



Newsletter, April 27th 2013

This week! Official Race Roster for Casey Fields: Warren Jones, Tim Jamieson & Graham Cadd.

Next week May 4th Casey Fields: Nigel Kimber, Chris Hampton, Duncan Hansford & Rob Harris.

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

Dunlop Road 20th April 2013

Race report:

Over 110 riders, including a few that doubled up in other grades, fronted up at Dunlop Road for the last crit race of the summer season. It was also the last A grade team's race for the season. The weather was fine and racing was intense. Several grades were decided with lone or small bunch break-away's. A grade had 5 away. B grade saw Wes Hurrey and Darren Woodhouse away, separately and C Grade had 2 away just before the bell as well. Exciting racing.

A-grade: (James Steward)

If there's one thing about the vets racing, there's fierce rivalry on the bike that returns to being mates and joking after you cross the line. As it happened, I rode to the race with an arch rival of Team Adriatic Furniture, being Haydn

Bradbury for Croydon Cycle Works, a highly regarded and well accomplished Australian cyclist. Such is the talent that has been attracted to the Eastern Vets A Grade Teams races, exclusive talent, much like the exclusive furniture that you can find at Adriatic Furniture!

Thankfully there was a neutral lap to start the race, but as soon as the flag was dropped the attacking started. I was taken by surprise for a few laps, and just hovered near the tail of the bunch until my heart settled and I got my breathing under control. After a while I decided to stretch my legs a bit and had a crack on the front to test the waters so to speak, and then drifted back a bit. It wasn't long after that, that I noticed a group of four had made a move off the front of the bunch. I couldn't see an Adriatic rider up there, so I took it upon myself to leap across the gap. Quietly moving up to third wheel behind Ciaran Jones, I hit the turbo button at the beginning of the





finish straight, and was across the gap by the turn up Dunlop Rd. Thankfully, Ciaran realised he had a team mate up the road already, and decided not to follow me.



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So the break was formed with Roy Clark, Gerard Donnelly, Mick Hay, Ken Mayberry and me, and now we had to consolidate the lead. All of us worked hard turns, but smooth. We kept it together and stretched the lead out to about a minute and a half. Finally the bell rang out for

the last lap, and I was on the front. I didn't really want to be there, and slowed down.

Ken decided to lead us out on the final lap, I think realising he was a bit toasted to sprint. I took up position in second wheel, and as we came around the bend into sight of the finish, I was watching for any signs of movement from behind me. I saw someone jump, I think it was Roy, and I hit full gas without looking back again.

Through a few gears and out of the corner of my eye I could see Roy creeping up on me on the right. I had no more to give, but managed to find the line first, then Roy, Gerard, Mick and Ken. A hard earned race win for Team Adriatic.

B-grade: (Dave Anderson)

Race Referee for this week was Richard Dobson. Richard is one of the band of contributors at the EVCC club who work tirelessly to make sure we all enjoy good, safe & competitive racing all year round. Richard, under the watchful eye of Ronnie, delivered the race briefing and set a full B Grade contingent of 25 off for an hour of racing.

After the completion of the slowest controlled lap in the history of cycling, the attacks began. There were plenty of action but with no reward. I did have a little go off the front too and joined forces with a very keen Darren Woolhouse for a lap or two, but really this was more about seeing who was who in the bunch.

After Darren and I were brought back into the fold, Glen Newnham counter attacked and was soon joined by Wes Hurrey. This was a brilliant move and they quickly opened up a good gap on the main bunch. We all looked at one another to see who was going to start the chase, however no one did.

The pattern from here on was one or two would attempt to bridge across to the two away, the bunch would then chase the bridger's and once they were caught, the bunch would sit up. There was no urgency to shut the break down and the gamble seemed to be on the break blowing up. With Wes's break away partner dropping off and returning back to the bunch and with still plenty of time on the clock, that gamble seemed to be the likely outcome. However Wes, who runs a the SoulRider Spin Studio, a club sponsor, obviously knows a thing or two about pacing himself and kept the pressure on and preserved his gap right to the end to score a sensational win. For the rest of us it was going to come down to a bunch sprint.

