

behind
bars

Newsletter

Eastern Veterans Cycling Club



Newsletter, April 6th 2013

This week! Official Race Roster for April 6th. Casey Fields: John Thomson, Gerald Donnelly, Justin Davis & Shane Dawson.

Next week April 13th. Arthurs Creek: Keith Bowen, Angelo Antignani, Jamie Goddard, Anthony Gullace, Alan Hasen, Damien O'Halloran, Jason Halls & Guy Green.

Note: Members rostered for marshal or traffic control duties must be at the circuit at least one hour before the scheduled start time to assist with the setting up of the course. (But bring your bike, you just never know). If a marshal fails to turn up for duty, a rider will be balloted to do that duty. If you cannot turn up for duty, you must find a replacement and please advise Andrew Buchanan at tiptop2@optusnet.com.au

Metec 30th March 2013

Race report:

The racing at Metec was livened up by the variation to the normal circuit. The long track was shortened and then a detour via the section near the car park was added. It benefited those that can corner well and kick out of the sharp corners. The down side is the quicker grades were required to slow in the technical section. Any breakaways were being held up and the chase bunches were able to get back on.

A-grade: (Tony Chandler)

The race started with the usual neutral lap. The pace was steady for a while with Frank Nyhuis launching the

first attacks. He was caught and a few more attacks went on, but they were all caught. It was hard to get away with the short corners at the top of the circuit as some of the other grades were slow through there which slowed the breakaway riders, and we were able to catch the breaks easily.

Late in the race Guy attacked and I got across to him and we managed to stay away. We steadily opened up the gap and with a few laps to go Guy attacked me. I had nothing left after a few hard days and lots of Ks in the



legs. He pulled away steadily and I rode to the finish for 2nd place while Frank held on for 3rd place.



B-grade: (Jean-Philippe Leclercq.)

Warming up with Franck Tomsic, we are talking about the B race to come, the new circuit and possible strategies for the day. We could see these sharp corners would make this race quite technical and extra precaution would be a must to avoid a bad fall. I said to Franck, if legs feel good, I will attempt a break away in the first 10min and see how long I last.

Our race was starting with the usual neutral lap and it was interesting to see, as a group of riders, how we would take these sharp corners. The pace started to pick up progressively after the 1st lap. I stayed a few laps at the back but realized it was not a good spot because after each sharp bends I had to sprint to get back on to the group. So, I decided to ride towards the front and felt better. We were in the first 10min, the legs were feeling good and I remembered what I said to Franck about “my” breakaway. I thought, I need to stick to what I said...So, here we go, after 10min I broke away and 2 others riders went with me. We worked together quite well and builded up a comfortable gap. We thought we were away from the group for good. We were wrong, after about 55min, surprise, surprise; Ian Smith passed us like a rocket. I got back on to Ian and with a cheeky smile I said “Ian, what was that???”. Not long after, Chris Ellenby did the same and then all the other guys joined back. Back to square one, the race was not decided yet, but the race was getting very exciting.

Chris launched a couple of strong attacks and each time, I had to dig deep to get some extra energy to get back on to him (Chris is well known to succeed in breakaways...).

Last lap, Chris attacked again. I knew I had to get on to him straight away and followed him with Phil Thompson in my back wheel. Just before the last corner I had passed Chris with Phil just behind me, we started to sprint just coming out of the last corner. On my left, I could see Phil slowly coming back on to me. 20m to go and within a split of a second I thought, I am not going to let go the 1st place after all the effort I spent during the break away. So, I gave all I had left in these last 20m and won by about half a wheel. It was an exciting race with strong B grade riders, see the Garmin stats below:

Avg speed at 38.4km/h (including the neutral at 26km/h) with maximum at 52.9km/h.
Avg HR: 165bpm (a bit higher than usual)
Max HR: 179bpm (told you, in the last 20 meters, I gave all I had left in the tank !!!)

C-grade: (Neil Cartledge)

.As soon as the neutral lap was over the race pace increased and at the traffic lights the kicks started and were there right to the end.



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I think it was Dean Niclasen or perhaps Peter Ransome who attacked early, getting a mini break, but Steve Short and Ron Chapman made sure it didn't get far. That set the tone for the race. Into the corners fast, kick and then power ride. From the photos you can see how the bunch stretched like the proverbial elastic, only to contract again on the straights. By half race distance there were several riders just hanging on, including yours truly!

