



# The Sydney Cyclist

Season's Greetings



**Matt White  
retires from  
professional racing  
with a spectacular  
win at  
Cronulla**

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# President's Chair

Barry Dosey – Seasons Greetings



My second year as President has been fabulous, one I've enjoyed immensely.

In May of 2007 Peleton Sports boasted they were the largest club in NSW, with about 235 members. We were, I believe, a reasonably close 4<sup>th</sup> in size, although now, unofficially we have 233 members! people are joining our club and notably rejoining, which is great testament to the quality of the membership and our committee. It is a direct response to hard work by a number of people that our membership has grown consistently – we are a proud standout in NSW Cycling.

Size does matter in this instance – it means force and power and we will continue to increase the use of that power, in a very positive way, endeavouring to make this town a safer and better place for cyclists!

Numbers aren't everything. We now, and perhaps always, boast genuine racing talent capable of great things, from Matt White, our resident retiring professional as he moves to one of the toughest roles as Director Sportif of a new team, to our junior dynamos: Amber Jenkins our Elite women's Champion; Luke Davidson and Ben Elliott, who have recently joined us and are clearly on the path for big results, and our ever expanding master class.

A big thanks to the committee for all their hard work throughout the year – without your efforts little would be possible. Being on the committee for me is both an honour and a privilege. Thanks to our committee our bunch rides are the best in Sydney, our tours hugely successful and popular, and socially I am told we do ok. Well-done team!

I would now like to introduce you to our new major sponsors for 2008 and beyond.

Firstly Murray's Brewing has signed up as a major sponsor providing a development fund of \$10,000 per annum. For those unfamiliar with Murray's, they are a young microbrewer, first launched in December 2005. They have quickly gained awards with tags such as: interesting, adventurous, natural, unconventional and aromatic – sounds like an equivalent to some of our members, particularly the aromatic part. Owner Murray Howe and his key man both have more than a keen interest in the sport of cycling and have some big plans for 2008. Indeed Murray and Adrian are planning to stage a Gran Fondo late in 2008 with the likes of Cadel on board – we are interested in doing an invitational race at that venue.

Secondly Lite n' Easy has agreed to sponsor the club for 2 years plus on a \$15,000 per annum arrangement. This exciting union is in my view a superb fit for our club, almost as good as a beer company! Seriously, Lite n' Easy's scientific approach to providing food that helps keep a balanced diet, all delivered fresh to your door is a perfect recipe for a successful partnership with a sporting club and busy, mature "athletes".

I am also thrilled to confirm that Kinselas and SEDC distribution will continue as major partners for next year and hopefully beyond. While I remain President of this club I can guarantee you that I will have the "Kinselas" somewhere on me while out riding. Dave's support for the club and key riders over several years has been outstanding. Liam Kelly has generously offered an increase in product sponsorship in 2008 to the value of \$10,000.

I would like to thank these new and renewed supporters of cycling as well as our current sponsors, the Cross City Tunnel (to April 2008), Italia Spring Tours, Kuota and Kinselas. It is without doubt that this support has helped us develop and work toward our goals. It is immensely reassuring to have these four hefty pillars of corporate support behind our club.

# Ride Captain's Column

Armon Hicks



As we all look forward to 2008 and lots of rides in January, including the "Tour Down Under" it's humbling to realise that anyone can make the wrong choice at a set of traffic lights. Apologies to all concerned and I pledge to try better next time. The highlight of the last month has to be the great results from various SCC members, Cronulla Criterium and the SCC Christmas Party – thanks to Breeda and Stan.

## Sydney CC present, past and future stars shine

Channel 9 viewers and some 10,000 spectators watched SCC's own professional rider - Matt White go out in style with a victory in his final race in Australia. With over 300 entries on a great day of fast paced racing, SCC punched well beyond its weight as perhaps the most successful club with Luke Davison winning the U19 and Ben Elliott finishing 4th, Kevin Black narrowly missing a podium spot in the Masters, coming home 5th in a field of 80 all preceding the fairytale finale in the main event. Amber Jenkins was also conspicuous in a cracker women's field running with the country's best riders until a bad crash in the back straight disrupted her charge.

## Sydney Cycling Club – Proposed Christmas & New Year Rides

Date	Ride	Dept. Time	Captain
Sat. 22 Dec.	Normal La Perouse	6:30am	
Sun. 23 Dec.	Normal Sutherland/Waterfall	6:30am	
Mon. 24 Dec.			
Tues. 25 Dec.	Christmas Day ride	6:30am	Alan Lumb (Lumby)
Wed. 26 Dec.	Boxing Day Ride to Cape Solander	6:30am	Armon Hicks
Thurs. 27 Dec	Normal La Perouse	6:00am	
Fri. 28 Dec	Normal Three Beaches	6:00am	
Sat. 29 Dec	Normal La Perouse	6:30am	
	Three Gorges	6:30am	Armon Hicks
Sun. 30 Dec	Normal Sutherland/Waterfall	6:30am	
Mon. 31 Dec	National Park	6:30am	Armon Hicks
Tues. 1 Jan. '08	New Years Day ride	6:30am	
Wed. 2 Jan.	Normal Watson's Bay	6:00am	
Thurs. 3 Jan.	Normal La Perouse	6:00am	
Fri. 4 Jan.	Normal Three Beaches	6:00am	
Sat. 5 Jan.	Normal La Perouse	6:30am	
Sun. 6 Jan.	Normal Sutherland/Waterfall / Akuna Bay	6:30am	Armon Hicks (Akuna Bay)

## Christmas Roll

The traditional "Christmas Roll" will take place in Centennial Park, after coffee at Bondi. Last years honours went to Mark Cash so come along and have some fun. Please drop me an e-mail with any comments or amendments. All the best for Christmas and the New Year – here's hoping for fine weather and safe riding.

