

The Sydney Cyclist

The Monthly Magazine of the Sydney Cycling Club

sydneycyclingclub.org.au

October 2002

Sponsored by **Clarence St. Cyclery**

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Thank you to all contributors.

Maybe it's the Estrogen.

SCC women, racing and winning!



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President's Address

Alex Simmons

A big round of congratulations to the Club's Masters Women riders, who have carried on their great form from the State TTT Championships to win five medals at State Masters Individual Road Championships at Wagga. Taking Gold were Sally Thompson and Debbie Pearce, with Anna Murray, Julie Avakian and Julie Howard also winning places on the podium. Fantastic effort guys and thanks to all those supporters who lent a hand. You do the Club proud.

That makes eight State Championship medals collected by SCC riders and teams this year, with the women excelling by taking seven of those. Also, sneaking into the country for a few weeks was Jane Despas, who finished third in the Grafton to Inverell road race, one of the toughest one-day races in the country. Well done to Jane.

The only down side was the ongoing battle being fought by the Federation and Clubs with the NSW Police over the holding of Open road races. The mens' event was delayed by 2 hours while Police and organisers agreed on conditions for the event! A requirement for the riders to ride a maximum of two abreast and that there be no sprinting is clearly ludicrous but that is what the Police demanded. Events on day two were cancelled. Pity those who made the long trip to Wagga to have their races called off on the day. Poor planning and bloody mindedness is a recipe for the destruction of our beloved sport. I quickly add that I have no solutions and hence will not point the finger at anyone, however one thing we have clearly not done well as your Committee is regular representation at NSWCF meetings and is something we will need to change.

Last month I asked for your thoughts about claims of elitism made towards the Club's A-Graders. Well I am happy to report that I received quite a number of responses from the Club's newer and lower grade riders, all refuting the criticism and having nothing but praise for the way they have been welcomed and encouraged by the Club's more experienced

riders. We can lay that one to rest. Perhaps it was simply a wind-up by some of the less time challenged amongst us. If so then it was hardly constructive as the blame for this was laid squarely at the feet of your Committee. I will accept fault for mistakes made but not crap like that. Thank you to those who took the time to write and dispel that myth.

I also would like to welcome Paul Rigby to the position of Club Captain. Paul has started to introduce some excellent changes to help improve the organization and quality of the Club's general rides. As summer approaches, the bunch sizes will grow and those patrolling the rides will require greater discipline. Please give Paul your support and don't wait to be asked, let him know you are willing to lend a hand.

Next month the Annual General Meeting will be held. It is important for you to be there to learn and ask questions about the business of the Club and vote, if necessary, for the positions on the Committee. Another reason is that immediately preceding the AGM we will hold a General Meeting to vote on some changes to the Club's constitution, which will essentially propose the replacement of the Committee position of "Immediate Past President" with that of a "Club Captain".

I will be supporting the motion for three reasons. Firstly we need a Club Captain devoted to improving the organization of the riding element of the Club. Secondly, the IPP has never been effective, with at least the last four Presidents not seeing out their term as IPP (I wasn't around before the last four). Finally, the IPP is an automatically filled non-elected Committee position, which I do not consider to be appropriate for any position on the Committee. If a President finishes his or her term then it is either (i) by personal choice and they should be able to take a break from the Committee or (ii) because the members have voted to replace him or her and so why should they still remain on the Committee?

Having said that, I have already indicated my intention to not re-nominate for the 2003 Committee. On principle, should the motion to change the Constitution not pass, I will immediately resign as IPP.

Following the AGM there will be an opportunity for an open discussion forum similar to that held following last year's AGM. Be there and have your say.

Another follow on from last month's report, I am very happy to report that the Friday night track racing at Dunc Gray Velodrome has been picked up by Lidcombe-Auburn Club hosting in collaboration with Bankstown. There will now be regular racing at DGV on both Wednesday and

Friday nights throughout the summer. Anyone interested in participating, please contact either the Race Secretary or myself – we'll be more than happy to assist. I plan to be a regular competitor so I'd love to have a few buddies out there with me.

