

The Sydney Cyclist



December 2005

Christmas Day 2005



Photographs courtesy of Pete and Frankie Scott

INSIDE THIS ISSUE

PRESIDENTIAL ADDRESS	2
LAST CRIT OF THE YEAR	6
SCC NON RACING AWARDS 2005	11
SYDNEY CYCLING CLUB COMMITTEE	15
STATE MASTERS CRITERIUM CHAMPIONSHIPS	18

CLUB CAPTAIN'S KNOCK	3
CHRISTMAS PARTY & AWARDS NIGHT	7
L'ETAPE DU TOUR #13	12
REGULAR RIDES	16
CLASSIFIEDS	18

RACING SECRETARY'S REPORT	5
SCC RACING AWARDS 2005	10
TOUR SECRETARY'S REPORT	14
LETTERS TO THE EDITOR	17

Presidential Address

Committee Welcome and Thanks

A big thanks and welcome to the new committee for their early enthusiasm and work so far on what promises to be a busy, challenging yet rewarding year ahead.

The committee members are a broad cross-section of the club with riders of all grades and interests whether that be in racing, touring, training or simply circling-in on a lazy Sunday morning latte. It is great to see this sort of representation but also most welcome and critical to have corresponding members who feel free to make suggestions and pass on feedback.

The previous committee are a hard act to follow having left the club in a solid state in all areas. To those that served on the committee in 2005 my applause and thanks for your tremendous work. Also, to the many members who supported the committee, the various programs and events, thank-you and keep the good work up – we need you!

Kinselas Support Broadens

Kinselas ongoing forthright support of the club is simply outstanding! The sponsorship provides the club greater opportunity to thrive and offer members something back for their patronage and support.

The sponsorship facility for 2006 will work more broadly than previous years, the details of which will be soon posted on our web-site so everyone, who is interested, knows how it works. For 2006, with the Kinselas sponsorship your club will be able to contribute towards;

- ◆ Professional training and development costs for all members
- ◆ SCC touring costs
- ◆ Racing costs and incentives

With the generosity of Kinselas and the reasonably strong financial position of the Club you may ask why the committee have boldly sought additional sponsorship. Part of the answer is simple: the committee want to ensure the ongoing financial sustainability of the Club whilst at the same time be in a position to offer more to members. The secondary part is that the club is in a terrific position to provide value for our current sponsor Kinselas, any new sponsor and certainly increase member loyalty and satisfaction.

Season's Greetings

To all members and your families I wish you a very merry, happy and safe Christmas and New Year. I do hope that all your wishes come true and look forward to another great year riding with you.



Seasons Greetings!

Barry D – The President

Club Captain's Knock

After only a month with a new committee it seems there's no shortage of ideas, some new and not so new. I thought I'd take this opportunity to lay out some of my plans and hopes for 2006:

1) Bunch Riding Improvements

There's no question we can all ride smoother and smarter in the bunch. You may have noticed certain members choose not to do too much bunch riding. There's a good reason for this. They have learnt that precious training time is better spent alone. When bunch rides are characterised by surging, half wheeling, rolling back on riders and ego driven gestures why wouldn't you want to ride by yourself!?!?!?

My approach to this problem is a well trodden path. The Ride Captain System is not a new idea. Ride captains are there to politely remind us all to THINK about how we are riding. For the system to be sustainable in the long term I need help. I thank those of you who are already supporting the system and ask anybody who wants to ride captain to let me know.

2) Training Programmes/ Club coaching

The committee is very interested in providing coaching services for members. At this early stage the plan is to offer them at several levels:

Team Training Programmes.

Designed for racers and those aspiring to race. "Teams" of riders of equal ability will be formed based on a mutual level of commitment to a particular goal. If there are enough takers then training blocks of 6-8 weeks will be offered to coincide with the timing of major open events to be determined. This is a great opportunity to work together however if there is no expression of interest it won't happen. I compel you to start thinking about what you might like to achieve in 2006.

General Membership Training

Designed to expose members to structured training techniques which will build fitness, confidence and general skill levels. It's my hope this will inspire members to undertake further programmes which will positively influence our bunch riding standards. My plan is to secure the services of current or ex-national level athletes. There is a shameless novelty value to this but I remember how much we all enjoyed the Josh Kersten paceline training a few years ago. I have a name or two already however they are busy preparing for the Commonwealth Games!! I love dangling carrots!!!

(continued over....)

Club Captain's Knock (cont'd)

Training programme Invitations.