The last lap was probably one of the quickest with everyone jockeying for position. Leading into the final corner Darren Woolhouse was the first to open things up



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and kept it tight on the left hand side. I was out wide sitting 4 or 5 wheels back and jumped with about 300m still to go. I got a good run, however not good enough to get over Darren who was able to hang on for 2nd. Behind me I could hear Martin Peeters and Dave Hyde closing quickly. Martin was right on my tail and pulled out a little too late and was not able to get over me before the finish line with Dave Hyde right on his heels to finish up 5th.

B-grade: (Wes Hurrey)

I really didn't expect that effort when I went across to rider 150, Glen Newnham to stick. In fact I thought there were a few riders on my wheel. When I got to Glen I looked back and we had a 100m on the bunch. Glen and I put in a couple of big laps. He worked into the wind on Dunlop Road and I wound it up around the remainder. Unfortunately he dropped off. I don't think I would have grown the gap to what it was if I hadn't had Glen for those 2 or 3 laps.

From then on it was a case of, well I'm out here, let's see how long it lasts. I expected the bunch to come back. Every time I got to the end of a long straight I would look back, 'nope, not there, guess I better keep going' 10 minutes, 15 minutes went past. It wasn't until I got to about 50 minutes that thought I might make it. But even then I knew a few hard laps from the bunch; if they worked together (?) they would bring me back. It was good to be able to focus 100% on riding efficiently and as fast as I possibly could at all points on the track while keeping the intensity right on my threshold. Every corner I was able to take the fastest line. Used the wind where possible, tried not to use too much energy into the wind. While I had a good ride I also just got lucky that the bunch didn't really appear to work together.

C-grade: (Hamish Moffatt)

A strong south-easterly wind made for interesting racing, with the slight incline on Dunlop Road straight into the wind looking particularly tough. Dale, Colin and another rider took off hard immediately after the neutral lap, putting everyone on the back foot immediately. They were caught after a few laps and the bunch settled into a routine, with a surge along Geddes Rd before turning into the finishing straight. A few other attacks were tried but never got far.

With only a few minutes to go I attacked hard along Dunlop Road, with Rob Feigan and Peter Ransome jumping on. Peter soon dropped back to the bunch but Rob and I worked together to stay just far enough of the peloton, who from all accounts couldn't quite get themselves organised enough to chase us down.

D-grade: (Jim Swainston)

An excellent day to wind up our graded scratch races for the summer season! The "A" grade race was a great finale. Congratulations to Nigel Kimber and the "A" graders for the spectacle they presented throughout the season.

"D" grade numbers were boosted by some "C" graders rolling their legs over prior to their main event which helped the stake money. A good honest pace with plenty of guys prepared to lift it a bit. Graeme Parker demonstrated the sort of strength needed to ride the VVCC Opens with some strong turns. Peter Webb was keen to bolt to the front on occasions but all was intact as the finish neared.

Solid pace from G.P. (not Alan Cunneen) over the last half lap saw the field stretched out a bit but, as usual at Dunlop Road, the bike race was on in earnest from the last corner with a host of runs being made. G.P. was still in front with Michael Paull tucked on followed by myself but they were coming on the outside! JC Wilson, the rejuvenator, was able to make a long sustained run from the corner and swallowed us all up followed by Geoff Darroch. The ever-calculating Michael Paull was a sound third.

Thanks heaps to all who officiated and we will see you all at Casey.

E-grade: (No report)

F-grade: (Michael Waterfield)

Gruppo "F". We were an amicable bunch, out for a little exercise on a beautiful Saturday afternoon. Keith thought that the appointment of the group captain(M.W.) was like putting Ronald Biggs in charge of security!, but Rhonda led us out safely for the whole first lap. Our group contained at least four octogenarians, (A record?), so the racing was steady and sober. We cornered carefully, let the groups in a hurry go past and no one shouted! No one was put in danger or stressed too much.