Finally, a get well to the unfortunate few who've had unlucky spills lately, with Alan Lumb, Tanya Bosch and Victoria McNeil all breaking bones. Good to see you all making progress to get back on the bike.

That's all for now, safe riding



George Speaks.

George Schneller

IMPORTANT - Annual General Meeting

With the Sydney Cycling Club's AGM fast approaching, Club business occupies much of my time at the moment.

AGM – when and where?

The AGM will be held on Wednesday 13th November at the Toxteth Hotel in Glebe, commencing at 7.30 pm. Food can be purchased in the dining room after the meeting, but no finger food will be served during the meeting.

Special General Meeting before the AGM –Club Captain

A Special General Meeting will be held on the same day/same venue prior to the AGM, commencing at 7.00 pm. The SGM will consider changes to the Club Constitution i.e. replacing the current position of Immediate Past President on the committee with that of a Club Captain. Paul Rigby is currently acting in this capacity, filling a casual vacancy left by the resignation of immediate past president James Guthrie.

Nominations

According to our constitution, all committee positions are declared vacant at the start of the AGM, so I am calling for nominations for all committee positions. I must receive these nominations in writing by close of business on November 6th 2002. Where more than one candidate accepts nomination for a position, a ballot must be held. A sample nomination form is available. Candidates must be nominated and seconded by existing club members, and must indicate their willingness to serve. Nominations must be written, but can be submitted by email.

Open Forum after the AGM

As with last year, an Open Forum of club members will be held after the close of the AGM, and will be chaired by the incoming Club President.

See you at the AGM! Come along and have your say.



The Club Captain

Paul Rigby

by the committee to fill the role of Club Captain.

For those of you who may not know me I thought I might give you quick insight into what makes me tick and also where I see the Club Captain can make an important contribution to the club.

I started riding with the club in Oct of 1996 and have ridden consistently with the club since then. Like many of our members I was a late entrant to the sport, only starting to ride my bike seriously in 1992, some 12 years after last riding a bike. After a European cycling holiday in 1996 I became addicted to cycling and have ridden almost daily ever since.

What makes me get out of bed in the cold dark winter mornings is not the thought that I have to "train" to win lots of races, but the thought that each minute spent on the bike is a minute thoroughly enjoyed. Fortunately one of the by products of spending lots of time riding a bike is that you get better at it. Only recently have I started following a training program after 6 years of training the Marco Pantani way, which is to do only whatever you feel like doing. I figured I was not getting any faster so it was time to get serious.

The club has helped me become a better rider through the years, not by making me ride a long way or riding faster than I should, but by teaching me how to "ride" a bike and I hope that through my love of the sport I can inspire and help our members to become better riders.

So, enough crap about me, what am I doing as the Club Captain? Well I'll answer with this question with a question – "What makes a good Sydney Cycling Club rider?" For me a good rider has ONE quality

They know how to ride in a bunch

Due to the resignation of Peter Montford I have been appointed

I hope you notice that I have not mentioned anything about being a fast sprinter, good time trialist, or good climber. I don't think the club should be responsible for making you fitter, you have to do that on your own, but what the club can offer you is the chance to develop your skills, and to practice them on a daily basis.

I think that by developing good bike skills we can all become better riders and therefore we can achieve the ultimate that a club can achieve and that is to have great club rides. So, that poses the next question – "What makes a good Sydney Cycling Club ride?"

A safe ride and an enjoyable ride.

An enjoyable ride is something that has a different meaning to every member of the club.

