



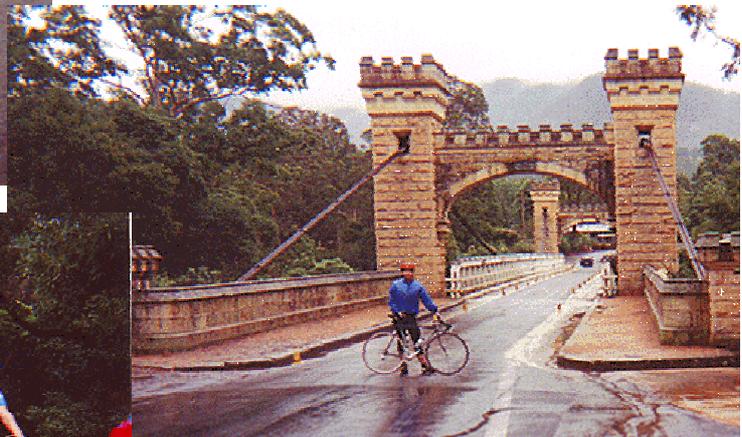
The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
June 2001 Edition



Inside this month's 14 page edition:

From the President's Chair.....	2
From the Secretary's Desk.....	3
Editor's Column.....	3
Tour Secretary's Report.....	4
Message from our Club Patron	4
Social Secretary's Report	5
Skills for Safe & Skilled Riding	5
Kangaroo Valley Tour Report.....	6
Race Reports	7
Trek Team Report	9
Tour de France Tipping Competition	9
New Project - A Club Guide/Handbook	10
SCC Website Statistics	10
SCC Contact List	10
Race Secretary's Report.....	11
News from the Bunch.....	11
Club Calendar	12
SCC Event Results	13
2001 Progressive Point Score	14



Scenes from the Kangaroo Valley Tour

Important Notice - Sunday Ride Start Change

Can all members please note that due to increased bunch numbers it has been decided to move the **Sunday ride** start from Randwick Gates of Centennial Park to the **Cannons**, in line with all other SCC rides.

This change will be in affect from **Sunday, 23rd June**.

From the President's Chair



Postcard from Hong Kong

After recently spending time in Italy and Sydney in very friendly cycling environments, it is a bit of a shock to come to Hong Kong for a 10 day teaching assignment. It is hot and sticky and the closest I have come to cycling, is to follow the Giro on the web (www.procycling.com), keeping up to date with the latest UK Cycle Sport and having long discussions with my committee over cycling issues. Just as winter is around the corner in Sydney, the racing season is starting to hot up in Europe and Australia. The boys from Team Trek Australia (www.tba.com.au) have been in the placing's recently and we wish them well for the rest of the Australian season.

The committee is working very hard to improve our club and the outcome of a number of the initiatives is reflected in this newsletter. First, the establishment of a number of men's and women's Team Time Trial groups to compete in the upcoming state titles. Second, the start of an [assessment clinic](#) for potential new members. Dave Clarence is running this and we look forward to a successful program for prospective and new members into the club activities. Third, part of the winter range of clothing has arrived. Unfortunately there was a bit of a hiccup with the supplier and this is now being sorted out.

Fourth, the SCC Tour de France [tipping competition](#) and [celebration dinner](#) is well in hand. Start doing your homework. Will the Olympic champion, Ullrich, stop being the bridegroom? Will Lance do it three times in a row? Will a Frenchman win a stage? Will one of the Aussies be in yellow? Will Fassa Bortolo be the top team in their first year in the tour? Will Paul and Phil get to ride all the famous climbs in the French Alps and Pyrenees on their 2 week Baxter's Tour de France trip? With prizes of up to \$500 from our sponsors, Clarence Street Cyclery (www.cyclery.com.au), this is a worthy competition to enter.

Fifth, we have a record number of SCC members participating in NSWCF Opens during the remainder of the road season. So far, 12 members have signed up for Rosemont. If you are keen to have a go, please contact our Race Secretary Steve Hobart (shobart@comtech.com.au).

Sixth, on the communication front, the SCC Bunch Etiquette book has now been distributed to every member (some twice). This is a booklet about riding tips to help you stay on your bike and friends with the bunch. A must to read, absorb and hopefully change our attitudes and skills to cycling. The feedback has been nothing but very positive. Seventh, on a similar line, this month sees the start of a more long-term project to document the club history into a complete Club Guide and Handbook. See Lea-Ellen's [article](#) further on in this newsletter.

Eight, the Committee decided to spend some money on software to support the newsletter; I have already seen a number of major improvements because of this investment. Our newsletter must be one of the best in Sydney, if not Australia.

Ninth, you will have seen a large notice on the front page about our **Sunday Start** venue changing. Due to the large numbers of riders we have congregating at the Randwick Gates it has been decided that, for safety reasons, the start of the Sunday ride be moved back to the **Cannons**, the same place we start all our other rides from. Of course, we'll roll out via the old Randwick Gates so anyone waiting will be picked up then.

Tenth and lucky last, the SCC is about its members and organized activities. The committee recently agreed to help support approved member activities. The following is an indication of the financial support you can expect from the club:

\$50.00 petrol allowance	1 day tours
\$100.00 allowance	weekend tour with less than 15 members
\$200.00 allowance	weekend tour with more than 15 members
\$300.00 allowance	Xmas party
\$200.00 allowance	Picnics etc.
\$100.00 per event	less than 3 members federated racing event (including titles)
\$200.00 per event	3 or more members federated racing event (including titles)
\$300.00 per event	7 or more members federated racing event (including titles).

I have had a thought as to a way to raise money for the club. Recently Mario Cipollini rode on his Limited Edition Cannondale Black Lightning in the Giro, also his teammates wore matching Black Lightning uniforms on their similarly equipped black rides. They were fined \$3000. Maybe on the SCC jersey rides we could instigate a similar penalty reign, say \$20 for not riding in full SCC gear. What a way to raise funds...only joking of course!!

