

behind
bars

Newsletter

Eastern Veterans Cycling Club



Newsletter, April 20th 2013

This week! Official Race Roster for Dunlop Rd: Richard Dobson, Steve Short, Dayle Goodall, Dave McCormack, David Harding, Chris Hughson, Stewart Jenkins, Pat Healey, Daniel Hulbert, Nigel Letty, Marcus Herzog, Dan Ives, Craig Peachey, Alan Hicks & Paul James.

Warren Jones, Tim Jamieson and Graham Cadd

Next week April 27th. Casey Fields: Warren Jones, Tim Jamieson & Graham Cadd.

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

Arthurs Creek 13th April 2013

Race report:

The weather was reasonable and a field of 70 riders at Arthurs Creek was pretty good considering that the Baw Baw Classic was to be held the next day.

Arthurs Creek brought out the climbers and the hill sorted them out from the flatlanders, as it normally does. Most races had 2 scenarios. The first was the high initial pace shelled those that couldn't hang on. The second, was the hill, going out and coming back, where it stretched out the

bunches, until the final climb decided in the main, the finish order.

A-grade: (Rob Amos)

With 2 riders rostered on for marshalling and others saving their legs for racing up Baw Baw the following day, while others were allowed to pay off the handicapper and ride B grade, meant that there were only 7 starters in A grade.

A relaxed start to the race as the neutral zone was extended all the way to the 1st turn as Jamie and Roy sat on the front and everybody had a catch up chat. On



the return leg, a few riders, mainly Roy, Rob and with some help from Nigel and Phil Cavaleri, they started to roll turns to prevent being caught by B grade. It stayed this way until after the hill at the start of the 3rd lap when Nigel got fed up with the lack of pace and jumped away up the road. Jamie put in a big turn, but Nigel was strong enough to maintain the gap until the rest of the group started to do a turn. Rob jumped across to join Nigel before the far turn, but it was closed down soon after.

Phil had his usual mid race dig, but did not get far before Nigel brought him back. On the last lap Jamie attacked just after halfway out, Rob chased hard, but blew as a climb and crosswind sapped the legs. Roy went flying past to make it 2 away, leaving the rest to fight it out for 3rd place. Jamie holding of Roy to take the win with Phil winning the "bunch" sprint.

A-grade: (Nigel Kimber)

Four laps of the tough Arthurs Creek circuit with seven starters and a fairly stiff northerly promised that it was going to be a tough day in the saddle. The only thing in the days' favour was that some of the strong legs were at home, resting up and listening to 'Eye of the Tiger' in preparation for Sunday's Baw Baw classic.

Four laps. A good number. The first to warm up the legs, reacquaint oneself with the undulations, the pinches, the markers, the dead sections of road and the fast sections. The second, to put down some feelers to see how the legs would handle the undulations. The third, to test the others' legs and the last, to make 'the move'. All good in theory.

With Phil Cavaleri controlling the small bunch as it made its way over the 'molehill' for the first time, under neutral conditions, the conversation behind was about Rob's replacement frame and Roy's legs. Over the top and past Nankervis Road the flag came in and ... nothing happened, well the blue and white Adriatic kit of Phil was replaced with the blue and white Adriatic kit of James Steward and the Bike Force yellow and black of Roy Clark. The pace didn't increase and the conversations continued.

A very leisurely 7k to the far turnaround for the first time, even at second wheel you could tell it was a stiff nor-easterly and through the later parts of the out-bound leg, where the trees thinned, you knew first wheel was not where you wanted to be. The wind also carried the scents of the country side - dynamic lifter with a hint of dead kangaroo. Given the relaxed mood of the bunch there were thoughts that maybe the return would be just as casual but unfortunately after the turnaround somebody said 'go' and the penny dropped and it was

on. Well of a sorts, all the way back Rob Amos and Roy Clark fighting over who was going to be on the front, like a couple of kids fighting over the last lolly, the rest of us sitting back and scratching our collective heads in bemusement. The molehill came and went and it was one down.