As the Club Captain I see it as my responsibility to each member of the club to help improve the 3 points outlined above:

1. To help Club Members learn the skills need to ride in a bunch, which in turn leads to every ride being,
2. A safe ride
3. An enjoyable ride

Now there is one thing you can do to help me achieve these things:

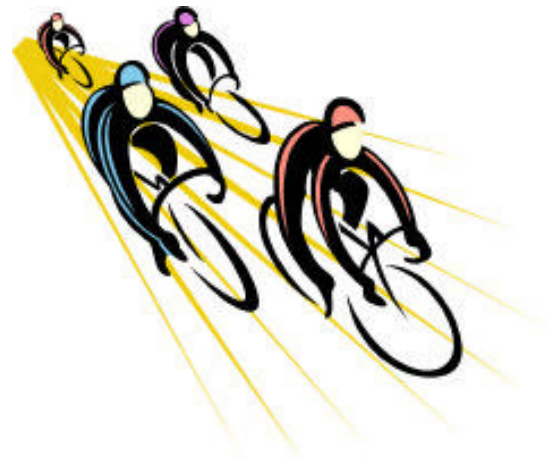
Ride in a bunch that suits your skills, experience and fitness.

The club has a three bunch system for its rides and I would ask you to always ride in the bunch that you are suited to. The guidelines for the three bunches are outlined in the newsletter.

In the coming months I intend to talk about the skills required to ride safely in a bunch and how we can all work on improving the safety and enjoyment of our rides. In the meantime I hope this has given you some insight into what I hope to achieve as Club Captain.

Which bunch for you?

An explanation.



“A” Bunch

Skills – Experienced riders only. Good pace line skills and other bunch riding skills req'd

Experience – Very experienced in riding in bunches at speed

Fitness – Very fit

Speed – No speed limits set. Up to riders on the day. No calls of “ease up”. No waiting for dropped riders.

“B” Bunch

Skills – Some bunch riding skills required. Ability to ride in a paceline, although possibly new at this

Experience – For new or old members who are able to hold a wheel and ride in a bunch

Fitness – Moderate

Speed – Dependant on conditions. Max speed on flat sections up to 35 -40 km/hr, on hills 22-25 km/hr. Average speed for a typical Waterfall is 30 km/hr. Will wait to re-group at the top of hills on Sat, on Sunday perhaps wait for dropped riders, but no guarantee

“C” Bunch

Skills – New members welcome, although some bunch riding experience essential

Experience - New members to experienced members

Fitness – Average. Sunday ride to Sutherland or Waterfall

Speed – Dependant on conditions. Speed on flat sections up to 32 km/hr, faster on return from Sutherland on Sunday

Please note this group will not ride at the pace of the slowest rider. The Ride Captain will set the pace. It is up to individual riders to hold the wheel at that pace.

Notes for Sunday rides: All groups will stop and wait for riders who puncture and all groups regroup at Sutherland Service Station

SBS Covers the Worlds

On the best little TV network in Oz you can see the action from both the World Track and Road Championships. SBS will be screening two hour-long highlights packages.

Sunday 20 October at 11am for the Track Championships and Sunday 27 October at 11am for the Road Championships. Watch it or tape it!



Racing with Tanya

Tim Rice to be nobbled.

Congratulations to all the medal winners at the recent NSW State Masters Road titles. The Sydney women took 5 of the possible 8 placings. Fantastic! Special congratulations go to Sally Thomson for gold in the Masters 1 by breaking away for 30 K by herself in very windy conditions. Congratulations also go to Deb Pearce for shattering the bunch in the final climb and also finishing solo to claim gold in Masters 2. Julie Avakien claimed silver in Masters 2 and Anna Murray the bronze in Masters 1. Julie Howard got 2nd in Masters 3

There is a new way now to enter opens. I have not tried it yet but apparently it is much easier. To go directly there go to www.cyclingsw.org/entrysystem/login.cfm

In the last month in club racing we had Criterium round 4. Despite Tim Rice finishing 13th he is still leading by a hefty margin.

