

The Sydney Cyclist



Club
Members
Ride for
Reason
on the



Pinkest
day in
September

Photo courtesy of
Roy Truscott
Southern
Highlands
News



NSW State
Criterium Champion
SCC – Amber Jenkins
Achieves **Gold!**

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President's Chair

Barry Doosey

Year of being, Sydney CC

While 2006 was, as it was termed, a year of discovery and development, 2007 has been a year of performance and function. We settled in and performed as we are and not how others, external to the club perceived we should be! A slight hesitation was evident in, our early steps due, I think, to the significant cultural shift taking place, for the better. However as a club we quickly found our form.

What was fantastic to see was that, while the committee had a plan, the club member's enthusiasm made everything successful and really drove the agenda which is how it should be. The kit was worn with pride, the races and tours were attended in record numbers, the post ride chatter was positive and the charity ride generously supported. Socially we bordered gluttony, newsletters and updates provided an unlimited supply of quality dunny-can and bus-to-work reading and the secretarial program churned new memberships like an Indian telephonist racks up dinner-time tele-marketing calls - it was just one of those years that things just clicked.

I would like to thank the committee for all their hard work throughout the year – without your efforts little would be possible. Being on the committee for me is both an honour and a privilege. I am always thankful of being able to be at the committee table and this year the job (if you could call it that) was made all that more pleasurable because of the delightful and knowledgeable folks around me.

Our club though, and where we differ, is only about the members, and the successes or highlights of the year really come back to the quality of the membership. So, as your humble President for 2007 I would like to thank each and every member for your support and involvement in the club.

That being said, our focus moving forward remains on improving your club experience and increasing the level of satisfaction. While I am sure I drive some of the committee completely barmy I have a strong belief in continuous improvement principles perhaps from my experience with the success of Kaizen in Japanese management culture. My philosophy is that it is best to look at where we can improve not stand back complacently and admire our previous work!

Sponsorship critical to sustainability

I would like to thank our great sponsors, whose support has been absolutely critical in the development of the club. To Shane Wells and the management of the Cross City Tunnel, David McHugh at Kinselas, Liam Kelly at SEDC and Pino at Italia Spring Tours, on behalf of the club, I would like to thank you for your solid support over the year and we do hope to work further to build a mutually successful long-term relationship.

The club has two key forms of income – member fees and sponsorships. Funds from these sources go back into member programs hence our status as a non-profit organisation. Without sponsors we would be very limited in our membership, offering and development. I am hoping the growth in our membership and our success as a club will lend support to the success of our sponsor's businesses – it is the least we can do!

President's Chair

Barry Doosey

Positive reinforcement

A little less than a month *after* the charity ride I was wheeling my way through the Cross with the Coluzzi bunch having slinked away from club TT duties. And a curious, wiry old pom wound down his window, and half leaning out the car he fervently enquired, "Hey matey, what's the occasion, what are you riding for today". With a heightened level of early-morn apathy I explained "no reason mate, just another bunch ride". It took a while before I realised the relevance of the exchange.

And for 2008

I am not sure what is in store for 2008. Our strategies will develop with the appointment of the new committee and discussions with members. We will be developing our racing strength with the training programs, already commenced, and almost certainly meeting our commitment to an annual "Ride for Reason" with a charity to be nominated.

I would like to develop a "club-house" strategy eventually having a facility that provides a home-base, retail component, training area, food and refreshments and most importantly good coffee. Life is certainly too short to start the weekend off with an ordinary latte! Am hoping, with a fair amount of confidence that you will be able to help with this – your record at achieving the seemingly impossible is unblemished!

Thank you for a great year!

Barry Doosey

*"The bicycle hides nothing and threatens nothing.
It is what it does; its form is its function."*



Membership Renewal 2008

All memberships are due December 31st 2007
regardless of when you signed up

Don't leave it to the last minute!

Please complete your form and return them along with your payment to
George Schneller – SCC Secretary
Forms can be obtained via the SCC website

Thanks George

Ride Captain's Column

Armon Hicks



As one year concludes and another commences I would like to thank all those members who assisted this year in ensuring another year of safe cycling. Safety just doesn't happen. It's the outcome of an ongoing commitment and attention by ALL members ALL of the time.

In particular I'd like to recognise the assistance provided by Tanya Bosch and George Tregaris in providing skills training and introducing new members to the great sport of cycling. Thanks to all those other members who made new members feel welcome and safe in our regular weekly bunches over the year. Safe growth needs us all to help integrate new members into the life of the club and road riding.



I will again in 2008 be conducting monthly sessions (around the racing and touring calendars) for new and prospective members. All assistance gratefully received.

Now for my monthly grizzle.



A single massive SCC bunch is neither safe nor enjoyable (despite what ever East's might think). We are not all exactly the same in levels of fitness or strength or skills. Normal and established practise is 3 or 4 bunches on the weekend. Please don't all decide to be B1. Choices have to be made. Everyone knows what to do. Choose the right bunch and then ride at the bunches pace. A suggestion, if your program is for a quiet ride step back one bunch - meet some other members of the club.

Finally, I love riding most of the time. Occasionally I'm proud to be a cyclist and SCC member. The B-Bunch with the "Ride for a Reason" was one such occasion - illustrating the best of humanity including caring for others and triumphing over adversity. Special thanks in that regard to George Tregaris who managed to replace a derailleur cable on Peter Whitford's bike between Waterfall and Bulli Pass so Peter could complete the ride. The fund raising contribution of Peter and Rob was also outstanding. I would personally also like to thanks those SCC members who lined up for the B-Bunch at Randwick Gates but selflessly decided to join the C-Bunch with Kate to make a sensible number.

In conclusion I'd like to thank the other members of the SCC Committee and in particular those retiring for their support and assistance.

2008 is going to present a number of new challenges including the new innovation of a training squad, an expanded junior members program and greater number of members racing. As an aside, racing helps make you a better and safer rider.

Thanks again for all your support this year and for your confidence in 2008.

Armon

Racing at Home

Mathew White

The season is all over in Europe , albeit the Pro tour decider on Sunday in Italy, Giro DE Lombardi !

It will be my last season as a rider in 2007. For those who were not aware. I had a nasty crash out training in August and to dispel all the rumours in regards to my crash. I hit a dog at high speed, came down hard and fractured my skull and damaged the cartilage around my ribs! So after a month of laying low it was just to late to get ready for the remainder of the season.

I will be finishing my racing career off here in Australia, racing 5 Criterium which are held around the country !



In between I have to scoot off to the USA to start my new job as Director Sportif of Team Slipstream. The first few days will be meeting with the other staff members in regards to our 2008 race schedule. Then the riders arrive and we will be doing some physical activities that will double as a team bonding for the group ! Out of our 25 rider roster we have 10 new riders and some new staff .The activities have yet to be finalised but I will be first with all the goss on my return in my next instalment – Colorado in November should involve snow.