Back out, past the spectators sitting on the Greens Rd corner, the pace wasn't too hot, til b-grade were seen descending into the turn, a couple of hundred metres in arrears, the threat of being caught by the 'green hats' was enough to spur yours truly into action - after the hill. Keen to feel the legs yet not get too excited it was tempo up the hill side by side with Rob to take the points and start the drop ahead of the rest. A good descent meant a wait at the bottom before putting the pressure on the pedals and driving the train to the cold-store where the lead was swapped out and the pace rekindled. A small attack two k from the far turnaround was quickly dealt with as nobody was going to get the advantage of a non-neutral turn.

The return was fast but not furious, the tail wind seeing the speeds nudging the low-sixties on the faster sections of road. This time the work was shared a little more evenly, Rob & Roy having settled their differences. Over the pinch to the sound of cow-bells from a handful of supporters gathered on the side of the road, a few more points in the back pocket and it was down to the turn for two down - half way home.

Testing time - after the hill. Tempo back up the hill didn't stop the accumulation of a few more points and another clear run down through the elbow at the bottom. No waiting this time, but it was all together as we started the windward leg for the penultimate time. The first little rise came and the testing began - big gear, maintain the momentum, up the side of the line and to the front. Over the crest a look back revealed it was not on the front but off the front. That wasn't the idea but hey. Decision time, while the others looked at each other the gap grew and the decision was taken away, it was heads down and see what happened.

Five kilometres of suffering was what happened, chasing Guy Green, wishing he'd back off the gas and let me catch a break from the headwind but as the lead car driver he wasn't about to influence the race. Help came a kilometre from the far turn around when Rob Amos bridged across - a mixed blessing, I'd get some occasional relief from the wind but I'd have to work hard when it was my turn. That plus the chasers would have added incentive to chase.

At the turnaround it was obvious the chasers were incited and it wasn't long before we were once again a group.



Bayswater





The tail wind kept the pace up but didn't stop the odd surge and a few more testers on the small inclines, one of which saw Steve Ross unhitched from the train. After some stern words with himself Steve dug in and chased back on, just in time as Phil Cavaleri, with a little help from his friend, pulled a fifty metre gap out of the group as it wend its way toward Nankervis Road. But there were points to be had, the chase was on. With Phil caught before the foot of the hill it was a steady tempo up the climb, again two abreast to limit the opportunity for an attack, a little surge at the top garnering top points before the descent to the turn and the bell for the last lap.

The polka dot was mine and to reinforce the point it was a race to the top of the mountain. The small gap at the top grew on the descent but was quickly closed down on the flat - let the games begin. There was still a bit left in the legs but that would have been better saved for later rather than used earlier so when James Steward attacked two-thirds of the way to the far turnaround there was nothing to do but watch as he rode off with Lawrence Lee on his wheel. Rob was in no state to chase, nor was I so that left Roy and Phil to work it out between themselves. In the end they went, Rob trailed after them. Lawrence lost James' wheel, Roy rode away from Phil and after the dust settled it was the two who'd led the race at the outset back in front, Phil & Lawrence paired up behind them and Rob and I coming together to bring up the rear.

By the final turn there were four chasers and the gap wasn't unassailable. A kilometre into the return the gap was unassailable but the pace wasn't letting up. Cramps were making any effort difficult and I was happy to let the others do the pace setting but there was pride on the line come the KOM. Another point in the bag but at the cost of being on the front, nobody was going to relieve me and I was never going to win a sprint so it was onwards to the finish.

The result was predictable, Phil beating Lawrence and Rob to the line for third, yours truly still halfway back to the last curve, up front James managed to gap Roy late in the lap and stay away for the win.

Figures for the race: 68.2k @ 35.0kph in 1:56:52

A-grade: (James Steward)

Relaxing now in the comfort of my leather recliner, the kind of comfort you'd expect from Adriatic Furniture, I can reflect on a solid day out.

I wanted to get a few more km's in this weekend, so I rode from home in Bayswater, about 40 km over the hills around Kangaroo Ground and out to Arthurs Creek. A

good warm up then. With the Baw Baw Classic on the following day, a few of the A grade riders were missing, and a few more had race duty, so the A grade field was small. I think 7 riders were about it. Phil Cavaleri was there from Team Adriatic, and we eyed off the competition. Roy was a big threat in a sprint, as was Steve Ross. Cav and I discussed tactics.

