

2 Nov. 82

1. Office Bearers for 1983

President	Don Beavis
Secretary	Clay Kesting
Treasurer	Alan Smith
Race Secretary and Union Delegate	John Sunde
Captain/Coach	Dave Stakes
Tours Secretaries	Bruce Vote and Paul Montesin
Social Secretary	Paul Montesin
Newsletter Editor	Don Sigsby

2. N.S.W. Amateur Cyclists Union Affiliation

Affiliation fees now due for members of Sydney Cycling Club which is the racing club as distinct from Sydney Cyclists Club which is the social and touring club. Affiliation fees \$16 for non-competitive racing members and \$22 for competitive racing members.

3. 1983 Club Open (Carnivale)

It was agreed by members present that the CARNIVALE Club Open should be conducted again in 1983 and would be organised by the Race Secretary. The date would have to be included in the NSW ACU road racing program for 1983 and this had to be submitted before 30/11/82. The Race Secretary would submit the race program to the Union before that date.

4. Proposed Club Activities for 1983.

It was agreed:

1. Carnivale Open to be conducted by the Club.
2. A Club Open to be held.
3. A Club Time Trial to be held.
4. Four tours to be arranged.
5. Meetings to continue monthly on first Tuesday of each month.
6. Venue of meetings normally to be Royal Hotel, Greenhouse room.
7. Monthly meetings to be as previously, that is predominantly social and instructive with speakers, films, etc. and one meeting to be bicycle parts auction. Dinners, barbecues, picnics and other social functions to continue to form part of the monthly meeting structure.

5. Production and Distribution of Club Newsletter

All members saw the club newsletter as essential to the club and all members were to receive a copy. It was agreed that the Club should meet the costs of production and distribution and that the newsletter should be as fully informative as possible with all members encouraged to present items for inclusion in the letter. If desirable the newsletter would be posted to members.

6. Club Membership Fees for 1983

It was agreed that, to meet costs of producing and distributing the newsletter, membership fees would be increased by two dollars.

Membership fees are now:-

SYDNEY CYCLISTS CLUB	\$8.00 per year
SYDNEY CYCLING CLUB plus the NSW ACU affiliation fee	\$8.00 per year
JUNIOR MEMBERSHIP FEE (16 years and under) plus affiliation fee if applicable	\$5.00 per year

The Club Secretary was to investigate a membership card for SYDNEY CYCLISTS CLUB.

7. Helmets

The skid lid helmets had arrived and were distributed to those members who had ordered them. Because of Paul Montesin's astuteness, about \$100 had been saved on the air freight. All helmet purchasers agreed that the saving should be paid into club funds and as a gesture of thanks to Paul's friend who had arranged the air freight, the friend Andrew Doldissen be given a club T-shirt and club membership for 1983.

8. Club Finance

Club finance stands at \$873.00 in the bank plus \$18.00 cash from new members fees still to be banked plus the excess of approximately \$100 between the cost of the skid lid helmets and the amount paid by members and still to be transferred to club funds. There are no outstanding debts.

JOHN BEAUCHAMP
Hon. Secretary

2/11/82

Walter Kelli
34 Earl St.
R'Wick

SC

Sydney Cyclist

OCTOBER 1982



The Club Annual Dinner scheduled for 3 December at La Bicyclette restaurant is fully booked out. Persons who have reserved will be receiving letters of confirmation. Any person who has booked and does not attend will have to pay, as others are now being turned back.

See you there.....

WANDERINGS

Stephen POOLE has recently returned from travels in Europe. He will be working at Europa Cycles new shop at Broadway...

The odyssey of Mark KETTERIDGE continues, with his present location being somewhere along the Nullarbor.

The CARTERS are on the Alpine way...

You've seen it played on horses....



now YOU can play Polo. →

Bicycle Polo

the **action** game

Many people, hearing about Bicycle Polo for the first time imagine it to be a new sport, but this is not so. The very first game was played in Ireland in 1891, reaching England by 1895.

