



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
January 2002 Edition

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The 'Doc' takes out the Bone – again!



Tony Cook (right) congratulates Meg Croft



Stan takes out the biggest trophy



Women's Hillclimb Champion , Julie Avakian

From the President's Chair



Happy New Year to you all and welcome back from the festive season! Like many of you, I have noticed the effects a few too many indulgences and helpings of Christmas pudding over the past couple of weeks. Unfortunately the opportunity to put in some early season k's has been disrupted by the rather smoky start to the year with many of our regular rides being curtailed due to the high pollution levels and road closures caused by the terrible bush fires surrounding Sydney. Fingers crossed that the worst of the season has passed and our community does not suffer any loss of life, serious injury or additional property damage. Our thoughts are with those affected by these events.

I trust those who attended the SCC 2001 Annual Presentation dinner had an enjoyable evening. Judging by the level of positive feedback received the evening was a great success. Sam Kosky did us all proud with a great venue and organisation. Thank you to all that assisted with preparations, helped out on the night and especially to those that donated so generously to make up a prize pool worth nearly \$2,000. Congratulations to all the winners of the 2001 awards.

There were many memorable performances last year - many will be hard to top in 2002.

A new year always brings with it a whole new range of possibilities and new goals to be set. In order to ensure you get to enjoy the great things this Club has to offer in the year ahead it is very important for all of us to renew our membership for 2002. Renewals are now due. Our Club Secretary, George Schneller, has sent most members the forms but if you haven't received them or need another copy, please contact George. I have completed mine and have already received my 2002 racing license from the NSWCF.

Thank you also to members who have referred potential new members to the club. The Club has been compiling a list of those people over recent months and has contacted them all with information about the Club and what to do next. We continue to be an attractive option for many cyclists, however we must ensure that any new member is introduced in such a way as to ensure both the safety and enjoyment of all.

In order to ensure a smooth transition for new members, the Committee has proposed the introduction of "New Member Sessions" to be run by experienced Club members on an approximately monthly basis (or as needed). All new members, irrespective of their riding capability or experience, will be asked to attend these sessions as it is just as much about introducing what the club has to offer and expects from its members as the on-bike issues. Volunteers are called for - if you think you can assist please contact me. We don't ask for much - one Saturday morning every 2-3 months isn't a lot.

We already have about a dozen new members and I welcome you all to the Club. Please take the time to ask others about the club and its events. The newsletter is a great source of information, but much is also gained through word of mouth and e-mail announcements. I also ask members to introduce themselves to anyone they don't know - all new members need to make buddies quickly, and remember - we were all new once.

As for what lies ahead in 2002, the Committee has as one of its early season priorities the task of developing the Club programme for the year. Apart from the usual racing, touring and social events, we will most likely see some new and/or modified events introduced. We also hope to see an enhanced communications programme to augment our fantastic newsletter. With the support of our members much will be possible this year.

We have already seen the emerging interest from members in participating in the occasional mountain bike ride and regular day tours are likely to appear in the calendar. Phil McKnight has also volunteered to coordinate participation in an orientation to track riding, along with possible SCC entry to the State Pursuit Championships. The SCC has reached "semi-final" stage in this discipline in previous years and there is no reason why we cannot once again do well. I know Richard Dodds has some interesting tours planned with possibly some new destinations in store for this year and Sam Kosky has already outlined a range of great social activities.

All of which underlines the strength of SCC - its diversity of cycling interests and a desire to encourage the participation and improvement of all whilst enabling and fostering the competitive spirit in safe cycling conditions.

As for me - well I plan to take a short holiday riding the Adelaide hills with a few friends and soak up the atmosphere of the Jacob's Creek Tour Down Under. See you on the road and safe riding.

Alex



From the Secretary's Desk

On behalf of Lea-Ellen and myself I would like to wish each of you a happy, healthy and prosperous New Year. The last year was a difficult one for many people, so we hope that 2002 is kinder to us and to our world.

Sadly, the bushfires over the Christmas /New Year period have caused great suffering and distress to many families, but they have also demonstrated the courage and generosity of Australians in adversity. Our heartfelt thanks to all the volunteer fire fighters for battling this scourge on our lives and our landscape.

For those of you who are yet to renew your memberships, a gentle reminder that memberships ended on December 31st and are now due. Any member wishing to participate in club events will need to renew before the first event on February 9th. Members who have failed to rejoin by the end of February will be removed from club lists and charged a late fee if they later rejoin.

If for any reason you have not received your membership kit or you need another one, please contact me via email on Gales@bigpond.com, or phone during working hours on 9319 2899.