As I write, Phil Liggett our club patron has just [communicated](#) with the club and Phil McKnight and Paul Rigby have written that they are doing some last minute training for the Tour de France by doing Waterfall Hill intervals!!

At least whilst I am in Hong Kong, I can dream about this years Giro, the upcoming Tour De France, my own riding in Sydney and Italy!! Oh what dreams, we are lucky to love bike riding and have such a wonderful group of people to share my passion with!!

Doc

From the Secretary's Desk

New initiative for Club Safety – You are invited to Help

Dave Clarence, assistant race secretary of the club, has been appointed to fill a casual vacancy on the SCC committee. Dave was appointed to help ease the transition of new members into the club. The committee has asked Dave to assess potential club members for riding safety. Dave is an extremely experienced rider who has helped many new riders during his membership of the SCC. (Dave also demonstrated at Hilltop that he could ride the rollers – “no hands” a very impressive sight for those of us who own rollers).

Tanya Bosch, fellow assistant race secretary of the club, and a level 2 cycling coach, has also generously volunteered to help with the new bunch.

Existing SCC members are invited to join the bunch, whether as a new cyclist who wants to learn a few more skills, or as an already experienced cyclist willing to pass on their hard won expertise.

The club will be holding an assessment bunch ride approximately monthly, as demand dictates. Potential members of the club will be asked to attend these rides, rather than riding with the normal bunches.

While the purpose of the assessment bunch is to assess prospective members for riding safety, it also aims to reinforce basic skills while demonstrating the art of riding safely in a bunch. Membership forms will only be sent to cyclists assessed by Dave as safe to join the bunch. Riders assessed as needing to acquire more bike skills will be encouraged to do so before joining the club.

If you are already a member there is no need to panic, your membership status is assured!

The bunch meets at the Duck Ponds at 6.30 am when rides are scheduled. Rides will occur according to demand, but probably about once a month. The first day of the ride will be confined to the park, and the second day will go out on the road to practice bunch skills "at the coalface".

If you would like to learn from, or help to teach this bunch, your attendance is welcomed. If you have any questions about the assessment ride or would like to help out, you can contact Dave Clarence on dkclarence@ozemail.com.au

George

Editor's Column



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

And what a month it's turned out to be. Your monthly SCC communiqué turned into a marathon edition this time around will small but informative articles appearing from left and right as the deadline approached. Normally I would try and bring them to your attention here in the Editors Column but I think this month you'll benefit by flicking through the

magazine in its entirety so I'm not going to highlight anything; it's up to you to read the whole lot!

One big thanks I will hand out. Pete Scott is always there with his photos, scurrying up and down the road with his little disposable camera. It's a thankless task and one he has done for sometime now without any major recognition. Thanks Pete; it's your photos that make this magazine what it is and I'm sure we all appreciate the effort.

'til next month, take care on the road.

Malcolm

Waxing or Shaving?

If you are tired of bending over in the shower every second day to keep those legs in shape, why not Wax instead? You only have to Wax every 4-6 weeks to keep the growth in check.

Have your legs Waxed by a professionally trained therapist at Glebe for only \$25

Call Kristie on 0407 66 88 05

Tour Secretary's Report



The touring highlight for May was the Kangaroo Valley tour and you can read all about it in the [separate report](#). Other special rides include the ones to Galston Gorge and Stanwell Tops with Eric Waddell – who should now have clocked up a few extra km on his mates in Quebec. Eric is still keen to organize a cycle tour of Quebec for about this time next year. If you think you might be interested then let me know. It is never too early to start planning.

The Hunter Valley Tour and Rosemont Open: 30 June – 1 July

Time to make a commitment and pay some money - \$70.

The Hunter Valley is a popular tour with many people taking the option to race on the Saturday and tour on the Sunday or just tour all weekend. I had a good response to the emails I sent out last week and there are about 22 people who have indicated they will be coming along - at least 11 of whom will be racing on Saturday. I haven't set the touring routes as yet but weather permitting we will be aiming to ride out to view the race start on Saturday morning and to cover about 100 - 120km on both the Saturday and the Sunday.

This year we will be staying in motel accommodation - Sovereign Motor Inn, 62-68 New England Highway, Muswellbrook. **The cost will be \$35/night/person on a twin share basis. I need to confirm the booking at the Motel. Can everyone who said they will be coming please get some money to me before June 15.** Either give me \$70 while we are out on a ride or forward me a cheque made out to the Sydney Cycle Club (Meg Croft : 3 Kennedy Street, Kingsford). If you do not get the money to me then I will not be booking you a room!

If you are not on the list below and would like to come along then please contact me ASAP.

Racing : Alex Simmons, Rob Hood, Sam Reuben, Pete Scott, Tony Johnson, David Pye, Jochen Schroeder, Alan Revell, Stan Genakis, Simon Kenny, Andrew Hudson and Mike Avakian.

Touring etc: Jamie Bedford, John Kearney, Richard Dodds, Breeda Kelly, Monique Batterham, Marguerite Young, Julie Avakian, Debbie Pearce, Ruth Lax, Julie Howard, Lyndall Hudson and me.

Meg

Message from our Club Patron

Hi, Guys in the SCC!

Tour de France time is looming and although there is plenty of discussion about the wild cards, at least the Aussies should benefit. Big Mat in, means Pat Jonker and Jay Sweet should make the selection, although Henk Vogels won't with Mercury-Viatel not making the cut, when I felt they should have.

There are some new staff at the Société du Tour de France, so you may all enjoy a laugh - they refused my accreditation in May because I didn't send them a picture of my Press card! I dropped the guy a note and said it was my 29th Tour, but I didn't mind staying at home.

