

The Sydney Cyclist

The Monthly Magazine of the Sydney Cycling Club

sydneycyclingclub.org.au

December 2002

Sponsored by **Clarence St. Cyclery**

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Thank you to all contributors.
Hiro for the pics, Paul, George,
Jamie, Deb, Richard, and Mike
Foster.

Submissions gratefully
accepted.



Last years most improved, Steve McMillan, rolls out for his race of truth: the SCC Kilo held at the breakwater. Pics and story in this edition.

Clarence St. Cyclery
THE ULTIMATE BIKE SHOP

104 Clarence St, Sydney NSW 2000

Phone: 02 9299 4962

Fax: 02 9261 3802

Website: <http://www.cyclery.com.au>

Email: info@cyclery.com.au

The President

Paul Rigby

Switched on.



As another year goes by in the 25 years of SCC history I am proud to have been elected by the members as the President of Sydney Cycling Club. As I mentioned at the AGM, the highest

honour previously bestowed on me by SCC was the awarding of the Mongrel award in 1999, I hope that the Presidency will surpasses that honour!

I think that the interest and activity that took place in club life around the time of the AGM certainly highlights the passion that many of us have for the club and for the sport. Whilst the club is made up of many members with many different views, attitudes and outlooks I would like to think that we all share one thing and that is a genuine love for the sport of cycling. I hope that it is with this passion in mind that we can all look forward to a great year ahead with SCC and a year that should be more special to us all given that it is our 25th year as a club.

I would like to thank the departing members of the committee for their dedication and time spent whilst on the committee. Alex Simmons did a wonderful job as President while trying to balance an unforgiving and demanding work schedule, Suzanne Lyndon as Treasurer has brought the Club's financial records into the 21st century, and also done a great job, finally, Tanya Bosch who did an excellent job as Race Secretary and also encouraged record participation in racing by the female members of the club.

I hope that with the remaining members of the committee and also with 3 new

committee members including myself that we can continue to build on the great work done by your committee in the previous years.

Looking ahead, we have the Club's Annual Trophy Presentation and Christmas Dinner at the Fox and Lion on 13 Dec. I would really encourage all members to attend as this is really a night not to be missed. Once again Sam Kosky has outdone herself and organised a great night for us all.

I would encourage all members to take a look at the Club's Website frequently, there are weekly updates and you can really keep up to date with Club happenings via the web site. You will find all the racing results, minutes of the committee meetings and newsletter archive all posted in the member only section, as well as a link to the SCC discussion forum. The Renewal and Waiver forms that you will need to renew your membership for 2003 are also available for download from the web site. Malcolm Wade has just taken over from Phil McKnight as the Webmaster and I would welcome him to this position. I would like to thank Phil for his invaluable work in setting up the web site from 1999 to the present.

On the Club riding front we should all be hitting the peak of fitness through the coming months and while the Racing and Touring Calendar winds down until the end of January we can all look forward to high attendance at the weekly rides. I would encourage all members to stay alert and attentive while riding in large bunches, especially on Sunday, and also to make sure your bike is always fully maintained as it is a long walk home from the National Park when you've had your 3rd puncture of the ride!

The Secretary

George Schneller

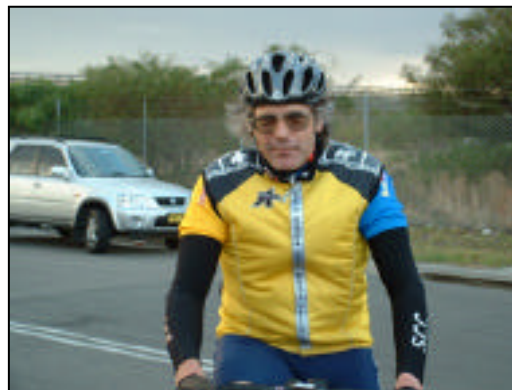
Pay up!

Party, Party!