I'm really looking forward to this new phase in my life, on the other side of the fence and getting the most out of the troops. I honestly think the hardest thing for me is having raced a lot and against some of these guys – they are friends but as of January 2008 I'll be in a very different position and will have to make calls that, like it or not , will have to be followed - that's always hard with friends.

I've seen many ex riders become Directors and forget very quickly what it was like to pin a number on, things look very easy in the seat of a car with the air con. on. So managing the relationship between leading a team and being an easily accessible member of staff that you can trust and rely on will be a big challenge in my eyes.

Some SCC members might have noticed I'm back in town and so if you see me out and about , don't be shy come and say Hi and have a chat ! and for those who want to follow my team for 2008 - TEAM SLIPSTREAM just look on ye old world wide web ! they have a pretty handy site.

Matty

New Arrivals!
Additional SCC Cycling Apparel
Light weight summer gilet
musette bags & caps
Get your order in now !

Racing Results

Race Secretary – George Tragaris



Can all members who have raced in 'Open' events this year please submit their claim for reimbursement. Any prize money won at an Open will be matched, any medals won at Metro/State/Australian Championships will be rewarded, and any entry fees will be reimbursed for Opens which were held outside of the Sydney Metro area to assist in travelling costs. These benefits will be paid out late 2007 or early 2008. Please send all information to the Race Secretary George Tragaris ASAP. More information on the Open Racing Benefits can be found on the Website.

Saturday 11 August

RBCC Criterium – Heffron Park

2km Junior Handicap Race #1

1st Damon Wade

2nd Bonnie Grant

2km Junior Handicap Race #2

1st Damon Wade

2nd Bonnie Grant

2km Junior Handicap Race #3

1st Bonnie Grant

Sunday 19 August

Kurrajong Classic

Division 3

3rd David Sitsky/14th Alessandro Garofalo

How David saw the race: The weather made it feel like a cold Belgian spring classic race! The Kurrajong Classic consists of 33km laps. After 2km, there is a steep descent followed by a steep climb, then generally followed by undulating terrain. Team Sydney was represented by myself, Adrian Atherton, Paul Davies and Alessandro in division 3 (two laps), with Chris Wright in division 2 (three laps). The weather was cold, wet and windy, and we wondered why we didn't stay in bed!



Paul Davies went like a rocket from the gun, and I tucked right behind him, wondering what the heck he was thinking! A couple of kms later, we reached the bottom of the big, very fast descent and there were just four of us with a considerable gap on the field. By the time we reached the top of the big climb, there was just myself and a guy from North Sydney. We worked together pulling turns and establishing a lead on the field, no doubt with help from the Sydney blockers back in the pack. My companion was stronger than me, pulling longer and harder turns, but I still managed to contribute. It was a hard pace. Near the end of the 1st lap, we decided that the bunch was catching, and to ease the pace and get caught. However another rider from the Central Coast bridged across and encouraged us to pull away.

Working in a breakaway group of three was a lot easier than just two. We had a 1 minute gap on the field by the end of the first 33km lap. We worked hard together, had a brief rest down the descent, and then the North Sydney rider took off up the hill, to get the KOM. I went up at my own pace with the other rider. The North Sydney rider waited for us at the top and we all continued working very hard. I was starting to get little twinges on my left calve, and was worried I was not going to make it. Despite a couple of scares, my legs kept ticking over. I was starting to feel quite good towards the end, and everybody's turns were starting to get noticeable shorter, in particular, the Central Coast guy. Then disaster, the 1km sign appeared and I got a rear flat, on new bloody tyres as well! I thought bummer it, I've worked this hard, I'm going to keep pedalling towards the finish line, and still managed to secure 3rd place. I don't know if I could have won if I didn't flat, as the other two guys were strong, but I'll never know - that's racing for you! Hopefully the rims are ok...

For the record, the Central Coast guy won the race.

Racing Results

Race Secretary – George Tragaris

Alessandro Garofalo comments on the Kurrajong Classic



I guess the Belgian weather comparison very well fit the climate which has been very consistent the whole day. This in spite of David's optimism during the drive up: "By eleven the rain will stop and the sun will come out. Saw the weather movement on the radar and this improvement will take place soon". No sun at all at no time, only consistent rain and wind ... David has just confirmed to be a very tough very strong rider ... definitely not a weather man!

Back to the race, it was great fun and I am not saying it for the sake of it. Once you start, rain, cold, wind do not exist anymore. Just 100% adrenaline all focused on keeping up with the pace trying to make the most and the best of the training done for it. Not much have to say, but still managed I believe a good race.

Once saw David gone with the Nth Sydney guy, I first thought he was completely mad (66kms to go!! what the hell is he thinking?!). Then I realised the bunch I was in (about ten guys from various clubs) was not able to gain a consistent pace to catch up and maybe David had a very good chance. The rest of the starting group got dropped during the first climb due to the pace which David and the other guy pushed all of us in.

Got abused a few times by my fellow bunch riders since I was not helping the few of them who were trying to chase, and "kindly" responded that I would have not helped for one meter to get back onto one of the guys of my club. Managed to stay in this group while one of them got off and reached David. Got dropped a few meters towards the end of the 2nd climb together with another three guys of the same chasing group, and kept chasing till the very end very happy to manage finishing a though race not too far behind.

Congratulations to David who is definitely a great rider (as if we did not know it already). And now a bit more training for the next challenge ... definitely after a couple of days of good rest ...

Saturday 18 August

RBCC Criterium – Heffron Park

Juniors All in Handicap Race #1
1st Ben Grant

Juniors All in Handicap Race #2
1st Damon Wade
4th Bonnie Grant

Juniors All in Handicap Race #3
1st Bonnie Grant
2nd Ben Grant

Saturday 1 September

RBCC Criterium

B Grade
3rd Tim Rice

Junior All in Handicap Race 1
2nd Damon Wade

Junior All in Handicap Race 2
3rd Damon Wade

Wednesday 5 September

Night Track Racing

Masters track series Division 3:

1st Warm up scratch – Tanya Bosch

3rd 500m tt, 3rd pointscore – Tanya Bosch



Racing Results

Race Secretary – George Tragaris

Saturday 15 September

RBCC Criterium – Heffron Park

A Grade – 1st Liam Kelly

D Grade – 1st Ben Grant

2nd Andrew Grant

Saturday 16 September

Southern Hemisphere Cup (open) - Eastern Creek Raceway

D Grade

1st Alan Revell

Saturday 22 September

RBCC Critiriums – Heffron Park

A Grade Juniors 2km Handicap Race #1 & #2

1st Damon Wade



Liam Kelly

B Grade Juniors 2km Handicap Race #1 & #2

4th Keira Wade

Northern Rivers Cycling Club

Alstonville Scratch Race

C Grade 42km road race

2nd Erin Chamberlen

B Grade 53km road race

4th Jeff Sofair (as consolation for missing the elusive podium Jeff won the lucky dip!)

