

The Sydney Cyclist

The Monthly Magazine of the Sydney Cycling Club

sydneycyclingclub.org.au

August 2002

Sponsored by **Clarence St. Cyclery**

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Thank you to all contributors!

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Flash! The Russian Mafia, fresh from its figure skating success now helping SCC racing. See below.





President's Address

Alex Simmons

So many highlights this month. An Aussie winning Green at the Tour de France, a World Record in the Team's Pursuit and the Club's TdF Dinner. What an all-round feast we've had!

It was great to see so many at the Club's Tour de France dinner. I'm sure you'll agree the mix of great venue, excellent food and service all at a modest cost, sought after prizes, entertainment (by way of video), mixed with the loquacious nature of the SCC members and guests makes for a successful social recipe. I'm sure we can look all forward to many more such occasions. Congratulations to the winners of the TdF Tipping Comp.

Well done and thank you to Sam Kosky for organizing another successful Club social function and for the time and energy put into the video production. Thank you also to Phil McKnight and Phil Gomes for their assistance including the SCC TdF Tipping Competition and John Thacker of Clarence Street Cyclery for some very popular and sought after prizes.

On the racing front, we have some great feats to look forward to. The Club will have excellent participation once again in this year's State Time Trial Championships, particularly on Sunday 18 August in the Team events where we have teams in most categories of the men's and women's TTT. As a reminder, last year SCC took GOLD in

the Women's Masters event and BRONZE in the Men's Masters 1-3. If you're not riding the TTT yourself, then why not come on up to Calga to help out and cheer on your fellow SCC club mates. They have been training hard for this and would really appreciate your support on the day.

Now if the TTT and a whole month of feasting on the television coverage of the Aussie cyclists' fantastic performances the TdF and Commonwealth Games hasn't got you all fired up to get on the bike this winter, then take heart – dawn is arriving a little earlier each day, making the journey out onto the roads that little bit easier and safer. And if that's not enough then maybe you should think about getting a few extra rides in time for our next big Club event, the 2-Day Tour.

The 2-day tour is at the end of August, and combines a time trial, criterium and road race (Hilltop Round 2). Kind of the SCC equivalent to the TdF Prologue, the final race around Champs-Élysées and Les Deux Alpes road stages! This is always a hotly contested event, which due to the handicapping of all stages gives everyone a chance. I hope to see another great roll up to one of the SCC's premier annual events.

As always, safe riding and see you in the Park.

Cheers

Alex



George Speaks.

George Schneller

Au revoir Le Tour for another year!

Well the Tour de France and our Tour de France dinner are over for another year. Thanks to the riders for a fabulous few weeks and thanks to Sam Kosky for organising such a great dinner. The food at the Bayswater Brasserie was scrumptious and the company was pretty good too. Sam's a dab hand with a videotape splicer and her TdF quiz tape added to the fun on the night. I'm sure the winners of the various prizes donated by our generous sponsor Clarence Street Cyclery will get a mention and photos elsewhere.

Just a Reminder

We've mentioned it before, but here's a gentle reminder. If you have a friend who would like to join the Sydney Cycling Club, ask them to either email me on Gales@bigpond.com or phone me during the week (between 7.00 a.m. and 5.00 p.m.) on 9319 2899, to obtain a copy of the club's safety waiver. Once I have their signed waiver, I will forward their details to the Club Captain Peter Montford. Pete will be in touch with them regarding riding with the club. Anyone wishing to ride with the SCC bunch needs to sign and return this waiver before they join in a ride.

Ride Captains

Thanks to all of you for helping to make the three-bunch system work. Pat yourselves on the back also those of you who volunteered to help out as ride captains and with new members.

Be careful out there!

George

Editors note: Don't forget to wish George a happy birthday.

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The Club Captain

Peter Montford on ride captains and self assessment.