December is the month of the club's Christmas and Presentation night (Friday, Dec 13th) when the year's sinners and gridders are revealed. Look forward to a great night, and book now so you don't miss out.

Your SCC Membership

Except for those of you who joined for 2003 after the end of October 2002, SCC memberships also fall due in December. The membership kit is in PDF format on the website in the Members Only area. A link to a free copy of the latest Adobe Acrobat Reader is on the website. If you can download the newsletter, you shouldn't have a problem downloading the membership kit – but the file is large, so be patient. If you have problems downloading or printing the kit, contact me for a hard copy. Email me on FlashFrames@bigpond.com or phone 9319 2899 (work).



Want to race in January – get your renewals in pronto!

Cycling NSW closes for two weeks over the Christmas/New Year period, when most of the membership renewals arrive. Those of you wanting to race early in the New Year get those memberships in. I don't plan on spending my Christmas break working on SCC membership forms- your honorary secretary deserves a holiday too.

Read the forms!

Forms are not popular, and a lot of you don't seem to actually read them, so listen up! The kit contains:

- 1) SCC membership form
- 2) Cycling Australia affiliation form
- 3) Compulsory SCC Safety Waiver
- 4) 2003 NSW Cycling Federation age categories

Return your completed forms, SCC, CA affiliation and signed waiver with payment or EFT details to my personal mailbox: SCC Club Secretary P O Box 154, Kensington NSW 1465

Fashionistas

Andrew (Lagerfeld) Hudson has taken over from Stan (Armani) Genakis as Couturier Manager. Thanks for all your hard work Stan, and welcome to Andrew. This late in the year some stocks are low, but orders will be placed shortly to remedy this situation. To purchase club merchandise email Andrew on huddos@hotmail.com

Bikeboy

Jamie Bedford our new Club Captain is putting in a lot of effort with SCC bunches and new members. Experienced members with good bike and bunch skills have this chance to show their Christmas Spirit by offering to give Jamie a hand – it's too big a job for one person.

Be careful out there!

Club Captain

Jamie Bedford

Introducing.....me!

Well the revolving door that has been the position of club captain seemed to have swung my way. Not that I'm complaining, it's not every committee member that gets to sit on the back of the bunch in the name of their job. But seriously folks I am really looking forward to what we can achieve as a club on the road in the next 12 months. Special thanks to Sally Thompson for nominating me and all the rest who attended the AGM and voted.

A lot of you will know me already but for those that don't I will try and give you an idea of my motivation and history. I have been riding bikes for 36 years, 28 of those with bike clubs, the last 10 of those with the SCC. In those years I have been a racer, a tourer, an importer, a consultant and a coach. I have fallen, been hit by cars, been stitched and pasted back together and have lost 3 friends in accidents.

I love cycling and want encourage as many people as possible to participate in the racing and touring, but the reality is we have a dangerous sport and need to be very conscious of how we can make our bunches as safe as possible.

In the next few weeks I hope to be able to ride with many of you and get an idea of the good the bad and the ugly sides of the SCC rides. Thank you to those of you who have volunteered to be ride captains but I'm still looking for more. I am hoping that some of the long time members can pass on a bit of their experience to the newer members, and for the newer members to try and achieve as high a level of bunch skills as quickly as possible.