It should be a good race this year, but with a few of the old hands missing, the race is ripe for a few surprises. On paper it should be a two-man race between Jan Ullrich and Lance Armstrong, but I've seen too many races to know that things can go wrong.

As I write this, I'm covering the Giro d'Italia for American TV. For this reason I'm based in the States and do it via satellite each day! Still, it's a living.

Enjoy your "winter" - it hasn't stopped raining in the US yet.

Phil



Social Secretary's Report

As the cooler mornings roll in, it is so easy to feel like hibernating . . . but don't! Check out the list of up-coming tours, club races and social events to give you lots of reasons to pull on the winter woollies and come on out!

To recap the last months, I'd like to firstly give my thanks to Meg Croft and Allen Revel for organising a fantastic weekend in the Kangaroo Valley. I have often sped through Berry and the Valley turnoff on the way down the coast; this was the first time I had the chance to weave the 'Pug' through the switch backs into the quaint 'village'. I can only hope that the weather is better for those of you joining the Hunter Valley Tour at the end of June. Eric Waddell has been and gone, and the May dinner was well attended. The food, service and company equalled a very pleasant evening and what seems another discovery of a great venue for SCC functions - keep the O Bar, Surry Hills in mind for our Trivia Night.

As we wait impatiently for the beginning of the measly SBS coverage of Le Tour de France, we farewell several club members who are heading over for some action first-hand. Stan is currently putting together the rules for a tipping competition with winners to be announced and awarded at our dinner in August.

There are some social fixtures which you will recognise but a new addition which I am keen on getting some feed-back for. I went out to Eastern Creek a few weeks ago and had a fab time burning around the go-karting track out there. It is possible to book a 'corporate' day - with organised races, time trials and trophies - I'm sure we could pack in some solid racing on the track after a Sunday ride and finish it off with a few beers at the pub to exchange stories and victories. There would be racing opportunities for kids as well. All equipment is provided including gloves, helmets and suits. It's heaps of fun and quite safe. If there's enough interest I'll pursue it. The cost of course will depend on the number of people - a rough estimate should be \$50-\$100 a head . Please e-mail me if you think you like the sound of it.

To all those new club members who haven't been on a tour or to a social event yet, now is your chance. Put your hand up and come along. We look forward to seeing you there. It is a pleasant challenge to have to keep looking for larger venues as the functions become more popular.

So, now it's time to dust off those diaries and book in some events for the following six months:

August	Tour de France dinner	Friday 3rd August (keep your eyes peeled for the tipping competition from Stan Genakis)
September	Trivia Night	Friday 7th September
October	Go-Karting at Eastern Creek	Sunday 15 October (would like some e-mail feedback on this one)
November	Annual General Meeting	Tuesday 13 November
December	Christmas Function	Friday 14 December

I'll be sending details via those e-mail invitations I've been using and requesting pre-payment for the functions. Keep checking your e-mails and the newsletters for details of costing and venues for these events.

Here's to thermal underwear,

Sam

Skills for Safe & Skilled Riding

The club is making a concerted effort to make sure all new riders are prepared for riding in the bunch. Experienced riders however still make mistakes. Every rider should be continually working on his or her skills.

Test yourself against the following skills:

- ☞ To be able to ride in a straight line with one hand looking over the right shoulder.
- ☞ To be able to bunny hop sideways in an emergency (not recommended as a regular habit in the bunch).
- ☞ To be able to ride no hands (again not recommended to do in the bunch).
- ☞ To be able to judge pace without use of cyclometers and HR monitors.
- ☞ To be able to ride within 25 cm of a wheel and to be able to hold that distance even with changes of pace by adjusting pedal pressure but not by stopping pedalling.
- ☞ To be able to lean while riding on a person of the same size without falling.
- ☞ To be able to get out of the saddle smoothly so as not to hit the wheel behind.
- ☞ To be able to manoeuvre the bike in tight situations at a slow speed of 4 Km/hr.
- ☞ To U turn confidently on a narrow road at 15 Km/hr +
- ☞ To be able to engage the cleat on the first pedal stroke on a 10% gradient hill.
- ☞ To be able to disengage the cleat confidently in the last second of stopping.

Kangaroo Valley Tour Report

By Meg and Richard

It was a memorable weekend. There was excellent riding, fine food, good accommodation, quality wine and a good bunch of people. Rather than cycling down to the Kangaroo Valley as in previous years the group drove down and spent the weekend riding out of, into, out of and around the Valley. Those of you who stayed in Sydney may remember the weekend as being wet but those on tour thought of it as a very heavy mist whenever possible. Alan, Frank and Walter headed down to the Valley early on the Friday to get in a bit of a warm up ride, check the grade on the hills



and to make the place feel like home – how many times have you been greeted by a map and a Snickers bar on your pillow? The rest of the group of 23 turned up as the night rolled on or early the next morning. The Tourist Park has gone through a major upgrade to award winning status and we enjoyed new cabins with ensuites and all the mod cons. The women were particularly happy when they scored the luxury cabin complete with big red lounge.

The ride of the weekend was the Saturday ride and Alan and Monty put a lot of thought into planning it and ensuring that there was a ride option to suit everyone from 117 to 170 km. The ride option map itself is a work of art and good enough to post on our web site. The morning was cool and damp and a low fog hung in the Valley. The hardest decision of the morning had to be whether to ride up the hill to Fitzroy Falls or drive up. About half of the group opted to give their lungs and legs a work out and ride the 10 km hill while the other half took much joy in watching the expressions on the faces of the people doing it hard. The riders made their way out of KV at a steady pace in eager anticipation for what was ahead. A cruel piece of road where just as you think you're almost at there, you turn a bend and there is another climb. After regrouping we headed around to Kangaloon via Robertson and looped back to Fitzroy falls. There were a few nasty little pinches along the way and Sam Reuben demonstrated the old "drop your sunglasses play" a few times to have a bit of a break on the hills. The countryside was really beautiful and green and the roads in good condition. There was also a nice descent to compensate for the uphill.