Did you all watch the commonwealth games? Channel seven seems to have learnt a few lessons from the Olympics. The track cycling coverage was great. In watching the women's individual pursuit finals two things struck me, Sarah Ulmer is fast. She went through the 2k about 3 seconds faster than Phil, Alex and myself in the Teams pursuit this year. Secondly, some of us need to step back at times and gain a little perspective about our cycling talents, or recognise that old dogs don't run as fast as young ones. What's this got to do you? Well the club is presently revamping its ride structure to better reflect the diverse range of interests, skills and fitness of its members.

We are going to move from two bunches to three bunches, an A, B and C bunch system. With this change I'd like everyone to genuinely think about their talent and skills and appropriately pick the ride that is suitable for them.

"Some of us need to step back at times and gain a little perspective about our cycling talents, or recognise that old dogs don't run as fast as young ones".

The rides are going to be classified as:

- A 30kmh average and above. Experienced and fit riders. This ride can get very hard at times.
- B 28-30 average. Riders looking for more of a challenge, or for some an easier ride.
- C Up to 28kmh. Non racers, New riders. A leisurely pace.

This classification is intended, as a guide only and the speeds are likely to vary depending on rollup and time of year. Yet the descriptions of what riders an A, B or C suit should hold.

This guide should better enable you to better pick the most appropriate ride.

In spring and summer these bunches could be split to ensure that they don't get too big.

Whilst in winter 3 bunches might seem over the top, the club is now too diverse in abilities go back to two bunches. Ideally the maximum size of the bunch should not exceed 20-25 riders.

In the last month I have approached a pool of club members to assist the club as ride captains. These ride captains are going to help in several ways:

- Ensure that calls are being made.
- Help and guide the bunch to act more responsibly.
- Share their experience.

I will attempt to answer some questions that you might have.

1. Why have you decided to go with a large pool of ride captains?

A. I don't want the ride captains to feel any onerous pressure to always be there in a captain's role. Also with such a large pool of ride captains we could have a team of ride captains on a ride, which makes the task of assisting and guiding the bunch easier. With a pool of ride captains we have a lot of role models for the rest of the club.

Eventually every rider in the club will manifest some of the qualities of the ride captains. At the end of the day we should have safer and more enjoyable rides.

2. Will people be scheduled to act as ride captains?

A. No, having a pool of ride captains should ensure that every ride has a ride captain anyway.

If I feel that you can assist the club as a ride captain please contact and let me know which bunch your skill and fitness apply to.

During this month you will notice several club riders starting to act as ride captain. And next month we will let you know who all the ride captains are.

"Soupy"

The Social Set

Sam Kosky on the TdF dinner and future events.



Well a hearty congratulations to all the Tour de France tipping competition winners; Ken Lord, Phil Gomes and Simon Pardy. Hopefully you will enjoy your prospective coloured jerseys and wear them with gusto the next time you ride.

The Bayswater Brasserie put on a splendid night for us, and from all accounts it seems the food hit the spot and the venue kept everybody happy. Thank you to all those people who have given me feedback. It always helps with planning the next event . . . speaking of which, more events are under way. . . . something old and something new.

Before I reveal the details, I would like to take this opportunity to fill you in on the big wide world of booking social events and venues. The last few events have seen an amazing explosion of numbers, and we all chorus, "the more the merrier" and rightly so. When I first took over the position, club members seemed reluctant to show up for events and it was even considered rude to ask people to pay before hand. To now sell out a dinner for 50 only 48 hours after it is advertised is beyond conception! Now the concept of paying prior to the event has taken off and the evite system makes things incredibly more immediate and simple.