Armon



# Race Secretary's Brief

Daniel Healey



My name is Daniel Healey and I'll be taking over from George Tragaris as Race Secretary for 2008. After consulting with George and many other members we have planned a race calendar that we hope you will all enjoy.

Although final dates and venues are still to be locked in I can say that 2008 will see some great events, in fantastic locations that will cater to all fitness levels. By tapping into the combined wisdom of the senior racing members of the club we have developed a 3 part racing series that will focus on the core components of road cycling:

1. Time Trials
2. Criteriums
3. Road Races

Next year we are planning to host 4 events in each of these 3 disciplines. Each discipline will be run over a 2 month time frame with races scheduled every 2-3 weeks. The logic behind this kind of 'block' schedule is that riders who prefer a certain style of riding can dedicate themselves to short term specific training with a view to doing well in 4 events that they particularly enjoy. This kind of schedule also represents a realistic goal for any of us who work to achieve being race fit all year, is nearly impossible, but to focus our energy on our favourite discipline for 2-3 months is realistic.

In addition to organising the SCC Racing Calendar I will also help manage the SCC High Performance Racing Team. This is a new initiative for 2008 and the team is looking forward to competing in selected NSW Road Series events throughout the year. We have a couple of young riders mixed with some very experienced veterans and with everyone fit and healthy we should be able to bring home some great results. On the subject of results, Luke Davison has been winning at Hefron Park on Tuesdays and Saturdays and Ben Elliott has made the step up to 'A' Grade and has already placed 5<sup>th</sup> in the Open A division on Tuesday night. Stay tuned for more on these new members in coming weeks.

I would like to express my gratitude to the President and the Committee for their support of my nomination for Race Secretary for 2008 as I'm looking forward to all of the great times that I know lay ahead.



Pictured, front to back: Ben, Luke & Daniel



Hi Everyone

Wishing you all a safe and prosperous  
New Year

I'll keep you posted throughout  
2008

In my new team – Slipstream

*Safe riding, Matty White*



# Tour Notes

Ellen Loois



## Attention!

The ride survey for 2008  
is posted on the  
SCC website

I urge you all to respond  
as this will assist me  
to provide the best possible  
selection of rides for  
**YOU**

*much appreciated*  
Ellen

Photos – Glenn Butterworth



# Awards

## Christmas Party



**David Stitsky**  
"A" Grade

Point Score Champion  
Time Trial Runner Up  
Road Race Runner up  
Male Kilo Champion



**Chris Wright**  
"A" Grade

Road Race Champion  
Mongrel Award



**Adrian Atherton**  
"C" Grade

Point Score Champion  
Road Race Champion  
Time Trial Champion  
Horses Arse



**Jason Keane**  
"B" Grade

Point Score Champion  
Road Race Champion  
Time Trial Champion  
Male Hill Climb Champion



### "D" Grade

Point Score Champion: Laurie Scandrett  
Point Score Runner Up: Steve Youngman  
Road Race Champion: Laurie Scandrett  
Road Race Runner up: Philip Arndt



**Tanya Bosch**

Female  
Point Score Champion  
Female Kilo Champion



# Awards

## Christmas Party



**Auriol Carruthers**

Female Hill Climb  
Champion

Horses Arse



**Stan Genakis**

'A' Grade

Time Trial  
Champion



**Paul Davies**

"B" Grade

Road Race  
Runner up



**Marcus Hodgson**

"C" Grade

Point Score  
Runner up



**Armon Hicks**

"C" Grade

Road Race  
Runner up



**Amber Jenkins**

Most Improved Rider  
Big Piston



**James Guthrie**

Criterium  
Championship



**Dan Tess**

Bent Spoke



**John Rutheford**

"C" Grade

Time Trial  
Runner Up



**Yvoine McCort**

Multi Tool

Photos- Breeda Kelly

# Awards

## Christmas Party



**Peter Whitford & Rob Hollo**

President's Award



**Wayne Wheatley & Alessandro Garofalo**  
Horses Arse – Now who's laughing



**George Schneller & George Tragaris**

Joint Clubman of the Year

**George Tragaris**

Horses Arse

Photos – Breedia Kelly





# Wollongong Ride

Des Sullivan



The knowledge that friends had already paid money to sponsor me for the MS 'Gong ride proved the necessary incentive for me to get out of bed around 5 am, even though the approaching dawn sky over Coogee looked very threatening with more rain.

Overnight there had been frequent storms but when I arrived at the designated meeting point at Sydney Park, I found Leanne Veitch in her SCC kit, pumped and ready to hit the road. My brother from Queensland and two other mates joined us as we headed onto the route to form our own cycle train around 6.30 am.

I reckon we had gone about 200 metres when the rain started to fall gently at first, then it became heavier and by the time we reached Brighton it was pouring and you could hardly see Botany Bay. Our smart SCC kit was hard to distinguish after being splattered with mud from the wheel in front.