The New Membership Sessions have started. Thanks to Alex Simmons, Paul Kelly, Paul Davies, Jamie Bedford and Samantha Kosky for running the first of these sessions. The next session will be held on Saturday morning January 19th. If you have a friend who is interested in joining the club, ask them to get in touch via the above contact details, so that we can arrange for them to join in this session.

New Member Sessions aim to introduce new members to the club in a friendly relaxed environment and also to promote bunch safety by identifying anyone in need of extra help. The sessions meet at the usual Saturday meeting place by 6.30am. If you are an experienced rider with good bike skills and would like to assist in the running of any of these monthly sessions please contact Alex Simmons and volunteer.

To help assimilate new members, if you see a new face in a club jersey, introduce yourself and make them feel welcome.

A couple of notices:

🚲 If you would like to attend the next New South Wales Cycling Federation (now Cycling NSW) meeting, it will be held on February 12th at Bankstown Sports Club.

🚲 Sundays are now club jersey rides, so if your jersey fits, wear it with pride on Sunday rides.

Another safety reminder: use care and stay alert when riding with the bunch. Call and point out hazards, for your own safety and the safety of others.

Above all - Be careful out there!

George

Editor's Column

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

This month see a diversity of articles for you to read. We're into 2002 and this means a whole lot of planning and coordination for your Race and Tour Secretaries as they line up their events and tours. The [club calendar](#) has been updated and you should refer to it for more details.

We have an [update](#) on Centennial Park from Steve Hobart (it's all good news) as well as a Centennial Park [history lesson](#) from Suzanne Lyndon.

This is also the first newsletter since the Annual Prizing giving and Christmas party. All had a great time and I thank all the organisers and people who donated prizes for their extremely generous support. You'll find a full prize list along with photos [here](#).

'til next month, take care on the road.

Malcolm



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104 Clarence St, Sydney NSW 2000

Phone: 02 9299 4962

Fax: 02 9261 3802

Website: <http://www.cyclery.com.au>

Email: info@cyclery.com.au

SCC 2001 Award Winners

Racing Awards

A Grade Pointscore Champion:	Stan Genakis
A Grade Pointscore Runner Up:	Tom Klemola
B Grade Pointscore Champion :	Tony Johnson
B Grade Pointscore Runner Up:	Andrew Hudson
C Grade Pointscore Champion :	Richard Kerr
C Grade Pointscore Runner Up:	Meg Croft
Women's Grade Pointscore Champion:	Meg Croft
(Hilltop) Road Series Champion:	Andrew Hudson
(Hilltop) Road Series Runner Up:	Alex Simmons
Criterium Series Joint Champion :	Steve Hogg
Criterium Series Joint Champion:	Alex Simmons
Two Day Tour Champion:	Alex Simmons
Two Day Tour Runner Up:	Vaughan Wickham
A Grade Hillclimb Champion:	Jochen Schroeder
B Grade Hillclimb Champion:	John Kearney
C Grade Hillclimb Champion:	Dan O'Callaghan
Women's Hillclimb Champion:	Julie Avakian
Men's Kilometre Time Trial Champion:	Stan Genakis
Women's Kilometre Time Trial Champion:	Meg Croft
Frank Murray Memorial Time Trial Champion:	Stan Genakis



An O'Grady signed Green Jersey. No wonder Marguerite is smiling.

Club Awards

Clubman of the Year:	Steve Hobart
Big Piston:	Leigh Ringrose & Meg Croft
Most Improved Cyclist:	Steve McMillan
Multi Tool Fool Award:	Mark Meltzer
Bent Spoke Award:	Tony Johnson & Rob Hood
Mongrel:	James Guthrie
Horses Arses:	James Guthrie, Peter Montford, Peter Bodor & Frank Milner
Junk Miles:	Paul Rigby
Big Switch:	Paul Rigby