Last year, 35 was a manageable number as many restaurants have rooms that will accommodate that number of people easily. Most restaurants will not seat 50 unless you book the whole restaurant and that is almost impossible, or too expensive for individual members or too risky. So without then going to a 'function centre' for each dinner, which usually means a minimum of \$50 a head, we have to find middle ground. Numbers are hard to predict but there is a trend towards growing numbers - but at some point I have to draw the line for everyone's sake. When dealing with numbers like this, you have to book weeks in advance and it's a frightening thought that there's the possibility that I might be standing in the middle of a room with only 5 others having to foot the bill because members are given the option of just "turning up on the night". If each event was like the xmas party, I would have no where to go so to speak, to make the end of the year special. For these reasons, and simply because handling over 50 cheques for each event every few months would be a nightmare, I have to limit numbers to dinners and offer places on a first in basis.

I make it my promise and a challenge to deliver a good night for good value, that is a little upmarket from your local slap up Italian meal (although for some functions this also has its place). If you have any strategies or suggestions for better management of these functions; that doesn't mean just booking more places; then please let me know.

DINNER AND THEATRE TICKETS

Thanks to all those who have rapidly responded to the e-survey. It seems like this one is going to be a popular choice. But be warned; I don't intend on booking half of Belvoir St Theatre for SCC nor are there restaurants near by that can cater for 30-50 people in the space of an hour and a half and still charge a reasonable rate so that the night remains affordable. That said and done, it will be a theatre and dinner booking for 20, eating somewhere near Cleveland Street and then walking to the theatre for the 8pm show. The most likely date will be **the last Sunday in October**; so mark your diaries now. Details via evite soon. Don't wait for the next SCC newsletter - **watch your emails**.

JINGLE BELLS JINGLE BELLS

Yes, I've been snooping around for **Xmas venues** and due to popular demand we are booked back into The Fox and Lion at Fox Studios for . . . wait for it. . . **Friday 13th December**. Similar deal to last year, but we'll try to squeeze some more of us in. **More details in up coming newsletters**.

Sam

Wyang Day Tour

Richard Dodds on the Wyong day tour.

I hope you have all been inspired, motivated and proud to be Australian after watching our cyclists do so well in the Tour de France then top it off with a truck load of medals in Manchester.

How was the men's road race! No less than a clean-sweep with O'Grady, Evans, and Cooke taking gold, silver and bronze for the Aussies. And what about our track riders!. Brad McGee and Ryan Bayley clinching gold with Brad cleaning up in the 4000 metre pursuit and breaking a world record at the same time!. Katherine Bates and Rochelle Gilmore took gold and silver in the women's points race. And as for Sean Eadie, what an absolute track superstar!!

I did manage to drag myself away from the Tele to do the Wyong ride (14th of July) and the hardy few that braved the cooler morning to join me were well rewarded, we had brilliant ride. 170 kilometres of not so smooth country roads but great scenery, coffee, top weather and even a few laughs along the way. The tours are a great way to meet new members and those members you don't see much of on the usual weekend rides. There are always one or two characters on the tours, like Dan Jarzin, a top bloke who kept us all amused during the eight hours or so to Wyong. He obviously had a great time but as a tour virgin learnt some valuable lessons.

Apart from Steve Alperstein showing us all how not ride up the oh-so-slippery ferry exit ramp, and Julie's classic one finger salute to a not-so-courteous Sunday driver the tour concluded in Wyong at around 3:00pm without incident and grins on most faces. Thanks for the ride guys.

Your tour secretary has been on holiday last month, what with the TdF and CWG, so no definite plans for up coming tours just yet. Look out for next Month's newsletter. I'll be talking about the rides I have in store for the rest of '02, Mudgee then Cessnock. I didn't get to go on these last year so I'm looking forward to some new scenery and some more great weekends away with the SCC crew. I'm also looking for some assistance, especially with route planning, so if you've ridden these areas before let me know.

Richard

Things I learnt on the Wyong ride: By Dan Jarzin

Do's:

Order sandwiches at Wiseman's - the group are not keen to share later (even when a muesli bar was offered as contribution!)

Bring a backpack with an opener and burner !! so that rice pudding could be brought for lunch (had to be there).

Even if you pick up someone's bottle when you're going to slowly down a hill there will not necessarily be reciprocation when you drop yours.