Wednesday Night Track Racing

Div 3 warm up scratch race

3rd Tanya Bosch and set a PB in the 200m fly



Sunday 7 October

ATTA 25km Time Trial – Calga

Stan Genakis 37.43

David Sitsky 38.10

Alessandro Garofalo 39.10

Wayne Wheatley 39.37

Jason Keane 39.53

John Perry 41.18

Adrian Atherton 43.18

Peter Whitford 43.53

Grant Hansen 44.17

John Rutherford 46.12



Racing Results

Race Secretary – George Tragaris



Dual
Medal Winner
Alan Revell

SILVER – Criterium
BRONZE – Road Race



Here's what Alan had to say:

“mission accomplished – well almost. Won both bunch sprints in the championships – but unfortunately racing for only the Bronze and the Silver as other riders were up the road.”

Alan is affectionately known as “Digger” ...why?... it has nothing to do with digging in on the final sprint although he does that well enough. A Club singer supports the same surname – Digger Revell, hence the nickname.

Seriously though, Alan's cycling prowess spans nearly three decades as a club member and goes back even further to his teen years where he first straddled a bike seat that saw him compete, both at the track and on the road. He's focused and driven in the pursuit of his ambitions which is a testament to his inner strength; his gutsy riding leave men half his age standing still....you don't get well oiled gastronemius muscles like his standing at a bus stop. Alan's pistons have been pumping right through the Winter months and the results of his training certainly reflect that. Cycling colleagues past and present remember the old days when he would be up cycling at first light and then join then for a ride.

Friends also comment on his personality and say he's a generous and loyal man – a humanitarian. Some say he's a successful business man, a trail blazer, a maker of his own fortune, a man who has successfully overcome adversity. Others say he's had numerous careers, yet the longest and most sustaining has been his cycling career and of course his hairdresser of 25 years - rumours have it , that perhaps it's the new hair-style that's brought him out of hibernation as it truly has taken 20 years off him...well!...perhaps 10.

Anyway we admire his determination and cycling savvy.
Congratulations Alan from past and current SCC members who provided most of the content herein

Racing Results

Race Secretary – George Tragaris



Dunc Gray Velodrome
16-21st October
In her own words
Tanya Bosch

"As many of you know I have been training for the Masters Worlds track championships for a long time. Cancer stopped me going to Manchester and then the championships moving to Sydney gave me a second chance. I built up my fitness well under Alex Simmons' guidance and had a good Nationals without specific track training. Then Alex's accident made it hard to keep going but I felt I should. These last 6 months have been tough going.

420 competitors entered the worlds making it the biggest one ever. It was a bit mind blowing turning up on the first day having to fight for space on the infield even though we had staked our territory. The UCI was very strict about numbers and insisted that there should be 6 in the sprint, pursuit and time trial and 12 in the massed start races. Consequently there was only a 50-54 age group for the time trial and pursuit. In the other races I had to ride against the 45+. Not that it made much difference. The standard of the women in the 50-54s was mind blowing. The US women just blew us away in the sprint and 500m. Two were built like fridges! Very nice fridges mind you!

It turned out my greatest chances were in the massed start races. My fitness was up to it and then I could use my sprint. In the scratch race a South African girl and I picked on each other and consequently blew ourselves up for the effort at the end. Because of that I was determined to have another go in the points race, not exactly a race for a sprinter.



I took comfort from the fact that I did all right in the club pointscore! The pointscore was very hard but I managed to recover between the sprints and chase down a break. I got two 3rds out of the 4 sprints and got 4th. Then Donna Meehan got disqualified and I got it! That was a relief! Thanks to Julie Howard, Grant Chellew, Steve and Luke Youngman for coming out. Thanks to the others for their good wishes. Some of you should at least consider doing the pursuit next year!"

Racing Results

Race Secretary – George Tragaris



Saturday 20th October
Olympic Park (NSW Criterium Championship)
By Chris Wright

The first race up was the **Division 4** event featuring Barry The President Doosey. The pace was on from the gun and some burglar took off like a rocket and got a big gap on the bunch. Barry, being the perfect gentlemen that he is, didn't want to partake in the argy bargy around the tight hot dog turns deciding instead to stay out of the heavy traffic by tacking onto the rear of the bunch. Unfortunately this meant a full blooded sprint out of each turn as he copped the worst of the elastic band affect and, after some massive turns on the back of the bunch, Bazza threw in the towel and joined me as a spectator. The burglar stayed away from the bunch for the entire race. The graders and the burglar need to go and have a good hard look at themselves. Doesn't matter President, you looked great in those white framed sunnies!

Division 3 featured our home grown super star David Sitsky. David has developed into a great all round rider - he can climb like a mountain goat, TT with the best of them and on Saturday he proved he's got a mean sprint on him too. Dave was positioned well throughout the race and did plenty of work on the front to help thin out the field. It was all together coming into the last couple of laps and position into the last hairpin turn would be the decisive factor in the short 150m sprint from the corner up to the line. Dave got himself up towards the front coming down the straight into the last hairpin corner and smoked up the brakes whilst simultaneously moving down into a low gear so he could accelerate hard out of the corner. At first standing on the pedals and putting the power down Dave started to move up on the leaders...he sat changed up a few gears then stood and opened up the sprint for real. He was coming over the top of the two leading riders when he hit the line and finished in 3rd by a tyre width (they had to go to the camera for the result) . A great result and with another 5 metres he would have won. David is destined to win the club championship this year and will be a thoroughly deserving winner. Well done "dad". The winner of Division 3 was Kevin Black who will be joining the club next week so you could say we picked up 1st & 3rd in this race.



Racing Results

Race Secretary – George Tragaris



Women's NSW Criterium Championship.

A Golden Moment

By Chris Wright

Amber Jenkins has had an amazing year which started with her 3rd place overall in the Dinnerville (first female) and a bunch of other great results throughout the year. But Saturday must surely be the highlight. Amber helped the race leaders set a frenetic pace and by halfway through most of the pre-race favourites had been shelled. It was a bunch sprint at the end and we all know Amber packs a mean one (sprint that is). Amber had good position into the final hairpin and opened up a can of whoop ass up the straight to become the :

NSW ELITE WOMEN'S CRITERIUM CHAMPION!

I have an ongoing bet with Amber that if she beats me in a sprint I will wear female underwear (only) on the next ride. I would like to officially end that bet right now. Amber answers only to "Champ" now - make sure you congratulate her when you see her next.