This is the simplest (and spongiest!) form of training which will improve your riding up to a point. I know the training purists may disagree with simply jumping on your mates program but it's a start. I re-iterate my call to those of you who are planning personal programmes in 2006 and ask you to consider inviting members to participate if it doesn't compromise your personal goals. Tanya Bosch has kindly made the first invitation. Her sprint training starts December 22nd!! Club B graders or Heffron C graders will benefit most. All welcome.

3) Talk to me

If you are not enjoying any aspect of club riding I expect you to let me know. I also expect you to accept that you will probably be part of the solution. If you don't like the way a ride went then the best thing you can do is take control and be the ride captain next time! This is your club and YOU have to decide how pro-active you are in positively affecting the quality of our riding and future directions of the club.

4) If you don't want to talk to me, ask Dr.Cog.....

If all else fails send all your cycling worries to Dr.Cog care of gschnell@bigpond.net.au



The Doctor is currently on-line and committed to your cycling well-being.

Thanks and Merry Christmas

Jeff Sofair
Club Captain

Racing Secretary's Report

Racing Sub-Committee

A sub-committee was dragooned into assisting me formulate a race program for next year due to the fact that I'm a neophyte race secretary. This was after I suggested that perhaps we only have a couple of TT's, one crit and a hill climb and that should do...

The usual suspects met at my place and I asked them why we have club races. There seem to be several reasons.

The first is that they are social events aimed at having a good time while still competing hard.

Then there are the club traditions to uphold (especially honing the fine art of burglary – Walter).

Finally they provide a good opportunity to start racing in a friendly and nurturing environment.

Time Trials

Great care was devoted to the question of where to hold time trials and how long they should be. The consensus was that without an appropriate venue the kilo is not viable. Long time trials are also difficult to run at Heffron.

So we thought the best thing with these is to approach ATTA to hold two TTs with them, being a 12 and a 25 km. The idea is to have them allocate to us a block of 30 starting times and we would provide them assistance with handlers for the day. This is to be confirmed with ATTA.

The combined hill climb was thought to be a tremendous success, largely I think because we won it.

Combined Races

Following the theme of working with other clubs we also thought that we should look at combining a road race with RBCC at Eastern Creek. This would be run later in the year and involve an hour + 2 laps. As we're looking at travelling we would also look at running a criterium at Waratah Park in Sutherland, which would be in the first half of the year.

2006 SCC Races

The upshot was that the racing program will look like this :

- ◆ A series of four TTs at Heffron, two in the first half of the year and two in the second, comprising of two 1 lap TTs and two 2 lap TTs.
- ◆ A series of four handicap crits at Heffron, two early in the year and two in the second half.
- ◆ A scratch race with two bunches
- A and B only.
- ◆ Two ATTA time trials.
- ◆ A criterium race at Waratah.
- ◆ A road race at Eastern Creek (combining with RBCC if possible).
- ◆ The combined hill climb.

There will be no races scheduled in July or August. I will try and get the dates for these events settled as soon as possible. Points were discussed but as far as I could tell the sub-committee made no decision. I felt that everyone was happy with last year's system and we will retain it.

(continued over...)

Racing Secretary's Report (Cont'd)

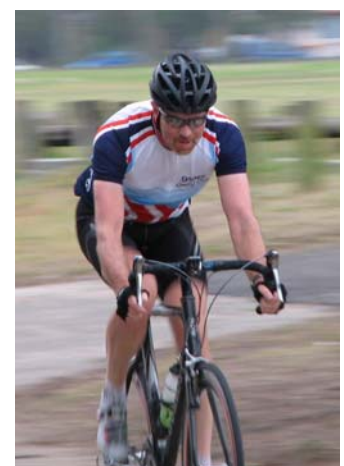
Handling is still a problem. There are three rules. If you compete you handle. If you get nominated for handling the onus is on you to turn up and do it or take responsibility to find a replacement. If there are not enough handlers the race is cancelled and I take my cones and stopwatch and go home.

There will be three grades only, A, B and C. I agreed with this decision despite being only a D grader at the moment, **so please no complaints.**

On a personal note I would like to throw down the challenge to riders of my level of fitness (or just above) to join me in our own squad to see if we can't eliminate C grade by the end of the year. Email me if you are interested in forming such a training bunch (dnbthb@bigpond.net.au).

David Bonnell
Racing Secretary

Last Crit of the Year



Christmas Party & Awards Night

Many thanks to everyone who joined in this year's festivities which were held at the Hughenden Hotel in Woolhara on Saturday 10th December. We had a full house, and judging by the noise level and the speed at which the club's drinks subsidy was consumed, a good night was had by all.