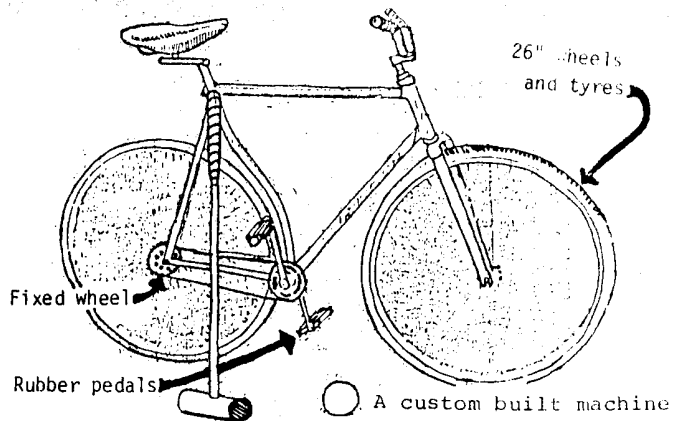
The first major landmark was in 1901 when an International was played at the Crystal Palace, Ireland beating England 10 - 5. In 1903 Ireland beat Germany 3 - 1 in an Olympic Games Match at Shepherd's Bush.

By 1937 many leagues were contested up and down the country, but the intervention of the Second World War in 1939 meant an end to organised Bicycle Polo. Past players returning home in 1945 once again got together, and indeed some of them are still playing today!!

A Bicycle Polo team consists of six players (male or female), five being on the pitch at any one time. The game is divided into six fifteen minute 'chukkas' which assures each player of a fifteen minute rest, excluding half time. The game is played on a grass pitch, similar to that used for football, but differs in the way it is marked out. To start or re-start the game the bamboo-root, or plastic ball is placed in the centre and, at the referee's signal, one player from each team sprints from the left hand side of their goal mouth in order to gain possession of the ball.

Players are allowed to shoulder-charge, tackle and ride each other off the ball. Goal hits and free hits are straightforward, but corners are taken from the edge of the 25 yard line. The most common foul is to be dismounted when playing the ball and a foot just touching the ground renders a player dismounted. This rule also applies to goalkeepers, so it can be seen they have a difficult role to fulfil. However, the goalkeeper does get the protection of the rule forbidding an opponent to charge or impede him in his own penalty area. Unlike horse polo the teams change ends only once. A goalkeeper, full back, half-back and two forwards make up the team positions.

You will gather the rules allow for a fair amount of robust play and the players' cycle-handling skill contributes largely to the standard of play. It is very rare, to get an injury more serious than a bruise or two and playing Bicycle Polo can be very exciting to play or watch.



YOUR QUESTIONS ANSWERED

(see your local frame builder...)

What equipment do I need?

The basic requirements are a bicycle and a mallet. Special frames are made for polo machines but roadster-type frames can be used with slight modification. Fixed wheel gearing is employed on 26 inch wheels, and it is usual for these to be fitted with heavy gauge spokes. Tyres, handlebars, chain and rubber pedals complete the machine, there are no other accessories - not even brakes!!

Mallets are of special manufacture and cost about thirty shillings.

Where is it played?

London, Birmingham, Northampton, Southampton, Glasgow, Belfast and Dublin are the main centres. soon at Warwick Farm!

There are other teams in various parts of the country; assistance is offered by The Bicycle Polo Association to organizations wishing to play Bicycle Polo.

Whom do I contact in my area? John 'Chukka' Beauchamp

A FEW WORDS OF WISDOM, BEFORE THE START OF THE HOT WEATHER.....

THE AUSTRALIAN OLYMPIAN — September 1982

DEHYDRINJURY

Beware the phantom fluid loss

We have all felt concern for the red faced, profusely perspiring overweight jogger, laboring along the footpath. This jogger could be exposing himself to heat injury and so too can the athlete who is not attuned to his body's requirements during training and competition.

Body temperature is raised by exercise, the ingestion of food, high air temperatures and the wearing of heavy clothing. A cooling mechanism operates to maintain the normal 37°C.

Natural cooling occurs from the skin surface in two principal ways. These are by direct heat loss to the atmosphere, which is inhibited by secretion of perspiration and its subsequent evaporation. This evaporative form of heat loss is reduced when the atmosphere humidity is high, heavy clothing is worn — e.g., a tracksuit rather than a singlet, or if there is inadequate perspiration produced through inadequate fluid intake.

The average adult's daily water requirement of 2½ litres is obtained in food and by drinking fluids and through the metabolism of food. This intake is required to balance the loss from perspiration, 'insensible' loss and from urine excretion.