Racing Results

Race Secretary – George Tragaris

U19 NSW Crit Championship

I'm still shaking my head over this race. We had the two best U19 riders in the state in this event - Luke Davison and Ben Elliot. Now you would think that the NSW championship would be for NSW riders only. It would be strange to have (for example) a Jamaican as our State or National 100m sprint champion. But it doesn't work like that with Cycling NSW and a rider from the Queensland Academy of Sport (QAS) entered the event. He attacked from the start and then took a lap out for a mechanical. He came back onto the track with a head start on the field fresh from a lap's rest and then proceeded to attack again. After getting clear the QAS rider opened a massive gap and the bunch was too disorganised to mount a chase. I guess they just didn't know who this guy was...but they soon found out as he put on an amazing display and lapped all but two riders in the race. Luke tried to chase but it was too little too late and he managed to snag second place - which was **1st NSW u19 in the State** but only awarded a state silver medal - now figure that one out. Ben finished in 4th (which is **3rd NSW u19 in the State**). Well done boys.



Division 2 (Elite race support event)

Ben and Luke backed up their outstanding performance on Saturday with another race on Sunday. Now the QAS boy turned up again but Luke was on to his every move and halfway through the race QAS boy popped and dropped out of the race. Wow - what a difference in performance from Saturday to Sunday...now where have I seen that before... Luke and Ben on the other hand performed superbly with Luke attacking often early in the race and cleaning up hundreds of dollars in sprint prize prizes. There were plenty of crashes around the hot dog turns and Sam Rutherford got caught behind one of these which forced him out of the race. Then Ben put in a big attack. In a wonderful display of team riding Luke refused to work in the chasing bunch and Ben and a NSCC rider (Chapman) opened a winning break. The tension was building towards the end of the race but Ben nailed it out of the last corner and halfway up the straight he had it in the bag over his breakaway companion. Ben was able to enjoy the last few metres to the line with a fantastic win over a quality field. Luke was way too strong in the bunch sprint and easily took 3rd place

Squad Training

Daniel Healey



Thank you to those attending the Thursday Intro Squad – for those that missed it join in the fun

Please read the plan below for future sessions.

This guide has been developed to improve the session outcomes and manage the much higher than anticipated numbers, which will cater for all grades.

Housekeeping:

- 1- Registration - not registered or (sadly) your name was missed – please email presidentsydneycycling@yahoo.com.au (and yes, this time the email has been tested!)
- 2- Payment – please EFT your \$75 fee to the club now (include reference details). WHY NOT pay your membership at the same time! No pay – no play
- 3- Please (again for most) remember to wear you club kit – it looked fantastic this morning in full Sydney bloom!
- 4- Groups – three groups will be created. Not knowing your fitness level right now some suggestions have been made in the attached guide – please note though, we simply don't know everyone so please let us know what group you are comfortable with.
- 5- Suggestions – this is a new initiative and we can always improve everything we do. So, any suggestions are most welcome!

Be part of the Newsletter
Send in your articles
by 13th December to
Frankieandpete@iprimus.com.au
Or by post
Frankie Hopkins
9 Marshall St
Petersham, Sydney 2049
Due out – 20th Dec

Position Vacant
Newsletter Editor

Give a little back to the club

If Interested please contact
SCC Secretary
George Schneller

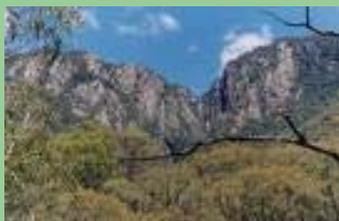
Tour Brief

Tour Secretary – Julia Avakian



Bright (Victoria) 13-21st November

There's still time to join the inaugural tour of
Bright
situated in the Ovens Valley



Whether you're cycling or coming along for a bit of
R&R

it makes no difference

There are plenty of historical townships among the splendid scenic beauty
Beachworth, Myrtleford and Yackandandah

For full details and itinerary
contact Glen Butterworth
0439886141

Patonga Tour – 9th December



One of the best 160km day rides in Sydney

Water views – Palm Beach
Ferry crossing – Pittwater
Old knobby roads – Pacific Highway
&
Plenty of Ascents

Christmas Party & Award Night

Social Secretary – Stan Genakis



Get into the
Festive swing
at
This tried and tested
relaxing venue



Predinner drinks 6pm
at

The Vibe Hotel
“Curve Terrace”
100 Bayswater Road
Rushcutters Bay
7th December
\$78.00 per head

Watch out for your e-vite

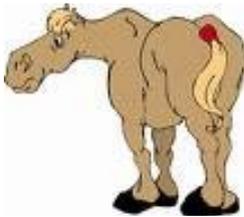
See over the page for The “other” Awards Explained

The Awards Explained



The Mongrel Award

You can only win by performing a “mongrel act of cycling bastardry towards a fellow club member – which is completely inadvertent and unplanned...and which you may not have registered then or later as a qualifying act. You do not have to be on a bike at the time, but it must be cycling-related and it must involve another SCC mebers.



The Horses Ass Award

Those who actually attempt to win the Bone can only hope for a Horses Ass at best. Alternativel the club member may simply do something to make an Ass of themselves , with this act being quietly noted by others for special mention. So if you've been witnessed doing something particularly stupid and embarrassing, Look out.



The Big Piston

The “trophy” is quiet lierally a bloody big train piston and is awarded to both male and female for a particularly gustsy effort in a race during the year. At some stage, these riders have clearly pulled out the big ones, made a mockery of the pain barrier and exceeded the expectations of all the others and perhaps even themselves.



The Bent Spoke Award

This awards is given to a the club member who had the spectacular and amusing accident of the year. Yes, we can do and laugh at those less fortunate than ourselves but because we are decent human beings at heart, this award isn't given to the person who has had a genuine/serious accident resulting in a smashed body and bike. We can find some sympathy rather than ridicule for those members. This award is designed for the accidents that shouldn't have happened, the cyclist who should have known better and the embarrassments that those riders tried valiantly to cover up.



The Most Improved Rider

This award is presented to the rider who has demonstrated the greatest improvement during the year, and has achieved a new level of performance . The recipient may be a newer rider or a more experienced rider. Improvement may occur across any levels of racing, not just Opens. A Member who makes an impressive comeback after a long lay-off is not necessarily eligible. The impotant criterion is that, to be eligiable, the rider must achieve a new level that he/she has not previously achieved.