After morning tea and a group photo at Fitzroy falls we headed on toward Bundanoon. We were about half way there listening to the rumble of thunder and seeing the flashes of lightening when we heard an explosion and

realized that it was the end of Sam's tyre. The old \$5 note trick couldn't save this tyre – and of course the American Express card was useless. However it was nothing a congregation of seasoned racers couldn't fix (they looked just like a council work crew). Luckily Alan had a spare single that the boys were able to glue in place to keep Sam going. As the sky got darker and the rain started to pour down we rolled into Bundanoon and descended upon the Post Office Café. We were wet, cold and hungry so the soup and coffee went down well. Heydon and Sam rang for a cab and a few

people decided to wait for the cab and shuttle option. The rest of us convinced ourselves we weren't really cold or wet and started to ride back. It was pretty wet the whole way home which made going down the hill from Fitzroy Falls rather interesting with slippery corners, reduced breaking power and fatigued hands from the wet and cold. However, we all made it down in one piece and in spite of the steady rain a group managed to get a mini pace-line going after Pete Scott came past at a blistering pace. We ended up riding 135km rather than the planned 170km but I think everyone felt they'd had enough.

The showers were good and hot and after such a big day everyone was in the mood for a huge night out. The Pub was great and the food and service at Dekahir's restaurant was spot-on – highly recommended if you are ever visiting KV. The final words in the girls' room on Saturday night probably best summarise the collective sentiments of the day – *"it is so good to be horizontal at last"*.

Most of us thought it was raining on Sunday morning and some people decided to head home but at Pete's insistence a few of us did see a gap in the clouds that lasted for the 10 minutes in which we rode out of the Tourist Park. Alan lead the ride from the comfort of his truck letting us know at intervals how warm and cosy it was inside. We climbed Bellawongara out of the Valley towards Berry, travelled across the top of the ridge, Tourist Road, and then descended Cambawarra back into the Valley (30km). We were pretty well soaked through.

The rain had stopped by the time we returned to the Valley and met up with Suzanne and Monty. Kelvin and Tony were the only ones they could tempt with a ride to the dam. Kelvin clocked up the most kms of the Tour being the only one who actually went to the bottom of the dam -

even Tony had had enough and couldn't face the thought of the climb out of the dam.

The Kangaroo Valley is a beautiful place and only 2 hours from Sydney, a place the club should probably visit more often. In fact there are a few people so

inspired by the Tour that they are heading back down there ASAP to do the hills again – in the dry.

A huge thanks to Alan Revell as KV Tour Director, he certainly knows how to put a good weekend together. Any chance we can convince you to run a lodge in KV Alan?

Race Reports

By Wayne Eastburn, Pete Scott and Alex Simmons

Canberra Tour 12 & 13th May, 2001

The Canberra Tour seemed like a good idea until 5 minutes after the start. A field of about 80 lined up at the start of the first stage. Everyone was a contender but I think as the results show most were pretenders. For anyone who hasn't raced the tour the ride is either flat out downhill or a grovel uphill. As everyone will be well aware a full bottle is essential for every race too bad some of us drop them after 2 km, it makes for a hard ride.



Stage 1

Straight from the start everyone wanted to be at the front with only room for 3 abreast. Obviously it was push and shove and hope for the best. At the start of the first climb up Mt McDonald the pressure was on and the field immediately was strung out. The 3km climb soon sorted out who were the strong and who were the weak! From here on we both had a lot of catching up to do. For the next 10 km the chase was on but to no avail the next climb was there to hinder the chase. The stage was almost over but still more suffering before finishing 4 and 7 minutes behind.

Stage 2

After 2 hours of trying to eat sleep and stay warm Stage 2 was ready to start but were we? Stage 2 is 2 laps in reverse of Stage 1 so more suffering was to come. After a somewhat sedate start to the stage we were again going uphill. After reaching Uriarra Crossing the accelerator pedal surely went full on. After getting dropped by the top, both trying to get back on with Pete the only one to succeed. For Wayne the stage was S^%t!! For Peter the stage was not yet finished he continued to stay with the bunch until the climb up to the start of the second lap. It felt like a lifetime to the end of the second stage with us finishing 8 and 25 minutes behind the stage winner.

The only success of the weekend came in the choice of the Saturday night restaurant. The Three Maids Thai restaurant was a winner too bad for us!

Stage 3

We once again faced another cold start to the day a cool 6°C with the field somewhat diminished down to about 60, and yes we are still both going (STRONG) YEAH SURE!!! The final stage is the hardest by far but how long can we cope. The answer was soon to come. After 10 km Bloody Pierces Creek hill was to come. The equivalent of Audley was our first obstacle for the day. By the time we reached the top we were again suffering. What's new. Wayne finally got back on after a long chase but this time it was goodbye Peter. At the turnaround Wayne was 1km behind with Pete another 1km behind that. The ride to the finish was to be a long hard effort but the finish line was a complete relief. This stage finished with us 11 and 15 minutes behind. BUT we had both finished.

We would also like to mention the oasis that was run by Mr And Mrs Ingram from The Sutherland Club whose son Glen was also racing with us. They looked after us like sons and made sure we had whatever we needed. It is good too see such kindness when needed, regardless of which club you race for.

.....and the winner was

Name	Club	Stage 1	Stage 2	Stage 3	Total Time
Adrian Swift	Melville WA	1 hour	2 hrs 8 mins	2 hrs 3 mins	5hr11mins 48secs

.....and then there was us!