Keeping a close eye on each other, we quietly spun our way through the throng of riders, many of whom were already taking undue risks in the dreadful conditions. Can't figure why some - otherwise sensible - cyclists go crazy and try to pass on the left-hand side when you are cycling in a single file in a narrow lane on a busy highway!

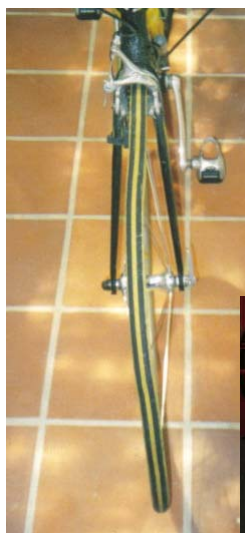
At the top of Waterfall, the organisers did their usual trick of breaking the riders into groups for the descent - giving plenty of warning about the wet roads and dangerous corners. On the way down, we saw two cyclists who had crashed on subsequent corners and were moaning loudly as they were treated by ambulance officers.

By the time we reached the coast at Stanwell Park the sky had cleared to a sunny and warm spring day which quickly dried out the soggy shoes and drenched cycle kit.

Much of the last few kilometres into Wollongong was on suburban streets this year, instead of that windy path which is usually clogged with walkers and surfers who are not keen to give way to cyclists.

After a hearty breakfast, sitting in a cafe in the sun overlooking Wollongong Harbour, we all agreed that the effort had been worth it - and we had raised some money for a very good cause.

Des



## Accident at – Austimer

Unfortunateley a car decided to turn in front of me, causing damage to my front wheel but no physical harm to myself.

The other cyclist involved, wasn't so lucky, he was taken to Wollongong hospitall with suspected shoulder injuries while I caught the train home.



The driver took full responsibility for his action

Enough said eh!....Paul Davies

# Bright Tour

## Glen Butterworth & Friends



Day 1 Buffalo Lake 104km



For the experience, we cycled the first 5 kilometres of our ride on the Murray to Mountains Rail Trail. Our group, however, were itching to wind it up so at Porepunkah we joined the Great Alpine Road. Taking ten minute turns up front, everyone got a chance to blow the cobwebs away and then retire to the back for a chat and to take in the marvellous valley scenery.

At Myrtleford we turned left and headed out in perfect unison to Lake Buffalo. The lake view was worth every pedal stroke regardless of George's call from the back ..... "Are we there yet!"

On our return George put the hammer down with Auriol in hot pursuit or was it the other way around? Either way Auriol declared herself the winner of the impromptu sprint as did Breeda, George, Bruce and I as none of us knew, or cared, where the finish line was. After coffee at Myrtleford's Bakery we zoomed back to Bright for a cooling and relaxing dip in Morses Creek. – which was to become a daily ritual.

Glen Butterworth

Day 2 Mt Buffalo 67km

It's not a long day but the climb up Mt. Buffalo tested me – it's all about rhythm, once I've found that I'm OK! I just keep going at my own pace and arrive at the top sooner or later.

I must admit, I wasn't pay much attention at the debrief that morning and unfortunately I paid the penalty along with Breeda. After reaching the top of Mt. Buffalo a short but snappy decent follows bearing a left fork and the bottom of the run which goes to the Chalet where we were suppose to meet, we flew passed that point until a gravel road made us turn round, after covering an extra 22km round trip, I certainly paid attention at the next brief.

Walter Rolli



## A Happy Man!

Left: Getting ready – pumping air  
Right: Atop of Mt. Hotham



# Bright Tour



## Day 3 Mt Beauty via Happy Valley Rd. 120km

Another day dawned bright and sunny and the route set by our intrepid tour leader (Glenn) was a round trip, out to Ovens, through aptly named "Happy Valley", across to Mt Beauty and then back to Bright over Tawonga Gap. The roads were fantastic and the gentle climb through Happy Valley was so picturesque, the reward was a fast, smooth and beautifully cambered descent that had everyone smiling. Across to Mt. Beauty and a fuel stop in the local bakery before we all baked in the afternoon sun, climbing Tawonga Gap in 38 degrees with ear-splitting cicadas. Another cracking descent with the added excitement of gravel on a few of the corners and a fast, downhill run pretty much all the way back to "The Lodge". Straight into the swimmers and across to the waterhole to soak our tired legs, I think everyone agreed it was a great day!

*Julz Stevens*

## Day 4 Falls Creek 120km

The ride started at Bright then Tawonga Gap – Mt. Beauty – Falls Creek – Mt Beauty – Towonga Gap – 50km of climbing (and descending). Some of the group drove to Mt. Beauty deciding that once was enough to ride up Tawonga Gap! Towonga Gap from Bright is 12km however the climb from the other side of Mt. Beauty is less (8 km). Once again George Tragaris reeled in the break-away duo of Michael Avakian and Julz to claim KOM. It was lovely climbing Towonga Gap in the early morning. Our first coffee stop was at Mt. Beauty where Bruce, John, Eric and Walter were waiting to rejoin the riders before the attack on Falls Creek. The road is undulating until Bogong then it's a 'lovely' 15km climb to Falls Creek with the last 6km biting into the legs. At the top we were surprised to see some pockets of snow but it was still lovely and warm. On the way up Walter had a crisis moment at about the 11km mark – he needed food! Julie Avakian took advantage of the situation to ride past him. However, they did finish the ride to the top together. George T. was once again KOM having caught the break-away bunch of Michael, Julz and Glenn. Breeda and John Rutherford sprinted for the top – John winning the day. Peter and Breeda didn't delay at Falls Creek; they had plans to do an early Alpine Classic and took off for Mt Buffalo. However, after once again climbing Towonga Gap this time in the middle of the day decided it would be much better idea to stop at Bright and leave Mt Buffalo until the next day.