Cycling with 4 bottles is not common and definitely was the sole contribution to being so slow up the hills.

Don't's:

Coming off the ferry, try not to straddle the lines .

Racing with Tanya

We can't get enough of this kind of success now can we?

It is really good see the roll up at Heffron. I have been once to compete and once to race, the club spirit is great! A big thank you to members of the club who come to support the riders.

I want to apologise to all those competing in the criterium series. Both races were lacking results past 10th. I have sorted out round 1 but not round 2. If you finished past 10th in that race could you email me noting your rough placing and if possible who finished just in front and just behind from your grade.

Club racing saw a new course introduced for the Hill climb; Military Road Dover Heights. The good hill climbers complained to me it was not a hill. I beg to differ! The next one I promise will be steeper but not as long. I chose Military Road because it is the longest hill in the Eastern Suburbs. Leigh Ringrose blitzed up the hill for the men and Deb Pearce for the women. A big "good on you" goes to Barbara Phillips who doesn't like hill climbing but gave it a go. The second club race for the month was the extended time trial which broke all records for attendance right in the middle of winter on a cold morning. A few PBs were broken. Best was Peter Montford who won A grade totally spent.

Sydney was well represented in the Rosemount race. Richard Scriven and Simon Kenny finished 9th and 10th respectively in C Grade. D Grade had Tim Rice, Michael Avakien, Daniel Hynes and Dave Solomon. Andrew Hudson finished 5th in E grade and Steve Alperstein also had a go. The women A and B grade combined had Deb Pearce, Breeda Kelly, Julie Avakien, Julie Howard and Annaliese Aarts. Unfortunately the A graders tore apart the B graders but the girls survived to finish well up the placings.

The Muswellbrook Explorer was held the next day. Richard Scriven and Simon Kenny pulled out halfway through at the 80K mark and Patrick Heyburn finished the C and D combined in 5th place.

The Parramatta Open saw Richard Scriven, Simon Kenny and Patrick Heyburn in Division 2. In Division 3, Phil McKnight finished 15th and Peter Montford also rode.

Waratah Vets racing on Sunday attracts a few Sydney riders. Andrew Price has managed to hide from the handicappers. After winning D grade in June he managed a 3rd at the end of July. He also managed a 3rd at the handicap 2 weeks ago. John Slater finished just behind him. John also has been hiding as he has managed a 1st and 2nd in E grade. Vaughn Wickham rode well to finish 2nd in C grade.

This month at Heffron Phil managed a 2nd in B grade on the same day as he got 2nd in the extended time trial. Good backing up, Phil! Beth Bowen on the same day got a 4th in D grade.

At the end of this month is the club 2 day tour. It consists of a 2 lap time trial at the usual time on the Saturday and then a criterium one hour later. Sunday is Hilltop. It is tough but good racing. I am looking for handlers for these races. I have left announcing handlers as I don't want to stop any ambitions for those wanting to do all 3 races.

Tanya

20 Seconds With....

For those of you who could barely get enough of www.members.optusnet.com.au/~decade/palmares.html we are pleased to present another instalment of "20 seconds with....", although this months subject would argue that it only took 19.5 seconds !! We feature our new Club Captain, the man known to his friends as "SuperCoach" or "SoupMan" or "the SoupMeister" or just "Soupy"....we bring you Pete Montford.



Q: How long have you been a member of the Club ?

A: On and off since 1990

Q: Why did you join the club ?

A: To find a good lawyer, dentist and taxidermist. I still haven't met the dentist. Also one can never have enough schoolteachers in your life.

Q: What was your most memorable occasion with the club ?

A: I'll take the 5th to avoid incriminating myself and other members of the club. (Opps! wrong country Little Johnny didn't like that bill of rights)

Q: What was your most embarrassing cycling moment ?

A: I was toying around several years ago on a Saturday ride pretending to be Sean Kelly but ended up dancing with the pavement.

Q: Who is your most admired cyclist and why ?