Big Piston Winners Meg and Leigh



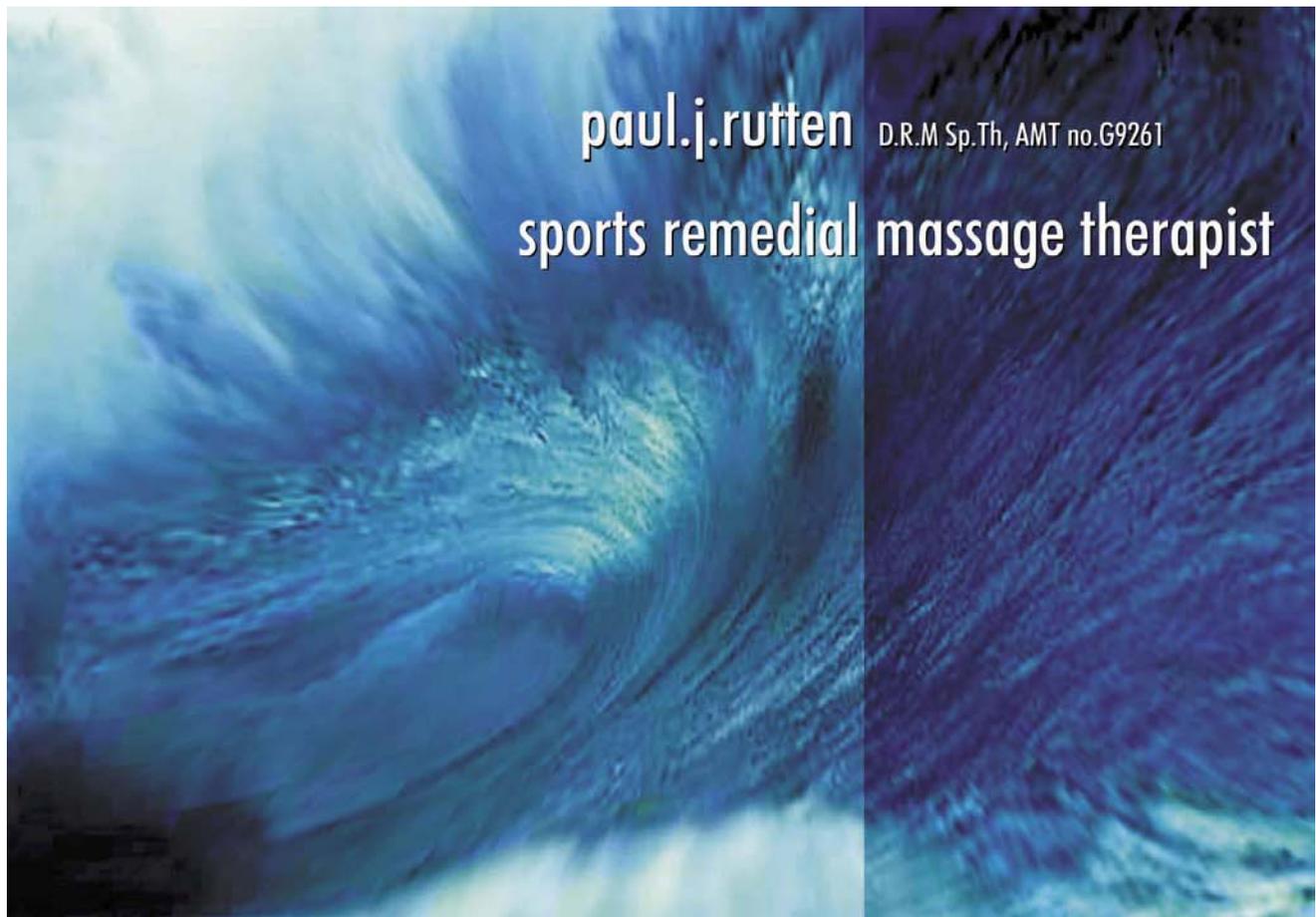
Paul Rigby accepts the Big Switch



Barrel Girl 'Digger' Revel



The Most Improved Steve McMillan



Sports remedial & deep muscle therapy massage.

Pre & Post Event Massage, Repetitive Strain Injuries,
Tired, Sore, Strained Muscles & Back Pain.

Massage therapist for the Northern
Spirit. Football club and Pino's
Spring Tour - Sardinia trip 2001.
Ironman Triathlete & Sports Trainer.

Sydney Osteopathic Centre
Barrack House, Suite 1, Level10
16-20 Barrack Street,
Sydney, NSW, 2000

For bookings or inquiries phone:
(02) 9299 1311
0413 543 994
Emails: pjrm@optusnet.com.au
(Refunds available with some health funds)

Social News

Dear Social Butterflies,

Happy second year of the naughties! May all your riding and personal resolutions come true.

In the December issue, I published some ideas for the 2002 social calendar but have to wait for the race calendar to be published before setting dates in concrete. The proposed list is attached again. I encourage you to let me know what you think.

Anyone interested in a twilight picnic? How about a dinner/theatre night? And next, is the Tennis afternoon at Newington College (brand new Olympic standard courts this time); a popular addition to the calendar in 2001. It's a great one for partners and children and you don't have to be a Hewitt or a Scud to enjoy yourself. Balls and food supplied! Stay tuned to your e-mail for future updates. Some functions will have limited numbers.

It the responsibility of all of us to make all new members welcome and encourage them to come to social functions. Hopefully there will be something there for everyone, old and new members alike. If you haven't been to the tennis day or the trivia night or on a weekend tour how about making that one of your New Year resolutions. It will be a whole lot easier than losing weight or averaging 35kph to Waterfall and back.

