



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
April 2000 Edition

President's Report



We bid farewell to Life Member Don Beavis in March, who left us for sunny QLD. A large number of SCC well wishes attended a dinner organised by Lea-Ellen, with everyone enjoying a very nice and relaxed evening. Best wishes to Don for the future!

We've started running the Wednesday morning

"conditioning" sessions, with a large number of members taking advantage of the speed work mid week. If you want to go faster in the time trials & crits, then this is where it starts. Meet 6:00am at the Cannons in Centennial Park. The session lasts about 1 hour.

Hilltop was run last weekend, and what a fantastic turn out. We had 24 riders face the starter's gun, with the honours going to Ann Clarence. Congrats on a fine ride, with the "Doc" James Guthrie finishing second. Doc later commented that "large amounts of money thrown at state of the art equipment, does pay dividends"! Look for a full race rap in the next issue.

Ten hopeful SCC riders will be competing in the annual Canberra to Goulburn on April 16. The contingent will be travelling by mini van and lodging at the Park Royal! No schlepping for this mob! I look forward to a full account in the next newsletter.

Membership levels continue to grow, with a new record being set this month. 108 members to be exact! What I particularly notice is the very high participation levels in all club activities. The regular club rides are very healthy as are the socials and racing events.

We have the first round of the Club's now annual Criterium Championship on April 29 at Heffron Park. These are handicapped events, run over 10 laps of the Heffron Park circuit. The rider with the most points at the end of the series is the Club's Criterium Champion. If you've never done one before, come and see me and I'll gladly give you the scoop and tactics on how to win! After the Crit, we'll be running a skills session focussing on cornering techniques. The big difference between the "scratch" bunch and everyone else is one thing, corner speed! The last time we ran this, it really opened a few eyes, and everyone was riding much faster with less effort after the session!

We've also got the Annual Pool Night, Tuesday April 18 at the Beach Hotel, Bondi. This is a fun evening, with great prizes. I hope to see you there!

On the "Boutique" front, we have full stocks of Jerseys (\$75), Knicks (\$75), Bibknicks (\$95) and Skinsuits (\$140). Check out the Club's website "Boutique" link for pictures.

Cheers,

Phil

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The mud and cobbles that
are the Paris-Roubaix

Editor's Column



Well here we are again, another month, another newsletter.

This month's edition is a little light on ... I've been on a couple of weeks leave, participating in the RTA Big Bike Ride from Tweed Heads

to Hornsby ... nearly 1200km of fun riding through some really great scenic countryside. I'll sort some form of report out for next month's newsletter. There's also a distinct lack of photos and other reports this month. I'm sure they exist, they're just not being passed on to me for publishing.

With our Race Secretary away also and a washed out 2 lap wheelrace, event results are also light on

this month, although as Phil has already alluded, just run and won was the first of the Hilltop series.

Below you'll see a reminder for the Kangaroo Valley tour. Now this tour was run and cancelled twice last year due to an accident and inclement weather and in the absence of a Tour Secretary yours truly is acting as the co-ordinator for this year's event (I will not however be participating - any volunteers will be gratefully accepted). For those who'd like to go, please let me know ASAP. You'll also see a tentative schedule for the Easter rides. These rides will be confirmed nearer the date but mark your diaries all the same.

Take care on the road.

Malcolm

Easter Rides

The following rides are scheduled for the coming Easter/Anzac Day 5 day weekend:

Easter Friday:	Stanwell Tops, departing Randwick Gates at 06:30.
Easter Saturday:	La-Prouse/Sutherland, departing Randwick Gates at 06:30.
Easter Sunday:	Akuna Bay, departing Randwick Gates at 06:30
Easter Monday:	Cape Solander, departing Randwick Gates at 06:30
Anzac Day (Tuesday):	Penrith-Bulli 1 Day Tour, departing central station train at 06:36.

Kangaroo Valley Tour

Following close of the heels of the very successful Snowy Mountain Tour, here's much sought after details of the second tour of the year. As always there's a support vehicle following the tour to carry luggage and to enable all fitness levels to participate:

Date: 6th-7th May.

Costs: Dinner at the pub (approx. \$20)
Accommodation (approx. \$20).

Day 1: Leave Centennial Park 06:30.
Morning tea at Camden, then via Razorback, Picton, Bargo, Alpine to Mittagong. Lunch at Mittagong, then via Fitzroy Falls and **down** into Kangaroo Valley, staying at Caravan Park Cabins.