"JET LAG"

"Insensible" loss occurs continuously as a non apparent skin loss and also from the lung surfaces when a small quantity of fluid is exhaled to the atmosphere with each breath. The insensible loss is increased by a dry atmosphere or increased air circulation. These conditions apply in jet passenger aircraft and the unsuspected dehydration which can occur on a long flight may contribute to "jet lag". Hence the importance of imbibing large quantities of non alcoholic and non caffeinated fluids on long flights. Alcohol and caffeine cause an increase in urine output and so can contribute to dehydration.

Excess minerals and electrolytes, such as salt, and nitrogen waste arising from the metabolism of dietary protein are excreted in the urine.

The available water in the body occurs within the cells (intracellular), outside the cells and bathing them (extracellular) and in the circulating blood. If a large quantity of salt is consumed some of the cell water migrates by osmosis into the extracellular fluid to dissolve this salt and this water and the excess salt are then excreted in the urine, giving rise to a loss of cell fluid. As water is important for cell activity and

energy production, if large quantities of salt are consumed during physical activity a level of cell dehydration can be produced, thereby limiting performance.

KEEP UP FLUIDS

For satisfactory cooling during vigorous exercise adequate quantities of fluid must be consumed prior to and during activity. Two to three litres per hour may be required as this can be lost during strenuous activity, particularly during warmer climate conditions. Thirst is often a poor guide to the need for water as it is often blunted in competition. Clear or fruit juice flavored water at a temperature of about 12°C, should be provided. Additional salt can be added to food, but salt tablets during exercise are ill advised. High glucose concentrated fluids produce a tendency to dehydration too, as they encourage a transfer of water to dilute the glucose.

Heat exhaustion produces excess tiredness, faintness, giddiness, nausea and muscle and abdominal cramps. Pallor, a cold clammy skin, rapid breathing and a weak rapid pulse are observed.

Treatment is to rest the sufferer in a cool place, provide frequent drinks of cool water and encourage an increased salt intake with meals for the next few days.

HEAT STROKE

Heat stroke is potentially fatal and a medical emergency. Following on from heat exhaustion, it is a failure of the heat regulatory mechanism of the body. The person is irritable and restless, has hot dry skin and the temperature rises so collapse into unconsciousness follows. The emergency treatment is to place the victim in a cool spot, apply

cool running water to the skin and administer cool fluid if still conscious.

Heat exhaustion and heat stroke are avoided by good training methods providing a gradual increase in activity; proper acclimatisation; the wearing of light clothing; events being held at temperate times of the day and year; the provision of adequate quantities of fluid prior to, during and after strenuous activity; any salt intake occurring at meal times.

pottery!

Those who enjoyed the hospitality following the Sofala ride, will be interested to know that our host will be having an exhibition of his work, in conjunction with a painter.

BOB CUNNINGHAM's pottery will be on show, just in time for purchase for Christmas. LITHGOW VALLEY POTTERY

21 November from 12:00 on...

There is a Bar-B-Que and probably a band in the afternoon.

The LITHGOW VALLEY POTTERY is located in the old brickworks near the COLE'S Shopping area.

COMING EVENTS

21 Nov - GREEN VALLEY TWIN CENTURY: This event will actually provide four different rides (50,100,150 & 200 kms.) All rides will start from Green Valley School, on Green Valley Road. The long rides start at 7:30 A.M. \$2.00 entry fee

Contact: Russell Moore 607-8686

21 Nov - SYDNEY TO THE 'GONG BIKE TOUR 82 A tour package sponsored by "Freewheeling" Magazine.

Contact: Warren Salomon 264-8544

28 Nov - CIRCULAR QUAY TO MANLY: An easy ride, starting at Alfred St. Circular Quay riding to North Head for a picnic lunch, returning to the city by ferry.

Contact: Don Morison 969-3180

Dr Brian Sando
AOF Medical
Commission.

"Heat exhaustion produces excess tiredness, faintness, giddiness, nausea and muscle cramps."



Sydney Cyclists Club

THE GENERAL MEMBERSHIP IS COMPRISED OF PERSONS HAVING AN INTEREST IN CYCLING AS A MEANS OF RECREATION, FITNESS, SPORT AND COMMUNICATION. FUNCTIONS INCLUDE FITNESS RIDES, A TRAINING PROGRAMME, WEEKEND TOURS AND SOCIAL EVENTS.