It was nice to see Colin Tozer back after some medical problems and we hope he continues. Our most senior campionissimo, Ken, set a good example by leading the group at times even into the North wind. Now and again Michael made some effort to stir things up, but Frank and then Alex were very quick to get onto his back wheel to discourage such uncouth riding.

Came the bell and we were all together. Rhonda volunteered to lead us out for a whole lap. Then came the sprint. We were expecting big things from young Alex fresh back from gruppo "E". After all he had had his



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favourite dinner of roast lamb the night before. Sure enough he initiated and strongly contested the sprint, but mercifully the 80 year olds prevailed.

Frank on this occasion was happy to remain behind Michael's wheel, thus avoiding the cries of "Put 'im up" All in all, a good afternoon's outing!

F-grade: (Rod Goodes)

Sunshine, some cool wind and a good number of F grade riders faced the starter at Dunlop Rd for the last graded race for the summer season. Rhonda was unknown to me and she looked pretty fit. Michael !! Well, you knew you were going to have a hard race as there would be plenty of hard attacks probably followed by the odd one two from Alex and Clive. Then there was Frank, Ken, Jeff and Keith who are pretty fast finishers on their day so, it was with apprehension for me as we rolled off the start line.

The ref had warned us about not pedalling around the second left hander and as it was Rhonda's first ride on this circuit she led us around in the neutral lap.

Things were fairly normal for the first fifteen minutes or so with Michael doing a few normal turns on the front

along with others lulling me to move to the front for my turn - Bad move, at just about the end of my turn Michael launched his first attack. Wow, with the lactic acid burning in my legs and, I think a few others as well, he opened up about a ten metre gap, with Alex and Frank on his wheel and the rest of us trying to bridge the gap. With the heart rate up and the gap increasing I thought this was the end of my race then, Rhonda came past and gradually dragged us back to the slowing trio - Thanks Rhonda!!! This pattern of attacks from Michael continued throughout the race even when he looked spent, how does he do it? - But, as we were all now alert to these tactics he was not able to open up any more significant gaps. Then at about fifty minutes the bell rang, everyone looked to see who was going to open up proceedings, there was a gradual increase in speed. No one was initially eager to start the sprint until we rounded the last turn into the finishing straight. Michael, Frank and Alex were on the front with a fast finishing Keith chasing them and a blanket over the rest.

Michael, Frank and Alex were able to hold on to their places in that order.

Congrat"s to all the riders in F grade for a good honest race.

Officials at Dunlop Rd, April 20th.

Thanks to Peter Mackie and Ron Stranks who were on the desk taking entries. Special thanks to all those on-course led by Richard Dobson, the referee along with the following, ensured we had a safe race. Thanks to Steve Short, Dayle Goodall, David McCormack, David Harding, Chris Hughson, Paul James, Nigel Letty, Marcus Herzog, Dan Ives, Craig Peachey and, Stuart Jenkins. 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: Dunlop Rd, Saturday, April 20th.

	First	Second	Third	Fourth	Fifth
a-grade (26)	Jamie Steward	Roy Clark	Gerald Donnelly	Michael Hay	Ken Mayberry
b-grade (22)	Wes Hurrey	Darren Woodhouse	David Anderson	Martin Peeters	David Hyde
c-grade (25)	Hamish Moffatt	Rob Feigan	Ken Bone	Boyd Williams	Tim Crowe
d-grade (19)	JC Wilson	Geoff Darroch	Michael Paull	Jim Swainston	
e-grade (9)	Peter Gray	Tony Lateo	Gary Dodds		
e-grade (11)	Michael Waterfield	Frank Lees	Alex Watts		

Results: The Loop April 24th.