Many thanks to everyone who lent a helping hand during 2001. Of course a social secretary would be out of a job if the members weren't so enthusiastic about socialising with each other and celebrating the friendships and success of SCC. Congratulations and thank you to every one who attended, or simply RSVP'd with best wishes, and all those who gave me positive feedback or even complained about one thing or another. It all allows me to create better functions for you.

Possibilities for 2002 Social Calender – comments and suggestions warmly welcomed

Summer: Picnic and/or pastries in the park

Theatre night (eg. Theatre sports at Belvoir St one Sunday night)

Autumn: Tennis Competition (March)

How to Host a Murder dinner

Golf Day (anyone a member of a club that could gain us access?)

Trivia Night

Winter: Pool Night

A (long?) weekend skiing in Thredbo (August)

Spring: Paintball

Christmas Function and Prize Giving (Friday Dec 13)

Best of everything for the New Year.

Sam

P.S. And in case you hadn't counted it's only 351 days till Christmas (as of 7th January).



Warning. SCC functions seriously damage your training schedule!

SCC Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President:	Alex Simmons	0411 205 283 (m)	alex.simmons@bigpond.com
Immediate Past President:	James Guthrie	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:	Tanya Bosch	9369 1436 (h) 0419 217 974 (m)	onyabike@ozemail.com.au
Tour Secretary:	Richard Dodds	0419 729 206 (m)	rads102@hotmail.com
Social Secretary:	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	samkosky@optusnet.com.au
Boutique Manager :	Stan Genakis	9746-5954 (h) 9466-3210 (w)	stangenakis@hotmail.com
Newsletter Editor:	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	malcolm.wade@bikerider.com
Newsletter Submission Details:	Next Deadline: 4th February 2002 . Please submit articles to Newsletter Editor via e-mail or post to 108 Rothschild Ave, Rosebery, NSW, 2018 or Club PO Box .		

Tour Secretary's Report

Happy New Year to all SCC members. I hope you all had a fantastic Christmas and New Year holiday. I certainly made the most of my two weeks off with a trip up to Queensland and a weekend in Melbourne. Unfortunately I didn't get in to much riding but from what I here that probably wasn't such a bad thing unless you thrive on a lung full of smoke from all those nasty bush fires. None-the-less there where plenty of you dedicated souls out riding over the Christmas break and it all went something like this.

The day before Christmas was quite gloomy early in the morning with some damp weather early on, but a bunch did go out for the normal Saturday ride in reverse - no dramas on this ride.

As tradition goes Lumby headed up the Christmas morning ride. A bunch of 30 riders full of Christmas cheer (and last night's pudding) headed off on a ride through Watsons Bay and Bondi finally ending up at the Lamrock Café - a most enjoyable ride by all accounts.

Phil Gomes was our ride captain for the Boxing Day ride out to Cape Solander. Not a bad ride at all but unfortunately the bunch didn't make the Cape due to thick smoke from you know where. The ride from Kurnell back to the park got interesting when the bunch was joined by Triathlon world champion, Chris McCormack and US Postal Service pro rider Mat White. Phil and Alex set a mean pace back to park just to give these lads a workout.

We had planned to do the Galston Gorge and Palm Beach/Akuna Bay rides on the Thursday and Friday but with the bush fires in full swing it was decided that these rides where just not a good idea. Aside from the obvious dangers, riding in these conditions was considered detrimental to rider's health. This fact was illustrated on Thursday's alternate ride through the south east suburbs when Meg Croft, as fit as she is, suffered from an asthma attack while pushing hard up the Mons Rd climb in Maroubra - and she has never suffered from asthma before! So it may pay to back off a notch until the smoke clears. Don't worry; Meg is fine and raring to go for the Adelaide Tour. No doubt the Tour Down Under will be a great event to kick the cycling year off.

So what's happening with Tours for January '02? Wollongong that's what. This is the longest day tour at around 180km return (*Ed: Unless you count Jamie's version of the Wisemans Ferry-Wyong ride!*). We will be doing this one on Sunday 27th January. There will of course be the normal Waterfall ride but if you plan to go on the Gong ride be at the Cannon's at 6:00 am on Sunday. The pace will be easy touring speed for this long distance but any of you considering this one will want to have done some good solid kilometers. Those of us going to Adelaide should be fighting fit and have no problems.