The Multi Tool Award

It's generally assumed that SCC members can change a punture out on the road and have a vague understanding of the workings of their bikes This isn't always the case and this award is given to the club's most inept mechanic

**This is part of the club's history so lets not lose our humour...get nominating
Please send all nominations to Geroge Schneller prior to 4th December**

Charity Ride Unfolded



Director Sportive – George Tragaris

All 45 riders made it to Bowral. There were 2 mechanicals, Dan Tess with a buckled wheel and Peter Whitford with a broken derailuer cable – both were helped back on the road. All bunches rode well together. The middle bunch actually made time on the fast bunch between Bulli and Albion Park. They were moving with ‘Digger’ (Alan Revell) Marcus Hodgson & “Doc” (James Guthrie) taking turns on the front. No one had to catch the train back on the Saturday, a tarago minibus was hired for those needing a lift and the support van took the bikes back. Thanks to everyone who supported the ride.

Ride Captain – Stan Genakis “A” Bunch

The “A” bunch was relatively small in comparison to the rest of the field but the spirit of the ride was nonetheless there. Daniel Healey did most of the front work for the group under windy conditions. The descent down Bulli Pass was a hoot at 85km/hr

Amber

Ride Captain – Kate Roberts “C” Bunch

The group had a very safe and enjoyable ride. We helped each other and protected one another from the wind – some did more of the front work than others which was greatly appreciated. The tough climb of M’pass was done solo with a much needed lunch stop at the top...apparently we were the only group that stopped for a proper lunch

Ride Captain – Armon Hicks “B” Bunch

Occasionally I’m proud to be a cyclist and SCC member. The B-Bunch was one such occasion - illustrating the best of Humanity including caring for others and triumphing over adversity. Special thanks in that regard to George Tragaris. Peter Whitford and Rob Hollo were outstanding.



Charity Ride Unfolded



The club raised \$20,000
in support of
Breast Cancer
A splendid achievement!

Peter Whitford, along with Rob Hollo
raised \$10,000.

Peter states that it's not the individual
effort that should be recognised but the
total money raised collectively that
counts.

It was a great cause which also enabled
the Club's profile to be lifted within the
broader community.

Many club members contribute in many
different ways to make a ride like this
successful....If it wasn't for the back up
support and George Tragaris mechanical
abilities I wouldn't have made it to Bowral



The Morning After

No Rail Power
No Petrol Power
only
Peddle Power
for
a handful
of
Members:

Breeda Kelly
Ellen Loois
Alyssa Rogan
Stan Genakis
Mark Cash

who reversed the trip
the following day

Gutsy Stuff!

Get involved
Nominate a charity for
next year
2008

Please!
Could everyone who raised
funds for the
Charity Ride
deposit it
ASAP

Pete

Busy life!
but
still time to
raise money
and ride for
charity
(\$2690)

Magdalen Simpson
pictured with her children (L-R)
Angus 10 Carina 12 & Will 9



Sydney Cyclists Assist Marathon Wheelies

By Frank Milner



The Sydney Running Festival Marathon was held on Sunday 23 September in perfect weather. The field of runners (which included Andrew Price - 5:10:29, club member) was led out by the wheelchair athletes who each had an accompanying cyclist to guide them around the scenic course. This year, almost all of the seven cyclist volunteers were from SCC – Yvoine and Mike McCort, Pike Talbert, Martin Ranwick, who is a friend of the club and me, Frank Milner. We each guided one of the wheelchair athletes over the full 42km course and then doubled back from the finish at the Sydney Opera House to lead the high paced runners through the last kilo or so of the marathon which was a bit of a maze.

The course wound its way from a start at North Sydney Olympic Pool over the Harbour Bridge and Cahill Expressway to Mrs Macquarie's Chair, Centennial Park, Randwick, Surry Hills, Darling Harbour, Glebe Island and Lilyfield before returning to follow Hickson Road from Darling Harbour to Circular Quay. Our primary task for the wheelies was to clear the path of stray spectators and officials who were not expecting racing chairs sometimes moving at over 40kph. Then we were calling potholes, grids and ramps which are all hard to spot when the athletes are head down and less than a metre off the ground.

A lot of the corners were pretty technical – lots of 90 degree turns and several 'U' turns and we cyclists could help by riding ahead and calling back advice of whether our athlete should brake or not. I was guiding Ian Rhodes who is from Melbourne and I nearly unseated him on a ramp that was easily negotiated on a bike but because of the angled approach threw the tricycle wheelchair first to the left and then the right as he took it at about 25kph. Ian just grinned after recovering his balance and was more concerned that either his expletive would have to be edited from the TV coverage or he would have to apologise for saying 'F**k!' to the kids back home!

Some of the hills were agony for the wheelies. The short pitch up to the art gallery from Boy Charlton Pool is easily climbed on a bike or on foot. But racing wheelchairs have no gears and as the outer circumference of the wheel is encased, Ian had no option but to grind the impossibly small diameter of the grip and try to 'tack' uphill like a sailing boat heading into a stiff nor'easter. Race rules prevented me from giving him a push but I was able to walk behind and prevent him rolling backwards or tipping over as his effort lifted the featherweight front wheel from the ground. That hill could have finished off anyone and Ian took a while to recover, especially as the hills continued all the way to Taylor Square. But the flat run to Centennial Park enabled us to pick up all but three flying Kenyan runners and Ian held that position all the way to the finish – with just the three runners in front and two wheelchairs in the very respectable time of 2 hours 26 minutes 52 seconds.

Our other heroes of the day included Australian Paralympian Kurt Kearley who won the wheelchair Marathon in an amazing time of 01:43:01, Korea's Seung Hun Jun (02:15:07) who finished in second place and the first woman wheelie across the line, Rosemary Little (02:35:30).

Get involved, cheers Frank



Kurt Kearley

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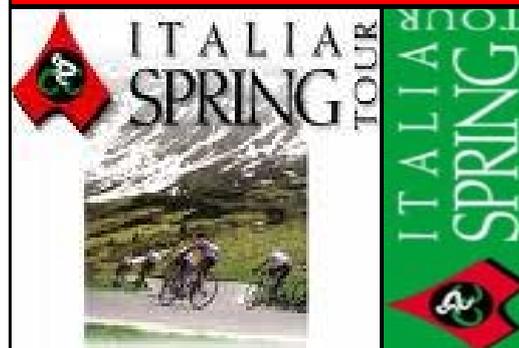
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Ride of Her Life

By Grant Chellew



For The Petrea Quest for Life Foundation

I first became aware of a blind girl's (Deb Warren), intention to ride a tandem bicycle on a 700kms charity ride when I signed up for the "Quest for Life" (QfL) five-day residential programme for people with life threatening illnesses, held in June 2007. I am also a cancer survivor (*well - that's the plan*), but more about that later.

I received a copy of the QfL "Connections" newsletter, which detailed Deb's intended charity ride and included a request for various support team members, including cyclists to ride the front of the tandem bicycle. I love cycling, so I immediately contacted Kate at QFL and advised of my availability for the entire event (either every day or selected days as required). That way, I get to do something, which I enjoy, whilst at the same time helping the lovely Deb and wonderful Kate (both of whom I had subsequently met). They get to do all of the hard stuff, whilst I just get to have fun riding! I am not sure about how much of my boring background I should provide, so here goes....