*Breeda Kelly*

## Day 5 Designated Rest Day – but not for some!

It rained during the night and the roads were still wet Sunday morning however, Peter had Mt. Buffalo in his sights (He's entered the Alpine Classic in January) and convinced Breeda it was a good morning for a 30km climb...they took 2 hours 15 mins to climb and 1 hour 5 mins to descend. A great ride! As for the others it was a slow recovery ride down Buckland Valley and or to Harrietville. Either or both options are scenically worthwhile. Buckland Way is perhaps less frequented by cyclists as it peters out to a gravel road so it's an ideal out and back route. Harrietville on the otherhand is a little more testy as it climbs slightly but the return journey has it's rewards, then it's a massage.



Mt. Buffalo in the back ground



# Bright Tour



## Magic Massage –organised by Julz Stevens

Massage therapy isn't for everyone but Walter, a newcomer to this type of therapy lines himself up good and proper  
*"What do I take off" ?*  
*"just leave your glasses on"*  
*Oh!*

## Day 6 Mt. Hotham 111km

With only 5 of the total group remaining the pressure was on to climb the mountain renowned as the most difficult of the area. Off to the quaint little village of Harrietville, round a bend then 12%... OK, the scene was set, machine & muscles against nature. Thankfully the road did calm down to more reasonable gradients and curved majestically upwards through beautiful forested terrain.

Just as I started to enjoy the experience I came across Glenn lying sprawled underneath a huge red sign **"The BIG MEG"** primed for a photo shot which amused me until I noticed how steep things were getting and rounded the bend for a nice 13% stretch of around 500m... thanks Meg, I knew you would find some adversity for us!

With 20km to go I felt like I was on top of the world already with fantastic views across the mountain range to the left. The next kms were happy ones with the ability to spin the legs and really appreciate the vista with glimpses of Frankie & Glenn ahead.

Unfortunately all good things come to an end when the road again sloped upwards for a very difficult final 10kms with some really nasty stretches. The sight of Mt. Hotham in the distance gave us all hope but was frustratingly long to get to. At one point I had a burst of energy (or desperation) and zoomed past Glenn crying *'come on, let's finish this sucker!'*. Glenn brought me back to earth by pointing out there was still 5km of this sucker to go.



For the final insult the road again tilted up for around 2km of 10-12% which wasn't improved with Michael breezing down the hill towards me saying *'nearly there, it's only another 1km like this'* – oh great!!

Then we were at the top, what incredible views! It is worth the challenging climb to see the stunning outlook. I felt plastered but Walter was fresh as a daisy and ready for Switzerland. The Big Meg had the last word by nearly claiming Walter on the descent when he hit the

bend at speed and lost the rear end hitting the barricade with his bike but still managing to stay upright! What a huge day! Thank god for that near freezing river swim afterwards where we would all group together to recount our experiences and get cool. Fab!

*Julie Avakian*

# Bright Tour

## Day 7 Mystery Tour 75km

Final ride of the tour, where to go? After consulting the tourist maps we drove and parked out of Myrtleford for a cruisy recovery loop taking in some of the area's popular tourist towns of Yackandandah and Beechworth.



It's a shame that tourist maps don't come with contours which would have indicated to us the increase from 300m to 800m and which was certainly felt by our tired legs after Mt Hotham! But, we were able to forget about our tiredness by marvelling at the picture perfect landscape we were peddling through - lush green pastures and contented grazing cattle. Where else could such gorgeous riding terrain be found? This place has it all! Just as we were feeling smug for our 500m decent through a logging forest we hit gravel - don't trust tourist maps! Oh well, nothing for it but to carefully bump our way down, help Glenn with his flat tyre and happily arrive at the cars. Still a fantastic loop and a great end to a great week of riding.

*Julia & Michael Avakian*

# Patonga Ride in Print



Ellen, Walter & Juile – Ferry crossing. Top right corner: On the way down – Harbour Bridge steps Nth side



# Patonga Ride in Print



One of the hardest day rides on the  
SCC Calender

3H

Hot...Humid...Hard!

A great day had by all



# Major Sponsors



Wishing Our Club Sponsors  
A very safe and happy festive season  
We thank you for your generous support  
and look forward to the future

# The Ten Commandments

## Cycling Through Christmas

Steve Hogg



**1. Ride your bike.**

Amongst all the opportunities for eating too much, drinking too much and generally knocking your self around, don't forget to maintain some consistent kms.

**2. Drink.**

No, not booze; you'll likely be doing enough of that. If you want to ride and enjoy yourself after a night on the tiles, a simple way to make sure that you function the next day and enjoy your night is to make sure that every second drink is water.

**3. Make New Years' resolutions that you intend to keep beyond the end of January.**

A few positive suggestions:

- Stretch regularly
- Ride consistently
- By a Swiss ball and download the core strength training manual
- Eat more unprocessed and raw food.
- Ride the entire SCC '08 Race Program

- 4. Drink real beer.** *In moderation it is good for you and doesn't leave you with a hangover.* Most of what passes for beer doesn't meet any technical definition of what a beer is. This includes 99% of the 'beer' made in Australia. A notable exception are the beers made by our club beer sponsor, Murray's Craft Brewing. Review the list of real beers worth trying on the next page.