The route at this stage is Centennial Park, Waterfall, through the park to Otford, down the big hill onto the coast road for a steady cruise to Wollongong. The return journey can be done on the train as there are numerous stations dotted along the Coast road (Wombarra, Scarborough, Coalcliff) so riders can tailor the distance to suit how they feel on the day. However, once you hit the big hill (Lawrence Hargrave Drive) up to Otford you are committed to another 60 kms back through the park via Audley!., so get those climbing legs working! The exact route is yet to be finalised and will depend largely on the state of the Royal National Park after the fires.

I'll also organise a recovery ride on Monday morning just to work out the aches and pains. Stay tuned to your e-mail or talk to me over the next few weeks for confirmation of ride details for the January long weekend.

See you on the bike.

Cheers,

Richard

Reasons to Renew your Membership

All members should have by now received a reminder that club memberships are now due. Please complete and return the forms with your money to the club PO Box **ASAP**.

No further Newsletters etc if you remain un-financial after 1/3/2002! Now that should be reason enough.

If you've lost your forms or not received them, please contact the Club Secretary, George Schneller.

Centennial Park Update

By Steve Hobart

This article is to provide you with an update to the Centennial Park Transport, Access & Parking Plan (the Plan) and the success that the cycling community has achieved in opposing the Plan's initial recommendations. Thank you to the hundreds of cyclists and other interested Centennial Park (the Park) users who provided submissions to the Centennial Park and Moore Park Trust (the Park Trust), either through Cycle Centennial or directly. Thanks also to various journalists and web hosts who provided support through favourable media coverage. Together, we sent a strong and loud message that simply could not be ignored. Such a response certainly took the Park Trust by surprise & gave it less room to manoeuvre.

Many of the Plan's recommendations were vehemently opposed by Cycle Centennial, & by the wider cycling community generally as they would have adversely impacted the Park as an enjoyable and safe haven to cycle within. All of the opposed recommendations have been abandoned, and the Park Trust is seriously considering alternative recommendations put forward by Cycle Centennial. I'm pleased to tell you that we will not be subjected to the dangers of a contra-flow cycle lane, (parallel) parking on the outer perimeter of Grand Drive will not eventuate, nor will pedestrian crossings and other traffic calming devices be introduced. The Park Trust is now more acutely aware of the dangers posed by allowing dogs to remain unleashed within close proximity to Grand Drive, and it appreciates that we ride in bunches rather than packs. Most importantly, the Park Trust now recognises cyclists as a significant, and the largest user group within the Park, it is more willing to accommodate the Tuesday and Thursday morning and afternoon training sessions, and it is consulting appropriately with the cycling community going forward.

On the 19th of September, a Cycling Centennial delegation met with the Park Trust and Sinclair Knight Merz, the consultants that designed the Plan (the Consultants). The minutes of that meeting are available on the Centennial Park website. <http://www.cp.nsw.gov.au/research/consult.htm>. More information regarding the status of the Plan can also be found at http://www.randwickbotanycc.com/Cycle_Centennial.htm

I'd like to recognise the efforts of a few people in particular (and apologies to any I've missed, you know who you are):

Marty Renwick Marty got the ball rolling when we found out about the Plan and that we had only three weeks to organise submissions, and he ensured that the momentum was maintained.

Sam Reuben This is not the first time such a plan has been put forward, appearing to have the objective of eradicating training cyclists from the Park. Sam has fought similar battles with the Park Trust since the early 90s and is part of the four man Cycle Centennial delegation meeting with the Park Trust and consultants.

Fergus Neilson Fergus developed a most impressive presentation to the Park Trust and consultants, outlining our concerns with the Plan's recommendations and offering preferred alternative arrangements. Fergus is the cyclists' representative within the Park's Community Consultative Committee.

John Buckton As President of the Randwick Botany Cycling Club, John generated much interest throughout that club's membership. John worked closely with important delegates from the RTA and NSW Police, whose support we required, and is part of the Cycle Centennial delegation meeting with the Park Trust and consultants.

Armon Hicks Armon provided invaluable advice regarding suitable, successful political strategies for Cycle Centennial to adopt.

Rob Barnes Rob is also part of the Cycle Centennial delegation meeting with the Park Trust and consultants.

John Sunde John ensured that the broader cycling community became aware of the Plan's recommendations through various postings on www.cyclingnews.com.

Leo Schofield Thanks Leo, for the wonderful coverage in your Sunday columns which would have been read widely.

Bob Hampshire Bob spread the gospel in a most spirited and passionate manner, far and wide amongst many of the important people of Sydney town.

Various other journalists have also provided favourable coverage when most required - THANKS

The following two articles have been recently published in the local press outlining the status of the Plan.