Name	Club	Stage 1	Stage 2	Stage 3	Total Time
Peter Scott	Sydney	1 hour 7 mins	2 hrs 16 mins	2 hrs 18 mins	5hr42mins 51secs
Wayne Eastburn	Sydney	1 hour 4 mins	2 hrs 33 mins	2 hrs 14 mins	5hr52mins 38secs

Overall great fun, lets have a few more Sydney riders next year.

Wayne and Pete

Sid Demery Memorial 110km Handicap, Wagga CC.

Sydney CC was represented by:

Brian Appleyard, Nathan Blackman, Graeme Moffett, Matthew Smithson, of the Trek team (all off scratch), and myself (at 24 minutes). Our affiliated international, Joachin Schroeder (Team MTV Bad Bevensen) also rode and started from chopping block at 6 minutes.

Conditions were pretty good on the undulating race circuit with a head wind prevailing for most of the race.

Brian had a good weekend, with 2nd fastest time, in a race record time of 2 hours 24 minutes (45.8 km/h average). Despite the record pace, scratch (and block) did not catch the leading bunch which was made up of the 16 minute, 24 minute and limit bunches which came together at the 80km mark. Joachin rode well and finished with the scratch/block bunch (ride time of 2 hours 30 minutes @ 44 km/h).

Unfortunately, my ripcord was pulled with 15km to go so I missed the finish and crossed the line with a ride time of 2 hours 55 minutes (37.7-km/h average).

All the Sydney CC members attended the presentations at the pub that evening and then the Trek boys, their support team, Joachin and myself enjoyed a fun evening at La Porchetta's restaurant. Plenty of pasta, pizza and fluid of the red and amber variety was consumed while retro music videos playing on the TV screen provided several hours of entertainment between some rather interesting tales of past exploits of the Trek team members (and as they say, what goes on tour, stays on tour).

John Woodman (Wagga – Albury) Lavington CC Handicap, 135km.

All riders were greeted by a beautiful Wagga morning (a bit too bright for some), with racing conditions just about perfect. All SCC riders (except myself) backed up from the day before with the Trek team once again starting from scratch and Joachin on block @ 7 minutes. I did not ride, as I was driver for the day.

The racing was fast, with all groups coming together on the final climb 10km from the line. A fast finish following the descent was assured, and for the 2nd time this weekend Brian Appleyard was 2nd in the sprint, this time collecting 2nd overall and 2nd fastest time. Joachin Schroeder also rode well, taking 7th place.

The presentations in Laverton were well attended before packing the kit and the long drive home from Albury. All in all, a good weekend.

Alex

Member Notices

Women's State TT Championship

Calling all Women riders. The club needs you! The State Team Trial Championships are being held on Sunday 2nd September and the club would like to enter 2 Women's teams.

What is a Team Time Trial? It is a time trial where a team of 4 riders work together over a distance (for the women) of 30km to register the best time possible. One rider can be dropped if necessary as the time is taken from the 3rd rider across the line

Where is it? It will be held at Calga riding north to Peats Ridge and back again.

What's involved in the training? We will be training together once a week for an hour and we will have 2 rehearsals at Calga before the event probably on 2 different Sunday mornings. We are starting training on a day agreed upon at the info night (see below) in the week starting 18th June.

I don't think I'm fast enough. Do you still want me? Yes even the training will help you learn pacelining, how to pace yourself and will make you feel very much part of the team. The Number 2 team will be entering for the experience. This is very much a team thing that's why the women enjoyed it last year.

Who will be helping us? Tanya Bosch who coached the women's team last year.

How can I learn more? By coming to the info night and dinner at Tanya's place on Thursday 14th June 7pm to 9pm. RSVP Tanya 9369 1436 or 0419 217 974 or onyabike@ozemail.com.au

Mid-morning weekday rides

Kevin Crowie writes "I wonder if you could help me link up with club members who might ride Tuesdays, Wednesdays and Thursdays between 8.00am and 11.00am."

Any members interested in riding with Kevin during these hours should contact him directly on 9566 2660(h), 0438 052 050 (mobile) or kevin@offsetpine.com.au

Trek Team Report

The month on May, finally, saw the NSW open racing season kick off in earnest. The first major race for the month was the Canberra 3 day tour. Five members of the team participated in one of the hardest tours in Australia. This race saw the return of Jono McCormack to NSW racing. With only a couple of months training under the belt Jono made both major breaks of the race on the Saturday afternoon and the killer stage over Fitz's hill. With glimpses of the form which took Jono to the National Junior road title showing through, the end of season promises to be very positive for your Trek/Sydney rider. Anthony Challinor ended up in the top 15 overall, a great result considering the toughness of the terrain and the 85 plus strong field.



The following weekend was the first of the handicap races of the year with the Eurobodalla Cycling festival. Brian Appleyard once again proved he is a man on form with a third in the criterium and third fastest time. Jono and Mat Smithson both made the break in the road race, where Mat eventually finished second. Everyone there or thereabouts.



The Ken Dinnerville handicap at Dapto proved to be a frustrating day for the scratch and block groups. A few handicap errors ensured that the limit markers were never in sight, although Trek/Sydney rider Jono McCormack ensured a result with the fastest time. This weekend saw the return to racing of Graeme Moffett who has been off the bike for some time following an accident at Heffron.

Whilst have the team was competing in the Ken Dinnerville the rest of the boys were challenging the Westerners at the Tour of Perth. Brian Appleyard and Anthony Challinor finished 9th and 10th overall with Brian gaining two 4th places on two of the stages. Some dodgy dealing occurred, when 5 of the Glen

Parker team were allowed to continue after failing to finish the second stage.

The next big object for the Team will be the Mt Isa Challenge in Mid June. One of the richest races in the country, the Trek Team are hoping for a repeat victory for Trek team rider, Nash Kent.