Thanks to the awards presenters, who revealed some of their hidden talents as public speakers and story tellers and congratulations to all of the award winners.

As well as the annual racing and club awards, which are detailed in this newsletter, we were fortunate to be able to give away some great lucky door prizes, which were donated by club members.

Thanks to all you generous people for your donations and to Des for presenting these with his usual theatrical flair. Thanks also to Kate for helping me to organise this event and of course for choosing the wine.

LUCKY DOOR PRIZE

	DONATED BY	WINNER
Coffee Set	Bruce Gould	Auriol Carruthers
Coffee Beans - 2 x 1 kg bags	Pino D'Aguanno	Gregor Whiley & Michael Avakian
Fitness Test	Tanya Bosch	Pete Scott
2 Continental ultra Sport HP tyres and inner tubes	Alex Simmons	Sean Gleeson
Restaurant Voucher for Una's Restaurant \$60	Pieter van Rijn	To be confirmed
Free Dental treatment	Phillip Arndt	Rebecca Brown
Spring Italia Jersey signed by Mathew Hayman	Tim Rice	Malcolm Wade
Subscription to Ride Magazine	Rob Arnold	Tony Johnson
Drink bottles, saddle bags, power bars and gu's	Steve Hogg	Lots and lots of people

NEXT YEAR'S SOCIAL SCHEDULE

There are some great social events planned for next year which I hope you will enjoy. Full details and dates will be in the next newsletter. If anyone has any ideas for events or venues I would love to hear from you.

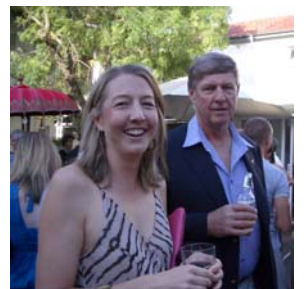
So far planned events are as follows:

New Members Drinks	Late March 2006
Giro D'Italia Dinner	Late May 2006
Tour De France Evening	Early August 2006

Ruth Lax
Social Secretary



Christmas Party & Awards Night



Christmas Party & Awards Night



Photographs courtesy of Breeda Kelly. More pics at www.sydneycyclingclub.org.au/picturesindex.htm

SCC Racing Awards 2005

POINT SCORE CHAMPIONSHIP

A GRADE

Winner - Alex Simmons
Runner Up - Simon Vagg



B GRADE

Winner - Jeff Soffair
Runner Up - Russell Davies



C GRADE

Winner - George Tragaris
Runner Up - Gregor Whiley



D GRADE

Winner - Steve Youngman
Runner Up - Malcolm Wade

ROAD RACE CHAMPIONSHIP

A GRADE

Winner - Alex Simmons
Runner Up - Alessandro Garofalo



B GRADE

Winner - John Perry & Wayne Wheatley
Runner Up - Jeff Soffair



C GRADE

Winner - George Tragaris
Runner Up - Gregor Whiley



D GRADE

Winner - Steve Youngman.
Runner Up - Steve McMillan

CRITERIUM CHAMPIONSHIP

Winner - Alex Simmons
Runner Up - Tim Rice



TIME TRIAL CHAMPIONSHIP

A GRADE

Winner - Steve Hogg
Runner Up - Alex Simmons



B GRADE

Winner - John Kearney
Runner Up - Russell Davies



C GRADE

Winner - George Tragaris
Runner Up - Gregor Wiley

D GRADE

Winner - Steve Youngman

HILL CLIMB CHAMPIONSHIP

Winner - Simon Vagg
Runner Up - Alex Simmons



KILO CHAMPIONSHIP

Men's

Winner - Simon Vagg (1:15.98)
Runner Up - Alex Simmons

Women's

Winner - Amber Jenkins (1:31.28)



FRANK MURRAY MEMORIAL TIME TRIAL CHAMPIONSHIP

Winner - George Tragaris



BIG PISTON

Tanya Bosch for Gold at World Masters' Games
Simon Vagg for winning the joint RBCC/SCC Waterfall hillclimb



MOST IMPROVED RIDER

Chris Wright

SCC Non Racing Awards 2005

Clubman of the Year

Alex Simmons...been involved both on and off the bike in encouraging members to give their all. Alex seems to have been involved a lot this year and encourages people both on the bike and at coffee (as evidenced by his taking a slow group to waterfall earlier this year to encourage greater participation on Sundays). And of course he has regularly assisted at the club races.



