



behind
bars

Newsletter

Eastern Veterans Cycling Club



Dec 6th 2013

Duty Roster

This Week on 7th December – Casey Fields:- Steve Barnard, Alan Chiong and Darren Eagle.

Next Week on 14th December – Dunlop Road:- Richard Dobson, John Thomas, Steve Short, Neil Cartledge, Phil Coldwell, Michael Cosgrave, Karl Kundall, Tim Crowe, Geoff Cranstone, Shane Crowhurst, Geoff Darroch, Justin Davis, Shane Dawson, Mathew Pringle.

Note: Members rostered for marshal or traffic control duties must be at the circuit at least one hour before the scheduled start time to assist with the setting up of the course. (But bring your bike, you just never know). If a marshal fails to turn up for duty, a rider will be balloted to do that duty. If you cannot turn up for duty, you must find a replacement and please advise Andrew Buchanan at tiptop2@optusnet.com.au

Casey Fields 30/11/13; Race reports:-

A Grade (Rob Amos)

The usual crowd in A Grade, along with the usual summer reappearance of Russ Newman, who always goes extremely well for someone who has not ridden for 6 months ? Along with race favourite Ciaran Jones, all set to do battle in Casey's normal blustery wind.

Clem Fries got the race rolling with an attack off the line building a massive lead during the neutral lap, which required the rest of the bunch to roll turns for a few laps to bring him back. Ciaran then started to stir things up, but he was closely marked, but still did enough damage to put a few riders off the back. Roy also had a crack, but J.P. was very attendant and quick to respond. Steve

Ross was next to go, opening up a good gap for a couple of laps before being reeled in, as Rob launched a counter attack. He was soon joined by Ciaran, who had dragged J.P. across as the 3 started to work together to increase their advantage. A massive effort by Roy dragged the bunch up to J.P.'s back wheel, but Ciaran saw it coming and kicked straight away reopening the gap, with Rob for company, at the 30 minute mark. Despite some hard chasing the gap gradually increased and with 2 laps to go they lapped the chase bunch. When the bell was rang for Ciaran & Rob the officials knocked a lap off for the bunch, Ciaran easily won the sprint from Rob with Roy taking out the bunch sprint for 3rd. Stats: 57 kms in 1hr 21 min. Ave speed 41.7 kph, Max speed 58.1 kph



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C Grade summary (Neil Cartledge)

The c-grade race on Saturday was fairly fast initially, but with no sustained attacks, possibly due to the normal suspects being moved to b-grade to balance numbers. This, along with a period near the end of the race when the 2 grades came together, the slowing creating an opportunity to recover the legs for a big bunch sprint with many potentially winners. The race was marred by several close calls when some riders changed lines in the middle of the pack including at least 2 instances in the sprint. Many riders sat up due to the danger of being brought down just for a small sheep station.

D Grade (Jim Swainston)

Just about as good as the conditions get at Casey last Saturday. Some warming rays and cooling winds were a good recipe. The neutral lap is a wonderful boon to us older brigade as it makes the warm-up a little less critical and allows most of our body parts to commence functioning.

As racing got under way we seemed to have a few members keen to practice their time trialing as Colin Mortley, Geoff Cranstone and Sam Bruzzese put in powerful lap turns which had us breathing a little deeper. The tempo stayed pretty even until a bit after half way when a few serious attacks were put in.

Peter Mackie seemed keen to see the last of us and put in some solid efforts but the strong men were equally determined that he wouldn't unload us. Nick Hainal was always up there looking good as was Rob Devolle. Some of us were wondering how Peter Gray would handle the upgrade but he seemed comfortable.

As we got the bell Colin wound up the tempo and gave the field a solid lead in to the sprint. We were about 5 wide approaching the last corner with plenty of chances but it was Peter Gray who put some power down and opened up daylight to the rest of us. I managed to pass a couple up the straight to run second with Rob Devolle, always looking good, third.

Thanks to all who made it a good day.