EMPHASIS IS ON PROMOTION OF SAFE CYCLING ON THE PUBLIC ROADS.

THE CLUB HOLDS MEETINGS ON THE FIRST TUESDAY OF EACH MONTH AT THE ROYAL HOTEL, RANDWICK IN THE GREENHOUSE ROOM - UNLESS OTHERWISE NOTIFIED.

MEMBERSHIP FEES:	SENIOR	\$8.00 PER YEAR
	JUNIOR	\$5.00 PER YEAR

Sydney Cycling Club

WITHIN THE SYDNEY CYCLISTS CLUB, A GROUP ACTIVE IN RACING ON THE ROAD AND TRACK EXISTS. THIS GROUP - THE SYDNEY CYCLING CLUB - CONSISTS OF MEMBERS AFFILIATED WITH THE NEW SOUTH WALES AMATEUR CYCLISTS' UNION. THE UNION HAS TWO CATEGORIES AVAILABLE:

NON-COMPETITIVE MEMBERS: COMPRISES ALL NON-RACING MEMBERS IRRESPECTIVE OF AGE OR SEX. INCLUDES ALL ADMINISTRATIVE AND RACE OFFICIALS AND ANY PERSONS INTERESTED IN AMATEUR CYCLING WHO MAY BE ACCEPTED.

FEES: \$8.00 (S.C.C.) + \$6.00 (UNION) = \$14.00

RACING MEMBERS: SEVEN CATEGORIES OF RACING MEMBERS - MOST TEND TO BE SENIORS OR VETERANS.

FEES: \$8.00 (S.C.C.) + \$22.00 (UNION) = \$30.00

MEMBERSHIP LIST 10/82

Membership subscriptions

are now due for the 1983 year, and a further list will be drawn up in February 1983. The new list will include only those who have paid their subscriptions, and will therefore receive the newsletter.