Day 2: Kangaroo Valley **up over the top** to Berry.
Morning tea at Berry. Lunch at Kiama, then on to Wollongong.
Transfer here to support vehicle and/or train for return trip to Sydney.

What to Bring? Sleeping bag or bedding.
Breakfast food (can also be bought at caravan park kiosk).

Contact **Malcolm Wade** for further details and bookings. **Please RSVP by 19th April.**



Teri on one of the climbs during the '98 Tour

The ASS Report



Don's Farewell Party was a great success, and he is now settled in sunny Queensland not far from Pete Smith and Joan, but please guys, I'm all farewellled out! Stay around for a while!

Tuesday April 18th is the date for this year's Annual Snooker Night at the Beach Road Hotel in Bondi. This event is not just for pool hall hustlers, we pathetic amateurs get to have a go a well (my ignominious defeat by Karen Hickmott last year was all in good fun). While it's true that there has to be a winner, if everyone has a good time, there are really no losers! Of course the winners do get prizes...

Last year's champion, and past University Champion, Dave McAlpin, will be holidaying so won't be there to defend his title. If you turn up you might just win!

Meg Croft added to the delights of Hilltop on Sunday by bringing along her Golden Retriever "Gemma". Gemma had no problem with the toilet arrangements, unlike some of us who prefer our toilet sans huge ants and prickly plants! It was great day, congratulations to Ann Clarence the well deserved winner. See elsewhere for the details.

A reminder that May 21st is the date for our Club Picnic. A chance to show off your family and your culinary expertise, and also to meet the family's of other SCC members. More details in next month's newsletter.

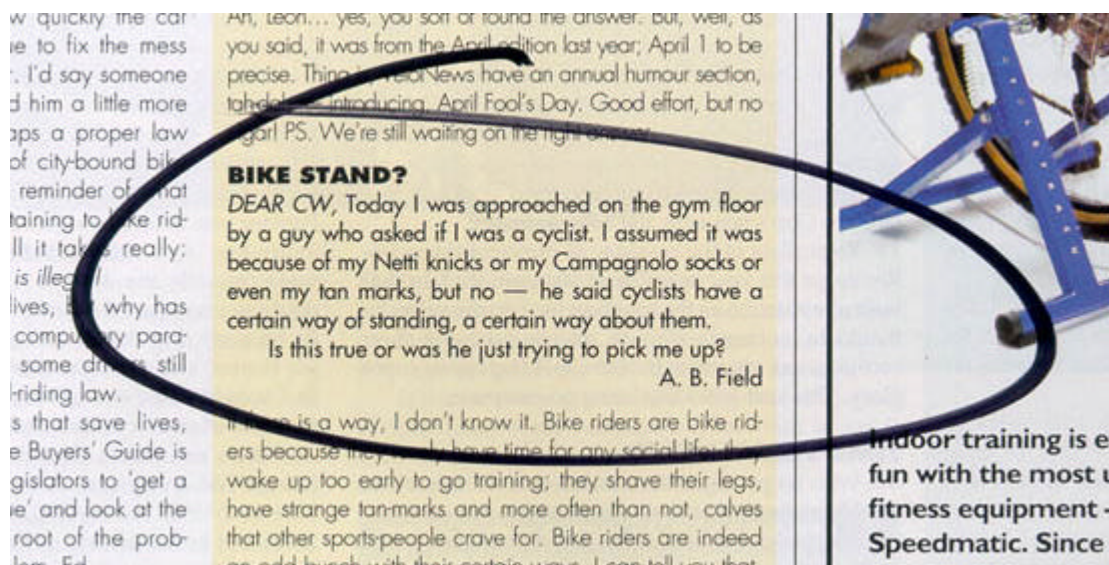
Your ASS,

Lea- Ellen

News from the Bunch


Here's the general gossip from out and about. As always, reported (almost) anonymously and never letting the true facts get in the way of a good story!

- ➔ A budding apprentice bike mechanic, let's call him "Mel", went to the aid of a member with a new Pinarello, let's call him "Prof", to "set up" "Prof's" new bike the same as his old one. Whilst adjusting the headset, "Mel", who'd only ever seen this done by a "professional" tore the adjusting nut completely out of the headset! "Doc" had to then order a new one from the supplier and get it fitted by a "professional".
- ➔ Trick question with an even trickier answer. A member was asked whilst getting dressed to go out on a Saturday night, Q: "Darling, do these trousers make my arse look big?" A: "Big in comparison to what?" Must have been a helluva good night after that!