The Daily Telegraph, Fri 07 Dec 2001

No Parking Meters for Park

PREMIER Bob Carr yesterday banned parking meters from being installed in Centennial Park and blocked a proposal to change its traffic system. The Centennial Park Trust was considering installing meters charging between \$1 and \$3 an hour, which would have helped with a \$4 million upgrade of the park's road network. But Mr Carr said many of the 600 people who gave submissions to a draft park management plan objected to having to pay to use the park. "Families come from across Sydney and from across the state for picnics, to ride bikes and to watch children play cricket and football," Mr Carr said. "Centennial Park is the birthplace of Federation and one of the city's greatest parks."

As well, Mr Carr blocked a proposal that would have seen cyclists and motorists travelling in different directions on the park's main Grand Drive, which was unpopular among some cyclists who felt it could be dangerous. This

system would have also removed cars from parking under the Grand Drive's main fig trees, which was compacting their roots and causing them damage.

Mr Carr announced that the Grand Drive would remain one-way. The park's draft transport plan is due to be adopted in February next year.

Sydney Morning Herald, Fri 07 Dec 2001

Centennial Park Meters Ruled Out

The State Government has rejected a proposal to install parking meters in Centennial Park, which attracts more than 3.8 million visits a year. The overwhelming view of more than 600 submissions was that the community should not have to pay to visit a park that had always been free. The Premier, Bob Carr, also ruled out a plan for Grand Drive in which cars would travel in one direction and bicycles the other.

Bicycle NSW welcomed the decision. Cyclists had warned the proposed "two-way" traffic could lead to fatal collisions.

The parking charges were proposed in a draft transport, parking and access plan for Centennial, Moore and Queens parks. The charges were included as an option to pay for the changes, which were designed to improve visitor entry and safety and to reduce the dependence on cars.

The Centennial Park and Moore Park Trust is now finalising other parts of the plan, including car parking under trees, improved traffic facilities and signage.

The final plan will be released in February.

Thanks again for your support

Steve

Centennial Park History Lesson

Extract from *Paddington Stories* by Andrew Starr and Janet Morice, courtesy of Suzanne Lyndon

"After the Centennial Act was passed in 1887, a decision was made to create a Centennial Park that would include a State House, on the suggestion of Sir Henry Parkes. He wanted a focus to be fixed on N.S.W. as Australia's centre, and the Great Hall within the State House would be the location of national assemblies. It was also to contain a mausoleum for people such as himself, who would be honoured by a state funeral. 'If our scheme is carried out, it will convert that particular portion of the surroundings of Sydney into one of the most coveted, the most fashionable and the most healthy suburbs of Sydney.' A competition was held, the winner submitted a design massively over budget, and the project was abandoned, but plans for the park continued.

Mr. Charles Moore, the Director of the Botanic Gardens, and Frederick Augustus Franklin, were both involved in the designs. Mr. Moore's were more formal, Mr. Franklin's adhered more to picturesque principles. Mr. James Jones, the head gardener of the Botanical Gardens, was in charge of the works, and came into conflict with Mr. Moore. He wanted to retain native flora but he was ignored, and the land was divided into half acre blocks, cleared by gangs totalling over four hundred men. The land was then manured, turfed and levelled. The sand soil caused problems with stabilisation, as well as making it difficult to plant some types of trees, but the park was opened in January 1988.

The Paddington entrance to the park was decorated with a splendid arch of evergreens (the main gate not being completed until the end of the year) and an estimated 40,000 attended the opening. The actual site for the opening was enclosed with a brush fence, to which only the aristocracy was admitted. Moore was determined to discourage 'loafers and wasters' so very few pedestrian gates were built. **Moore considered his park a place of passive recreation for the upper classes. The main drive was to be a carriageway and genteel horse riding was encouraged, while the predominantly working class sport of bicycle riding was prohibited.**

There were draconian by-laws. It was forbidden, among other things, 'to climb trees or fences; lie on seats; walk on the grass bordering any path; engage in any game, train for any race, or throw any stone or missile; light fires or annoy visitors; conduct any performances or entertainment of any kind; or to gather or meet publicly together in any way in a group consisting of more than nineteen persons.' Drunks or people of bad character were also forbidden to enter the gardens, and perambulators were not allowed since they disfigured the walks. As a concession to the disabled, those confined to wheelchairs who successfully applied for 'a special order' could enter the gardens when the walks were dry. When the Paddington Council organised a public demonstration in the Park, to aid flood victims, Moore only reluctantly, granted permission. Picnics were only allowed in the park from 1894, and they were subject to the same rule."

Tour Down Under Web Site

With the lack of free to air TV coverage yet again this year, those of us in non-South Australian states will be looking to the web to keep us up to speed on the latest results from the Tour Down Under.