**5. Eat a large salad every day and flick the supplements.**

Self explanatory. Buy your fruit and vegies in small quantities and often so that you eat the freshest produce available.

**6. Don't ride up long hills with Jason Keane or Dave Sitsky.**

Again, self explanatory. A holiday period isn't the time for avoidable painful experiences.

**7. You are one of the several SCC riders who believe in getting ultimate value for money out of your cycling knicks, then for the sake of those riding behind you, either buy a new pair or at least have a shave or consider a Brazilian wax.**

**8. Ride safe.**

There are a lot of idiots on the road at this time of year. Don't make it easier for them by allowing your ambitions to exceed your abilities.

**9. Smell the roses a bit.**

There is no racing at this time of year. Rediscover the simple pleasure of throwing a leg over a bike for no other reason but to enjoy the ride.

**10. All things in moderation including moderation.**

# Cheers!

**Tripel Karmaliet** – strong, sublime Belgian Trappist ale

**Trois Monts** - strong French very pale ale with remarkable depth of flavour

**La Chouffe** - strong Belgian pale ale

**McChouffe** - sublime, strong Belgian 'Scotch' ale. Scotch ale was brought from Scotland to Flanders in WW1 for Scots troops. The style has since died out in Scotland but lives on in Belgium.

**Boucanier Golden** - very strong (and by strong I mean alcohol content which you won't notice until you stand up as there is so much flavour) Belgian blonde ale that is as close as you can get to liqueur today in a beer.

**Boucanier Dark** - strong Belgian dark ale. As close as you can get to liqueur muscat in a beer

**Kasteel** - strong Belgian brown ale, similar to Boucanier

**Murrays Anniversary Ale** - brilliant Australian copy of Belgian strong ale.

**Murrays Icon IPA** - Aussie and best India Pale Ale on the planet

**Murrays Grand Cru** - Murrays' version of Belgian strong and complex ale

**Murrays Sassy Blonde** - Crap name, good beer

**Murrays Nirvana Pale Ale** – Another crap name but a good beer

**Hoegaarden Wit** - the definitive Belgian White beer

**Matilda Bay Barking Duck** - a Western Australian fair copy of a Belgian farmhouse ale. This style of ale has fruit peel and various seeds added for a refreshing summer drink.

**Wiehanstephaner Pilsener** - worlds' best Pilsener

**Schofferhofer Hefeweizen** - one of the worlds best wheat beers

**Orval** - For Belgian Trappist ale, not overly strong but the one beer on the planet that you will never mistake for anything else

**Samuel Adams Boston Lager** - proof that amongst all the crap, Americans can make world class beer

**La Fin du Monde (translation: End of the world)** - Canadian Belgian style blonde ale that is as good as anything the Belgians do.

**Rodenbach** - an acquired taste, a lambic beer, sour, winery but immensely refreshing on a hot day.

**HY Zago Superbeer** - an 11.5% Italian strong ale made under license in Belgium and special, though quality varies from bottle to bottle

**Les Trolls**- high quality Belgian ale

**Deus** - uncategorisable; share a bottle between 6 people, serve in champagne flutes and drink instead of a dessert wine

**Chimay Blue** (called **Chimay Grande Reserve** in 750ml bottles) - definitive Trappist brown ale. The 750ml bottles are vintage dated and improve with cellaring for up to 10 years



*Cheer! Steve*



# Tips for Surviving Christmas

Dr. Naras Lapsys



By now, most of us are firmly entrenched in the seemingly endless offers of parties, dinners and drinks that joyfully surround us during the festive season. The big question is: *how do we survive the silly season so that we don't end up carrying an extra 4kg of unwanted ballast to Waterfall in January?*



**Here are 5 easy tips that might help lighten the load:**

1. **Change your frame of mind.** In the past, maybe you have accepted that a few Christmas kilo gains are inevitable, or that eating yourself to bursting point is all part of the fun. This year, why not aim to hold ground, stay in control and take on a slightly different attitude towards the holiday food and drink. If you set your head on a different path then your body will follow.
2. **Taper your meals around the main events.** If you know that a big meal is looming, then build up a few credits and pull back in the days prior. Make an active effort to reduce a few meals by one third and hold out on the indulgences. Follow up the big meal with a couple of smaller meals and ultimately, equilibrium will be maintained. A little discipline is needed because your brain certainly won't be sending you signals to eat less in the preceding days and probably very few signals in the days after any feast.
3. **Be prepared to say "No".** There is no need to succumb to joining in on that second (or third) bottle of red. Let the finger food pass you by. Aunt Betty won't *actually* be offended if you say no to that second helping (yes, discipline again, I know).
4. **Top up before you go out.** These days, so many events are finger foods and drinks. Heading straight from work on an empty stomach is a ticket to disaster. Not only will you demolish morsel after morsel of fried fat, but the drinks will go down fast and a pizza might look good on the way home. Eat something light or even consider a light dinner before you leave. Even a banana or low fat yoghurt can help fill the void and stop you from grabbing anything within arm's length.
5. **Keep an alcohol tab.** Need I say more. If you need a few reasons then read on.... Alcohol is second to fat for calories (*mmnn liquid fat...*), it stimulates your appetite and it lowers your resolve. The lowest calorie alcoholic drink is a single nip of spirit with soda, ice or diet mixer. A small glass of wine, beer or bubbly all has a similar calorie load and is the next best option. Spirits with full sugar mixers are high octane and cocktails can blow the calorie bank sky-high.