Multi Tool Fool Award

Kate Roberts - Kate got new wheels one week prior to going overseas and was told by the mechanic to leave the back brake calliper open. Kate, being her own worst enemy, ignored the advice. She braked (for the first time on the ride!) at the corkscrew corner near carrington road heading back to the park and subsequently went over the handle bars. This was three days before she was due to leave for Europe. A quick check with the mechanic the following Monday and she left on Tuesday. By Thursday she was walking the streets of London looking for ANOTHER new wheel.

Mongrel Award

John Revesz...

His effort at being late to the start of the TTT in Gunning deserves a Mongrel nomination. Despite staying with the team overnight at Goulburn & being up early enough, he refused to leave when requested deciding it was more important to watch the TDF highlights on TV and eat his porridge than to get to the start line, set up his gear & warm up with his team mates. And getting lost on the way to the start line.

Horses Arse Award(s)



Jeff Sofair...his Bjarne Riis bike throw at a Heffron club crit. Also Jeff Sofair - received from an anonymous source....having been on the receiving end of a Jeff Sofair abusive tirade and Gesticulation session at last weekends crit, when I was hanging on for dear life. Also 'No Surging' usually issues from Jeff's Mouth followed by abuse and then he usually rides off muttering something about coffee under his breath.

AND George Tragaris...for being a bigger burglar than Ronald Biggs and constantly riding too low a grade at Heffron



Bent Spoke AND Horses Arse

Steve Hogg.. for riding 185mm cranks at a Heffron TT and digging in the pedal on a corner, lifting the rear end and rolling the tyre.

L'Etape du Tour #13

Riding a stage of the 2005 Tour de France, July 11 2005

At the Tour Down Under "Be Active Tour" they send the riders out on the stage 3 hours before the peloton to make sure that everyone is off the course before the professionals get to the finish line. At L'Etape du Tour they send you out a week before the peloton – how long is this thing going to take?

This year's race takes on the 179km Stage 16 of the Tour de France. For some it's a race, for some it's a personal challenge, for some it is a great way to share some of the world's best riding with like minded cyclists, but for all it proves that there is a fine line between exhilaration and insanity!

Ensnared at the start line I take a moment to check my equipment and remind myself that despite my nerves telling me otherwise I do still know how to ride a bike. Like everyone else I have obsessed for months about clothing and equipment choice. It's too late now to change anything. My bike, like most here, is not too shabby – the pros have hardly anything better – shame about the rider though.



The sun rises to reveal 8,000 riders packed into 3 broad avenues awaiting the 7am start. The weather promises to be clear and dry ... a promise well kept with the temperature rising to the mid 30's later on. The roads are closed to cars for the day - it's all ours! – every side road, ride down to the smallest lane has a gendarme standing sentinel, perhaps they'd like a holiday in Sydney to lock down our Saturday and Sunday club ride courses?

The first 50kms was through beautiful rolling countryside, quaint country towns and at an average of over 30km/h – hey, this isn't going to take so long after all. But then

By 9am the most humble of the day's 3 climbs is reached – the 674m Col d'Ichère, yep at a 7% average for 6 kms it certainly is humbling. Soon after, Col de Marie Blanche offers its charms 9 kms with the last 4kms at an average of 13% (!!@&%!###). Fine dining awaits at the top – the day's first feed stop – more like a pig swill, but somehow it worked and everyone seemed to get what they wanted from the selection that ranged from ham baguettes to high tech sports gels.

Everything that goes up must come down. And so it did – km after km of downhill on narrow country roads winding through the farms. Absolutely unbelievable how some riders appear to be on rails – I'm at over 70km/h with teeth gritted and eyeballs starting to curve out round my skull and there are lunatics going past like I'm standing still!

(continued over....)

L'Etape du Tour #13 (Cont'd)



And then the moment everyone was waiting (??) for, the day's hors category climb up the Col d'Aubisque. 17kms through woodlands and then up into the mountains. Narrow roads lined with fans (how much did they pay these people?). Choosing to wear my SCC shirt was a stroke of genius – no-one knew me but I had hundreds (well OK, tens) of "Allez Sydney"s yelled my way – these French really know their Opera Houses. This was pure tour!! I watched a week later on TV as Cadel broke away up Aubisque and thought I could feel his pain (albeit he was travelling at twice my speed).

After another relatively fast 60kms the finish line in Pau was crossed – was totally f____d but have never felt better on a bike! The result? 2977th out of 8000 in 7hrs, 15 minutes. My goal was to be in before 7 hours so I will just have to go back and try again. Funny how a "once in a lifetime" experience becomes something you want to plot and scheme to be at every year!