A: Given my cerebral shortcomings I generally admire thinkers, but here goes: Clayton Stevenson (ex Australian Pro) for the way he rode me off his wheel in a sprint eons ago; Martin Renwick for the way he used to smash himself and everyone around him into the ground; Phil KcKnight for his determination and recovery ability; and Tony Rominger because he was the cyclist I never was.

Q: What is your favourite ride ?

A: The clubs two lap TT, The Calga TT course. Macquarie Pass and all the great rides I am yet to go on.

Q: If you could do one ride anywhere in the world where would it be and why ?

A: Someone would pay me to be an independent gentleman, so I could ride all the great cols very slowly in early spring.

Q: What does your training consist of ?

A: Lots of Lactate, Self-recrimination, Occasional overtraining, Excessive over analysing of SRM files, Monthly lactate tests, Legal performance enhancers and long sessions on the rollers sitting on 340 odd watts.

Q: What cycling skills or attributes do you wish you had ?

A: Lighter by 8 kilos, a maximum aerobic power of 562 watts instead of 410. A Vo2 max of 6.97.

Q: What is your favourite cycling food and when do you eat it ?

A: Most Italian food washed down with a very expensive big bold aged Australian red with an Australian red on the side ;-)

Q: Where would you most likely be on a Saturday night ?

A: See above

Q: What is one thing you can't do without ?

A: Oxygen.

Q: Who would you most like to sit next to on a long flight ?

A: I like to sit in the lounge when my plane takes off. But if I had to get on the plane I'd take my pick of several dead people who undoubtedly would enjoy the flight David Hume, Herman Hesse, Aristotle, Ian Curtis, Proust, and Beethoven. Of the living Ingmar Bergman, Michel Pfeiffer, Nicole Kidman, Neve Campbell, Radiohead, and the master of comedy Woody Allen.

Q: What would you never give up ?

A: My dog Boston, my health, that money I found under the floorboards and my virginity.

Q: What would you spend your last \$10 on ?

A: Before I accepted the \$10 I would have to ask? Why it is my last \$10? Depending on the situation, Belgian chocolate, a knife or some dog food.

Hillclimb Round 1

July 6th

2002

Name	Grade	Finish Time	Place Overall	Place in Grade	Points
Leigh Ringrose	A	3:39	1 st	1 st	8
Phil McKnight	A	3:45	2 nd	2 nd	7
Simon Pardy	B	3:47	3 rd	1 st	8
Jonathon Lewis	A	3:51	4 th	3 rd	6
Ralph Kress	B	3:53	5 th	2 nd	7
Daniel Hynes	C	3:56	6 th	1 st ^d	8
Stuart Davis	B	3:58	7 th	3 rd	6
Eddie Bosch	A	4:01	8 th	4 th	5
Ken Lord	C	4:08	9 th	2 nd	7
Debbie Pearce	C	4:17	10 th	3 rd	6
Ross Scott	C	4:40	11 th	4 th	5
Victoria McNeil	C	4:44	12 th	5 th equal	4
Steve McMillan	C	4:44	13 th	5 th equal	4
Barbara Phillips	C	5:39	14 th	7 th	2
Tanya Bosch	C	Handler			1
Tim Rice	B	Handler			6
Annaliese Aarts	C	Handler			6