I am just nudging 53 years old. I live in Pyrmont NSW, with my wife and two adult girls. I started road cycling including racing about 4 ½ years ago (*yes - I am one of those dickheads who wear tight colourful lycra and ride in the middle of the traffic lane. I used to hate them too, until I became one*). Prior to a cancer diagnosis in November 2006, I rode an average 250km per week. Post cancer treatment, I have given myself the rest of this year off work to allow for a chance to fully recover and to live life. I now ride an average 350kms per week and have just now returned to some limited racing. My initial interest in racing (usually on a weekly basis) was further encouraged when I found, to my amazement, that age is neither a handicap nor an advantage in this sport. It's all about fitness, skill and strategy. There have been many races where I have been beaten by 65 year olds (which is quite inspirational), and/or I have beaten 20 year olds. For me, cycling and an associated high level of fitness is now a metaphor for freedom and escape from cancer. At this point in time I do not have any symptoms and must admit to having a ball!

Ride of Her Life

By Grant Chellew

My cancer story would be familiar to many people. I felt a lump deep within my left armpit in October 2006, which was diagnosed as an extremely rare skin cancer, called merkel cell carcinoma which had spread from the skin (primary site never found) to the lymph glands. Surgery in November 2006 removed a nasty golf ball sized lump, which included all of the lymph glands. This was followed by the usual months of chemotherapy, radiation and some complications. I continued my cycling periodically throughout the treatments whenever I could, and I am sure that this was a big help both physically and mentally. Merkel Cell cancer is even more aggressive than Melanoma, and the prognosis (statistically) for survival is very poor, with a terrifying possibility of spread to bones, liver, lungs and/or brain. However, I would reckon that the statistics are not based on fit road racing cyclists, so therefore I do believe that I am well placed to be one of the few survivors.

Just like many others, I spent a lifetime at the beach, surfing and sun tanning (even though I am fair skinned!), never understanding nor actually believing that a skin cancer (ie. something on the surface of the body) could somehow magically transfer inside the body via the blood or lymphatic system and cause serious internal damage and / or death. It seems to me that the various public education campaigns still do not convey this message. Most people still believe that the sun can damage the skin and cause skin cancer, which only affects the skin

My connection to QFL came about via a recommendation from my first ever session with a Counsellor (*yes – I am a bloke who never imagined that I could discuss my feelings with a stranger*). I only attended at the prompting of my very supportive boss (Peter), as I had already started thinking that I needed to be more open to new things. The problem was that it is very easy to know that one needs to be positive, but it is much more difficult than I ever expected once faced with a very poor prognosis, which plays on your mind every day, all day and all night. Amongst other things, the Counsellor recommended Petrea King's GFL Foundation. I had recently commenced meditation (via a 2 day course in Sydney), so I believe that I was already on the path of seeking alternative or rather, complimentary healing methods to supplement the mainstay science of traditional western medicine. I was vaguely aware of Petrea King's story, so the Counsellor's recommendation just happened to come at the right time. It was a bit like finding another part of the jigsaw (or it could have been karma).



My time spent at the QFL residential programme reinforced my own vaguely dawning concept of the need for an overall (QFL would say *holistic*) strategy for dealing with cancer. That is, an approach that considers the connection between the mind-body-spirit. QFL helped me to both cope with my cancer condition (and whatever cards I may indeed be dealt) and also provided mental and physical tools for fighting back. I came away from QFL with a better and calmer attitude, which enables me to live and enjoy the NOW. Interaction and support of others in similar circumstances is very beneficial, and I was fortunate to have spent five days with a beautiful bunch of people. You know who you are, and I am thinking of you, and love you all. I was worried that you would kick me out because I looked too well and talked about cycling too much! But

you didn't. I am looking forward to catching up with some of you along the route from Armidale to Bundanoon.

However, it's not about me as I consider myself fortunate to be fit and able to assist Deb and QFL with this adventure, and as some American bloke named Lance Armstrong wrote, "It's not about the bike".

Deb's ride finishes on the 10th of November in Bundanoon, coinciding with VAUDE Highland Fling where other SCC riders can be found. For more information go to www.rideforlife.com.au

Go Deb!... Grant

Rocks

By Julie Howard



Canberra Mountain Bike Tour

Well – a weekend off the road bike in exchange for comfy fat tyres & even comfier seat seemed pleasant enough.

I looked forward to great company, fantastic food and many excellent coffees. Nothing could have prepared me for the adrenaline/fear hits I experienced over 3 days of mountain biking with the McCorts and the other thrill-seeking adventurers.

I had all of the above in bucket loads but had not figured on the intensity of the sport. I don't think it's a secret that I'm still desperately trying to improve my cornering but that weekend I just worked on staying alive. Yvoine & Mike managed to convince me to have a go at everything possible – even world motocross (something?), that just threw you in the air! (Except night riding ... well not yet anyhow ...)



And then there was Mt Stromblo!

I came unstuck on the backside of Mt Stromblo. Not just rocks in my head – but everywhere I looked – just rock – VERY HARD rock. I bonded well with the rocks – my elbows & knees had an especially close affinity with those rocks but the scabs are almost healed.

In all honesty – I had a great time. The challenging rides have really made me think a lot (a hell of a lot) about body position for the given situation. You learn rapidly on the mountain bike (and rocks).

I'd like to thank all for a great time – Avakins, Dan & Trish, Ellen, Mark, Clemont, McCorts, Ben and the one person that should be on every tour – the fabulous Kate Roberts who never stops trying & entertaining!



Cheers Jules.

S t r e t c h i n g

By Steve Hogg



Rather than rehash the plentiful information about stretching that is available on the net or in books, I think this page is better spent making the case for encouraging you to make stretching part of your training regime.

Here a few facts to ponder: Space prevents me going into detail but if you want detail, grab me at the Park after a Sunday ride some time.

1 Riding hard and often without stretching is the human equivalent of developing a V8 engine and then fitting it to a small, flimsy car chassis with worn out shock absorbers and sloppy steering. We all train and develop our 'engines' but too few train the structure that we house the 'engine' in, our bodies. When riders develop niggles or problems on a bike, it is often because the body they have chosen can't cope with the stresses the 'engine' they have developed allows them to put on it. To improve the situation, STRETCH

2 A bike is a symmetrical apparatus in a positional sense. The seat is over the centre line, the pedals and handle bars are equidistant from the centre line. Yet humans are functionally asymmetrical and often measurably so too. That means that human bodies will **always** maladapt when placed on a bike. To become more functionally symmetrical and minimise this tendency, STRETCH

3 Every time you stretch, you send a proprioceptive charge up the spine and the brain obligingly devotes space to various parts of the body in proportion to how much stimuli it receives from them. The more accurate the brain's picture of your body in space, the more accurately and efficiently you will perform motor control tasks like riding a bike. STRETCH.