Our Bruce Field?

Club Calendar

Day	Time	Venue	Comments
18 th Apr.	19:00	Beach Hotel - Bondi	Club Snooker Night
29 th Apr.	07:15	Heffron Pk.	Criterium Rd 1 (10/9/.../1) Handlers: TBA
6-7 th May	-	Kangaroo Valley	Kangaroo Valley Tour (<i>tentative</i>)
13 th May	07:15	Heffron Pk.	Criterium Rd 2 (10/9/.../1) Handlers: TBA
13-14 th May		Forster	Tour de Femme (contact Kate Rowe for details)
13 th May - 4 th Jun.	-		Giro d'Italia
20 th May	06:50	Cannons	SC TT (8/7/.../1) Handlers: Frank Milner & Gary Stevenson
21 st May	12:30	Centennial Pk.	Club Picnic
3 rd Jun.	07:15	Heffron Pk.	Criterium Rd 3 (10/9/.../1) Handlers: TBA
6 th Jun.	19:00	al dente?	Giro d'Italia Celebration Dinner
17 th Jun.	06:50	Cannons	Handicap 2 Lap Wheel Race Handlers: TBA
24 th Jun.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Paul Rigby & Phil McKnight
1 st -23 rd Jul.	-		Tour de France http://www.letour.fr/
8 th Jul.	08:30	Centennial Pk.	Pastries in the Park
15 th Jul.	07:15	Heffron Pk.	Criterium Rd 4 (10/9/.../1) Handlers: TBA
5 th Aug.	06:50	Cannons	1 Lap TT - FMM (8/7/.../1) Handlers: John Rutherford & Alex Simmons
15 th Aug.	19:00	Olympic/London Tavern	Olympic Trivia Night
19-20 th Aug ⇒ 19 th	06:50	Cannons	2 Day Tour a) SC TT - FMM (8/7/.../1). Handlers: TBA
	08:00	Heffron	b) Criterium Rd 5 (10/9/.../1). Handlers: TBA
⇒ 20 th	09:00	Yanderra	c) Hilltop Rd 2 (12/11/.../1). Handlers: TBA
9 th Sep.	06:50	Ocean St. Gates	LC TT - FMM (8/7/.../1) Handlers: Tom Klemola & Dave Bullock
16 th -21 st Sep. 23-24 th Sep. 26-27 th Sep. 30 th Sep.		Bankstown Fairfield Farm Eastern Suburbs Eastern Suburbs	Olympic Track Cycling http://www.olympics.com/eng/schedule/ Olympic Mountain Bike Olympic Road Race Olympics ITT
7 th Oct.	07:15	Heffron Pk.	Criterium Rd 6 (10/9/.../1) Handlers: TBA
9-15 th Oct.		Plouay (France)	World Championships http://www.uci.ch/
14-15 th Oct.		Hunter Valley	Rosemount Tour (<i>tentative</i>)
22 nd Oct.	09:00	Yanderra	Hilltop Rd 3 (12/11/.../1) Handlers: TBA
4 th Nov.	TBA	TBA	Hill Climb Championship - FMM (8/7/.../1) Handlers: TBA
11 th Nov.	06:50	Ocean St. Gates	Ext TT - FMM (8/7/.../1) Handlers: Teri Sawers & John Newbery
18 th Nov.	06:50	Cannons	SC TT - FMM (8/7/.../1) Handlers: Norman Rydge & Pete Scott
2 nd Dec.	07:15	TBA	Kilo Championship - FMM Handlers: TBA
Regular Rides			
Tuesday	06:00	Cannons	Watsons Bay hills ride, approx. 25km. Eastern suburbs hills and in-between