A reminder to all those that the Criterium series November 9 and the

“Despite Tim Rice finishing 13th he is still leading by a hefty margin”.

going for the points has one round left on winner is judged on

the best 4 rounds by each competitor. The other club event that was to be held in the last month was the club championships. This had to be cancelled because of low numbers. Could I possibly get some feedback on why there was a lack of interest in the event? Was it lack of advertising or the toughness of the course, or the date, or the actual concept?

The FMMM trophy is awarded in the memory of Frank Murray who was a member of the club in the 80s who died in a bike accident. He was a keen time triallist. This trophy is awarded to the person who accumulates the most points in time trials in the second half of the year. So it is not too late! All time trials since July 1 including the hill climbs and the kilo are included.

Remedial and Sports Massage

Regular remedial massage helps to keep the body in top condition, removing knots and scar tissue from tight muscles, restoring blood supply to tissue and nerves. Sports massage in particular helps enhance performance and recovery rate, and prevents injury.



SPECIAL OFFER

1 hour - \$50

Sam Vella

0419 230 299

The Awards Explained

At the Christmas party in December we will be awarding trophies that are clear cut like for example the hill climb champion. But there are others that need to be judged so we are calling for nominations for:



The Mongrel Award

You can only win by performing a 'mongrel' act of cycling bastardry towards a fellow club member - which is completely inadvertent and unplanned ...and which you may not have even registered then or later as a qualifying act. You do not have to be on a bike at the time, but it must be cycling-related, and it must involve another SCC member. Runners up for the Mongrel Award often receive one of the multiple Horses Ass awards

The Horses Ass Award

As mentioned above, unlucky Mongrel Award nominees sometimes win a Horses Ass as a consolation prize. Those who actually attempt to win the Bone can only hope for a Horses Ass at best. Alternatively, the club member may simply do something to make an ass of themselves, with this act being quietly noted by others for special mention. So if you've been witnessed doing something particularly stupid and embarrassing, look out.

The Multi Tool Award

It's generally assumed that SCC members can change a puncture out on the roads and have a vague understanding of the workings of their bikes and which bit just fell off. This isn't always the case and this award is given to the club's most inept mechanic.

The Big Piston

This "trophy" is quite literally, a bloody big train piston, and is awarded to both a male and a female (dual recipients) for a particularly gutsy effort in a race during the year. At some stage, these riders have clearly pulled out the big ones, made a mockery of the pain barrier, and exceeded the expectations of all others and perhaps even themselves.

The Bent Spoke Award

The Bent Spoke Award is given to the club member who had the spectacular and amusing accident of the year. Yes, we can and do laugh at those less fortunate than ourselves, but because we are decent human beings at heart, this award isn't given to the person who has had a genuine/serious accident resulting in a smashed body and bike. We can find some sympathy rather than ridicule for those members. This award is designed for the accidents that shouldn't have happened, the cyclists who should have known better, and the embarrassments that those riders tried valiantly to cover up.

The Most Improved Rider

This award to be presented to the rider who has demonstrated the greatest improvement during the year, and has achieved a new level of performance. The recipient may be a newer rider or a more experienced rider, and improvement may occur across any levels of racing, not just Opens. A member who makes an impressive comeback after a long lay-off is not necessarily eligible. The important criterion is that, to be eligible, the rider must achieve a new level that he/she has not previously achieved.

Please send all nominations to Tanya Bosch at onyabike@ozemail.com.au

Patonga Day Tour

Richard Dodds

It's time for another tour, the Patonga Day Tour on Sunday November 17th. It's a fantastic day out on the bike and there is no driving as the Tour takes a northern route starting and finishing at Centennial Park.

We'll be meeting at the Cannon's in the park at the usual time of 6:30am. We'll ride north over the Harbour Bridge, through Mosman, then along the Northern Beaches to Palm Beach where we'll stop for morning tea. At 9:00 am we board the Palm Beach Ferry Service bound for Patonga. The Ferry ride is about thirty-five minutes in duration and costs \$7.50 for the one-way trip.