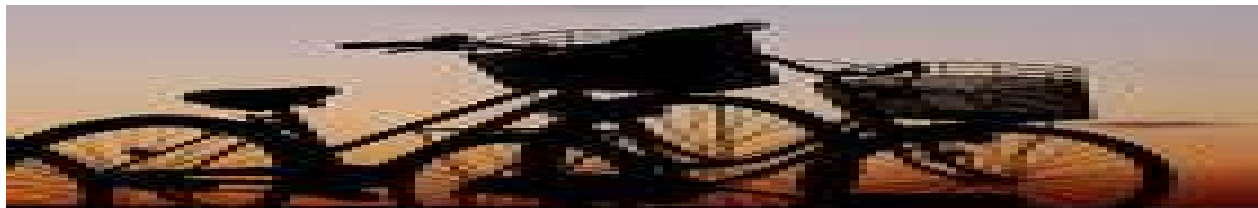
Good health to you all during the festive season and into 2008.

I will do my best to keep you up to speed in the world of performance nutrition in 2008

The Body Doctor, Accredited Practising Dietitian & Sports Dietitian

# Les amis

Eric Waddell



When we set off side by side at first light we have so many things to talk about. We haven't seen each other since yesterday, last week, or last year, but we are immediately on the same wave-length and into the same banter.

There's nothing better than a conversation for warming up. The cadence which allows you to chat is the ideal one for getting rolling. Obviously it varies from one person to another, and seeing professionals chatting to each other at 40km/hr, their hands on the top of the handlebars, leaves the recreational rider pensive. But deep down it's the same feeling. As long as you can talk while pedaling, you warm up slowly. We talk about everything: books, films, restaurants, work, life in general and cycling in particular.

I've cycling friends I only see on a bike – I wouldn't recognise them in a suit and tie. I've cycling friends I see all the time. We form a group, a little peloton, a break of variable dimensions. Some mornings there are two of us, on others we are a dozen, lost in an ocean of four thousand cyclists.

A group of cycling friends is almost always a group of the same level of ability. You must have a real physical complicity to ride well together. It doesn't mean we all have to be alike or be equally strong. It's simply a matter of each one of us being able to contribute something specific to the bunch.

Cyclists have very clearly defined personalities. Like in the theatre, cycling has its characters; it highlights particular types and morphologies, and what strikes the layman about the racing cyclist is exactly the same with the amateur. Cycling has its brawny riders and its skinny ones (its "big thighs" and its "chicken legs" as Jean-Noël Blanc would say); he's not very delicate about the various physiques. Everyone has a chance.

Consider climbers for instance. There are obviously two kinds: angels, who are the size of minnows and who seem to be drawn to the summits, and bulls, who struggle against gravity, aided by brute force and will-power. Charly Gaul and Pantini fall into the first category, Hinault and Indurain into the second. Each has the potential to get the better of the other on condition that they limit themselves to exploiting their distinctive qualities: that the bulls never take it into their heads to follow the angels when they attack, and that the angels never allow themselves to be crushed by the steady pace of the bulls. You need to know yourself.

Both kinds are found in weekend riders, and in order to have a good bunch you need such diversity. Each rider must be able to make all the others suffer and, in all circumstances, be able to stick to the pace, even if this means clenching your teeth. Someone who is too fast is of no help to anyone and he will get fed up waiting at the top of the climbs. Someone else who is too slow will despair from constantly having to chase to catch the bunch. The groups of cyclists I've known are naturally balanced around a common purpose, which is to have pleasure riding together.

Pleasure can be had in various ways. There is first of all the satisfaction of sharing the joys of cycling: things seen, things experienced, the effort and the heat. There is also the common desire to get out, to get away – alone you might stay in bed, you might invent other things to do, or you might hesitate before a brooding sky.

# Les amis

Eric Waddell

There's also the satisfaction of jostling to take the lead, like kids scrapping on the street. Accelerating "just to see what happens" is second nature. Inherent in cycling is the freedom to race. Even when I'm alone I fight to get in front. If I feel good, I accelerate. If I'm still feeling good, I accelerate again, until I begin to suffer. I inflict a "flash" of pain on myself (that's how one describes the first little stroke of tiredness, of the kind you experience at the end of the day).

These little accelerations by one and then another, all of which you are able to counter, are the reward for being fit. They make you a better cyclist, even if you are angry at being treated in this way – with me this kind of irritation never lasts for more than five seconds. It's a form of discipline. I skied with Rémy and we got on well together. So I took it upon myself to convert him to cycling and he has become an impeccable rider, proof that you can take it up at any age.

Friends in life who are also cycling friends are friends twice over: pistachio and chocolate....



Our Canadian friend Eric Warddell takes his place on the mural of fun  
Kangaroo Valley Tour '07.

Eric is now back home in Canada but he'll be back to ride with us again  
Festive Greeting Eric, from all at SCC



# New Members



**Julz Stevens**

I took up cycling 6 years ago for cross training as I was a long distance cross country runner. The toughest event in running was the Six Foot Track (46ks) from Katoomba to Jenolan Caves. Cycling quickly replaced running and has since become a passion, that gives me a huge sense of satisfaction. My perfect day is to ride long kilometers with great friends, followed by an evening of good wine and food.