When the bell indicated that the real racing was about to start, the front runners increased their tempo and the bunch strung out around the "kidney", but as previous, came back together at the lights. Those that fancied themselves jockeyed for prime position at the front and for some that was the first for the day. Coming out of the detour, Gavin Plummer was at the head of the field. On the finish straight the sprinters hit their straps and the fast finishing Chris Newbury took the honors over the ever present Peter Ransome 2nd, with big Dean Niclasen holding off the Principle, Brian McCann, 3rd and 4th respectively. Ave: 37.6 kph.

d-grade: (No report)



e-grade: (John Neil)

With six groups on a somewhat less familiar and arguably more technical course it was a day to "Be Alert but not Afraid". With a field of nine including one "newbie" with a vocal support group (Welcome Louise), the race opened in a relatively subdued fashion as riders sorted their positions and tested approaches to the tight right and left combination in the modified course.

The pace for the first 5 kms averaged 27.3 kph as the group gathered in Ron Stranks from his warm up but sense and sensibility were abandoned in the next 5 kms as the average moved up to 32.6 kph. Louise was unhooked in this section (I think), the remainder stayed on with varying degrees of comfort. The average pace eased a bit but stayed above 31kph for the remainder of the race.

Virtually every rider took at least one turn on the front testing their own and others' legs. A few riders looked like they were genuinely interested in getting away but the twists and turns and the regular passage of the four faster groups made it difficult to find "clear air". JC Wilson played a prominent role in piloting the group as befitted "El Capitano".

In the latter laps Tony Lateo upped the ante but he was called by the group which stayed in close contact. With the bell JC, Ray Watts and John Neil pushed to the front looking for position going into the tight detour section. Into the final turn John Neil was just outside JC and, hearing a possible missed gear, John set out for the line. John rode hard but just when he thought the day was to be his, JC flashed up to deny John his "maiden" victory. Ray Watts added a third place to his win the previous week.



I enjoyed the race and appreciated the attention that the passing groups paid to "staying up". I found the course more comfortable to ride than the usual one and this probably contributed to me getting a place. By my calculations the average pace was a fraction short of 31kph which was roughly 0.6 kph slower than my last outing at METEC in December.

As always thanks to organisers and officials.

f-grade: (No report)

Our thanks for the excellent photos go to Belgin, the friend of Louise Wolfers. Louise is a new member and rode in e-grade. If you would like to see more please e-mail the editor.



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Officials at Metec, March 30th.

Thanks to Peter Mackie and Ron Stranks who were on the desk taking entries. Special thanks to all those on-course led by Nigel Kimber, the referee along with the following, ensured we had a safe race. Thanks to Frank Donnelly, Harry Hanley and Graham Haines. Thanks to Andrew Buchanan, who manages the duty roster and ensures we have enough people on the day for our races, to J C Wilson who brought the trailer along and Dean Niclasen, who was on hand with the drinks.

Results: Metec, Saturday, March 30th.

	First	Second	Third	Fourth
a-grade (8)	Guy Green	Tony Chandler	Frank Nyhuis	
b-grade (8)	Jean-Philippe Leclercq	Phil Thompson	Chris Ellenby	
c-grade (16)	Chris Norbury	Peter Ransome	Dean Niclasen	Brian McCann
d-grade (11)	Mark Cheeseman	Rob Devolle	Peter Mackie	
e-grade (9)	JC Wilson	John Neil	Ray Watts	
f-grade (8)	Gary Dodds	Frank Lees	Laurie Bohn	

Croydon Cycleworks Summer Series Championship. March 2013

Last week, only the top 12 placing's were available. Below are the final results down to the 25th placegetter. Next year, can you do better?

Again, big thanks to Mick, Nick and the boys from Croydon Cycleworks for their continued support. Croydon Cycleworks were the sponsors of the series and without their help; the excellent prizes would not have been available.



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Croydon Cycleworks Summer Series Championship. March 2013

	Name		Grade	Points		Name		Grade	Points
1	Clark	Roy	A	102	14	Eastwood	Craig	B	54
2	Mapstone	Andrew	A	94	15*	Brann	Peter	D	52
3	Pyne	David	C	92	15	Dymond	Adam	C	52
4	Aarons	Phillip	D	84	15	Reynolds	Doug	B	52
5*	Hughson	Chris	A	76	18*	McCann	Brian	C	50
5	Goodall	Dayle	B	76	18	Ross	Steven	A	50
7*	Edwards	Mark	B	72	20*	Amos	Rob	A	48
7	Cartledge	Neil	D	72	20	Russo	Ray	A	48
9	Wiese	Maurice	C	66	22*	Hansford	Duncan	A	46
10*	James	Paul	D	60	22	Herzog	Marcus	B	46
10	Kirsch	Stefan	A	60	22	Ransome	Peter	C	46
12	Black	Wes	D	56	22	Smith	Ian	B	46
13	Eastwood	Craig	B	54					

(*) Denotes placing's that were decided by a count back.

Results: The Loup April 3rd.