	First	Second	Third
Division 1	B Condello	Phil Cavaleri	Je4an-Philippe Leclercq
Division 2	David Mayne	Tim Ferrie	Neil Cartledge



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Division 3	Frank Lees	Laurie Bohn	Juanita Cadd
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Eastern Vets Program: www.easternvets.com/

Saturday	Apr	27	2:00pm	Casey Fields	Club Championships
Wednesday's			10:15am	The Loop	Graded Scratch Race
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.
Saturday	May	18	1:30pm	Avenal/Seymour	Athletic Soft Tissue Handicap

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	28	1:00pm	Lancefield	Road Races 60/90k
Sunday	May	5	10:00am	Munro/McDonough Memorial	Road Races 63k Super Series R5
Sunday	May	12	9:00am	National Boulevard	Grades Scratch Races
Sunday	May	19	9:00am	National Boulevard	Grades Scratch Races

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

Sunday	May	5	10:00am	Hume Open	Tungamah 60k
Sunday	May	19	10:00am	May Open Colac Vets	Cororooke Hall 67k
Sunday	June	6		'Oppy' Race Central Vic Vets	Rochester 65k

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.

Club Championships: Casey Fields. 27/4/2013

This Saturday is the EVCC Club Criterium Championships at Casey Fields. Championships are open to all EVCC members who have competed in at least three club events over the 2012/13 summer season. This includes any club race, be it Saturday afternoon, Tuesday evening or Wednesday morning.

Races are age based in five year groups; 30-34yo (women only), 35-39yo (men and women), 40-44yo, etc.

Being championship races there is no race entry fee, there is no prize money but medals will be presented (at a later date) to place getters in all age groups.

Races will consist of a minimum of six riders.

Any age group (male or female) that fails to meet the six rider requirement will be combined with the next lower age group

If a combined age group race does not meet the six rider requirement it will be combined with the next lower age group. And so on until a race of at least six riders is achieved.





The exception to the above is when you get to the youngest age group (30-34 for women, 35-39 for men) at which point the race will contain as many riders as there are. E.g. 45-49 (2 competitors) + 40-44 (2 competitors) + 35-39 (1 competitor) = 5 competitors, the race will start, the race will contain 5 competitors, three championship medals will be awarded.

Regardless of the number of riders in an age group, or the number of age groups in a race, riders will be racing for championship status within their own age group. That is, in a combined 65-69 / 60-64yo race there will be two championships decided, the 60-64yo and the 65-69yo championships. If there is only one rider in an age group they will be awarded championship status in that age group provided they complete the course. Championship medals will only be awarded to competitors who complete the course.

Drinks:

The club is seeking assistance for Dean Niclasen with the drinks. Dean will not be able to get to all races through winter and we need somebody to help out. The idea is that Dean will maintain the stock and any assistant can pick the drinks up from his place on the way to races and drop the eskies off on the way home - Dean lives in Vermont.

Brain Training Study for Older Adults

Ever thought of trying a Brain Fitness program?

Research has shown that many people maintain mental fitness well into old age and can learn new skills. Software based brain games have improved people's performance on the trained tasks, such as mental speed, attention and problem solving. However, it is unclear if this training improves real world activities and more research is needed.

Does brain exercise improve thinking skills?

What type of training helps?

How often do you need to practice it?

Does it have to be hard?

How will I know if it's helping?

The purpose of this study is to try and answer questions like these. ***But we need your help!***

Who can volunteer for this study? Anyone over the age of 60 years who is living independently and can read and understand written English is welcome. Participants will need to have functional vision and hearing and no brain injuries, such as a stroke or previous head injury.

What are you required to do? You will need to commit to practicing a brain training program for 30 minutes each day for eight weeks. It will consist of challenging mental exercises and games. Before and after the training period, you will need to complete an online survey and then attend an interview session for about two hours. This project has been approved by the FSTE Human Ethics Committee, La Trobe University, Ethics Approval Number FHEC11/R62.

Where will the program be held? Interviews, pre-training and assessments will take place at local community centres, libraries, La Trobe University or activity group venues. If are interested in learning more about this research please contact us.

How to contact us: If you are interested in participating or would like more information, please contact Mary Castellani at La Trobe University (mbcastellani@students.latrobe.edu.au or Ph: 9479 5693).

All inquiries welcome!

Address:

Mrs Mary Castellani,

School of Psychological Studies.



Bayswater





La Trobe University.
Bundoora Vic 3086

FIND THE CAT. Somewhere in this heap of junk is a white cat. Can you find it?

