



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
January 2000 Edition



Potential new club member?
Bruce Fields new daughter already
decked out in SCC regalia



Peter Milostic, recent
speaker at SCC Annual
Dinner, competing in the
Oceania Games

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Stuart O'Grady wears yellow
during the '99 Tour Down Under

President's Report



Well by the time you read this, probably all the hangovers will have faded and only the credit card debt of New Year's Eve remains. I hope you all had a nice Christmas and a happy New Year.

The renewal of memberships has come with a flurry with over 75% of current members rejoining already. If you are planning on rejoining, please do this promptly as there are insurance issues with respect to riding with unaffiliated/uninsured riders should an accident occur. If you've lost your membership forms, they are available on the Club's Web Site, with a link from the "What's New" page.

The Club's race calendar gets under way on January 29, with the first of the season's T/T's. If you want to be in with a shot at taking your grade's annual pointscore, consistency is the key. These early T/Ts offer easy points for those riders wanting to get a head start on their competitive buddies who are still up the coast on hols!

I'd like to wish John Arkwright and any other members competing, all the best in the upcoming Metropolitan Track Titles being held January 8 & 9. If you've never seen track racing, then here's your opportunity to support our riders and check out the Olympic Velodrome at the same time.

I'd like you to all join with me in wishing John Stanton congratulations on his recent engagement to Isabelle. They were here in Sydney recently, and really do make a lovely couple.

I'm hoping this year will be as successful for the Club as those in the past.

Cheers,

Phil

Editor's Column



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

After the joys of Christmas and New Year's celebrations, on the cycling front, this month has been very quiet with really not much to report.

There have been a couple of changes to the Club Calendar, in particular the tentative date for the **Snowy Mountains Tour**. Look for more details next month but mark the date in your calendar.

A number of our members are off to Adelaide later this month to watch the **Tour Down Under**. For those of us who can't go on the trip, I have dug around and found the SBS TV coverage so you can set up your videos for that late night viewing after evening training.

At the end of this edition of the newsletter you'll find a current membership list as at the 4th January. Make sure your name is on it; if not you'll not get any more of these newsletters!

On a personal note; Pete Smith, an old club and founding member, has left us for the warmer

climate of the Queensland Gold Coast. Over 20 past and current club members turned out for his farewell ride organised by Pete Scott on what turned out to be one of the most sunny days over the Christmas/New year break. It was great to see all riders staying together for the entire social ride to Gannons Rd and back. Pete's familiar form will be missed from the park and I'd like to thank him for all the encouragement over the past couple of years and I'm sure I speak for us all when I wish him and Joan all the best in their new surroundings. Maybe a 'Tour de Gold Coast' can be organised when the Sydney winter chill kicks in!

Take care on the road.

Malcolm



New Jersey Stock



A new stock of club Jersey's and the long awaited SCC Knicks are now available.

The price on the knicks is \$75.00 per pair. Phil McKnight reports to be wearing a Medium, whereas he normally takes a Large in Pearl Izumi (must be his large thighs).

There is also a "boutique" page on the Web site, showing all the Club clothing. You can get there either via the link on the **Home** page or the link on the **What's New** page or take the following link to get there directly:

<http://www.ozemail.com.au/~porterbg/boutique.htm>

Sorry the Bib Knicks are only available in Small & XSmall as yet. More stock is on order.



Tour Down Under SBS TV Coverage

SBS is the host television broadcaster for the Tour Down Under. Viewers can be sure of top quality coverage of the event. SBS will provide a total of 8¾ hours of national Tour Down Under coverage. The following times are based on Australian Central Summer Time:

<u>Date</u>	<u>Time</u>	<u>Coverage</u>
18 th January	19:00	Toyota World Sports live cross.
	22:30-23:30	Stage 1, complete coverage.
19 th January	18:00-18:30	Stage 2 highlights
20 th January	18:00-18:30	Stage 3 highlights
21 st January	18:00-18:30	Stage 4 highlights
22 nd January	18:00-18:30	Stage 5 highlights
23 rd January	13:00-13:30	Stage 6 live coverage.




The peloton ascending Old Willunga Hill in Stage 2 of the '99 Tour Down Under



Peloton sweeps through the picturesque Chain of Ponds bends in the Adelaide hills.