Results Casey Fields 30/11/13

Grade	First	Second	Third	Fourth	Fifth
A Grade (10)	C Jones	R Amos	R Clark		
B Grade (18)	A Gullace	R Morgans	I Milner		
C Grade (20)	P Consto	T Curulli	F Tomsic	C White	
D Grade (11)	P Gray	J Swainston	R Devolle		
E Grade (6)	A Dickenson	JC Wilson	S Peeters		
F Grade (7)	C Wright	J Smith	J Eddy		



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Two Eastern Vets receive Community Hero Awards

On Friday November 22nd at Parliament House in Melbourne, **Graham Cadd and Allan Chiong** were presented with Community Hero Awards. These awards are bestowed by Ambulance Victoria to members of the community who, through their actions, save the life of others. In the case of our two club members it was for their actions after last year's Amy Gillett Gran Fondo. Driving back to their accommodation they came across a fallen cyclist. They stopped and after assessing the situation they determined that the cyclist had had a heart attack and was in cardiac arrest. Graham and Allan, with their first aid knowledge, took control of the scene, calmed onlookers and took turns to perform effective cardiopulmonary resuscitation (CPR) until paramedics arrived and transported the man to Geelong hospital where he underwent bypass surgery. Had it not been for the actions and persistence of Allan and Graham, the man would have died on the roadside, but not only is he still alive he is back on his bike!

Please follow the links below to read the news reporting of this amazing story.

<http://www.health.vic.gov.au/news/heroic-victorians-honoured-saving-lives-2013.htm>

<http://www.theweeklyreviewstonnington.com.au/story/1793027/apollo-bay-pit-stop-saves-a-life>

Tuesday Aggregate 2013

	Surname	Name	Grade	Pts
1	Aarons	Phillip	C	32
2	Black	Wes	D	32
3	Edwards	Mark	B	30
4	Nyhuis	Frank	A	30
5	Lethbridge	Charles	D	26
6	Hyde	David	B	24
7	Kirsch	Stefan	A	24
8	Clark	Roy	A	22
9	Smith	Ian	B	22
10	Abel	Richard	C	20
11	Dewar	Nathan	D	20
12	Hulbert	Daniel	C	20
13	Mapstone	Andrew	A	20
14	Thomas	John	B	20
15	Thomson	John	C	20
16	Gray	Peter	E	18
17	Howard	Peter	A	18
18	Henderson	Grant	B	16
19	Ransome	Peter	C	16
20	Toohey	Damien	A	16
21	Giles	Rob	B	14
22	James	Paul	D	14
23	Pyne	David	C	14
24	Tinkler	Ross	B	14
25	Bishop	Leon	D	12



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Dave Ryan Memorial Criterium race, Sunday 1st December.

Northern Vets held a combined club memorial event at the National Boulevard Criterium course last Sunday morning. As is usual for Northern, it was well run and the members and officials were most welcoming to the visiting Eastern riders who came along in a tribute to Dave Ryan, a member of both clubs. Dave passed away from cancer last December and is recognised for his undying love for racing with both clubs.

The event started with a lap of honour by the riders and then while racing was underway, family and friends not competing rode the course in a Social Tribute in the opposite direction to racing. The entry/prize money for each grade along with the takings from the sausage sizzle were all donated to the not for profit John Logan Foundation. The John Logan Foundation fund some of the very costly drugs (not covered by health funds or the PBS) used to treat gastro-intestinal cancers. Dave was one of those sufferers who received some assistance from the Foundation and that arguably prolonged his life and allowed him to race for some time, before he died.

Dave's siblings Peter & Chris and two daughters Steph & Amy plus Dave's dog Roger were in attendance, along with friends and a representative from the foundation who had become close friends with Dave during his treatment. After the presentation of the empty envelopes, several people including his daughter Steph and the president of Northern, Vince Sinni, spoke of Dave in sometimes sobering and at other times humorous tones. Dave, I am sure would have been extremely amused. Neil Cartledge said a few words on behalf of Eastern members.

Even though there was no prize money involved, the racing in all grades was intense with several Eastern members picking up empty envelopes in various grades. C-grade had a record number of entries for the club, possibly in excess of 30 riders. Neither Northern nor Eastern gave or asked for quarter. This event will be run every year at the same time and a perpetual trophy will be provided in future events from funds provided through Dave's legacy.



In the photo we have Dave Ryan's daughters Steph and Amy along with brothers Richard and Peter. Roger is on the saddle of Dave's Cervelo and in the background Walter Savini with Neil Cartledge, all in their Dave Ryan Tribute jerseys.



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TOUR DE FRANCE CYCLING HOLIDAY

TOUR PROVENCE and PYRENEES July 15th to July 28th 2014

The **Croydon Cycleworks** tour is now in its eighth year and is a proven success, taking a carefully selected group of likeminded enthusiasts on what for many will be a trip of a lifetime.