There was definitely something for everyone – whether you're a hacker like me, an endurance freak who just want to max the kms regardless of speed, or one of the elite who actually know to ride at speed.....

The first rider finished in 5hrs 22 minutes and the last in a bit over 10 hours. For the record, Cadel finished the stage on July 19 with the lead group in 4hrs 38 mins.



Dates to watch out for –

- ◆ Be Active Tour – 20/1/06, Tour Down Under Stage 3, Strathalbyn to Yankalilla, 154 kms (www.tourdownunder.com.au)
- ◆ L'Etape du Tour – 10/7/06, Tour de France Stage 15, Gap to Alpe d'Huez, 187 kms (www.letapedutour.com)

Wishing you a merry Christmas and a safe and prosperous new year!

David Ojerholm

Tour Secretary's Report

Patonga Day Tour Report

My first Day Tour and what a day it was. A sunny 30 degree day, 14 riders, 2 starting points – one from Centennial Park (thanks to Walter Rolli & John Kearney for bringing that group to Palm Beach), and the others starting from St Ives. 4 of the riders had the best idea, that was to only ride from St Ives to Palm Beach!

8 hours on the road (including time in coffee shops and ferry, actual riding time 5 hours from St Ives). 4 punctures, 2 of which needing extra reinforcing to continue riding on (thanks to Auriol for listening to Lumby and had with her some old strips of tyre to get us out of trouble). And finally 1 broken spoke on a Shimano wheel that buckled and resulted in Adrian Atherton having to catch the train back home at Gosford.

After all this drama everyone still enjoyed the day out there on the road. Many thanks to Michael & Julie Avakian for leading the way through Woy Woy, Kariong and Mooney Mooney. Riders kept on asking me where we were and all I could say was "I don't know, I'm only the Tour Secretary!"

Up Coming Tours

Bulli Ride 150km (½ Day Tour) - Sunday 8 January

Ride on the new Sea Cliff Bridge. Route: To Waterfall, Stanwell Park, Down Bald Hill, and follow Lawrence Hargrave Drive to Bulli. Return back up Bald Hill, Stanwell Park, thru National Park and up Waterfall Hill.

Kiama to Macquarie Pass 80km (Day Tour)- Sunday 19 February

Ride up Macquarie Pass and down Jamberoo
Lunch afterwards in Kiama. More info shortly

Jindabyne (Weekend Tour) - Saturday 18 to Monday 20 March

Staying at the 3 Way Inn with Bruce and Elaine Vote. Saturday – Jindabyne, Dalgety, Berridale, Rocky Plains 115km or continue on to Eucambene Dam 140km;
Sunday – Charlottes Pass, 80km
Monday – Thredbo, 80km