The route takes us from Patonga, through Umina, Woy Woy, travelling along the old Pacific Highway before stopping at the famous Pie-In-The-Sky café for a well- earned lunch break at around 1:00pm.

The ride distance is 160km and consists of three major climbs. You need to be realistic about you fitness on this one. We'll only be cruising at touring pace but the hills will bite if you haven't done some decent rides in preparation.

Expect to finish the ride back in the Park at around 3:30pm. Make sure you bring plenty of spares and adequate food and drink for a ride of this length.

Please e-mail me on rads102@hotmail.com so I can get some idea of the tour numbers.

LAST CALL FOR MUDGEES. I still have a few places available so don't miss out on some great riding and a fun weekend with you SCC buddies. See our last Newsletter for details or call Richard on 0419 729 206.



Malcolm Wade and his biggest fan at this years Dungog Pedal fest:

There are many community rides around at this time of the year in which there is SCC participation, if you're doing a ride of this type send me a pic of you and/or other SCC members wearing the SCC kit and we'll include it in the Newsletter.

This shows that SCC is involved in all types of riding from track to Café style rolling around or training to commuting.

Wagga – NSW Masters Road Race 2002

Anna Murray reports on our continuing success at women's racing.

The Sydney women set off intrepidly to Wagga Wagga for the NSW Masters Road Race hoping that they could at least do as well as previous years when SCC had picked up medals.

Race day dawned freezing cold and with gale force winds. We had found out the night before (during our adventure at the RSL but that's another story) that the course was flat and fast. When I ventured out in the wind I knew that conditions were doubly against me – why can't we have a race with an 8km climb in it? The group decided to warm up in the car again (a bit like the Team Time Trial) as it was decided that it was far too cold and windy to possibly go out on the bike. However we did decide to go 5 km up the road just to see how bad it was – 20km/hr into the head wind and 45km an hour when we turned around!

Before we knew it race start was upon us and off we went. A pretty solid bunch formed after 5kms or so and we continued with a rolling pace line as I think being out in the wind solo didn't appeal to anyone much – except, of course, the intrepid Sally Thompson. After feinting a few attacks (because she was bored!) Sal made the break and before the bunch could get organised she was off and away. The Sydney women saw this as a great opportunity to slow the pace down a bit and have a bit of a chat. Julie Howard meanwhile had just done a huge effort to get back on and thought it was splendid of the girls to let her have a bit of a rest. After she had adequately recovered she sped up to the front to inform the Sydney women that we could all go now – we then explained that the pace was slower so as to let Sally get away... a somewhat sheepish Julie retreated back again. This was not to last long as an unnamed Sutherland rider yelled out "Who died on the front?" the pace was back on again.

The last 8kms back into the finish were downhill full on into the headwind and it all happened as

However we did decide to go 5 km up the road just to see how bad it was – 20km/hr into the head wind and 45km an hour when we turned!

we went up the pinch for the last time. Debbie Pearce charged off the front and was to maintain her place as first woman in Div 2 and the rest of us jockeyed for position as we came into the last 5kms in what should have been very fast and furious but was not to be in the conditions. Yours truly was getting a bit complacent and learned (the hard way) never to think the race is over until the finish line. By the time I looked up for Julie Avakian's wheel it was a fair way away and as I struggled into the wind (not known for my power surges at the best of times) it dawned on me that I'd lost Julie's and the other 2 girls' wheels and that it was to be a solo effort to the finish line. I also worked out that the 5 women in front of me took up the first 3 places in Div 2 and the first 2 places in Div 1 so all I had to do was not get caught.

