one lap to go Ann had caught her rival who was so surprised she said "How did you do that? Did you sit on the bunch?" which the two had by now lapped as they were setting a furious pace.

The crowd were all murmuring what a great race this was and what a great finish it would be. Not so, Ann had given 110% to catch her rival, and whilst looking strong had nothing left in those legs coming in a gallant second place.

The other half of the race was still going on. Tanya had sacrificed herself for Ann's benefit, not attempting to cross to the leaders in case she towed along the others, one of whom was also a good sprinter. The final lap saw Tanya sprinting for bronze. The sprint was a slow grind that followed an uphill section of the course. Tanya mistimed her sprint, going too early and having her long time rival sit on her wheel, and being fresher being able to come past her on the line. Nonetheless Tanya had a great race.

Tanya and Ann went off for coffee in Sutherland with Steve McMillan who was our cheer squad and groupie for the day. I started my warm up with a chase to the coffee shop to grab my race number which was still in Ann's backpack!



I must admit I was as nervous as I have even been in my life, with the start list including Natalie Bates, and other NSW Institute of Sport and State and National level girls. Despite Tanya's pep talks the butterflies in my stomach were going mad. But before I knew what hit me the race had started and the pain quickly overtook all nerves.

I must admit that the level of skills was below what I expected at this level. I found myself softly braking down the hill and staying on the inside of the pack to stay clear of the fun and games going on. Natalie Bates took a big risk overtaking on the inside in a corner and nearly was run straight off the track. I just sat tight, trying to stay out of trouble and conserve energy.

On the uphill section there were attacks every lap. I found myself giving everything to stay with the bunch, and just kept thinking to myself "just one more lap". I was watching

my clock, and at 10 minutes still felt good. By fifteen minutes my lungs were burning and my legs really beginning to feel the strain. Then I was stuck behind a girl who was getting dropped at the bottom of the hill. Despite my body protesting I got around her and chased back to the bunch. But the effort took its toll and I found it more difficult to recover on the downhill section. Again on the grind on the next lap I was caught behind a girl who had been struggling, and looked liked she was going to lose contact so I willed my body to respond again and get me back to the bunch. It was now 20 minutes, and the effort was good. I got into the middle of the bunch, then moved to the front. So I do what any sprinter does. I slowed the pace down trying to get some oxygen into the lungs. I turned around and saw that there was a gap between myself and the bunch just before the hill. I knew I was in danger and that they would be winding it up. So I stood up and tried desperately to accelerate before they flew past. I got onto a wheel just long enough to get up the hill and into the grind but I had nothing at all left. I retired after 23 minutes. Feeling I had given 100% and was overjoyed with having what it takes to last at least 23 minutes at this level of competition. Given the high attrition rate Tanya calculated that I came in 9th out of the 15 starters. Not a bad effort.

The talk on the ride home was all “Only Ifs”, but I think we all learned a lot. I know I have found a new confidence and desire to put in more training and my goal is to try to stay with the girls all the way to the finish line in the next race in April. Ann now has two State Silver medals to her name, and is looking for a gold. Tanya is beginning her preparations for another solid track season and the Masters Nationals.

The quote of the day goes to Ernie who was congratulating us all as we all rode to our full potential and hopefully helped destroy the image that all SCC members are soft and cafe latte drinkers. Ernie turned to me and said “you rode really well and just stuck in there. I thought you would have got dropped a lot sooner.” Thanks Ernie, I don’t know whether that is a complement or not!

Local and Overseas News

Current national and international news (typically sourced from <http://www.cyclingnews.com/>, <http://www.velonews.com/> or <http://www.infociclismo.com/>):

☞ **Monique Batterham** found this article on the Lance Armstrong website <http://www.lancearmstrong.com/>:

Throughout the Tour de France, a Colombian rider on the Kelme - Costa Blanca Team, Santiago Botero, had been keeping a diary for the newspaper.

"There I am all alone with my bike. I know of only two riders ahead of me as I near the end of the second climb on what most riders consider the third worst mountain stage in the Tour. I say 'most riders' because I do not fear mountains. After all, our country is nothing but mountains. I train year-round in the mountains. I am the national champion from a country that is nothing but mountains. I trail only my teammate, Fernando Escartin, and a Swiss rider.