Sometimes when things don't go your way in life you have to rely on some basic human elements like friendship. I was asked to write why I joined Sydney Cycling Club. I felt there were too many reasons to list them all. First and foremost was how many of the club members took time out of their lives to visit me when I was in hospital. This was then soon followed by an Xmas present (indoor trainer) that was to help my recovery and keep my interest in the bike alive; at the time I lived in a wooden floored unit which carries noise so a rim drive trainer was given. These things are never forgotten, these memories still bring a warm feeling to me – these are the main reasons I have joined Sydney. Apart from being with so many friends, I took into account what a responsible attitude they take to each other and other road users. So you see, not only am I happy to be able to ride again, but I am also proud to be part of the club that has contributed so much to my recovery. A truly heart felt thank you to you all. See you on the training rides.

*Dane*

For those who don't know Dane, he's been cycling a very long time – his muscular legs are testament to that. In 2004 however Dane was involved in a nasty motor accident which left him fighting for survival and hence the long road to recovery. It's great to see Dane back in the saddle.



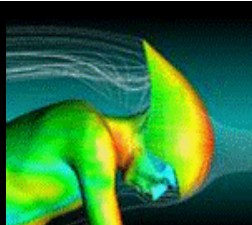
Dane, above receiving his bike trainer Christmas Day – Bondi Beach 2004

# VO<sub>2</sub> Performance Systems

**Daniel Healey**

**Developing athletes through science, structure and support.**

**B.HSc M.Sc (Ex.Phys) R.Nutr AEP MAAESS**



VO<sub>2</sub> Performance System is an endurance coaching resource for all athletes. We specialise in designing time efficient training programs for sportspeople that want to benefit from advances in Exercise Physiology, Sports Science and Sports Medicine research.

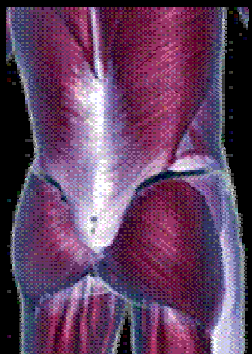
Our Annual Training Plans, Monthly Programs and Special Fitness Packages are custom designed by our team of endurance exercise specialists to meet your personal and athletic goals

All our programs will help you:

**Build strength ,flexibility and core strength**  
**Develop power, speed and endurance**  
**Understand Nutritional replenishment in exercise**



Daniel Healey has extensive experience in the areas of Exercise Physiology, Nutrition and Sports Science Research as well as being an active participant in a wide range of endurance and ultra endurance sports. After completing undergraduate studies in Health Science Daniel worked in a leading research role with Orthopaedic and Sports Medicine Physicians in the development of a new surgical procedure for the treatment of chronic pain in athletes. This experience led to more sport specific research at the Human Performance Laboratory, University of New South Wales and the successful completion of an M.Sc (Exercise Physiology) via Research. The exercise and nutritional basis of this investigation provided Daniel with an opportunity to commence Doctoral studies (Ph.D) in Applied Physiology and Exercise Rehabilitation Therapy at the University of Sydney



Daniel is an **Accredited Exercise Physiologist (AEP)** and Member of the Australian Association for Exercise and Sports Science (MAAESS). Daniel is also a **Registered Nutritionist** specializing in Pre Event, During Event and Post Event Nutritional management of endurance and ultra endurance athletes. In 2007 Daniel was **Consultant Nutritionist to the successful Australian Junior World Track Cycling Team.**

**For information on**  
**Club,Elite & Professional Programs**  
**contact**

**VO<sub>2</sub> Performance Systems**

Daniel Healey 0438 322 267

Email: [daniel@fusionhm.com.au](mailto:daniel@fusionhm.com.au)



# Charity Rides



Presentation – Charity Ride McGrath Foundation

Rear L-R: Craig Madson (Mittagong RSL) Barry Doosey, Armon Hicks(SCC)& Bob Pretty  
 Front L-R: Rina Hore, Tracey Bevern (General Manager of McGrath Foundation), Mary King, Gordon Lewis (Mayor of Bowral) & Debbie Bonet



Cadel Evens  
 &  
 approximately  
 400  
 riders rode  
 together  
 in support of the

**David Peachy  
 Foundation**

The foundation  
 provides assistance  
 for Indigenous  
 talented  
 kids  
 in  
 sport



# Your Space

What do these two members have in common besides their hairstyle?



"My god!, I thought the Paris was quick but one lap on the Prince and look what it'll do"



"My Dogma certainly knows how I like my hair"



A Day out with  
Dad  
Damon & Keira Wade  
Cycle Sydney Ride  
Olympic Park



Club clours  
in  
distant parts

Marie Emma

Friend of club  
member  
Neil Williams



A Speedy Recovery

Ruth

From all at SCC

# Your Space



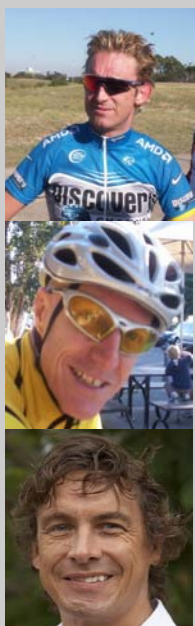
## Tour Down Under (22 –27 January 2008)

If you don't have a  
birds eye view of being  
there  
then the best next thing  
is to catch the  
highlights on  
SBS