Cyclists all agree France is truly the mecca for road riding. Magnificent scenery, great roads, friendly motorists and great food/wine not to mention the cycling history all go towards making it a once in a lifetime (or more) trip for cycling enthusiasts. The 2014 Tour de France itself is going to be a fantastic race, with Froome, Nibali, Contador battling it out for the top placings. Can Cadel find the form he needs to challenge again? Or will the next Aussie hope Richie Porte be given the chance to shine in the GC race? As the race enters its final week in the Pyrenees, we will be perfectly positioned to see key stages such as the giant 237km Carcassonne to Luchon stage where undoubtedly the tour will be decided. It is sure to be a fascinating and engrossing race, and you can be there to experience the tremendous energy of the world's biggest sporting event, while riding the roads and mountains that are part of the Tour de France folklore. Here are some key features of our 2014 tour.

- We aim to see at least 2 race stages up close, including at least one mountain stage.
- Our 12 day tour includes 4 days in the Provence region (which is where we will tackle the famous Mont Ventoux) followed by 8 days in the serenely beautiful Pyrenees
- Group size is limited to 12 (including your 2 guides) for a more intimate, flexible tour.
- We will ride the toughest mountain passes famous in tour history, such as the Col du Tourmalet, Col de Peyresourde and the breathtaking Mont Ventoux.
- A French speaking guide and mechanic will be riding with you or driving you at all times
- We are staying in areas that are frequently visited by the Tour de France and ride on the same roads.
- Our schedule is designed to minimize transfers and driving, most days you will ride from the front door, making for more time to ride and also more time to relax and enjoy the other aspects of holidaying in the French countryside. We are also more flexible with our schedule than other tours; you are always free to do your own thing if you wish.
- All breakfasts, snack food and some dinners are included. You only have to pay for your own meals at restaurants and cafes.

Cost of this tour is \$4450 but book before December 15th for the early bird price of \$4200 including GST. This represents fantastic value as similar commercial tours can cost twice this much.

For more information download the itinerary below or email Mick;-
sales@croydoncycleworks.com.au
or call **03-97235164**

[Tour Provence and Pyrenees 2014](#)



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How big is a truckers blind spot?

Transport for London, a government website for all public transportation services in the area, shares this video showing cyclists the dangers of riding a bike beside or near truck drivers. Even with proper equipment, blind spots are still a problem. Please take a look at the video on this link.

<http://www.wimp.com/blindspot/>

Future events:-

Eastern Vets Program: www.easternvets.com/

	Date	Time	Location	Melway Ref	Event
December					
Sat	7	2:00pm	Casey Fields	134 E10	Graded Scratch Races
Sat	14	1:30pm	Dunlop Road	70 K10	Graded Scratch Races
Sat	21	2:00pm	METEC	51 D8	Christmas Handicap & BBQ
Sat	28	2:00pm	METEC	51 D8	Graded Scratch Races

Note: Graded Scratch Race entries are accepted on the day up to 15 minutes before the advertised race start time. Handicap entries close the Tuesday before the race. Riders entering a handicap **MUST** pay the entry fee regardless of participation. Fees are due on race day; entrants will **NOT** be allowed to start in any EVCC race until fees have been paid.
No late entries will be accepted for either scratch races or handicaps. Entries to handicaps can be submitted via e-mail to the handicapper or on any race day prior to the event.

Northern Vets Program: <http://www.northerncycling.com/>

December				
8-12-2013	Super Series - RACE 9	52km	Avenel Rd, Seymour	10.00am
15-12-2013	Merle Jamieson Memorial (Super Series - RACE 10)	48km	Lancefield	10.00am
22-12-2013	Graded Scratch	1hr+Bell	National Boulevard	

Thanks to the officials

Last Week : Casey Fields 30/11/13.

Peter Mackie and Ron Stranks for taking entries John Thomson, Craig Oliver and Ron Chapman for marshalling and traffic control duties. Also thanks to Andrew Buchanan for managing the duty roster, JC Wilson for bringing the trailer and Dean Niclasen for bringing the drink refreshments. Special thanks to those that replaced rostered officials or helped out at short notice and of course thanks to all the riders for making the day.

Thank you to all the contributors for this week's newsletter.

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