Pantani, one of my rival climbers, and the Gringo Armstrong are in the Peleton about five minutes behind me. I am climbing on such a steep portion of the mountain that if I were to stop pedaling, I will fall backward. Even for a world class climber, this is a painful and slow process. I am in my upright position pedaling at a steady pace willing myself to finish this climb so I can conserve my energy for the final climb of the day. The Kelme team leader radios to me that the Gringo has left the Peleton by himself and that they can no longer see him.

I recall thinking 'the Gringo cannot catch me by himself'. A short while later, I hear the gears on another bicycle. Within seconds, the Gringo is next to me - riding in the seated position, smiling at me. He was only next to me for a few seconds and he said nothing - he only smiled and then proceeded up the mountain as if he were pedaling downhill.

For the next several minutes, I could only think of one thing - his smile. His smile told me everything. I kept thinking that surely he is in as much agony as me, perhaps he was standing and struggling up the mountain as I was and he only sat down to pass me and discourage me. He has to be playing games with me.

Not possible. The truth is that his smile said everything that his lips did not. His smile said to me, 'I was training while you were sleeping, Santiago'. It also said, 'I won this tour four months ago, while you were deciding what bike frame to use in the Tour. I trained harder than you did, Santiago. I don't know if I am better than you, but I have outworked you and right now, you cannot do anything about it. Enjoy your ride, Santiago. See you in Paris.'

Obviously, the Gringo did not state any of this. But his smile did dispel a bad rumor among the riders on the tour. The rumor that surfaced as we began the Prologue several days ago told us that the Gringo had gotten soft. His wife had given birth to his first child and he had won the most difficult race in the world - He had no desire to race, to win. I imagine that his smile turned to laughter once he was far enough not to embarrass me. The Gringo has class, but he heard the rumors - he probably laughed all the way to Paris. He is a great champion and I must train harder. I am not content to be a great climber, I want to be the best.

I learned much from the Gringo in the mountains. I will never forget the helpless feeling I had yesterday. If I ever become an international champion, I will always remember the lesson the Gringo taught me.

Race Secretaries Report

Welcome to the new 2001 season & what promises to be another successful one with a good variety of races scheduled throughout the year. The first race will be a one lap time trial on Saturday 3rd February. You will find the draft 2001 race calendar in this newsletter edition. Please note it is only draft at this stage and may be amended during the next month.

Although there are no Club race results to report for the last month or so, our riders have been prominent elsewhere.

In a Lidcome-Auburn hosted interclub track meet on Friday 5th January, **Monique Batterham** finished first in the Women's Derby & second in the Women's Wheelrace (all grades).

John Arkwright has also started this calendar year on a bright note with pleasing results at the NSWCF Metro and Country Track Championships held on the 6th & 7th of January. In the Masters 1/2 category, John picked up Gold in the Individual Pursuit and Bronze in the 500M time trial.

During November & December 2000 a couple of our riders continued to do well in Randwick-Botany criteriums at Heffron Park. **Paul Kelly** picked up a first & a couple of third places in C grade, & for his efforts has been promoted to B grade. **Steve McMillan** has been consistently winning or placing in E grade, and **Steve Hogg** has had a couple of second places in B grade.

On a not so positive note, we have had problems in recent times whereby members who have been rostered to handle have failed to show up during Club races, and they have not advised me nor arranged a swap. During 2001, if we do not have sufficient handlers for any given race, that race may simply be cancelled on the spot.

PLEASE do fulfil your handling obligation or at the very least, let me know in advance if you cannot attend so as to avoid this situation from occurring.

RS

Cycling is back at the Olympic Velodrome



The 2001 Oceania Championships, the first major track cycling event since the Olympic Games, will be held at the Dunc Gray Olympic Velodrome from 16-20 January 2001.

The Championships have drawn top class fields with 2000 Olympic medallists **Gary Neiwand**, **Shane Kelly** and **Sean Eadie** in attendance. Other Australian team members include 2000 Olympians **Lyndelle Higginson**, **Brett Lancaster** and **Darren Hill** as well as 2000 Junior World Champions **Ryan Bayley**, **Mark Renshaw** and **Kerrie Meares**.

The Championships have also attracted Olympians from New Zealand and International French riders from New Caledonia.