Extended TT

July 13th

2002

Name	Grade	Lap Time	Finish Time	Place Overall	Place in Grade	Points	PB
Peter Montford	A		24.07.00	1	1	8	-3min 16sec
Phil McKnight	A	15.32	25.08.08	2	2	7	-.31sec
Richard Scriven	A	15.36	25.15.36	3	3	6	
Leigh Ringrose	A	15.35	25.25.00	4	4	5	-1min 02sec
Stuart Davis	B	16.01	25.45.80	5	1	8	-.58sec
Andrew Hudson	A		26.10.00	6	5	4	-.40 sec
Paul Kelly	A	16.19	26.20.27	7	6	3	
Simon Vagg	A	16.07	26.23.58	8	7	2	PB 1st
Tim Rice	B	16.23	26.40.05	9	2	7	-.41 sec
Simon Pardey	A	16.28	26.43.83	10	8	1	
Ralph Kress	B	16.33	26.58.80	11	3	6	PB 1st
Walter Rolli	B	16.44	27.05.49	12	4	5	
Daniel Hynes	B	16.42	27.12.73	13	5	4	PB 1st
Tony Johnson	A	16.48	27.18.08	14	9	1	
Jeff Sofair	B	17.11	27.27.61	15	6	3	PB 1st
John Rutherford	A	16.51	27.32.52	16	10	1	
Eddie Bosch	A	17.07	27.36.49	17	11	1	
Scot Thompson	A	17.00	27.39.54	18	12	1	PB 1st
Victor Duque	B	17.08	27.54.70	19	7	2	PB 1st
Richard Kerr	B	17.25	28.35.39	20	8	1	
Steve Alperstein	C		28.47.02	21	1	8	PB 1st
Debbie Pearce	C	17.53	29.03.87	22	2	7	-.06 sec
Steve McMillan	C		29.21.00	23	3	6	-.21 sec
Erin Chamberlen	C	18.22	29.45.00	24	4	5	-.24 sec
Kate Rowe	C	18.23	29.47.00	25	5	4	
Ross Scott	C	18.29	29.52.93	26	6	3	PB 1st
Breeda Kelly	C	18.37	30.02.00	27	7	2	PB 1st
Dan Jarzin	C		30.20.58	28	8	1	PB 1st
Victoria McNeill	C	18.56	31.01.00	29	9	1	PB 1st
Tanya Bosch	C	19.21	31.18.00	30	10	1	
Barbara Phillips	C		35.13.00	31	11	1	PB 1st
Alison Gregory	C		36.35.00	32	12	1	PB 1st
Marguerite Young	C		37.09.00	33	13	1	PB 1st
Ken Lord	B					6	Handler
Glen Butterworth	C					6	Handler
Sean Gleeson	C					6	Handler

What a roll up for chilly winters morning! PB's galore. A grand total of 14 first timers to this masochists delight. With Tanya's persuasive abilities she should be in parliament. Deb Pearce continues her stunning season. Erin Chamberlin is now fielding calls from the Saturn's Women's Team. Ringrose realises if you

can't beat them join them and runs carbon wheels. McKnight breaks power and time PB's and then runs second at Heffron in afternoon. Stuart Davis confounds the race secretary. UCI want to know about Montford's pink dog pills.

A Grade Pointscore

Date	7-Apr	20-Apr	5-May	18-May	1-Jun	15-Jun	6-Jul	20-Jul	TOTAL
Event	Hilltop	Crit	1 lap	SC TT	LC TT	Crit	HillClimb	Ext TT	C'SHIP
NAME	Rd 1	Rd 1				Rd 2	Rd 1		
A GRADE									
Richard Scriven	5	5	8	8	6			6	64
Paul Kelly		5	7	6				3	43
Phil McKnight							7	7	36
Andrew Hudson	1	8	6					4	29
Leigh Ringrose		1					8	5	25
Tony Johnson	1	7	3					1	25
Peter Montford	1		1		8			8	24
Jonathon Lewis			5				6		17
Alex Simmons	3								15
Scott Thompson		6	1					1	14
Eddie Bosch			6				5	1	14
Kelvin Haisman					6				13
Simon Kenny	7		4						11
Steve Hogg									10
Stan Genakis									8
Matt Smithson	8								8
Paul Davies	4								6
Jamie Bedford	6								6
Pete Scott		5							5
Dave Clarence		3							3
Paul Davies			2						2
Paul Rigby	2								2
Simon Vagg								2	2
Danny Rutherford	1								1
Frank Milner									1
John Rutherford								1	1