Club Calendar

Day	Time	Venue	Comments
15 th Jan.	06:50	Cannons	1 Lap TT (8/7/.../1) Handlers: Frank Milner & Anton Allen
18-23 rd Jan.		Adelaide	Jacob's Creek Tour Down Under http://www.tourdownunder.com.au/
29 th Jan.	06:50	Cannons	SC TT (8/7/.../1) Handlers: Paul Davies & Tony Johnson
12 th Feb.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Mel Licker & Bruce Field
26 th Feb.	06:50	Ocean St. Gates	Ext TT (8/7/.../1) Handlers: Eric Waddell & Malcolm Wade
4-5 th Mar.		Jindabyne	Snowy Mountains Tour (<i>tentative</i>)
11 th Mar.	06:50	Cannons	Handicap 2 Lap Wheel Race (8/7/.../1) Handlers: Paul Rigby & Doc Guthrie
25 th Mar.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Stan Genakis & Simon Kenny
25 th -9 th Apr.		Tweed Heads to Sydney	RTA Big Bike Ride http://www.ozemail.com.au/~bikensw/big_ride/big_ride.htm
13 th -4 th Jun			Giro d'Italia
1 st -23 rd Jul.			Tour de France http://www.letour.fr/
26 th -17 th Sep.			Vuelta a España
16 th -21 st Sep. 23-24 th Sep. 27 th Sep. 30 th Sep.		Bankstown Fairfield Farm. Eastern Suburbs TBA	Olympic Track Cycling http://www.olympics.com/eng/schedule/ Olympic Mountain Bike Olympic Road Race Olympics ITT
9-15 th Oct.		Plouay (France)	World Championships http://www.uci.ch/
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.
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	06:00	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
		Duck Pond (middle of park)	<i>or</i> Gentlemen's Ride, medium/average fitness level - La Perouse, 45km. Leaves duck ponds area, finishes 8.30 same place for breakfast.
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, pacelines 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. Typically combined group goes north to Akuna Bay where the faster riders split off heading for West Head and the rest go half way, then head directly to coffee at Church Point. All then regroup

			for the ride back.
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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 Note: 6 points will be awarded for handling once in a season
 LC TT= Long Course Time Trial 1 point will be awarded for riding and finishing the event
 Ext TT= Extended Course Time Trial Penalties for Drafting or Breaking in TT's will be 30secs
 Race Sec's decision's are final. No correspondence entered into

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!

- ➔ **James Guthrie** was so worried about his form for the Tour Down Under, he took his family to Adelaide over Xmas under the pretence of a holiday. James however spent more time on Greenhill Rd than he did with Dianne. He rode this hill every day for a week, apart from Xmas day. His average up the climb improved from 9.5kph on day 1 to 13.5kph on day 7. Fellow "tourists" look out.
- ➔ **John Stanton** returned to Sydney over Xmas and managed a few Club rides. His recent engagement must have sapped his strength, as he blew up badly on the Club's Boxing Day Cape Solander recovery ride. Hunger flat after 75kms, John ambitiously bought a sandwich at the caravan. Sadly he could only eat half due to "lactic acidosis" induced nausea.
- ➔ **Tony "iron man" Johnson**, learned a valuable lesson a few weeks ago coming back from Waterfall. Without his usual "pace maker", Eric Waddell (away on some junket overseas), Tony did a heroic turn just before Heathcote. While there nothing wrong with the turn, there wasn't any gas left in "the Tank" when the pace went up 1kph and he was dropped!
- ➔ **Lumby's looking for a flat.** That's a place to live in, not a tyre. Alan Lumb needs a new abode by the middle of February. If you can help, see him in the park on the weekends or give him a call on (02) 9389 6500.

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:	Deirdre Grace	9662 0117 (h) 0413 317 048 (m)	deirdre1@flex.com.au
Newsletter Editor:	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	malcolm.wade@altavista.net
Next Submission Deadline:	7th February, 2000		