The highlights of these Championships will be the Oceania Madison (Friday evening 19/1), the Oceania Keiran Championships, the high speed action of the 10 kilometre Motor Paced Championship and the Australian Sports Insurance Sydney Cup on Wheels wheel-race which are to be held on Saturday evening 20th January 2001.



The Social Report

Welcome to the new millennium. Here's hoping that everyone has had a safe and refreshing start to the year. I think Meg and the appointed ride captains deserve a round of applause for her great coordination of the longer rides between Christmas and New Year. There seems to be an increasing enthusiasm for variety in our schedule. The jovial and easy-going atmosphere of each ride made it easy to choose one ride or all of them. (it was easy to pick who didn't have family or small children on Xmas Day). Considerable thought has gone into each of the calendars for 2001 - tour, racing and social. We are looking forward to seeing you at some of the events.

Now it's time for me to get my skates on to present the social calendar for at least the first 3 - 6 months. I've been keeping my ear to the ground and I have the greatest respect for the regular fixtures that are popular and should continue. It seems like there are so many possibilities for other events too. I've invented a few and hope that you think they are 'goers'.

The **first two are fixtures** as of publication of the newsletter, and I'll follow up with e-mails and more brutal requests for money etc. as the days tick by. Stay tuned . . .

Date: February, Sunday 25th, 2pm.

Event: Mixed Doubles Tennis Afternoon

Accompanied by champagne and light afternoon tea.

Venue: To be advised (possibly at Newington College, Stanmore)

Cost: Minimal (to cover tennis balls etc.)

Date: April, Sunday 22 (weekend after Easter)

Event: Picnic/Beach Volley Ball/Easter Bonnet Parade (for the kiddies and creative ones)

Venue: Centennial Park or Bronte Beach

Cost: Will most likely operate on 'bring a plate' system

A few other events to contemplate and dates will be advised in up-coming newsletters:

Tour de France dinner (combined with Christmas in July? - full roast dinner just for the sake of it with Bon-bons etc.)

Horse riding weekend at cabins in Blue Mountains in September.

10 pin bowling (Always brings out the competitive spirit)

Pool Night - annual pool competition.

Trivia Night - annual mind fest.

Christmas Party - Early December (der!)

Best wishes to all those in Adelaide. If you have a burning desire or distaste for any of these please let me know.

Sam



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!

➔ **Counter Flow Roundabouts.** Yes, from roundabout country comes the latest in high tech traffic flow; the Counter Flow Roundabout. As you can see from the picture on the right, you can enter the roundabout and circle anti-clockwise whilst folk next to you on the outer circle are going clockwise (which is normal). The amazing thing is that if you obey the dashed GIVE WAY lines, it works!



➔ **Quote of the month** - On the recent Akuna Bay ride, Paul Rigby & Phil McKnight were at the front of the bunch waiting at the traffic lights to turn right and descend the Spit hill en route back to the Park. The Doc rolled up beside them at the same time as Phil was remarking to Paul that they were right on time as the Spit Bridge will be opening in 5 minutes. The Doc then piped up "Oh are they opening that for us?" Just remember "it's Doc's world, we're just living in it"!!

➔ **Indoor training fun!** Now it can be. Reported in cyclingnews.com, this new offering from Blackburn, the [Blackburn Motivator](#), allows you to ride Moab, Monterey or Paris-Roubaix indoors on WebDVD. Your pedalling dynamically controls the DVD's video speed, with the patented Blackburn Motivator Interactive Real Video Training System. What better way to make training indoors actually enjoyable!