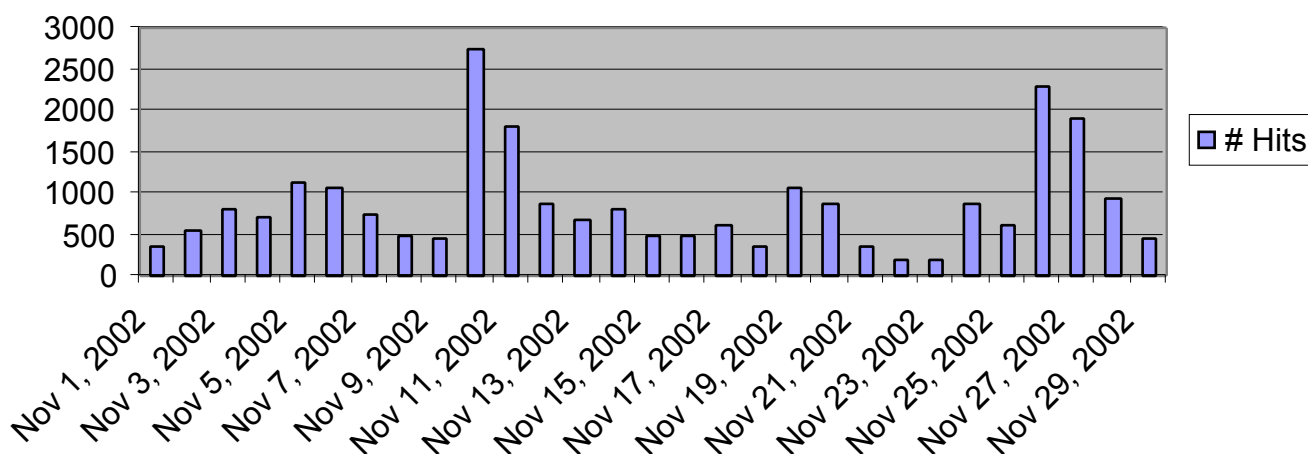
For safety sake your ride captain makes the rules, please listen to them.

As well as allocating ride captains I will be sending out an email every now and again so you may be asked to review your bunch and its behavior on the road. I also hope to be able to help the race and tour secretaries with their programs in 2003.

If you have any questions, complaints or just want to shoot the breeze don't hesitate to contact me at bikeboy@ozemail.com.au or 9365 3632 after hours for those without Internet access.

I look forward to your support

SCC Web Site November 2002 Statistics
(average 858 hits daily)



Racing

Deb Pearce

Have a go.

This is my first report as the new race secretary to the club. Although relatively new to the world of racing, I'm keen, enthusiastic and definitely have the racing bug. I personally see the role as a team effort not just one person running the whole show and I'm happy to see that already a number of members have put their hands up to help out - a healthy sign for future SCC racing. Leigh Ringrose is the new Race Assistant and with his years of racing experience will be a great resource for the team and members. Jamie Bedford as Club Captain will also be actively involved in the racing side of the club.

One of the main objectives for the committee is to continue to build on the racing culture we currently have within SCC (thanks Tanya) and actively encourage more members to participate in both SCC and open racing events. More often than not it's just a lack of confidence that stops us entering races, it can be a daunting experience entering your first race. With skills sessions, rider support and plenty of expert advice on hand we aim to help allay any "racing fears", improve riding/racing skills and build enough confidence in members to cross their first start and finish line.

We would love to hear any suggestions/improvements you have regarding racing at SCC – please make sure you let us know. In the meantime I've outlined a few initiatives that we are currently working on.

2003 SCC Racing Calendar

Stay tuned for the SCC racing calendar for 2003 soon to be announced. This will be in draft form until we have the official race programme from the NSW Cycling Federation. On the 2003 calendar are time trials, hill climbs, criteriums and road races. We also plan to hold a series of skills sessions to assist less experienced riders fine-tune their riding/racing skills.

Re-grading of Riders

To allow closer competition in all SCC grades we will be introducing a "D" grade. Riders will be moved up or down based on their 2002 results. With four grades we see no real reason to retain the separate women's grade but please speak out if you disagree. The provisional grade sheet will be published in January.

Road Racing (opens/masters)

Road racing interest increased significantly during 2002 with new members trying it out for the first time and existing members having a go. Some significant results were achieved and we hope to build on this during 2003. We will handpick four to six open races that have the widest appeal to members and promote these races to the club. As many of you know it's always great to have a large team turnout at events so we just need to make sure we enter some of the same events!