Just a side note to finish, the three members of the team, Graeme Moffett, Anthony Challinor and Nash Kent who participated in the SCC Tuesday morning ride very much enjoyed the ride and will be looking forward to getting out there again.

Graeme

Tour de France Tipping Competition

Winner(s) to be announced at the Tour Dinner on Friday 3rd August

Winners will be calculated using a points system for 1st to 3rd place - 6 points for picking 1st place, 4 points for 2nd and 2 points for 3rd. The Member with the most points at the end of Le Tour wins. Prizes will be awarded, courtesy of Clarence Street Cyclery, to the top three members with the most points.

How to enter: write answers next to all categories and send them via e-mail to Stan Genakis (stangenakis@hotmail.com) If you are not on e-mail Stan will accept your answers on paper by mail or after a ride. All entries must be received no later than 12am before the Tour begins.

What to do: pick the best three riders and Teams for the following categories:

- 🚲 GC: 1st (6 points), 2nd (4 points), 3rd (2 points)
- 🚲 Green Jersey: 1st, 2nd, 3rd
- 🚲 King of the Mountain: 1st, 2nd, 3rd
- 🚲 Best Team: 1st, 2nd, 3rd
- 🚲 Best Young Rider/U23: 1st, 2nd, 3rd
- 🚲 Most Aggressive Rider: 1st, 2nd, 3rd
- 🚲 Lantern Rouge: one rider only (6 points)

Stan

New Project - A Club Guide/Handbook

The SCC is embarking on a new project – a club guide or handbook. The project will give a brief history of the club, both its high spots and its guiding lights. The handbook/guide will briefly cover the time since the SCC was founded in the late 1970's, through the 80's and 90's and will also detail the club's activities in the present. The guide aims to include the varying aspects of club life, such as social events, regular rides, club tours, specialty events, club racing etc. The information that we assemble may be adapted for use on a club intranet site in the future.

We have access to newsletters going back to the early days, but if you have been hoarding a photo, or a fact, from the SCC's glorious past, and you think it would make good reading or viewing, let us know. You can email me on Gales@bigpond.com or phone me during business hours on 9319 2899.

If you have some information about club racing in particular, you can contact Peter Montford directly on decade@optusnet.com.au.

Lea-Ellen

SCC Website Statistics

Reqs: %bytes: Domain (27/5-3/6)
-----:-----:-----
1328: 41.82%: .au (Australia)
720: 25.23%: [unresolved numerical addresses]
514: 19.54%: .com (Commercial)
224: 7.40%: .net (Network)
57: 2.52%: .ar (Argentina)
37: 1.38%: .fr (France)
32: 0.59%: .nz (New Zealand)
27: 0.50%: .uk (United Kingdom)
24: 0.41%: .edu (USA Educational)
20: 0.22%: .us (United States)
8: 0.03%: .jp (Japan)
6: 0.28%: .mil (USA Military)
1: 0.03%: .nl (Netherlands)
1: 0.04%: .ca (Canada)

[The following was recently received in Italian via e-mail from the SCC website; translation courtesy of a friend of the Doc's]

“Hi, I am Gino and I am a member of the Bike Club 'Pontassieve' in Florence (Italy). Your web site is very beautiful, as well as your jerseys. I learnt that you organize good tours. In our bike club, we also participate in some races during this period, as the famous 'Nove Colli' (nine hills) to which at least 3.000 riders take part. If some bike riders from Sydney will come to Florence, it should be nice to get in touch.

Hello to everybody. Gino”

SCC Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President :	James Guthrie	9357 6993 (h) 0402 153 453 (m)	James.Guthrie@mq.edu.au
Club Patron:	Phil Liggett		
Secretary:	George Schneller	9319 2899 (w) 0418 581 951 (m)	FlashFrames@bigpond.com
Treasurer:	Suzanne Lyndon	9742 6242 (h) 0412 355 455 (m)	Suzanne.Lyndon@chapeast.com.au
Race Secretary:	Steve Hobart	9698 9440 (h) 8249 5581 (w) 0416 146 804 (m)	shobart@comtech.com.au
Race Sec. Assistants :	Tanya Bosch & Dave Clarence	9369 1436 (h) 0419 217 974 (m) 9326-4710 (h)	onyabike@ozemail.com.au
Tour Secretary:	Meg Croft	9398-7476 (h) 9449-0192 (w)	meg.croft@froggy.com.au
Social Secretary:	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	samkosky@optusnet.com.au
Social Sec. Assistant :	Lea-Ellen Schneller	9398 7092 (h) 0417 771 955 (m)	Gales@bigpond.com
Boutique Manager :	Stan Genakis	9746-5954 (h) 9466-3210 (w)	stangenakis@hotmail.com
Newsletter Editor:	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	malcolm.wade@bikerider.com

Newsletter Submission Details: Next Deadline: **2nd July, 2001**. Please submit articles to Newsletter Editor via e-mail or post to **108 Rothschild Ave, Rosebery, NSW, 2018** or **Club PO Box**.

Race Secretary's Report

Thanks to the weather May was another quiet month for club racing with only one SCC race to report, but much more action occurred in Opens and interclub races.

Short Course Time Trial – 26th May. On what was an exceptionally cold morning – 6 degrees according to Phil's thermometer – we still had 23 starters (22 finishers) with a few PBs recorded. The fact that yours truly slept in and arrived about a quarter of an hour late certainly didn't help riders with their warm up preparations. Phil, Rob Hood & Meg won their respective grades quite comfortably. Based on recent improvements, the latter two may well see themselves regraded at the end of the year.

Postponed Criterium - 19th May. Unfortunately the first round of the criterium series was washed out yet again. As you will see in the club calendar, an additional race has been scheduled and the criterium series still comprises six races.