	First	Second	Third
Division 1	Phil Cavaleri	Peter Ferrie (N)	Daryl Beovich
Division 2	John Williams	Rob DeBarnardi	Andre Webber
Division 3	Shane Dwyer	Alan Cunneen	John Neil

Eastern Vets Program: www.easternvets.com/

Saturday	Apr	6	2:00pm	Casey Fields	GSR. A-grade teams race
Wednesday's			10:15am	The Loup	Graded Scratch Race
Saturday	Apr	13	2:00pm	Arthurs Creek	Graded Scratch Race.
Saturday	Apr	20	2:00pm	Dunlop Rd	GSR. A-grade teams race
Saturday	Apr	27	2:00pm	Casey Fields	Club Championships
Monday	Apr	29	7:30pm	Ringwood Club	Monthly General Meeting

Note: Graded Scratch Race entries are accepted on the day up to 15 minutes before the advertised race start time. Handicap entries close the Tuesday before the race. Riders entering a handicap MUST pay the entry fee regardless of participation. Fees are due on race day; entrants will NOT be allowed to start in any EVCC race until fees have been paid. No late entries will be accepted for either scratch races or handicaps. Entries to handicaps can be submitted via e-mail to the handicapper or on any race day prior to the event.

Northern Vets Program: www.northerncycling.co.au/

Sunday	Apr	7	9:00am	National Boulevard	Graded Scratch Races
Sunday	Apr	14	10:00am	Pyalong Rd Seymour	Chooka's Race
Sunday	Apr	20	9:00am	National Boulevard	Graded Scratch Races
Thursday	Apr	25	1:00pm	Benghazi Handicap Northern Vets	Lancefield, 76k

Victorian Veterans Cycling Council program: www.veterancycling.com.au/

Thursday	Apr	25	1:00pm	Benghazi Handicap Northern Vets	Lancefield, 76k
Sunday	May	5	10:00am	Hume Open	Tungamah 60k
Sunday	May	19	10:00am	May Open Colac Vets	Cororooke Hall 67k

Note: Entries are to be on the appropriate VVCC Open entry form (available on VVCC website) and are to be accompanied by the requisite fee.



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Other coming events etc:

Please advise the editor of any future events that could be of interest of the members.

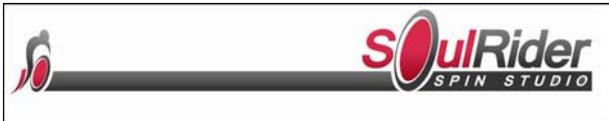
Donald Crits 20/4/2013:

The township of Donald is celebrating its 150th anniversary this year and the Central Victorian Veteran's Cycling Club has been asked to stage Criterium races in town on April 20th as part of the festivities. The event is being supported by local government and businesses and at least \$2,000 in prize money will be up for grabs.

Central Vets are asking for entries to be emailed or phoned in before race day so the handicapper can assess where to place riders from other clubs. Please contact me on 0419876815 if you have any questions.

Website: <http://www.cvvcc.org.au/>

E-mail: centralvicvets@gmail.com



ERGO Sessions-Tues 7:30pm

Whether road racing, mountain biking or just heading out with the bunch you typically need to produce repeated efforts followed by varying periods of recovery. Whether initiating an attack, trying to go with the break or pushing over that climb! Effort and recover, repeat, again and again! You can train to do this! Have you watched the break head "up the road" because you just did not have that one more effort in the legs? Time to get specific in your training and be the "one up the road!"

The sessions will run through autumn and winter, they are a great way of still getting that hard mid-week "hit out", now that Tuesday night crit racing has finished. The studio will open at 6pm for any riders who want to get in early and the Ergo Session starts at 6.30pm SHARP! 55 minutes session. Starting Tuesday 9th April!

Session Fee: Riders may purchase an 8 ride pass (\$88.00) for the ergo sessions or purchase a SoulRider 10 or 20 ride pass. Available online or at studio. Casuals pay per session fee: \$17 (payable on night)

Booking required, a lot of interest has been shown in this class by Eastern Vets and others, book to guarantee a spot! Email Wes, enquiries@soulrider.net.au

E3 Lactate Threshold Sessions – Thu 7:30pm

With the Eastern Vets Club Time Trial Champs in July, it's time to focus on improving your average power output at threshold! Let's beat the handicapper (sorry Peter!) Perfect session for club riders aiming for a PB at the Time Trial Champs in July or Triathletes wanting a head start to their 2013/2014 season. Improving your power output at threshold will also make you feel stronger at the end of a race or ride; you will get to the business end with more left in the tank! A highlight of the sessions will be the Time Trial Bike Set-up seminar which will be integrated into one of the Thursday night sessions.

The E3 Lactate Threshold sessions will run for a 12 week period on Thursday nights at 7.30pm. Starting 18th April and concluding 4th July. Riders may start mid-term, but to get the full benefit a week one start is preferred.

Session Fee: Riders may purchase an E3 12 ride term pass* for \$121.00 (includes 1 free session) or purchase an E3 6 rides term pass* for \$66.



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