B Grade Pointscore

Date	7-Apr	20-Apr	5-May	18-May	1-Jun	15-Jun	6-Jul	20-Jul	TOTAL
Event	Hilltop	Crit	1 lap	SC TT	LC TT	Crit	HillClimb	Ext TT	C'SHIP
	Rd 1	Rd 1				Rd 2	Rd1		
B GRADE									
Simon Pardy	8		8	7	8		8	6	69
Tim Rice	3	8	7		6		6	7	53
Stuart Davis			6	8			6	8	47
Dan O'Callaghan		6	6	5	7				34
Ralph Kress					6		7	5	26
Richard Kerr		4	1					1	23
George Schneller	1		2						19
John Kearney	6		6						19
Richard Dodds	5								14
Jeff Sofair			4	6				3	13
Martin Henery	7								12
Andrew Gresham		3	1						10
Karl Bellamy	2	5							7
Paul Russell		7							7

Womens Pointscore

Date	7-Apr	20-Apr	5-May	18-May	1-Jun	15-Jun	6-Jul	20-Jul	TOTAL
Event	Hilltop	Crit	1 lap	SC TT	LC TT	Crit	HillClimb	Ext TT	C'SHIP
	Rd 1	Rd 1				Rd 2	Rd 1		
Women									
Debbie Pearce	8		6	8			6	6	55
Julie Howard	7	4	1		6				38
Kate Rowe	6	5		2				3	31
Annaliese Aarts	1		2	7			6		20
Erin Chamberlen				3				4	18
Tanya Bosch				5			1	1	15
Meg Croft		6	1						14
Marguerite Young	1		1	6				1	10
Julie Avakien		6	1						7
Breeda Kelly		3	1					1	5
Barbara Phillips	1			1			2	1	5
Victoria McNeill							4	1	5
Sally Thompson	2								2
Beth Bowen			1						1
Ruth Lax			1						1
Kate Roberts	1								1
Anna Murray				1					1
Alison Gregory								1	1

Contact list

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Submission Details:	Next Deadline: 2nd September 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
Sun 25 th Aug	-	Sydney MTB ride	Great North Road contact Chris Hille starvingstudents@bigpond.com
31st Aug 1st Sept	06:50 08:00 09:00	Cannons Heffron Yanderra	Two Day Tour. Points awarded to respective series. NOT to overall point score <ul style="list-style-type: none"> • SC TT – FMM Handlers: TBA • Criterium Round 3 Handlers: TBA • Hilltop Round 2 Handlers: TBA
Sat 7 th Sept	-	TBA	12 hour MTB challenge contact Chris Hille starvingstudents@bigpond.com
Sun 22 nd Sept	-	Olympic Park	Olympic Park criterium
Sun 15 th Sept	08:00	West Head	Club Championships. Handlers TBA. No points awarded.
Sat 28 Sept	-	Wagga	NSW State Masters Championships, men and women
Sun 29th Sept	-	Wagga	Masters Handicap at Wagga
Sat 5th Oct	07:15	Heffron	Criterium Rd 4, (10/...../3). Handlers: Phil McKnight, Simon Pardy, Deb Pearce
Sat 12th Oct	06:30	Cannons	Hillclimb Rd 2, (8/...../1). Handlers: TBA
5th-14th Oct	-	TBA	World Masters Games, all cycling events included.
Sat 19th Oct	-	Dunc Grey	NSW Masters Championships, Bass Hill circuit.
Sat 26th Oct	06:30	Cannons	LC TT, (8/...../1).Handlers: Annaliese Aerts, Dan O'Callaghan, Andrew Hudson, Andrew Gresham.
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	Heffron	Criterium Rd 5, (10/..../3). Handlers: Jonathan Lewis, Frank Milner, Tim Youngman.
Sat 23 rd Nov	06:30	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	Breakwater	Kilo, (8/.../1). Meet at Cannons @ 06:30. Handlers: TBA