One Lap TT and the Kilo; Results/Reports

One Lap Time Trial - Centennial Park - Sat 23rd November: Full results on the website.

The last one lap time trial of 2002 was run in glorious sunshine - the conditions were perfect for racing, with clear sunny skies, little to no wind and around 18 degrees. The time trial attracted 38 riders necessitating the event to be split into two heats. Stan Genakis rode a great lap breaking the 5 min barrier to get a time of 4.59:31, Paul Rigby was a close second with 5.02.37. Plenty of PBs were achieved on the day, most notably Tim Rice who lopped off 26 secs to come in third overall, Richard Dodds (28 secs), John Kearny (27 secs) and Marguerite Young improving her time by 18 seconds. We had nine members completing their first time trial with Nesrin Varol and Victoria McNeill doing exceptionally well with 6.26:07 and 6.07:51 respectively. Not long for C-grade, Daniel Hynes rode a great 5.25:06 lap coming in 12th overall, pretty good for his first one-lapper.

Many thanks to the handlers on the day: Jamie Bedford, Dave Clarence, Kevin Crowie, Bruce Field , Andrew Gresham, George Schneller and Scott Thompson.

Name	Correct Time	Place Overall	Grade	Place in Grade	Points	PB/margin
Stan Genakis	4.59.31	1	A	1	8	- 3 seconds
Paul Rigby	5.02.37	2	A	2	7	-.3 seconds
Tim Rice	5.09.13	3	B	1	8	- 26 seconds
Andrew Hudson	5.10.50	4	A	3	6	- 11 seconds
Richard Scriven	5.10.75	5	A	4	5	- 7 seconds
Phil McKnight	5.12.74	6	A	5	4	
Paul Kelly	5.14.11	7	A	6	3	- 2 seconds
Pete Scott	5.16.25	8	A	7	2	
Leigh Ringrose	5.18.04	9	A	8	1	
Jono Lewis	5.22.46	10	A	9	1	



Andrew Hudson, Marguerite Young and Stan Genakis

Kilo - Saturday 7th December: Full results on the website.

A good field of thirty-one riders braved the chilly morning and overcast skies for the final racing event on the SCC 2002 calendar - the Kilo time-trial held out at Port Botany. Phil McKnight powered home to come in 1st overall recording the fastest time of 1:07:77. Tim Rice, despite pulling his foot in the first 100 metres, was the 2nd rider home ahead of Richard Scriven (3rd) and Stan Genakis (4th). Anneliese Aarts showed great form winning the women's category and coming in 19th overall in a time of 1:19:82. Nesrin Varol in her third ever time-trial was the 2nd woman in with a time of 1:22:68 (25th overall).

Thanks to all handlers today and throughout the year for helping ensure the Club's races were run safely and professionally. Today's willing volunteers were David Clarence (Chief Handler), Phil Gomes, Julie Howard and Robert Wilson who all did a fantastic job.

Name	Correct Time	Place Overall	Grade	Place in Grade	Points
Phil McKnight	1:07:77	1	A	1	8
Tim Rice	1:08:32	2	B	1	8
Richard Scriven	1:08:51	3	A	2	7
Stan Genakis	1:09:07	4	A	3	6
Andrew Hudson	1:11:79	5	A	4	5
David McHugh	1:11:88	6	B	2	7
Simon Pardy	1:12:45	7	B	3	6
Leigh Ringrose	1:12:78	8	A	5	4
Paul Kelly	1:12:90	9	A	6	3
Daniel Hynes	1:13:46	10	C	1	8



Richard Scriven, Victoria McNeil and Phil McKnight

The Big Rides

Richard Dodds

Pies in the sky.

Well another year has flown by and the silly season is here again, Merry Xmas everyone!