4 Age is often offered as the excuse for diminishing performance. While oxidative damage to tissue occurs, the major reason for reduced performance isn't age but neglect. Specifically neglect of structural fitness. In other words, posture, flexibility and core strength. To remedy this, STRETCH

5 STRETCHING will make you feel good, reduce stress and allow you to recover from hard rides more quickly.

6 The better you function off the bike, the better you will function on the bike. To that end STRETCH.

7 Posture determines strength. If you want better posture, STRETCH.

One of the best things about cycling is the new people you meet. If you want to be introduced more closely to the casual acquaintance that is your own body, STRETCH. If you wish to take this further, attend a yoga, Pilates or Tai Chi class twice a week. Twice a week is about 3 times better than once a week.

Some handy resources

- ◆ Stretching and Flexibility by Kit Laughlin www.pandf.com.au
- ◆ Overcome Neck and Back Pain by Kit Laughlin
- ◆ Awareness Through Movement by Moshe Feldenkrais (out of print but second hand copies still available through Amazon).



Sport Supplements in Cycling

Should we believe the hype?

Dr. Naras Lapsys – The Body Doctor

It only takes one glance in your favourite cycling magazine to be tempted by the promise of:



“faster recovery”, “enhanced endurance” or “rapid body fat loss”.

To add to the dilemma, if your cycle buddy swears that Product X is responsible for their latest time trial success, how can you afford not to give it a try?

Before you jump in and spend those hard earned dollars, a little background on Australian regulations regarding sports supplements.

In Australia, supplements that belong to the Pill, Potion and Powder Category are under the control of the Therapeutic Goods Administration (TGA). Most supplements fall within the ‘listable’ items category, which is the **least** regulated category of the TGA. In this category, a product **does not** have to provide proof of its claimed benefit to be accepted. However, sports foods, bars and sports drinks are under the control of the Food Standards Australia New Zealand (FSANZ). FSANZ **does** provide regulations about the ingredient and labelling of sports foods and it does permit a limited number of substantiated claims to be made on the product package. Furthermore, while the TGA and FSANZ expect manufacturers to avoid making outlandish claims about their products, these regulations tend not to be heavily policed. The result is that, in Australia, supplements can be marketed with very little control over the claims and messages they provide.

Are supplements all the same: are they a waste of money? The answer is – certainly not!

There are many sports foods and supplements that are valuable in helping people achieve improved performance. To help remove the confusion surrounding sports supplements, the Australian Institute of Sport (AIS) has divided them into two main categories:

- 1 Sports foods and dietary supplements
- 2 Nutritional ergogenic aids

Sports foods and dietary supplements play a role in providing a practical alternative to food. These supplements include: sports drinks, gels, bars, liquid meal replacements, carbohydrate powders, iron supplements, calcium supplements, multivitamin and mineral supplements.

Individuals may find these products valuable in achieving nutritional goals during training or as a convenient alternative to everyday food. Vitamins and mineral supplements may be prescribed by a physician or sports dietitian to treat or prevent a nutrient deficiency.



Sport Supplements in Cycling

Should we believe the hype?

Dr. Naras Lapsys – The Body Doctor

Nutritional ergogenic aids often contain unusual amounts of nutrients or other components of food. Many of these are chemicals that are involved in exercise metabolism or metabolic recovery pathways. Supplements of this type often tout scientific theory and explanations as to how their products work to boost performance. As an ex-scientist, I know the difficulties encountered in converting theory to fact. It is expensive, time consuming and bound by a rigorous scientific process. Many supplement companies do not have the research behind them to support their claims. Recently, the AIS provided a list of nutritional ergogenic aids according to the level of scientific support that they deserve. Please use this list to help you make better choices next time you are considering a supplement strategy.

Nutritional Ergogenic Aids – Scientific Evidence

LEVEL 1: Scientific evidence supports performance enhancement

- 1 Creatine
- 2 Caffeine
- 3 Bicarbonate
- 4 Glycerol (hydration benefits)
- 5 Antioxidant vitamins (benefits may be too small to measure in performance terms)



Book of Evidence

LEVEL 2: Still under scientific scrutiny

- 1 Colostrum
- 2 Hydroxy-methyl-butyrate (HBM)
- 3 Glutamine (support not conclusive)
- 4 Amino acids

LEVEL 3: No scientific support

- 1 Everything else!

It is always worth remembering that performance is the result of numerous factors that predominantly include training, natural ability, diet, equipment and mental attitude. It can be difficult, if not impossible, to determine how much each of these factors is contributing to performance gains. Although supplements and sports food receive a lot of attention, they are best thought of as the 'cherry on top' - there are no short cuts.

Naras – The body Doctor

Want to improve your performance?
Contact me for a one-on-one consultation.
20% off your first consultation
Open to all SCC members.

New Club Members

How I got into cycling

Arran Pearson

I got back into riding seriously in about 2004 when I bought myself a mountain bike, after a break of about 15 years.

After riding with mates a bit I read about the Mont 24hr race in a mountain bike magazine that was lying around in a coffee shop and decided that perhaps endurance racing was the thing for me.

Well, after thrashing myself around various races in 2005/6 I really decided to take training a bit more seriously in 2006 and started doing (what I thought was) serious kms on my dual suspension mountain bike (Cannondale Prophet) and soon found that doing roadie kms on a mountain bike is: (a) no fun, (b) wears out your expensive mountain bike bits quite quickly – I was going through a tubeless rear tyre about every 6 weeks!



After much consultation I decided that I needed some form of road steed to do the training kms on but couldn't commit to the full on road bike thing and bought myself a Kona 'Jake the Snake' cyclocross – capable enough to do road training but still fun on the dirt! Eventually I found the club and discovered that 1. Riding in a bunch is more fun than riding solo and 2. That road bike riders can teach mountain bikers a bit about climbing! So here I am – really a mountain biker at heart but slowly becoming a convert (although if I'm honest I spend about 10 hours a week on the road and about 2-3 off it if I'm lucky!)

My rides are (currently) a cyclocross bike – bright lime green – if you miss the colour then you'll hear it – bl**dy v-brakes! As well as a yeti ASR-C mountain bike, and my aims are to get fitter and spend more time with people who think that setting an alarm at 5:20 to get to centennial park for 6 is a rational way to start the day.

I pretty much do most of the mountain bike endurance races around NSW and the ACT and am usually up for mountain bike riding most weekends (can often be found swearing at the steps at Manly Dam).