George Tragaris
Tour Secretary



Sydney Cycling Club Committee

President

phone
email

Barry Dosey

0411-014-144
iconaussie@yahoo.com.au

Secretary

phone
email

George Schneller

0418-581-951
gschnell@bigpond.net.au

Treasurer

phone
email

Malcolm Wade

0417-046-925
Malcolm.Wade@bikerider.com

Club Captain

phone
email

Jeff Sofair

0400-110-868
jeffsofair@hotmail.com

Newsletter Editor

phone
email

Auriol Carruthers

0438-004-318
auriolc_73@yahoo.com.au

Race Secretary

phone
email

David Bonnell

0438-313-539
dnbthb@bigpond.net.au

Social Secretary

phone
email

Ruth Lax

0414-787-543
ruth_lax@yahoo.com.au

Tour Secretary

phone
email

George Tragaris

0402-332-443
georgetragaris@optusnet.com.au

Assistants to the Committee**Merchandise Manager**

phone
email

David McHugh

0419-700-101
david@kinselas.com.au

Assistant Social Secretary

phone
email

Kate Roberts

0409-938-966
alakate@bigpond.net.au

Assistant Social Secretary

phone
email

Des Sullivan

0401-151-826
despat@ozemail.com.au



Regular Rides

Day	Time	Meet	Ride Description
Tuesday	06.00	Cannons	Watsons Bay Hill Ride. Approximately 25km. Eastern Suburbs hills and in-between flat bits. Faster riders wait at the top of Military Road for new kids/the hill-challenged. Back at approximately 7.00am Bondi Junction
Wednesday	06.00	Cannons	Very fluid. Depends on who turns up - maybe brisk laps of the park, or a 35km circuit round the Eastern Suburbs.
Thursday	06.00	Cannons	La Perouse via Anzac Parade and Malabar. Approximately 35km. Fast clip (35-40ish km/h) with three even faster (40-55km/h) intervals. Back at approximately 7.00am. Bunch waits for training enthusiasts but not quite as religiously as Tuesday.
Friday	06.00	Cannons	Invariable some SCC riders in the park doing easy recovery laps before the harder weekend rides.
Saturday	06.30	Cannons	La Perouse Ride. Approximately 45km. Three bunches leave the park rolling easily until Foreshore, then the first two bunches pick up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. The third bunch does the same route at a slightly lower pace with an emphasis on bunch riding. Back in the park for coffee at 8.30am.
Sunday	06.30	Cannons	Waterfall Ride. Approximately 90km. Medium to hard ride, out at 28-35km with some riders turning round at Sutherland (60km). At Waterfall smaller groups sometimes go on to Stanwell Tops (120km) or back through the Royal National Park (110km). The main bunch U-turns at Waterfall, pacelines back to Sutherland, collects the stragglers, then a fast ride back to the park for breakfast - or a more medium paced ride, medium/average fitness level. Route options include Short or Long Cronulla (60-70km), Kurnell or Cape Solander (80-90km) or maybe Sutherland then back via Como and Hurstville (70km). All rides finish back in the park for breakfast (approximately 9.30am)
1st Sunday of the month	06.30	Cannons	Club Jersey Ride 100km+. 2-3 different paced bunches head north to Akuna Bay via Wakehurst Parkway and Church Point. Keener riders can opt to take the turn off to West Head. Those wanting to miss the hills and take it a bit easier skip the Akuna Bay turn off and regroup at the top of McCarrs Creek Road. The ride returns to the Park via Forrest Way and the Spit. Coffee options are decided on the day.

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.

Letters to the Editor

Copy of letter sent by SCC member

The Manager
Sunbeam
Locked Bag 5040
Botany NSW 2019

Dear Sir,

Re: "enjoy the world's best coffee maker at home" advertisement

I urgently wish to draw your attention to three factual errors in the advertisement and I ask that you immediately withdraw the advertisement until they are corrected.

Firstly, the gentleman in full "Discovery Channel" Pro-Cycling team kit is NOT a cyclist and should not be claiming by association to be so. The fact he is in the "johnny-come-lately" Discovery rather than US Postal kit illustrates this point more than adequately but that is an aside. The error that must be corrected is that his legs are not shaved. It is a fact that male cyclists shave their legs – they don't know why – they just do it.

The second factual error is that any cyclist in full Lance Armstrong team kit and in fact any pro-cyclist in the peloton would not be caught dead by Mr Armstrong without a yellow rubber band on his wrist in support of the "Live Strong" foundation. He was not the Patron of the peloton for nothing. This error must be corrected. Maybe a little careful "photoshopping" would do the trick.

I am surprised that the well known cycling shop that outfitted your bike rider did not sell you a "Live Strong" band – their standards must be slipping.

Finally, coffee is not the drug of choice of all cyclists but it does come close. In the coffee shop the correct protocol is to remove ones sweat caked helmet and riding gloves. The young lady is right to look upset – male odour can be offensive. The gentleman is a boor, and is suggesting all cyclists are arrogant and insensitive. The greatest cyclist was called the Cannibal – before your time I suppose – but he is a gentlemen. Please urgently remove the helmet and gloves.

I await your urgent response and steps to correct the errors in the advertisement.

Yours sincerely,
A Hub.



Classifieds

Fantastic Offer Two "Cytek Roma" Road Bikes For Sale



These bikes are only one-year-old, owners going overseas, minimal usage. Would suit first time cyclist or as a secondary commuting/training bike.

Size: Medium (both)
Material: Aluminium 7005 with front carbon forks
Frame colour: Navy blue with white trim
Gearing: Shimano "Sora" 8 speed
Wheels: 24/28 spokes (quick release)
Accessories: water-brackets bell & pump
Price to sell: \$450.0 each/ono
Contact: Frankie or Pete Scott
95601595 (h) or 0425292675 (m)

**Next Newsletter due
1st March 2006**

**Closing Date for Articles -
Friday 17th February 2006**

Email:
auriolc_73@yahoo.com.au
**(please zip large files or
burn to cd)**

Post:
**PO Box 1655, Bondi
Junction NSW 1355**

State Masters Criterium Championships