The first couple of 16 km laps were uneventful, and not too fast. I kept watch from the tail of the group. Nigel Kimber was somehow allowed to roll off the front of the group, and once he saw the gap, he hit the turbo button. Thankfully the bunch was not going to let him get too far up the road, and set off in pursuit. Once we'd closed the gap to about 50m, Rob Amos decided to launch an attack and go across to Nigel. Great, now there were 2 up the road working turns. The bunch had to act with a bit more determination if they were to see Nigel and Rob brought back into the fold.

We chased for about 10 km I reckon, and finally saw the two escapees brought back. Nigel had another little dig, but I think his batteries were running out, or the bunch was wising up to his antics. On the last lap, I did a turn and looked over my shoulder to see a bit of a gap to the next rider. I took the opportunity and rode with intent to make a break.

Roy saw what was happening and cunningly jumped the gap without bringing anyone along for the ride. So we were away. We rode pretty solidly for a while and opened up a good lead. With the bunch nowhere in sight, the sprint for line honors was ours for the taking.

Turning on to Greens Rd, Roy was on my wheel. I flicked my elbow and swung right, indicating it was Roy's turn on the front. He had a grin from ear to ear. He knew I wanted him to lead out for the sprint. I said "C'mon, Roy. I've already done 107 km." Thankfully Roy took up the lead position. I would go past him before the finish alright, at warp factor 9 if my legs would let me. My plan was to take him by surprise early and try to hold him off. Before the last bend in the road, I backed off a couple of lengths and hit him with all I had. There was no looking back or easing up, just punish the pedals to the line and hope he doesn't come back at me! Seems my plan worked, though I think Roy might have been saving a bit for a race on Sunday. Cav had a good sprint with the remaining bunch, and cleaned up the gallop for third.

I took the long way home through Diamond Creek, but with a few less hills than Kangaroo Ground. 165 km for the day left me feeling pretty tired, but well satisfied with the day's efforts.

B-grade: (No report)



Bayswater





C-grade: (Ross Morgans)

Great to see so many riders on the challenging Arthur's Creek circuit. Made for some great racing.

Hilton paced us through the neutral section and for most of the way out on the first lap. None of the riders were interested in breaking away; maybe because of the big lunch still sitting on the stomach or still thinking about if it was a sensible idea to race at Arthur's Creek.

The second lap saw some of the stronger riders put in some big attacks that required some effort to shut down. Mal Jones put in a big turn to keep the pace up, tailed by John Hasouras.

The final lap was led by Rob Giles up the climb. At the final turn around, all riders were keen to get down to business but road traffic made us pause before continuing to race.

Ross Morgans and Tim Crowe jumped away from the bunch on the final climb and extend the gap on the descent. Unfortunately a small bit a confusion at where the turn-around was the riders were all regrouped for the windy road to the sprint finish. The sprint was led out by Rob Giles with about 500 metres to go staying to the left of the road while Tim and Ross swung out the right and reeled in a fast finishing John Hasouras from Northern. Good racing by everyone given the windy road, the number of riders and closeness of the bunch.

D-grade: (Geoff Darroch)

A large field of 17 set-off for D grade and whilst the weather wasn't up to that predicted, the temperature was still mild, however we all knew that the North wind was going to make things that much harder on the "outward leg.

From the neutral start, the field stayed together up the hill for the 1st time at an easy pace, then after the descent, Dean Niclasen and Adrian Dickinson shared the lead to the 1st turn.

After the turn, Dean and Adrian continued to set the pace with a burst from J.C. Wilson until we hit the hill on the way back where Keith Wade and Geoff Darroch went over first.

After the 2nd turn, Pete Mackie warned all riders about "not crossing the line" and that any violations would incur disqualification.

After climbing the hill on the 3rd leg, the field seemed to lose a few off the back and Keith Wade and Nathan

Dewar seemed to do most of the work out front with the wind cutting the pace back.

After the 3rd turn, Geoff Darroch, Mandy Rook and Keith Wade all spent time out front with the occasional burst from Graeme Parker. The pace was notably faster with the wind at our backs. Climbing the hill on the 4th leg saw Keith go over 1st again with Geoff just behind.

After the 4th turn Pete Mackie again had to speak to all riders, this time regarding all turns being neutral. At this stage the leading bunch had reduced to about 11 riders who were all close together.