I'd like to take this opportunity to thank all our members that participated in our 2002 SCC Tour events. Thanks to you all the tours have been a heap of fun. As special thanks goes to Bruce and Elaine Vote for doing most of the work for the ever-successful Snowy Tour and special thanks to Alan Revell for his excellent hosting of the Kangaroo Valley Tour.

As you may or may not know, I've accepted the position of Tour Secretary for 2003 and I'm looking forward to sharing more excellent riding on next years Tours. Speaking of which, I've put together an outline of the Tours for 2003. It will go some thing like this:

Weekend Tours

Snowy: March 1,2, and 3
Kangaroo Valley: early May
Hunter Valley: (Rosemount Open)
Cessnock or Mudgee: September

Day Tours (Dates TBA)

Wollongong: 180 km
Wyong: 170 km
Patonga: 160 km



Participation in the Patonga Tour was excellent with nineteen riders going the full distance and several more joining us for the ride to Palm Beach. We certainly struck it lucky with the weather this time, it was a perfect day for riding and not too hot to tackle the numerous challenging hills along the route.

Starting at Centennial Park, we rode north over the Harbour Bridge, through Mosman, then along the northern beaches to Palm





The return route along the old Pacific Highway is a great piece of road and is

reason enough to do this Tour. There's plenty of climbing along the old highway but the good thing about hills is that you get to go down them; fast! The descent into Mooney Mooney was brilliant. If the legs were complaining at this point the thought of a huge meat pie at the famous Pie-In-

The-Sky Café was more than enough to keep us going.

Our ride Captain Paul Davies showed us all about how to fuel the body on these longer rides by downing a meat pie, then backing that up with an apple pie topped with a mountain of whipped cream...great combo Paul. Hiroyuki was so impressed with Paul's effort that I thought we were going to have pie-eating competition on our hands; that could get very ugly with 50km to go.

The return route finished back at Centennial Park at around 3 PM and after 160km and four major climbs I'm sure the Radox bath was looking pretty good. A Special thanks goes to Hiroyuki Toyozumi for his camera work. You can see the full Patonga collection at Hiro's website:

<http://toyopc.phys.unsw.edu.au/toyozumi/Bike2002/1117images/>

Hope to see you all next year for another round of tours.

The Editor

Cheap and cheerful.

Phil Gomes

So here we are, about to enter our 25th year. Whole forests should be felled in recounting the glory of this event of the ages. So how should we celebrate? Well here's a thought from this desk. A good old-fashioned pissup that takes us back to our roots, after all we're a cycling club not lunching society matrons!

I propose that we go back to something like the Bronte Surf Club, not some pretentious venue staffed with equally pretentious out of work actors. Pizza, beer, really loud music, awards handed out between bouts of overeating and excessive drinking, in a word; unscripted fun!

I want to feel the sand between my toes, wear shorts, thongs and a t-shirt. You won't be able to come unless you have a slab with you (minimum 24 cans) or a really ugly shirt. An evening where we can build a wall'o'cans, have drinking games, a food fight....take our clothes off! Fully subsidised by the way. And besides, I don't own a suit. Waddaya think?



Manila Ride Captain

Mike Foster

The lucky Country.

Should the bunch make it's way to Manila I will act as a ride captain. In this country it also helps if the ride captain happens to be a good shot and can defuse hand grenades. Should anyone decide to ride here, I would also suggest a few technical modifications to adapt your bike to local conditions. Consider adding heavier duty tyres (Firestone Trail Blazers are a good choice), exchanging your caliper brakes for disks, your saddle for seats, your bars for a steering wheel, and your legs for an engine of at least 5 litres. Many local riders have also found that armour plated/tinted glass is more durable than handlebar tape and easier to keep clean. In addition you should know the local 'calls'. Aside from the obvious ones like 'lights', 'over', and 'glass', calls like 'land mine', 'ambush' and 'evacuate' are all commonplace and should be listened for. As for other aspects of bunch etiquette, riders should only attempt to pass the bunch on

the left (we ride on the right here) and only when they have sufficient covering fire from other riders or helicopter gunship support. The exception to this is when one is attempting to break from the bunch. In these circumstances it is considered acceptable to up the pace, but unacceptable to have your bodyguards block the rest of the bunch from catching you by firing shots at the chase group.