The pic I've attached is me and my wife Lisa after I finished the 24hr solo champs in Canberra at Easter this year. Where would we be without support?

Also welcome
to SCC
Jay Lansdown
&
Anthony Merritt

Thanks to all those members
who contributed to this issue.
Big or small
We want to hear from
YOU

Your Space



Boy with a New Toy
If you haven't see Rob on his new bike
then here he is
It took patience and saving to get this beauty



The man from Canada is back in OZ
Eric Waddell
What is he looking for?



GOOD NEWS!
SBS
Have signed a new
5 year
agreement for the
Tour de France coverage



Picture Perfect



Wedding Day
Simmon & Helene Vagg
Now residing in Rome – Italy



Your Space

An e-mail from Joseph Tam – Overseas visitor gets the SCC Tour of Sydney

It is bewildering to come back from a place that issues notices like "Stage 14 Water Restriction Advisory: Residents are mandated to ingest their own snot to conserve moisture" to my home where water falls from the sky in great heaping buckets and likely to do so for the next 10 days.

The last two weeks of my vacation carried me out of the Sydney area so I regret not being able to personally say goodbye and thank members of your club who shepherded me through the twists and turns of the clogged streets to find the worthwhile sites, provided pleasant conversation, explained why barristas look at me like I'm a moron when I order "coffee", scared the hell out of me during the hairy descents of the 3-beaches ride, and smoked me in the unannounced sprints.

Thanks to Anton, Armon, Chris, George (both of them), Grant, Maureen, Meg, Paul, Peter, Sam, Steve, Walter, Yvonne (and husband in grey/black suit), and a host of other people I failed to remember the names of. My brain was overtaxed trying to absorb the scenery and the road directions while dodging holes, traffic, rubbish and birds, and generally trying to avoid getting myself killed.

I also appreciate the forbearance when I shouted "left" when I meant right, "right" when I meant left and silence when I should have said "big f*@king rock!"

If any of your club members have the chance to bring your bike to my neck of the woods (Vancouver, Canada) and visit the refrigerated version of your city, please feel free to drop me an E-mail and I'll reciprocate the hospitality by pointing out our scenic vistas, potholes, aggressive wildlife (i.e drivers), explain why our barristas look at you like a moron when you order "skinny flat white", and you can still scare the hell out of me on the downhills and smoke me in the unannounced sprints.

Before you come, you might find this training guide handy:

<http://www.cyclecanada.com/Report/Craig.htm>

My favourite subway ads I saw in Sydney:

<http://www.math.ubc.ca/~tam/Sydney/Sustain-Ad1.jpg>

<http://www.math.ubc.ca/~tam/Sydney/Sustain-Ad2.jpg>

<http://www.math.ubc.ca/~tam/Sydney/Sustain-Ad3.jpg>

My favourite no-ads sign I saw in Sydney:

<http://www.math.ubc.ca/~tam/Sydney/No-Junk-Mail.jpg>

My least favourite Sydneysider:

<http://www.math.ubc.ca/~tam/Sydney/Stop-Attacking-Me.jpg>

My favourite NSW license plate (on a truck with many dents in it):

IBLIND

Joseph Tam <tam@math.ubc.ca>

"Chellev cycling tip"

An aging man sits in his chair within a nursing home... brooding
A Nurse enters the room and says:
It takes 17 muscles to smile and 34 to frown

The man replies...Well!That's good....because I'm in training!



Off The Back & Personal

With Amber Jenkins

Q1. What tickles your fancy?

A hard slog at training and whipping the guys butts in a sprint!

Q2. If you could go back in time where would you go and why?

Being an Afro American in the 60' because they knew how to have a good time even when the times get really tough

Q3. Are you a shouter or a pointer when out with the bunch?

Both -depends who I'm shouting or pointing at

Q4. Is there a passion in your life?

To get as far as I can in cycling

Q5. Of all the cycling you've done what ride stands out the most for you?

Geelong World Cup 2007 - to ride against the worlds best women in cycling was an awesome experience

Q6. Other than cycling what other activities do you pursue?

Currently, getting my motor bike licence and buying a nice motobike...watch out world

Q7. What disappoints you the most in people?

People who don't give things a go and expect failure before attempting

Q8. What's your favourite food?

Love the pumpkin/chicken stirfry from the local Thai resto.

Q9. Do you have any regrets in your life?

Not starting cycling at an earlier age

Q10. What's the best body asset you have?

My hair - I keep hair care products in business



Golden Girl

Club Rides

Day	Time	Meet	Ride Description
Tuesday	06.00	Cannons La Perouse Ride	Two bunches: Fast or Steady. Takes the same format as for Thursday.
Wednesday	06.00	Cannons	Girls Paced Watson's Bay Ride. One of the more popular rides – the girls lead the way, re-grouping after all the climbs. Back at approximately 7.20am at Bondi Junction for coffee. An alternative fast group go off first.
Thursday	06.00	Cannons	La Perouse/Anzac Parade/Malabar. Approximately 35km. Fast clip (35-40ish km/h) with three even faster (40-55km/h) intervals. Back at approximately 7.00am.
Friday	06.00	Cannons	The 3 Beaches Bondi/Tamarama/Bronte A good warm up for the weekend with a quick pace up Military Road then back along Campbell Parade towards Tamarama Beach. From there it's onwards and upward to Bronte. Back at approximately 7.00am at Bondi Junction for coffee.
Saturday	06.30	Cannons	La Perouse Ride. Approximately 45km. Three bunches leave the park rolling easily until the turn around point at La Perouse. The first two bunches pick up speed, turning at Duffy's Corner, pacelining along Anzac Parade to the U-turn at old Prince Henry Hosp. (2 loops). Then the ride hits the hills through Maroubra and Randwick before heading back to the park for coffee around 8.30am The third bunch is slower with an emphasis on bunch riding and does a slightly different route after the turnaround point of La Perouse into the back streets of Little Bay.
Sunday	06.30	Cannons	Waterfall Ride. Approximately 90km. Two bunches leave the park to Waterfall, medium to hard ride, out at 28-35km with some riders turning round at Sutherland (60km). At Waterfall smaller groups sometimes go on to Stanwell Tops (120km) or back through the Royal National Park (110km). The main bunch U-turns at Waterfall, paceline back to Sutherland, collects the stragglers, then a fast ride back to the park or a more medium paced ride, medium/average fitness level. Waterfall rides finish back in the park at approximately 9.30am
1st Sunday of the month	06.30	Cannons	Akuna Bay. One or two different paced bunches head north to Akuna Bay (100km) via Wakehurst Parkway and Church Point. Those wanting to miss the hills can take an easier route by skipping the Akuna Bay turn off and regroup at the top of McCarrs Creek Road. The ride returns to the Park via Forrest Way and the Spit. Back at the park by 10:30am.

**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.**

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