Climbing the hill on the 5th leg was at a faster pace than the earlier legs with Keith going over 1st, however once over the hill, Nick Hainal set the pace for most of the way until we rounded the 5th turn for the final leg home. From there, Keith, Mandy and Alison Skene all took spells leading with the pace notably increasing.

Climbing the hill for the last time saw Keith go over 1st again and getting away from Geoff with "a final burst" at the top. Down the descent, Ross Gardiner and Nick Hainal overtook Geoff into the final turn.

Into the final straight, Keith had a good lead and was never going to be beaten. The final sprint resulted in Ross finishing 2nd, closely followed by Geoff for 3rd and Nick just behind taking out 4th place.

Overall, the average speed probably wasn't that high – due to the North wind - however it was a tough race with the lead bunch consisting of around 10 riders at all times".

E-grade: (John Neil)

It was a small field that gathered outside Arthur's Creek school for the "pink hats" race. The Top weight Ray Watts, along with John Neil, carried some good form from the flatter tracks but could they climb? Janita Keating, Ron Stranks and Brian Farrell looked like good light weight chances. Phil Taylor was literally the "Dark Horse", racing on a trial and clad in the colour favoured by Melbourne fashionistas and Kiwi rugby teams (but not Ronnie S).

Proceedings got under way with a gentle enough start as Ron led the group through the neutral section. No one appeared anxious to show themselves early, although Brian and Ron showed some interest on the uphill sections. Some heart rates accelerated when an incident sent riders in several directions - fortunately none hit the tarmac but it was a reminder of the need for care and attention even in a small group with the pace off.



Bayswater





Other groups came into view as the first U-turn neared and all seemed to be in good order. The race warmed up a bit on the return leg with Brian, Janita and John near the head of the procession for the most part. Ray lost touch on the climb to the second turn-around and the rest rounded the bell mark and headed out again. Someone raised the question of waiting for Ray but as Ron remarked "why would you let the best sprinter back on?"

The run out passed without incident with the same faces near the front. Despite Ron's warning Ray made up lost ground to get back on by the turn-around. The pace became hotter shortly after the A-Graders passed and John began pulling the train. John and Janita led up the final climb with others in hot pursuit.

Janita jumped to the front downhill but, for the second time, had trouble with the U-turn, coming to a full stop. John led into the left hander to the finish but was quickly joined by Janita. Finding he could go even faster on the big chain ring John hooked on to Janita's wheel. These two rode in echelon to the finish straight where John jumped to take his maiden win, with Ron ghosting in for second and Janita third.

The Dark Horse, Phil Taylor, showed promising form staying on the group with seeming ease and was enthusiastically discussing new bike options at the finish.

I calculated an average speed have been around 27 kph, down somewhat on recent flatter outings.

E-grade: (Brian Farrell)

Officials at Arthurs Creek, April 13th.

Thanks to Peter Mackie and Ron Stranks who were on the desk taking entries. Special thanks to all those on-course led by Keith Bowen, the referee along with the following, ensured we had a safe race. Thanks to Angelo Antignani, Anthony Gullace, Jamie Godard, Damien Halloran, Geoff Youll, Michael Hay, Jason Halls, Guy Green and Bruce Hawker. 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 Darren Niclasen, who was on hand with the drinks.

Results: Arthurs Creek, Saturday, April 13th.

	First	Second	Third	Fourth	Fifth
a-grade (7)	Jamie Steward	Roy Clark	Phil Cavaleri		
b-grade (19)	Matt Rice	Ray Cardosi	Nick Tapp		
c-grade (21)	Tim Crowe	Ross Morgans	John Hasouras (N)	Rob Giles	Kelvin Stagg
d-grade (17)	Keith Ward	Ross Gardiner	Geoff Darroch	Nick Hainal	
e-grade (6)	John Neil	Ron Stranks	Janita Keating		

As always at Arthurs Creek, it's a case of not carting sprinters to the line. We set out with a hard enough pace with new rider ordered to sit on the back.

