

The WCC AGM: Thursday 14th of July

Congratulations to the following who have stepped up to the plate to lead the WCC boldly into 2005/06. They are:

President - Justen O'Connor

Vice President - Phil Gallagher

Secretary - Brett Rollinson - Vacated position, filled since by Simon Cuckson

Treasurer - Trent Brown

General Committee Members:

Lawrence Maskill, Danny Dilger, Ross Henry, Graeme Fricke, David Baillie, Brett Rollinson.

Its not too late to become involved in the WCC! Join us on our new meeting night: every second **Tuesday** of the month, from 7:30pm.

Other outcomes of the AGM

Fee Bonus! Club membership and race day fees will remain unchanged for another year, but the biggest windfall lies in the Ride It group fees for 2006. As the WCC already receives a proportion of the Australian Cycling Federation fee for Ride It members, the normal membership fees for the Club will be waived for Ride It Members. As such the new look fee structure is as follows:

2005/06 Fees

*Ride It Senior:	\$45	WCC Senior:	\$25
*Ride It Junior:	\$35	WCC Junior:	\$10
*Ride It Family:	\$100	WCC Family:	\$35
Race Day Fees Senior:	\$5	Race Day Fee Junior:	\$1

N.b. *Assumes that the Australian Cycling Federation's Ride It fees will remain unchanged in 2006. Any changes to racing licence fees for 2006 will not be known until closer to October 2005 and should be added to the WCC fees.

THE REC SECTION..WHY RACE WHEN YOU CAN 'RIDE IT'?

MELBOURNE BIKE TRAIL DAY—SUNDAY SEPTEMBER 11

You are invited to join the Ride It group for what promises to be another memorable days riding in Melbourne. A bus and trailer have been organised to transport you and your bicycle to Docklands in Melbourne to participate in a leisurely day long ride of approximately 40 kilometres. The course travels in a northerly direction from the city and follows the Moonee Ponds Creek, with a cut across to the Maribyrnong River via the Western Ring Road bike path. We then follow the river trail back to the city. Highlights include Docklands, Boeing Reserve, Melbourne Airport, Airport West Westfield Shopping Town, Brimbank Park and Pipemakers Park. Those who went on the Capital City Trail ride back in May will know what a fun day this ride will be. This is a picturesque ride in Melbourne but without the city traffic. We will be having a one hour lunch stop at Westfield. The bus will depart from the velodrome in Warragul at 8.00am. We have room for 23 on the bus. The cost of the trip per person will be between \$15 and \$20. The final cost depends on the number of people who go. Booking are essential – please call Roy on 56 220919 or Craig on 56 223646 to book in. Should the bus be booked you can still join the ride but will have to make their own way down to Docklands. Please prepare for a long day, including packing the following- wet weather gear (waterproof jacket), bright coloured top, under shirt for cool conditions (dress in layers), padded cycling knicks, stiff soled shoes, comfortable socks and cycling gloves, a reliable bicycle, helmet, sunscreen, water bidon, carry bag for camera, wallet snacks/lunch, basic tool kit, pump and a spare tube. You will also need some money if you intend to purchase your lunch

Junior News

A revamped WCC Junior program is on the way. An exciting 8 week J-Cycle program will lead into a regular junior season with competitive races. Things kick off on the 24th Sept with a Sign Up Day and Free Bike Safety Check between 10am - 12 pm, Warragul Velodrome. The J-cycle program will then commence on a weekly basis starting: Oct 8th and finishing on Nov 19. The program will be based around skills, bike maintenance, safety and fitness with a strong preparation for future competition. Once the eight week program is completed the juniors will be able to change their non-competitive Ride It licences for fully fledged Junior Race licences and compete in a series of fun events. Contact the Club for more information.

Upcoming events:

CSV is running a junior track camp, Tues 20 Sept - Thurs 22 Sept for

'Ride It' Sub-Committee meetings are held on the second Thursday of every second month at the Warragul CC Clubrooms from 6:00pm. All welcome. Next meeting will be on September 8th from 6pm.

Ride It Group Contacts

- Chairperson Roy Hammond Ph 56 220919
hammond_r@sympac.com.au
- Membership Coralie Tyrrell Ph 56 268421
ctyrrell@dcsi.net.au
- Publicity Carolyn Turner Ph 56 261442
editorial@warragulgazette.com.au
- Ride Program Craig Stuchbery Ph 56 223646
Craigandcindy@sympac.com.au
- WCC Liaison Monique Hanley Ph 0411 426 539
monique.hanley@dse.vic.gov.au

Tim's 2005 Tour

Warragul CC member Tim Lee spent his July catching up with Lance and Joel in France for the Tour and some mega big Espoir (under 23) racing. Here's a snippet from his Tour diary:

Monday 18/7/05

Rode from camp out to the base of the Tourmalet, which was about 30km of gradual climbing. Nothing too steep just yet. The first couple of kilometres of the Tourmalet were quite easy, around 5% in gradient. After that the gradient kicked in and the speed dropped to between 8-11km/h. Every kilometre had a sign to show the average gradient for the up-coming kilometre, steepest gradient was 17% for 2 km, average of around 9% and the remaining distance to the summit. This hill was 20km long! Upon reaching the summit we stopped for a coffee and then had a 20km decent back down to the valley which was fast, wet, cold and pretty dangerous. One of the guys from Sydney started to get sick from being up so high in altitude (2150 meters), I thought it was quite funny.