NAME	ADDRESS	PHONE (home unless noted)	
AGULLO, Alain	4/266 Campbell Pde., Bondi Beach 2026	309-2841	387-1969w
* BEAUCHAMP, John	41 Byron St., Coogee 2034	665-4255	662-3319w
* BEAVIS, Donald	4 Clark St., Annandale 2038	(043) 62-1304	
* BONWICK, Mark	2/44 McDougall St., Kirribilli 2061	451-5555w	
* BRANDON, Frank	40/40 Penkivil St., Bondi 2026	387-3091	
* BROWNE, Archibald	42 Read St., Waverley 2024	387-3412	
* BURRASTON, John	7 Doris Ave., Earlwood 2206	789-4741	569-7696w
CARTER, Desma			
* CARTER, Percival	19 Cook Street, Woollooware 2230	523-6157	
CAWTE, Mary	25 Byron St., Coogee 2034	665-3921	
CLARKE, Darryl			
CLARKE, Kevin	18 Wade Street, Maroubra 2035	439-5066w	
COOPER, Gina	7/2 Jackaman St., Bondi 2026	51-5401w	
CRAIG, Robyn	33 Martin Street, Paddington 2021	30-3212(w)	
DOLDISSEN, Andrew	17 Clements St., Five Dock 2046	331-1183	
DOYLE, Rosemary	4 Albert Street, Rozelle 2039	713-4459	
DROZ, Gilbert	3/1A Castlefield Street, Bondi 2026	818-4425	
ECCLES, Dennis	9 Regent Street, Paddington 2021	30-4190	
FLINT, Christine	27 Albion Street, Waverley 2024	331-2280	
FRIEND, Geoffrey	12/3 Rowley St., Bondi 2026	387-1128	
FRY, Catherine	25 Mill Hill Road, Bondi Jct. 2022	30-3725	
GRAY, Kenneth	35 Regent Street, Paddington 2021	387-6529	
* GRIFFITH, Michael	38 Parkham Street, Surry Hills 2010	33-6831	
GROSS, Terence	31 Fahey Crescent, Macleod, Victoria	699-9681	233-1022w
* GUERREIRO, Albert	24 Chisholm Street, Darlinghurst 2010	-	0
HAGUE-SMITH, Kim	7/78 Birriga Road, Bellevue Hill 2023	357-5729	
HAMROZI, Antonin	46 Bundock Street, Randwick 2031	30-4021	
HANLEY, Martin	29 Edward Street, Woollahra 2025	399-9134	922-0548w
HARRIS, Lakis	177 Crown St. Darlinghurst 2010	387-2512	666-9675w
HOPPER, Ronald	60 Warners Avenue, Bondi 2026	357-6872	
* KAMAHL, Michael	82 Oxford Street, Paddington 2021	667-3131w	
* KESTING, Clayton	68 Mill Hill Road, Bondi Jct. 2022	331-2671	
KETTERIDGE, Mark	c/ Alan Lumb	389-7526	
LUMB, Alan	27 Albion Street, Waverley 2024	-	
* MAJINI, John	51 Earl Street, Randwick 2031	387-1128	
MILNER, Hugh	12 Godfrey Road, Artarmon 2065	598-1478	
* MONTESIN, Paul	27 Macaulay Road, Stanmore 2048	419-5968	
POOLE, Stephen	8 Kells Road, Ryde 2112	519-6215	
POSA, Christine	319 Glenmore Road, Paddington 2021	80-1870	
* REVELL, Alan	56 Wallaroy Road, Woollahra 2025	357-5977	
RITCHIE, Denne	24/10 Clapton Place, Darlinghurst 2010	36-5037	
ROLLI, Walter	34 Earl Street, Randwick 2031	357-4736	
RONEY, William	12 Pacific Avenue, Tamarama 2026	398-5929	
SHAW, David	2/3 Byron St., Coogee 2034	302-3120	
SHORTER, Halgar	24 Carrington Road, Strathfield 2135	-	
* SIBILIA, Bruno	259 Birrel Street, Bondi 2026	76-9261	
SIGSBY, Donald	8 Leinster Street, Paddington 2021	389-3144	218-6483w
* SMITH, Alan	11A Rowley St., Brighton-Le-Sands 2216	331-4659	662-3755w
* STAKES, David	85 St. Johns Road, Glebe 2037	59-2455	667-3092w
* SUNDE, John	319 Glenmore Road, Paddington 2021	692-9480	660-3133w
* VOTE, Bruce	18 Caerlon Crescent, Randwick 2031	357-5977	
* WALDMAN, Daniel	4/249 Darlinghurst Rd., Darlinghurst 2010	399-9452	358-5388w
WILHELM, Thomas	38 Wallis Street, Woollahra 2025	33-5045	
ZITO, Oscar	13/3 Devitt Place, Hillsdale	32-1126	
		661-8949	

* Members noted belong to the Sydney Cycling Club, and are affiliated with the N.S.W. Amateur Cyclists' Union.

Clay Kesting, Hon. Secretary
68 Mill Hill Road
Bondi Junction, N.S.W. 2022

As has been mentioned in the October Newsletter, the subscriptions are due for 1983. Could you please forward your payment along with the "MEMBERSHIP INFORMATION" sheet to the Hon. Secretary as soon as possible.

Please complete the enclosed material to assist the Racing, Touring and Social Secretaries with their work for the coming year.

----- DOTTED LINE -----



Membership Information

Name:

Address:

Suburb: Postcode:

Telephone: (home) (work)

What type of bicycle(s) do you own?

Description:

- ☐ TOURING
☐ COMMUTER
☐ ROAD
☐ TRACK

TOURING /SOCIAL INFORMATION:

Are you interested in weekend touring ? ☐ Yes ☐ No

Are you interested in long-distance touring ? ☐ Yes ☐ No

Do you have camping gear ? ☐ Sleeping Bag ☐ Tent

Do you belong to the Youth Hostel Association (YHA) ? ☐ Yes ☐ No

Do you have a preference for accommodation on tours ?

☐ Hotels ☐ Motels ☐ On-site vans ☐ Camping ☐ Hostels

RACING INFORMATION:

Have you previously raced ? ☐ Yes ☐ No Category:

Have you been a member of the N.S.W. Amateur Cyclists' Union ?

☐ Yes ☐ No Licence Number:

Date of Birth: day month year

MEMBERSHIP CATEGORY:

☐ Sydney Cyclists Club
\$ 8.00

Sydney Cycling Club
☐ Racing \$30.00 ☐ Non-competitive
\$14.00