Naturally you can checkout www.tourdownunder.com.au but where's the fun in that? Phil McKnight will be hosting a web site covering his and other SCC member exploits during their TDU trip. www.nyccolor.com.au/tdu2002 will be updated daily with news and pictures. Check it out!

Race Secretary's Report



Hi all,

I am the club's new race secretary for this year. My name is Tanya Bosch. I have been around a while but only a full member of the club 1 year. For those who know me I am enthusiastic about racing and am keen to see more members of the club racing the club races or even trying opens. I am here to help.

Many thanks and much appreciation goes to Steve Hobart for all the work he has done in the last couple of years. Thanks a lot Steve and all the best for your racing this year.

The handler issue needs a mention. Four handlers are needed for the time trials and here are their jobs:

- 🚲 The **Chief Handler** is the person mentioned first in the list. They are responsible for taking registrations, determining the start order and calling the riders to the line. They then are to return all results to Tanya Bosch.
- 🚲 The **Start Timer** has to coordinate stopwatches with Finish Timer then counts down each rider. It is best to call out 15 sec, 10sec, 5..4..3..2..1..go! When finished with the start, go and help the finish timer.
- 🚲 The **Finish Timer** needs to record the finish times of the riders. It is best if they know the riders. Once they get help one can read the stopwatch and one can record and anyone can help to identify the riders.
- 🚲 The **Holder** has to hold the riders up. It is best done by gripping the back wheel with the knees and holding under the seat. Please hold in a balanced position and respond to the request of the rider to tilt to the right or left. When finished go and help the finish timer.

Handlers will receive 6 points for their first job and 1 point for every job after that. Each time they help they will go into a draw to win something big (yet to be announced).

I will be helping for the first couple of times but after that I will leave it in the capable hands of the club members. No committee member will handle as they already do enough.

Handlers will be reminded the week before their duty. If they cannot do it they have to organise a replacement and let me know please. If some handlers don't turn up, and there is no one willing to do it, the race will be cancelled.

Time trial registration is to take place between 6.30am and 6.40am at the start. No registrations after that and the first rider will be off at 6.50am sharp. There are no restarts for missed starts. You can also register by email with [Tanya](#) by 6pm the previous evening except for when I will be away which is from 20th March to the beginning of May.

Could those who are intending to enter opens please notify me and those who haven't raced, but want to start, or who want more experience, please let me know as Leigh Ringrose will be running a training session on Wednesday mornings on "Introduction to Racing".

For new ideas on the race program I would love your suggestions. I will write about those next issue.

Keep those legs spinning!

Tanya

For Sale

Time Trial Bike

Reynolds 653 Low Profile Frame, Profile Aero Bars with Remote Shifters on Bars, Rear Disk Wheel (Tubular), Roval 18 spoke Front Wheel (Tubular), Shimano "Biopace" Crankset, Spare Training Wheels, Ideal for Club TTs

\$350.00 ono, Contact Phil McKnight- <mailto:porterbg@ozemail.com.au>



Minoura Magturbo III Ergo

Quick Release Ergo Unit, Folds up for Compact Storage, Excellent Condition- Hardly Used