Remember also to wear clothing that blends into the surrounding environment (camo for mountain biking, dark grey for road) so that you do not present a target of opportunity. Should there be a fall, or someone is hit by a lucky shot, the bunch is required to stop and form a defensive perimeter while awaiting dust off.

Otherwise, it's pretty much the same as riding in Sydney. The Filipino riders are all good blokes and like their coffee as much as we do.

Hope to see you here.

For Sale

\$7,000 plus worth of bike and gear for \$5,000.

Frame: Tommasini Premier Plus, 60 cm.

Fork: Sintema FKTS - 5 carbon fork and steerer (integrated headset design)

Groupset: Campagnolo Chorus 10 speed group set and pedals

Headset: integrated 1 1/8

Saddle: San Marco 'Rolls'

Rims: Rigida DPX

Tyres: Michelin Road Axial Pro Light

Stem : Ritchey Road

Bars: ITM Pro 260

Post: ITM 'Big One'

Computer: Cateye Mity 3

Plus: serfas Air Bones pump, Zefal hp bike pump and Met Stradivarius Helmet



Contact: Jonathan Lavery

Tel: (02) 9036 6744

Mob: 0413 583 338

Weekly SCC Rides

Tuesday	06:00	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	06:00	Cannons	Coaching session focusing on developing rider fitness and general riding skills. Popular change is one lap of the Olympic road course.
Thursday	06:00	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	06:30	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	06:30	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	06:30	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 Secretary's decision is final.

Shameless SBS plug

They've done it again; and we like it!

Cycling Australia has now joined up with SBS to make SBS Cycling Australia's Official TV broadcaster.

So there's gonna to be quite a bit of Cycling on the SBS airwaves over December and at least the start of next year.

Firstly, SBS will have a 1 hour weekly show (yes a weekly dose of cycling!) on Sundays starting December 22nd @ 5:30pm with Mike Tomilaris as host.

SBS have also teamed up with Cyclists International to cover the Fitzroy Cycles International Track Cycling Series . These will be 1 hour shows also shown from 11am-Noon on the following dates:

Sunday, December 22 2002: Fitzroy Cycles Melbourne Cup on Wheels

Sunday, December 29 2002: Jockey Australian Madison Championship

Sunday, February 16 2003: Dimmeys Forges Stores Wheelrace

Sunday, March 30 2003: Fitzroy Cycles Austral Wheelrace.

Sunday, April 6 2003: Fitzroy Cycles Sid Patterson Grand Prix

To start off the Cycling feast though, the Sydney Cup (more track) plus the 2002 Australian Cyclist of the Year Awards will be shown on Sunday December 15 @ 11.00am.



Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President:	Paul Rigby	0411205 283 (m)	paulrigby@bytecraftentertainment.com
Club Patron:	Phil Liggett		
Secretary:	George Schneller	9319 2899 (w) 0418581951 (m)	FlashFrames@bigpond.com
Club Captain:	Jamie Bedford	0418 677 579 (m)	bikeboy@ozemail.com.au
Treasurer:	Phil McKnight	0419 278 932 (m)	mcknight@bigpond.net.au
Race Secretary:	Deb Pearce	0411 472 040 (m)	debbie.pearce@barclaysglobal.com
Tour Secretary:	Richard Dodds	0419 729 206 (m)	rads102@hotmail.com
Social Secretary:	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	samkosky@optusnet.com.au
Boutique Manager :	Andrew Hudson	0412 266 391 (m)	andrew.hudson@exel.com
Newsletter Editor:	Philip Gomes	0412417865 (m)	transition@optusnet.com.au