Upcoming Long Course Time Trial – 9th June. This will certainly show who has been keeping the miles up during the colder months.

Upcoming Criterium – 23rd June. Weather permitting; we may actually have a couple of criteriums this year.

NSWCF Open Results – During the previous month or so the Sydney Cycling Club has had fantastic representation and success in various Opens including:

- 🚲 Canberra 2 Day Tour
- 🚲 Ken Dinerville Memorial Handicap (Dapto)
- 🚲 Tour de Femme (Forster)
- 🚲 Sid Demmery & John Woodman Memorial Handicaps (Wagga-Albury)

In this newsletter are [reports](#) from Alex Simmons and Jono McCormack from the Trek team. Congratulations to all riders who have made the journeys to participate and represent the club, irrespective of results.

Randwick Botany CC Criteriums. From the Randwick Botany CC web site:

- 🚲 May 12th – “Tony Ianacito, **Stan Genakis**, Andrew Foggin and Chris White featured in the placings in the combined A/B Grade 32km event. The winning time was 49min 5sec with an average rider speed of 39.5 km/h.”
- 🚲 May 12th – “**Tanya Bosch** from Sydney Cycling Club stormed home in the 10 lap, 20km D Grade event in a time of 36min 35sec.”
- 🚲 June 2nd – “**Stan Genakis** lead out several times in the 30km B Grade race, but Jayson Brenton took first place honours followed by John Kenny from Eastern Suburbs Club. Third place was claimed by Dean Preddy from Randwick Botany. **Sam Reuben** returned to cycle racing at Heffron Park after a 2-year break. Sam was happy to finish with the bunch at the end of the race”.

Scheduled NSWCF Open Races. The following NSWCF Open races have approaching entry close dates:

- 🚲 Rosemount Open / Hunter Valley Tour. Sat 30th June & Sun 1st July (entries close 8th June)
- 🚲 Coonabarabran-Gunnedah & Gunnedah-Tamworth. Sat 7th & Sun 8th July (entries close 15th June)
- 🚲 NSWCF Individual Road Time Trial Championships. Sunday 15th July (entries close 22nd June)
- 🚲 Parramatta Open (East Kurrajong). Sunday 22nd July (entries close 29th June)
- 🚲 Sutherland Criteriums. Sunday 29th July (entries close 6th July)
- 🚲 Tamworth 2 Day Tour. Sat 4th & Sun 5th August (entries close 13th July)

Steve

News from the Bunch

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

- 🚲 About 6 months ago, one of our club members swapped his saddle for a new one he had just purchased from the UK. The old, expensive, super-lightweight titanium railed one was placed back in the new box and stored away for future use (cyclists NEVER throw anything out). Recently, during a cleanout the box was discovered, shook, deemed to be empty by the weight and thrown out!
- 🚲 From the bunch, a request to those who 'snot'! Please move off-line when you do so; one of our female members is tired of being caught up in the resultant green shower!
- 🚲 The current demise of One-Tel has given a member of the committee an even better excuse to be late in submitting their articles to the newsletter.

Club Calendar

Day	Time	Venue	Comments
9 th Jun.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Dave McAlpin, Kelvin Haisman & Phil McKnight
23 rd Jun.	07:15	Heffron Pk.	Criterium Rd 1 (10/9/.../1) Handlers: Steve McMillan & Andrew Price
30-1 st Jul.	-	Muswellbrook	SCC Hunter Valley Tour & NSWCF Rosemount Open
7-29 th Jul.	-	France	Tour de France, www.letour.fr and www.cyclingnews.com/results/2001/tour01/tdfrance01main.shtml
21 st Jul.	07:15	Heffron Pk.	Criterium Rd 2 (10/9/.../1) Handlers: Craig Warner & Phil Gomes
3 rd Aug.	-		Tour de France Dinner (<i>tentative</i>)
4 th Aug.	07:15	Heffron Pk.	Criterium Rd 3 (10/9/.../1) Handlers: Peter Bodor & Tony Johnson
11 th Aug.	06:50	Cannons	1 Lap TT – FMM (8/7/.../1) Handlers: Paul Rigby, Glen Butterworth & Leigh Ringrose
25-26 th Aug. ⇒ 25 th	06 :50	Cannons	2 Day Tour. Points awarded to respective series, NOT to overall point score. a) SC TT – FMM Handlers: TBA
	08 :00	Heffron	b) Criterium Rd 4 Handlers: TBA
⇒ 26 th	09 :00	Yanderra	c) Hilltop Rd 2 Handlers: TBA
7 th Sep.		TBA	Trivia Night (<i>tentative</i>)
8 th Sep.	06:50	Cannons	SC TT – FMM (8/7/.../1) Handlers: Wayne Eastburn, Richard Kerr & Pete Scott
8-23 rd Sep.	-	Spain	Vuelta a España
15-16 th Sep.	-		SCC Cessnock/Wollombi Tour
29 th Sep.	07:15	Heffron Pk.	Criterium Rd 5 (10/9/.../1) Handlers: Alex Simmons & Sally Thomson
6 th Oct.	06:50	Ocean St. Gates	LC TT – FMM (8/7/.../1) Handlers: Steve Youngman, Tim Youngman & Carl Horn
13 th Oct.	07:15	Heffron Pk.	Criterium Rd 6 (10/9/.../1) Handlers: John Rutherford & Jonathon Lewis
14 th Oct.		Eastern Creek	Go-Karting at Eastern Creek (<i>tentative</i>) www.easterncreekkarts.com.au
20 th Oct.	06:50	Cannons	Handicap 2 Lap Wheel Race Handlers: Walter Rolli, Robert Hood & Con Roubis
27 th Oct.	TBA	TBA	Hill Climb – FMM Handlers: TBA
10 th Nov.	06:50	Ocean St. Gates	Ext. TT – FMM (8/7/.../1) Handlers: Mike Larkin & John Kearney
13 th Nov.		TBA	SCC Annual General Meeting
24 th Nov.	07:15	TBA	Kilo – FMM (8/7/.../1) Handlers: TBA
14 th Dec.		TBA	SCC Christmas Function
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 will be awarded for riding and finishing the event.
Penalties for Drafting or Breaking in TT's will be 30secs.
Race Sec's decision's are final. No correspondence entered into.