Current Membership List

<u>First</u>	<u>Surname</u>	<u>Address</u>	<u>Suburb</u>	<u>State</u>	<u>Postcode</u>	<u>Home Tel</u>	<u>Email</u>
Anton	Allen	24 George St	Dover Heights	NSW	2023	9371-2643	Anton_Allen@syd.invesco.com
Monique	Batterham	2/267 The Grand Pde	Ramsgate	NSW	2217	9529-2928	batterham@hotmail.com
Peter	Bodor	185 Elizabeth St	Sydney	NSW	2000	9417-7208	peterbodor@bigpond.com
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David	Bullock	36 Roberts St	Camperdown	NSW	2050	9516-1547	davidbullock@bikeit.com
Anne	Clarence	106 Oberon St	Randwick	NSW	2031	9326-4710	
David	Clarence	106 Oberon St	Randwick	NSW	2031	9326-4710	
Ian	Cranston	28 Rowley St	Camperdown	NSW	2050	9565-5245	ian_cranston@bmc.com
Meg	Croft	3 Kennedy St	Kingsford	NSW	2032	9398-7476	meg.croft@agal.gov.au
Paul	Davies	9/45 Prince St	Randwick	NSW	2031	9314-7541	pdavies@au1.ibm.com
Peter	Dean	PO Box 234	Pymont	NSW	2009	9566-1389	
Robert	Dickerson	6/24 Alexander St	Coogee	NSW	2034	9665-0440	rdickerson@colly.com.au
Graham	Ford	504 Bronte Road	Bronte	NSW	2024	9648-0202	gford@sydney.net
Simon	Geach	2/117 Curlewis St	Bondi Beach	NSW	2026	9130-5332	simon_geach@lendlease.com.au
Stan	Genakis	2 Lester Place	Abbotsford	NSW	2046	9712-2397	chippo@one.net.au
James	Guthrie	31 Ormond St	Paddington	NSW	2021	9361-4379	James.Guthrie@mq.edu.au
Steve	Hobart	767 Bouke St	Zetland	NSW	2017	9698-9440	Shobart@comtech.com.au
Nanami	Jingu	1616 Jerrilynn Place	Encinitas		92024	7609437107	jingubell@earthlink.net
Tony	Johnson	17 Salisbury St	Waverley	NSW	2024	9387-3766	johnsons@comcen.com.au
Simon	Kenny	94 Denison St	Camperdown	NSW	2050	9517-9158	simon_kenny@hotmail.com
Richard	Kerr	61 Glassop St	Balmain	NSW	2041	9555-7673	richkerr@bigpond.com
Thomas	Klemola	9 Moore Park Rd	Paddington	NSW	2021	9380-9595	tkemola@yahoo.com
Samantha	Kosky	PO Box 1153	Maroubra	NSW	2035	9344 3443	samkosky@one.net.au
Michael	Larkin	23 Ludgate St	Concord	NSW	2137	9743-4017	tortech@ozemail.com.au
Suzanne	Lyndon	8 Cave Rd	Strathfield	NSW	2136	9742-6242	sll@hillrogers.com.au
Malcolm	Lyons	32 Wardell St	Petersham	NSW	2049	9518-1297	m.lyons@hri.org.au
David	McAlpin	G915/780 Bourke St	Redfern	NSW	2016	9690-0516	dmcaldin@ozemail.com.au
Phil	McKnight	49 Dalton Rd	Mosman	NSW	2088	9960-7479	porterbg@ozemail.com.au
Stephen	McMillan	12 Ormond St	Paddington	NSW	2021	9380-5223	eoinjame@hartingdale.com.au
Mark	Meltzer	26/31 Diamond Bay Rd	Vaucluse	NSW	2030	9337-6271	carm@magnet.com.au
Frank	Milner	8 Rockley St	Castlecrag	NSW	2068	9958-6533	frank.milner@anz.ccamatil.com
Paul	Montesin	75 Warners Ave	Bondi Beach	NSW	2026	9365-5990	
John	Newbery	2/19 Connemarra St	Bexley	NSW	2207	9559-8362	jnewbery@energy.com.au
Simon	Pardey	14 Victoria Pl	Paddington	NSW	2021	9331 6003	sgpardey@hotmail.com
Pascal	Phillips	PO Box 361	Roseville	NSW	2069	9416-2336	
Samuel	Reuben	73 Cameron Sr	Edgecliff	NSW	2027	9328-7206	alphalex@intercoast.com.au
Alan	Revell	1/1A Wolseley Rd	Point Piper	NSW	2027	9363-4004	
Paul	Rigby	10/238 Campbell Pde	Bondi Beach	NSW	2026	9365-2648	prigby@ozemail.com.au
Leigh	Ringrose	3 Berwick St	Coogee	NSW	2034	9664-5431	terra@s054.aone.net.au
Con	Roubis	90 Garrett St	Maroubra	NSW	2035	9349-7528	stama@magna.com.au
Kate	Rowe	3/5 Sadlier Cres	Petersham	NSW	2049	9568-3732	krowe@bigpond.com.au
John	Rutherford	34 Fort St	Petersham	NSW	2049		ruthj@smartchat.net.au
Norman	Rydge	4A Annandale St	Darling Point	NSW	2027	9327-3386	rydge@zip.com.au
Teri	Sawers	3/29 Drumalbyn Rd	Bellevue Hill	NSW	2023	9328-1204	terii@ozemail.com.au
George	Schneller	49 Canberra St	Randwick	NSW	2031	9398 7092	Gales@bigpond.com
Lea-Ellen	Schneller	PO Box 154	Kensington	NSW	1465	9398-7092	Gales@bigpond.com
Peter	Scott	4 William St	Randwick	NSW	2031	9314-5971	tortech@ozemail.com.au
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Reg	Shortland	1 Simeon St	Clovelly	NSW	2031		
Alex	Simmons	40 Mayes St	Annadale	NSW	2038	9568-6403	alex.simmons@onaustralia.com.au
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Sally	Thomson	2/159 Cavendish St	Stanmore	NSW	2048	9572-7179	
Bruce	Vote	7 Beulah St	Kingsford	NSW	2032	9344-8156	
Eric	Waddell	51 Holdsworth St	Woollahra	NSW	2025	9363-2168	ewaddell@mail.usyd.edu.au
Malcolm	Wade	108 Rothschild Ave	Rosebery	NSW	2018	9662-0464	Malcolm.Wade@altavista.net
Steve	Youngman	54 Mullane Ave	Baulkham Hills	NSW	2153	9674-6080	stevey@linkcomputing.com.au

Important - Membership Renewal!

If your name isn't on the above membership list, you have not, according to our records as at 1st January 2000 paid this year's subscription and will now be removed from the SCC membership list. If this is not the case or your details are incorrect, please contact the club President, **Phil McKnight** or club Secretary, **Paul Rigby** for further information.