It was hard enough pace until we reached a fairly large hill half way out and some thinking you can sit on as they would in a crit. But, when riders get out of the seat it causes the whole bunch to slow or if you prefer, move back against the rider that stays seated. This caused Ray, who was just hanging in as best he could, to clip my wheel. Fortunately I felt it and jumped hard on pedals with Ray almost ending in the ditch on opposite side of the road. A bit of a shake and a lesson for the new rider! We sat and waited for Ray, and then we took off again until the U turn with some taking the grass roots way around.

We soon hit a hard pace until we arrived at the big hill where Brian attacked stirring everyone up on the hill. Then we went around the turn and up again. By this time Ray became dislodged due to the two hills taking their toll. Ray Watts was stronger of us all but Ronnie put in a big turn to keep it going.

Second lap saw another cross country turn but was fast enough at 35 kmh so back to that hill and the hammer came down with Ray hitting it up the hill and descending at a very fast 70kmh.

With congestion at the final turn Ray took off with everyone chasing. I don't know what happened to that briefing about U turns being neutral but this wasn't.

I didn't see any more of the after that.



Bayswater





Results: The Loop April 17th.

	First	Second	Third
Division 1	F Short	A Giramondo	T McDonough
Division 2	Andre Weber	Rob DeBernardi	Tim Ferrie
Division 3	Shane Dwyer	Frank Lees	John Neil

Mt Baw Baw Classic ;(Andy Burmas)

Eastern had a mixed bag of results at the Baw Baw classic on Sunday.

Frank Nyhuis won Masters C grade.

In case you hadn't heard, Tony Chandler crashed heavily on one of the corners just before Tanjil Bren. His injuries include a broken collarbone, broken hand (compound fracture) and a couple of broken ribs.

He was transferred from the race by ambulance to Warragul hospital for treatment.

Later that night he was transferred to the Alfred when one of his lungs collapsed.

I have spoken to him today. He is in good spirits and is awaiting surgery on his hand.

Open Men – a-grade

Doug Reynolds – 21st @ 0:22:47

Tom Leaper – 17th @ 0:07:44

Andy Burmas (??) – 27th @ 0:33:31

Masters a-grade

Ciaran Jones – 3rd @ 0:01:05

Michael Hay – 10th @ 0:09:02

Gerard Donnelly – 15th @ 0:13:03

masters c-grade

Frank Nyhuis – 1st @ 0:00:00

<http://mobile.raceresult.com/details/list.php?eventid=15676&lang=en&page=6&contest=0&name=ONLINE%7CResults&search=&presort=&format=pdf>

Masters b-grade

Sean Wilkeson (I think) – 11th @ 0:15:10

Nigel Kimber visited Tony last night (Tuesday); he looked good and was in good spirits. He was awaiting surgery on his hand to rectify the fracture. And he is hopeful of being home on Thursday

Eastern Vets Program: www.eastervets.com/

Saturday	Apr	20	2:00pm	Dunlop Rd	GSR. A-grade teams race
Wednesday's			10:15am	The Loop	Graded Scratch Race
Saturday	Apr	27	2:00pm	Casey Fields	Club Championships
Monday	Apr	29	7:30pm	Ringwood Club	Monthly General Meeting
Saturday	May	4	2:00pm	Casey Fields	Graded Scratch Race.
Saturday	May	11	2:00pm	Gruyere	Kermesse.

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	20	9:00am	National Boulevard	Graded Scratch Races
Thursday	Apr	25	1:00pm	Benghazi Handicap Northern Vets	Lancefield, 76k
Sunday	Apr	28	1:00pm	Lancefield	Road Races 60/90k
Sunday	May	5	10:00am	Munro/McDonough Memorial	Road Races 63k Super Series R5

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.

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

“Warrnambool Veteran’s Cycling Club”

Are proud to present the 8th Annual

“Billy & Jockie Boyle Memorial”

45 Klm Handicap Cycle Race

Terang

(3 laps of Bayne Street, to Noorat, Racecourse Road Circuit)

Sunday April 21st 2013

Seniors Start 10.00am

Juniors start at 9.00am

Entries close Wednesday 17th April 2013

With Mark Hyland

m.hyland@sjw.warrnambool.vic.edu.au

Phone: 5562 8423

Entry Fee \$10.00

Warrnambool/Colac Club Aggregate Race

Good Prize money and trophies

Food and Drinks provided