			flat bits. Faster riders wait up at the top of Military Rd. for new kids/the hill-challenged. Back at approx. 7am to Bar Coluzzi (<i>café</i>) in Bondi Junction.
Wednesday	06:00	Cannons	Coaching session focusing on developing rider fitness and general riding skills.
Thursday	06:00	Cannons	Foreshore Road/La Perouse, approx. 35km. Fast clip [35-40ish] with three even faster [40-55km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Saturday	06:30	Cannons	La Perouse ride, 45km. The bunch rolls easily until Foreshore, picking up the pace at La Perouse for the run home. Faster riders hammer off the front but the main bunch re-groups after first hills and finishes the ride as together as possible. Rounds off at Bar Coluzzi, Bondi Junction about 8.20am <i>or</i> Regular Time Trials, Criteriums or Road Races as per published calendar in latest newsletter. At the conclusion of TT's all members are invited to attend a bunch training skill session, starting at 07:45 at the Cannons. <i>or</i> Gentlemen's Ride, medium/average fitness level, 45km. Ride with the main bunch until the pace picks up at Port Botany, then roll off the back to complete the ride at a slower pace. Finish at Bar Coluzzi as above about 8:30am.
Sunday	06:30	Randwick Gates	Waterfall ride, 90km+. Medium to hard ride, out at 28-35km, some turn round at Sutherland (60km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120km) or Royal National Park (110km). Main bunch U-turns, pacylines back to Sutherland, collects the stragglers, then a fast ride back to park for breakfast. <i>or</i> Gentlemen's Ride, medium/average fitness level. Ride with the main bunch to Taren Pt. then maybe Sutherland or Waterfall as best you can with the main bunch (60-90km), Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80km) or maybe even Sutherland, then back via Como and Hurstville (70km). Rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:30	Randwick Gates	Club Jersey Ride. 100km+. Typically combined group goes north to Church Point, where the faster or more keen riders split off heading for Akuna Bay with the rest of the bunch going straight to Terry Hills for coffee at the Bonds Nursery. All then regroup for the ride back.

All rides leave from the appropriate venue in Centennial Park unless otherwise specified. For club events, please ensure that you either turn up to handle when rostered or find a replacement. Dates for the NSWCF Open races are subject to confirmation.

Legend: SC TT= Short Course Time Trial
LC TT= Long Course Time Trial
Ext TT= Extended Course Time Trial
FMM = Frank Murray Memorial Trophy

Note: 6 points will be awarded for handling once in a season
1 point will be awarded for riding and finishing the event
Penalties for Drafting or Breaking in TT's will be 30secs
Race Sec's decision's are final. No correspondence entered into

Local and Overseas News

Current national and international news (typically sourced from <http://www.cyclingnews.com>, <http://www.velonews.com> or <http://www.InfoCiclismo.com/>):

- The German Telekom team forgot their second team car in the Tirreno-Adriatico stage in Aversa during March. The police found an unlocked Telekom-car with bikes on the roof at the start. They called the organiser, who contacted Rudy Pevenage. Driver, Mario Kummer was riding with somebody else and thought that another Telekom-employee would be driving the official second car...
- **Australian selector resigns.** Long time president of the NSW cycling federation and current head of the Australian board of selectors, Alex Fulcher, has announced his resignation. Fulcher made a bid to become the next president of Cycling Australia at the annual general meeting held during March, but failed after Mike Victor was elected. Queenslander Victor is the father of national women's coach, James Victor.

Ray Godkin, the current head of CA will finish his presidency in November and spoke of Victor as a worthy successor. However, he also attempted to persuade Fulcher from resigning saying that he "would be welcomed back if he changed his mind."

Current national coaching director Ron Bonham, will replace Fulcher as the head of selectors. He will work with Charlie Walsh and Gary Sutton in this role.

SCC Event Results

1 Lap TT , Centennial Pk, 25th March 2000

Name	Grade	Time	Place Overall	Place in Grade	Points
Paul Rigby	A	5:05.66 (PB)	1	1	8
Phil McKnight	A	5:17.07	2	2	7
Mel Licker	A	5:19.01 (PB)	3	3	6
Wayne Eastburn	A	5:22.32 (PB)	4	4	5
Malcolm Lyons	A	5:26.88	5	5	4
Tom Klemola	B	5:32.41 (PB)	6	1	8
Leigh Ringrose	A	5:38.39	7	6	3
Paul Kelly	B	5:42.23	8	2	7
Paul Davies	A	5:42.54	9	7	2
Johnathon Lewis	B	5:44.76 (PB)	10	3	6
Mike Larkin	B	5:46.23 (PB)	11	4	5
Doc Guthrie	B	5:49.16	12	5	4
Sally Thompson	B	5:50.24 (PB)	13	6	3
Eric Waddell	B	5:52.89 (PB)	14	7	2
Frank Milner	A	5:53.04	15	8	1
Tony Johnson	B	5:58.50 (PB)	16	8	1
Tanya Bosch	B	6:00.82 (PB)	17	9	1
Alan Lumb	B	6:03.51	18	10	1
Con Roubis	C	6:09.50 (PB)	19	1	8
Kate Rowe	C	6:18.51	20	2	7
Dave Bullock	C	6:24.96	21	3	6
Monique Batterham	C	6:27.50	22	4	5
Sam Kosky	C	6:36.60 (PB)	23	5	4
Stan Genakis	A		Handler		6
Rob Wilson	B		Handler		6
Steve Youngman	B		Handler		6