## Loving Your Bike Too Much Can Lead to Serious Consequences

This paper clipping was sent in by an amused member who came across it while reading the SMH and thought others may appreciate it. There are one or two members caught on film sleeping with their bikes so be warned.....we know who you are.

more likely. We can also provide a conclusion for the column's most discussed story this year. Last month we talked about the Scotsman who was charged with having intercourse with a bicycle in his hotel room. Some readers thought this was a hoax, but yesterday the BBC reported: "A man caught trying to have sex with his bicycle has been placed on the Sex Offenders' Register and sentenced to three years on probation. Robert Stewart, 51, admitted a sexually aggravated breach of the peace by conducting himself in a disorderly manner and simulating sex. Mr Stewart was caught in the act with his bicycle by cleaners in his bedroom at the Aberley House Hostel in Ayr. The sheriff, Colin Miller, said: "I thought I had come across every perversion known to mankind, but this is a new one on me. I have never heard of a 'cycle-sexualist'." We hope that Stay in Touch has added to your education.



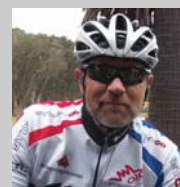
### Acknowledgments

As Newsletter Editor for the past 12 months I'd like to say thanks to all those members who have made a contribution.

As I've said before the Newsletter is nothing without your input, so I encourage you all to remain active and support you next  
Newsletter Editor – Mr. Grant Chellew

### Special Acknowledgments

Despite their hectic work schedules and commitments  
Matty White, Steve Hogg and Naras Lapsys have always found time to share their knowledge & experience with us, which is very much appreciated.



Frankie

# Off The Back & Personal

With Glen Butterworth

Q1. What tickles your fancy?

*Not sitting on a bike that's for sure... numb bum*

Q2. If you could go back in time where would you go and why?

*Walk into the recruitment office of Sir Ernest Shackleton - The Great Antarctic Explorer and be chosen to venture with him*

Q3. Are you a shouter or a pointer when out with the bunch?

*Depends if its cold beers and who's round it is*

Q4. Is there a passion in your life?

*I'm passionate about creativity and play*

Q5. Of all the cycling you've done what ride stand out the most for you?

*The recent Mt. Hotham... a beauty of a ride*

Q6. Other than cycling what other activities do you pursue?

*As much play as possible and as little work as I can get away with*

Q7. What disappoints you the most in people?

*Whinges in general*

Q8. What's your favourite food

*Breakfast...wheathearts*

Q9. Do you have any regrets in your life?

*None whatsoever*

Q10. How many patches do you go through each week?

*Too many*





# Club Rides

Day	Time	Meet	Ride Description
<b>Tuesday</b>	<b>06.00</b>	<b>Cannons La Perouse Ride</b>	Two bunches: Fast or Steady. Takes the same format as for Thursday.
<b>Wednesday</b>	<b>06.00</b>	<b>Cannons</b>	<b>Girls Paced Watson's Bay Ride.</b> One of the more popular rides – the girls lead the way, re-grouping after all the climbs. Back at approximately 7.20am at Bondi Junction for coffee. An alternative fast group go off first.
<b>Thursday</b>	<b>06.00</b>	<b>Cannons</b>	<b>La Perouse/Anzac Parade/Malabar.</b> Approximately 35km. Fast clip (35-40ish km/h) with three even faster (40-55km/h) intervals. Back at approximately 7.00am.
<b>Friday</b>	<b>06.00</b>	<b>Cannons</b>	<b>The 3 Beaches Bondi/Tamarama/Bronte</b> A good warm up for the weekend with a quick pace up Military Road then back along Campbell Parade towards Tamarama Beach. From there it's onwards and upward to Bronte. Back at approximately 7.00am at Bondi Junction for coffee.
<b>Saturday</b>	<b>06.30</b>	<b>Cannons</b>	<b>La Perouse Ride.</b> Approximately 45km. Three bunches leave the park rolling easily until the turn around point at La Perouse. The first two bunches pick up speed, turning at Duffy's Corner, pacying along Anzac Parade to the U-turn at old Prince Henry Hosp. (2 loops). Then the ride hits the hills through Maroubra and Randwick before heading back to the park for coffee around 8.30am. The third bunch is slower with an emphasis on bunch riding and does a slightly different route after the turnaround point of La Perouse, into the back streets of Little Bay.
<b>Sunday</b>	<b>06.30</b>	<b>Cannons</b>	<b>Waterfall Ride.</b> Approximately 90km. Two bunches leave the park to Waterfall, 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, pacyline back to Sutherland, collects the stragglers, then a fast ride back to the park or a more medium paced ride, medium/average fitness level. Waterfall rides finish back in the park at approximately 9.30am
<b>1st Sunday of the month</b>	<b>06.30</b>	<b>Cannons</b>	<b>Akuna Bay.</b> One or two different paced bunches head north to Akuna Bay (100km) via Wakehurst Parkway and Church Point. Those wanting to miss the hills can take an easier route by skipping 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. Back at the park by 10:30am.

**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.**

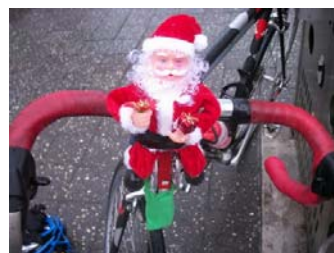
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