At this stage I was starting to feel as if I was in the Tour de France. Sally was desperately trying to stay out there (having done a magnificent 30km on the front into the wind all on

her own), Debbie was desperately trying to hang on to her 1st in Div 2 but Julie A was charging up the home straight in challenge of the gold medal. Poor old me was time trialing the last 5 km's looking over my shoulder all the while hoping that the bunch behind wouldn't get their act together and chase me down. Lucky for me they were too busy arguing about place 1 and 2 in Div 3!!

SCC ended up with a fantastic 1,2 and 3 overall in the race. 4 in the top 6 and gold to Sally Thompson and Debbie Pearce, silver to Julie Avakian and bronze to me which was totally unexpected. Julie Howard hung on in there (and she's only be riding a year let alone racing) for second in Div 3. Well done to all who raced and I've got to say the Sydney women are rivalling US Postal these days for team tactics – it's just that someone different gets to be Lance each race.

Gay Games 2002

Kate Rowe updates us on the scheduled events.



The Gay Games will finally arrive in Sydney on Saturday 2 November at the Aussie Stadium with a fantastic opening ceremony. Performers thus far announced are kd lang, Jimmy Somerville, Paul Capsis Jimmy Barnes (maybe), Judi Connelli and others. With a cast of 2500 volunteer performers, and a parade of 13,000 athletes, it promises to be a night to remember. Tickets are on sale through Ticketek

Cycling has 280 participants from 19 countries coming to race for the week. The ages range from 23-70. This includes elite riders and cyclists who just want to participate in the fun. Spectators are welcome at all venues. Phil Bates has been contracted to help us run the event together with the NSWCF.

Participants will be arriving from the last week in October and will be heading to the Park for practice. Please make them feel welcome.

The schedule is:

Saturday 2 Nov - Warm up Crit hosted by Randwick Botany Cycling Club (see below for details)

Monday 4 Nov, 8.30am - Criterium – Mrs Macquarie's Chair

Tues 5 Nov, 8.30am - MTB race - Yellowmundee, near Springwood (hosted by Western Sydney MTB Club). Spectator bus tickets are available

Wed 6 Nov, 7.30am - Individual Time Trial – The Kiosk, Centennial Park

Thurs 7 Nov, 7.00am - Road Circuit Race –The Cannons, Centennial Park (see below for details)

Fri 8 Nov, 7.30am – Team Time Trial – The Kiosk, Centennial Park

For the racing in Centennial Park, the routes will be closed off to traffic for the duration of the event. This will impact on the club's meeting spot only on Thursday.

The warm up crit on Saturday is open to all riders. There will be separate categories for those not licensed to race. You just have to take out a one day licence for \$10. For licensed riders, the cost is the usual \$7. There will be a BBQ. Sydney Cycle Club is most welcome to come and join in this event. Registration is from 7.30am

For more details, call Kate Rowe on 9798 5242 or email krowe@bigpond.com

The Editor



Be careful what you wish for

Geeze did I stir some of you up? Obviously my previous editorial has, along with the efforts of Paul Rigby etc. has had an effect. And boy do I regret it.....well my legs and lungs do anyway. The response from many of you has been fantastic (with the exception of a few recalcitrants) with bunch speeds up right across the board, There also seems to be more attention paid to the length of turns, this has resulted in improved ride quality. I'd also like to thank many of you for your correspondence with myself and other committee members. My ears have stopped ringing and the RSI from typing is gone.

Now on to how we call incidents out on the road. I feel we could be a bit quieter and judicious on our approach to this, there is no need to over call a situation. For example, traffic lights; we can see them, a simple hand signal should suffice, a loud call is unnecessary. If you're not paying attention to something as simple as this you should be rolling around the park instead.

Potholes or rubbish can also be called this way, this along with a deft following of the wheel in front of you should put you out of the way. Now this of course implies that you know how to follow a wheel, my observations say otherwise. It's interesting to note that my recent rides with other bunches are much quieter and incident free, I put this down to the "cry wolf" problem, the more we call the more sketchy everyone becomes because we don't know what is a serious threat. A bit of economy goes a long way.