SCC Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President:	Phil McKnight	9960 7479 (h) 8338 9966 (w)	porterbg@ozemail.com.au
Immediate Past President:	Vacant		
Secretary:	Paul Rigby	0419 205 113 (m)	prigby@ozemail.com.au
Treasurer:	Gary Stevenson	9360 5575 (h)	garystev@ozemail.com.au
Race Secretary:	Steve Hobart	9698 9440 (h) 9598 9474 (w) 0416 146 804 (m)	shobart@comtech.com.au
Race Sec. Assistant:	Malcolm Lyons	9518 1297 (h)	m.lyons@hri.org.au
Tour Secretary:	Vacant		
Social Secretary:	Lea-Ellen Schneller	9398 7092 (h) 9319 2899 (w) 0417 771 955 (m)	Gales@bigpond.com
Social Sec. Assistant:	Samantha Kosky	9344 3443 (h)	samkosky@one.net.au
Newsletter Editor:	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	malcolm.wade@bikerider.com
Submission Details:	Next Deadline: 1st May, 2000. Submit articles to Newsletter Editor via e-mail or post to 108 Rothschild Ave, Rosebery, NSW, 2018 or Club PO Box.		

Annual Snooker Night

Please mark in your diaries the upcoming SCC Snooker Night at the Beach Hotel Bondi on Tuesday April 18th starting at 7pm. For more details, contact Lea-Ellen.

You all remember last year's on April 14th, well this year's will be like that, hopefully without the hail!

2000 Progressive Point Score

Date	16- Jan	29- Jan	12- Feb	26-Feb Ext TT	25- Mar	T O
Event	1 Lap	SC TT	LC TT		1 Lap	T A L
Name						
A Grade						
Paul Rigby	8	6	7	8	8	37
Phil McKnight	7	8	8		7	30
Anton Allen	6	5	4	7		22
Paul Davies	5	6	5	3	2	21
Pete Scott		7	6	6		19
Stan Genakis	1	3	3	5	6	18
Dave McAlpin	4	4		4		12
Malcolm Lyons	3		2	2	4	11
Steve Hobart	2	1	1	6		10
Steve Hogg	1	2	6			9
John Arkwright	6					6
Mel Licker					6	6
Wayne Eastburn					5	5
Frank Milner		1		1	1	3
Leigh Ringrose					3	3
John Rutherford			1	1		2
John Newbery	1					1
B Grade						
Tom Klemola	4	7	8	7	8	34
Paul Kelly	7	6	5	5	7	30
Rob Wilson	6	5	7		6	24
Tony Johnson		6	6	8	1	21
Steve Youngman	8	3	1	2	6	20
Alan Lumb	5	2	3	6	1	17
James Guthrie	1	1		6	4	12
Eric Waddell	3			4	2	9
Mark Meltzer		8				8
Michael Larkin	1		2		5	8
Sally Thomson			4		3	7
Johnathon Lewis					6	6
Dave Warneford	2			3		5
Simon Kenny		4				4
Bruce Field			1	1		2
Tanya Bosch					1	1
C Grade						
Dave Bullock	7	7	7	4	6	31
Kate Rowe	6	8		7	7	28
Monique Batterham			8	8	5	21
Tim Youngman	8	6		6		20
Meg Croft	5		6	5		16
Malcolm Wade	3		6	6		15
Ian Cranston		3	4	3		10
Sam Kosky	2		5		4	11
Con Roubis					8	8
Kim Gordon		6				6
Gary Stevenson		5				5
Sam Cooper		4				4
Teri Sawers	4					4
Women						
Kate Rowe	6	8		7	7	28
Monique Batterham			8	8	5	21
Meg Croft	5		6	5		16
Sam Kosky	2		5		4	11
Sally Thomson			4		3	7
Kim Gordon		6				6
Teri Sawers	4					4
Sam Cooper		4				4
Tanya Bosch					1	1

Please report all inaccuracies to the Race Secretary



A CLEAN CHAIN IS A FAST CHAIN



Contact your local bike shop
or Carter Agencies
on (02) 9552 6658