\$150.00 ono, Contact Phil McKnight- <mailto:porterbg@ozemail.com.au>



Club Calendar

Day	Time	Venue	Comments
19 th Jan.	18:00	Dunc Gray Velodrome	Sydney Cup on Wheels, \$12.50pp
20 th Jan.	05:50	Central Station	Mt Hay MTB ride. Meet 05:50 at Central Station. Contact Tanya Bosch for more information.
27 th Jan.	06:30	Cannons	Wollongong return day tour via National Park. Contact Richard Dodds for more information.
9 th Feb.	06:50	Cannons	1 Lap TT (8/7/.../1) Handlers: Tanya Bosch, Steve Hogg, Stephen McMillan & Kate Rowe
16 th Feb.	06:50	Cannons	SC TT (8/7/.../1) Handlers: Tanya Bosch, Con Roubis, Ross Theo & Julie Howard
17 th Feb.	TBA	Central Station	Springwood to Emu Springs via Cripple Creek MTB ride. Contact Chris Hille for more information.
2 nd Mar.	06:50	Ocean St Gates	LC TT (8/7/.../1) Handlers: Tanya Bosch, Eddie Bosch, Tony Johnson & Craig Warner
9-10 th Mar.	-	-	Polaris MTB Challenge. See http://www.polarismtb.com.au or contact Eddie Bosch on 9369 1436 for more information.
16-17 th Mar.	-	Jindabyne	SCC Snowy Mountains Tour
22 nd Mar.	06:50	Ocean St Gates	Ex TT (8/7/.../1) Handlers: Peter Montford, Chris Hille, Rob Hood & Richard Kerr
6 th Apr.	09:00	Yanderra	Hilltop Round 1 (12/11/.../1) Handlers: Peter Montford & TBA
6-14 th Apr.	-	Manilla to Walcha	RTA Bicycle NSW Bike Ride See http://www.bicyclensw.org.au/bigride.php or contact Malcolm Wade for more information.
14 th Apr.	-	Canberra	NSWCF Canberra to Goulburn
20 th Apr.	07:15	Heffron	criterium Round 1 (10/9/.../1) Handlers: Leigh Ringrose & Meg Croft
4 th May	06:50	Cannons	1 Lap TT (8/7/.../1) Handlers: Steve Hobart, Doc Guthrie, John Kearney & Heydon Miller
11-12 th May	-	Bathurst	Inaugural Bathurst Women's 2 Day Tour 4 grades incorporating U19, Women's and Masters Women's Individual Time Trial Championships.
11 th May to 2 nd Jun.	-	Italy	Giro d'Italia, http://www.cyclingnews.com/results/2002/giro02/index.shtml
6-28 th Jul.	-	France	Tour de France, http://www.letour.fr/ and http://www.cyclingnews.com/results/2002/tour01/
7-29 th Sep.	-	Spain	Vuelta a España, http://www.cyclingnews.com/results/2002/vuelta02/
Regular Rides			
Tuesday	06:00	Cannons	Watsons Bay hills ride, approx. 25km. Eastern suburbs hills and in-between flat bits. Faster riders wait up at the top of Military Rd. for new kids/the hill-challenged. Back at approx. 7am to Bar Coluzzi (<i>café</i>) in Bondi Junction.
Wednesday	06:00	Cannons	Coaching session focusing on developing rider fitness and general riding skills. Popular change is one lap of the Olympic road course.
Thursday	06:00	Cannons	Foreshore Road/La Perouse, approx. 35km. Fast clip [35-40ish] with three even faster [40-55km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Saturday	06:30	Cannons	La Perouse ride, 45km. Two bunches leave the park rolling easily until Foreshore, then the first bunch picks up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. Second bunch does the same route at a slightly slower pace with an emphasis on bunch riding. All round off back in the park for coffee about 8.20am <i>or</i> Regular Time Trials, Criteriums or Road Races as per published calendar in latest newsletter. At the conclusion of TT's all members are invited to attend a bunch training skill session, starting at 07:45 at the Cannons.

Sunday	06:30	Cannons	Waterfall ride, 90km+. Medium to hard ride, out at 28-35km, some turn round at Sutherland (60km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120km) or back through the Royal National Park (110km). Main bunch U-turns, pacelines back to Sutherland, collects the stragglers, then a fast ride back to the park for breakfast. <i>or</i> a more medium paced ride, medium/average fitness level. Same route as above or maybe Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80km) or maybe even Sutherland, then back via Como and Hurstville (70km). All rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:30	Cannons	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 thereafter. 1 point will be awarded for riding and finishing the event.
 Penalties for Drafting or Breaking in TT's will be 30secs.
 Registration for TT's at start by 06:40; first rider off at 06:50 SHARP!
 No restarts allowed for missed starts.
 Race Sec's decisions are final. No correspondence entered into.

Trek Team Report

By Graeme Moffett

Welcome to a new year of Trek / SCC team reports.

With NSW and Australian season becoming further fragmented the line between one season and the next is becoming increasingly blurred. After a very few weeks break some members of the Trek team were training again for the "Be Active Cycle Instead Criterium Series" held in Perth between Christmas and New Year.

Three members of the Trek Team: Danny Rutherford, Brian Appleyard and Graeme Moffett were ably accompanied by former Trek sponsored rider and now 2002 Panaria Italian Professional Graeme Brown. The team was co sponsored by Trek's exclusive Western Australian dealers, Bike Force.



Many European and American Professionals were competing in the four race series: Henk Vogels, Jan Koerts, Brad Davidson, Mat Wilson, Baden Cooke and Hilton Clarke just to name a few. With this quality field and tight short circuits the racing was always going to be very difficult. Approximately 15 riders of the 60 starters finished each of the events. Danny Rutherford rode extremely well to support Graeme Brown throughout the series, finishing all the races in the bunch.



Graeme Brown provided the Trek team with some great results for the week with a first, second, third; fourth overall and sprint jersey wins. Graeme Brown had a great battle with Hilton Clarke for the sprint king title and only won the jersey at the last sprint of series.

With some hard racing so early in the season the

Trek team members are hoping to be in great form come the eventual start of the season.

We look forward to a great year of racing with the Sydney Cycling Club.



Team Trek at the SCC Xmas Dinner