SCC Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President:	James Guthrie	9357 6993 (h) 0402 153 453 (m)	James.Guthrie@mq.edu.au
Club Patron:	Phil Liggett		
Secretary:	George Schneller	9319 2899 (w) 0418 581 951 (m)	FlashFrames@bigpond.com
Treasurer:	Suzanne Lyndon	9742 6242 (h) 0412 355 455 (m)	Suzanne.Lyndon@chapeast.com.au
Race Secretary:	Steve Hobart	9698 9440 (h) 8249 5581 (w) 0416 146 804 (m)	shobart@comtech.com.au
Race Sec. Assistants:	Tanya Bosch & Dave Clarence	9369 1436 (h) 0419 217 974 (m) 9326-4710 (h)	onyabike@ozemail.com.au
Tour Secretary:	Meg Croft	9398-7476 (h) 9449-0192 (w)	meg.croft@agal.gov.au
Social Secretary:	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	samkosky@one.net.au
Social Sec. Assistant:	Lea-Ellen Schneller	9398 7092 (h) 0417 771 955 (m)	Gales@bigpond.com
Boutique Manager:	Stan Genakis	9746-5954 (h) 9466-3210 (w)	stan.genakis@au.origin-it.com
Newsletter Editor:	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	malcolm.wade@bikerider.com
Newsletter Submission Details:	Next Deadline: 5th February, 2001 . Please submit articles to Newsletter Editor via e-mail or post to 108 Rothschild Ave, Rosebery, NSW, 2018 or Club PO Box .		

Club Calendar

Day	Time	Venue	Comments
16-21 st Jan.	-	Adelaide	Tour Down Under, http://www.tourdownunder.com.au/
3 rd Feb.	06:50	Cannons	1 Lap TT (8/7/.../1) Handlers: Monique Batterham & Eddie Bosch
10 th Feb.	06:50	Cannons	SC TT (8/7/.../1) Handlers: Ann Clarence & Dave Clarence
18 th Feb.	TBA		SCC Sydney to Wyong Tour
24 th Feb.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Paul Davies & Paul Kelly
25 th Feb.	14:00	Stanmore	Mixed Doubles Tennis Afternoon (see Social Report this issues for more details)
10 th Mar.	06:50	Ocean St. Gates	Ext. TT (8/7/.../1) Handlers: Stan Genakis & Phil Gomes
24-25 th Mar.	-	Jindabyne	SCC Snowy Mountains Tour
31 st Mar to 8 th Apr.	-	Oberon to Forbes	RTA Big Bike Ride, http://www.bicyclensw.org.au/events/index.html
1 st Apr.	09 :00	Yanderra	Hilltop Rd 1 (12/11/.../1) Handlers: TBA
21 st Apr.	07:15	Heffron Pk.	Criterium 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 & Tom Klemola
5-6 th May	-	Kangaroo Valley	SCC Kangaroo Valley Tour
19 th May	07:15	Heffron Pk.	Criterium 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: Mel Licker & Alan Lumb
9 th Jun.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Dave McAlpin & Phil McKnight
16-17 th Jun.	-	Mudgee	SCC Mudgee Tour & NSWCF Mudgee Road Handicap
23 rd Jun.	07:15	Heffron Pk.	Criterium Rd 3 (10/9/.../1) Handlers: Steve McMillan & Andrew Price
30 th Jun.	06:50	Cannons	Handicap 2 Lap Wheel Race Handlers: Walter Rolli & Con Roubis
7-29 th Jul.	-	France	Tour de France, http://www.letour.fr/
21 st Jul.	07:15	Heffron Pk.	Criterium Rd 4 (10/9/.../1) Handlers: Kate Rowe & Norman Rydge
11 th Aug.	06:50	Cannons	1 Lap TT – FMM (8/7/.../1) Handlers: Paul Rigby & Leigh Ringrose
25-26 th Aug. ⇒ 25 th	06:50	Cannons	2 Day Tour. Points awarded to respective series, NOT to overall pointscore. a) SC TT - FMM Handlers: TBA b) Criterium 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 & 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.	Criterium 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

20-21 st Oct.	-		SCC Hunter Valley Tour & NSWCF Rosemount Open
28 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. The bunch rolls easily until Foreshore, picking up the pace at La Perouse for the run home. Faster riders hammer off the front but the main bunch re-groups after first hills and finishes the ride as together as possible. Rounds off at Bar Coluzzi, Bondi Junction 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. <i>or</i> Gentlemen's Ride, medium/average fitness level, 45km. Ride with the main bunch until the pace picks up at Port Botany, then roll off the back to complete the ride at a slower pace. Finish at Bar Coluzzi as above about 8:30am.
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> Gentlemen's Ride, medium/average fitness level. Ride with the main bunch to Taren Pt. then maybe Sutherland or Waterfall as best you can with the main bunch (60-90km), Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80km) or maybe even Sutherland, then back via Como and Hurstville (70km). 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