Contact list

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Submission Details:	Next Deadline: 2 nd November 2002. Please submit articles to Newsletter Editor via e-mail or post to 61 Union St, Erskineville, NSW, 2043 or Club PO Box.		

Weekly SCC Rides

Tuesday	06:05	Cannons	Watsons Bay hills ride, approx. 25 km. 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
Wednesday	06:05	Cannons	Coaching session focusing on developing rider fitness and general riding skills. Popular change is one lap of the Olympic road course.
Thursday	06:05	Cannons	Foreshore Road/La Perouse, approx. 35 km. Fast clip [35-40ish] with three even faster [40-55 km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Saturday	06:35	Cannons	La Perouse ride, 45 km. Two bunches leave the park rolling easily until Foreshore, then the first bunch picks up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. Second bunch does the same route at a slightly slower pace with an emphasis on bunch riding. All round off back in the park for coffee about 8.20am or 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.
Sunday	06:35	Cannons	Waterfall ride, 90 km plus. Medium to hard ride, out at 28-35 km, some turn round at Sutherland (60 km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120 km) or back through the Royal National Park (110 km). Main bunch U-turns, 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. Same route as above or maybe Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80 km) or maybe even Sutherland, then back via Como and Hurstville (70 km). All rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:35	Cannons	Club Jersey Ride. 100 km plus. 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.

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.

SC TT: Short Course Time Trial

LC TT: Long Course Time Trial

Ext TT: Extended Course Time Trial

FMM : Frank Murray Memorial Trophy

- **1 point awarded for riding and finishing the event.**
- **Penalties for drafting or breaking in TT's will be 30 secs.**
- **6 points will be awarded for handling once in a season, 1 point thereafter.**

Registration: TT's at start by 06:40, first rider off at 06:50 SHARP! No restarts allowed for missed starts.

Race Sec's decisions are final.

Calendar of Events

Day	Time	Venue	Comments
5th-14th Oct	-	TBA	World Masters Games, all cycling events included.
Sat 19th Oct	-	Dunc Grey	NSW Masters Championships, Bass Hill circuit.
19 – 20 Oct	-	Mudgee	SCC Mudgee Tour, Winning Post Motor Inn. Contact Richard Dodds
Sat 26th Oct	06:30 am	Cannons	LC TT, (8/..../1). Handlers: Annaliese Aerts, Dan O'Callaghan, Andrew Hudson, Andrew Gresham.
Sun 26 Oct	6:00 pm	Belvoir St Theatre	Theatre Sports Adventure. Contact SamKosky
26-27 Oct	-	Wee Jasper	MTB weekend. Contact Tanya Bosch: onyabike@ozemail.com.au
Sat 3 rd Nov	-	Five Dock	Five Dock Criterium.
2 nd - 9th Nov	-	Sydney	Gay Games, cycling events held in Centennial Park etc.
Sat 9 th Nov	07:15 am	Heffron	Criterium Rd 5, (10/..../3). Handlers: Jonathan Lewis, Frank Milner, Tim Youngman.
Wed 13 th Nov	7:30 pm	Glebe	SCC Annual General Meeting.
Sat 23 rd Nov	06:30 am	Cannons	1 Lap TT, (8/..../1). Handlers: Martin Henery, Scott Thompson, Bruce Field, Kevin Crowie.
Sun 24 th Nov	-	Olympic Park	Olympic Park Criterium.
Sat 7 th Dec	07:15 am	Breakwater	Kilo, (8/.../1). Meet at Cannons @ 06:30. Handlers: TBA.
Fri 13 Dec	-	Fox Studios	SCC Christmas Dinner and Awards night, Fox and Lion.

Giant TCR 2001, Shimano Ultegra equipped, Mavic Cosmos wheelset. Most components are one year old. Proper fitting included. \$1800.

Call or e-mail PhilG on 0412 417 865 or Transition@optusnet.com.au

For Sale