SCC Event Results

SC TT, Centennial Park, 26th May, 2001

Name	Grade	Lap Time	Finish Time	Place Overall	Place in Grade	Points	PB / Margin
Phil McKnight	A	5:24.49	11:01.14	1	1	8	
Pete Scott	A	5:31.49	11:09.48	2	2	7	
Wayne Eastburn	A	5:33.67	11:14.95	3	3	6	PB - First Time
Tom Klemola	A	5:35.73	11:24.77	4	4	5	
Tony Johnson	B	5:38.83	11:25.77	5	1	8	PB - 36 secs
Paul Kelly	A	5:38.80	11:30.39	6	5	4	
Dave Clarence	A	5:43.30	11:30.70	7	6	3	
Dave Pye	A	5:38.05	11:34.05	8	7	2	
Paul Davies	A	5:51.70	11:37.45	9	8	1	
Rob Hood	B	5:50.14	11:48.14	10	2	7	PB - 13 secs
Mike Avakian	B	5:56.23	12:03.92	11	3	6	PB - First Time
Meg Croft	C	6:17.67	12:31.50	12	1	8	
John Kearney	B	6:24.80	12:34.14	13	4	5	PB - First Time
Malcolm Wade	C	6:17.77	12:40.95	14	2	7	PB - 3 secs
Julie Avakian	C	6:21.42	12:50.42	15	3	6	PB - First Time
Richard Kerr	C	6:14.80	12:54.33	16	4	5	
Tanya Bosch	C	6:26.17	12:58.49	17	5	4	
Kate Rowe	C	6:45.36	13:15.58	18	6	3	
Steve McMillan	C	6:43.40	13:16.20	19	7	2	
Mark Meltzer	B	6:56.23	13:52.11	20	8	4	
Ross Theo	C		14:06.89	21	9	1	PB - First Time
Anna Murray	C	7:08.58	14:23.45	22	10	1	PB - First Time
Bruce Field	C			Handler		6	
Pete Montford	A			Handler		6	
Paul Montesin	C			Handler		6	

2001 Progressive Point Score

Date	3-Feb	10-Feb	24-Feb	10-Mar	1-Apr	28-Apr	26-May	Total
Event	1 Lap	SC TT	LC TT	Ext TT	Hilltop	1 Lap	SC TT	C'Ship
Name					Rd 1			
A Grade								
Phil McKnight	6	8	7	6	6	5	8	46
Tom Klemola	3	6	4	5	1	6	5	30
Dave Clarence	5	6	6	8			3	28
Stan Genakis	7	7	5			7		26
Paul Rigby		1	8		7	8		24
Paul Kelly		5	6	3	5	1	4	24
Pete Scott			3	7			7	17
Peter Montford	1		2	1		6	6	16
Paul Davies	1	3	6			2	1	13
Eddie Bosch	6		1		4	1		12
Jochen Schroeder					8	3		11
Frank Milner	1	1	1		6	1		10
John Arkwright	8							8
Dave McAlpin	4	1			3			8
Jonathon Lewis	2		1	4		1		8
Leigh Ringrose	1	2	1	2	1	1		8
Alex Simmons		1			2	4		7
Wayne Eastburn					1		6	7
Dave Pye		4					2	6
John Rutherford	1	1	1		1			4
Simon Pardey			1					1
Steve Hogg						1		1
B Grade								
Tony Johnson	3	6	7	8	4	6	8	42
Rob Hood		5	8	7	1	8	7	36
Doc Guthrie	5	8		6	1			20
Kelvin Haisman	6	4	2		3	4		19
Simon Kenny					8	7		15
Monique Batterham	7	6	1					14
Mike Avakian					7		6	13
Mike Larkin	8					5		13
Shane Maundrell		7	6					13
George Schneller		3	4	5	1			13
John Kearney					5	2	5	12
Carl Horn	4		5		1			10
Ann Clarence	6		3					9
Alan Lumb	1	1	1	6				9
Craig Warner	2	1	1			3		7
Roy Keyes					1	6		7
Andrew Hudson					6			6
Mark Meltzer							4	4
Sam Reuben					2			2
Walter Rolli		2						2
Vaughan Wickham					1			1
C Grade								
Richard Kerr	7	8	6	7	5	7	5	45
Meg Croft	6	7	7	8		6	8	42
Tanya Bosch	8	6	8		6	3	4	35
Heydon Miller	5	6	5	5		4		25
Steve McMillan	2	1	4	6	7	1	2	23
Malcolm Wade	4	4	3			5	7	23
Julie Avakian					8		6	14
Bruce Field	1	1		3		2	6	13
Steve Youngman	1	1	1	2		8		13
Tim Youngman	1	1	1	4		1		8
Kate Rowe				6			3	9
Dave Bullock	1					6		7
Hiroyuko Toyozumi					6			6
Paul Montesin							6	6
Pino D'aguiano		5						5
Julie Howard	1	2				1		4
John Slater		3						3
Breeda Kelly	3							3
Glen Butterworth	1		2					3
Ian Cranston	1							1
Ross Theo							1	1
Anna Murray							1	1
Women (top 4 only)								
Meg Croft	6	7	7	8		6	8	42
Tanya Bosch	8	6	8		6	3	4	35
Monique Batterham	7	6	1					14
Julie Avakian					8		6	14

Please report all inaccuracies to the Race Secretary