Thursday 21/7/05

Rode the last 80km of the stage to Mende, it was very undulating with hardly any flat sections. Went over a 10km climb (8-9%) before finishing with a 4km climb to Mende. Watched the race as they came up the climb, saw all the big hitters come through and they were flying! They were going uphill as fast as we go on the flat. Stopped at some old fancy restaurant for tea and met the tour director Jean Marie Leblanc and Bernard Hinault. One of the guys was trying to speak broken French to him and doing a really bad job at it. Jean Marie then turns to him and says it's okay I speak English which I found quite funny.

Monday 1/8/05

Caught the train into St Brieuc and got picked up by Joel's team boss. The guy drives his BMW like a madman, 140-160km/h, doesn't use his gears to slow down (the cars a manual), just his breaks. Got to the race and it was like a smaller version of the tour, team busses and cars with bikes on roofs. Did the feedzone with Joel's girlfriend Marion and then went to watch the last 60km of the race which was 10 loops of a 6km circuit. Joel didn't make the split and pulled out, as did Tassie's Mark Jamison. It's good to speak with other Aussies over here and find out first hand how hard the racing is. The guys that drive the team cars are crazy! It seems that there are no rules on the road, only car horns. The winner averaged 45km/h for 130 km, pretty fast hey.



Is this a Pro Tour start or an Espoir race?

Members of the Month

A club is only as good as its members and we have some special ones who put in. Next time you see them, thank them

- Thanks to Rob Monk for doing the race write up's in the paper—everyone loves reading about themselves
- Roy and Craig for planning the sensational Ride-It trip to Melbourne—get onboard this one.
- Monique Hanley for pumping out the newsletters and the detail in the roster—Great Job.
- Danny Dilger for making all those phone calls.
- Graeme Fricke and Staf—for hosting the club's racing.
- Phil Gallagher for putting in the next lot of paperwork for permits and approvals whilst on holidays.
- Special mention to the committee



Joel in action (fifth wheel)

Warragul Riders Excel! Congratulations to the following riders for their recent efforts:

Joel Pearson—shadow squad selection for the U23 Australian Cyclones team for the Road World Championships in Madrid, Spain Sept 21-25th). Final selection will be announced on September 9th. Good luck Joel!

Chris Hunt—Masters Individual Time Trial Champion at Wangaratta, August 20th 2005

Zoe Atkinson, James Henry and Steven Sandner who won their respective divisions at the recent Schools Championships at Darnum.

WARRAGUL RACE AND RIDE IT FIXTURE - WINTER 2005

****n.b. please check www.warragulcyclingclub.org.au for any changes****

August		Venue	Event	Marshall/Ride Coordinator
Saturday 27th	2pm	Shady Creek	Scratch Race	D. Weir; J.Kruger
Sunday 28th	9am	Warragul Velodrome	Ridelt – Drouin & Return	Michael Sterling
September		Venue	Event	Marshall/Ride Coordinator
Saturday 3rd	2pm	Shady Creek	Scratch Race	G. Gatt; B. Rollinson
Saturday 10th	2pm	Lillico	Handicap Race	L.Hanley; M. Malacarne; S.Hall
Tuesday 13th	7.30pm	Warragul Velodrome	WCC Committee Meeting	All welcome
Sunday 11th	8am	Warragul Velodrome	Ridelt – Melbourne Trails Refer to Page2 of newsletter for details	Book a place on the bus with: Roy Hammond 56 220919 Craig Stuchbery 56 223646
Saturday 17th	1.30pm	Warragul Velodrome	Ridelt – Warragul Loops	Roy Hammond
Saturday 17th	2pm	Picnic Point	Fishers Road Scratch Race	R.Monk; S.Sandner; D.Bailie; S. Evans
Saturday 24th	2pm	Lillico	Scratch Race	S. Keeble; W.Chester; N.Whitburn
Sunday 25th	9am	Warragul Velodrome	Ridelt – Ellinbank & Return	Coralie Tyrrell
October		Venue	Event	Marshall/Ride Coordinator
2006 Ride It and racing licences available				Details to come
New season schedule to come				Details to come
Wednesday 5th	all day	Workplace	Ride to Work Day	Organise your workplace entry online at www.bv.com.au
Sunday 9th	all day	Nathalia	Rotary Ride for Diabetes (160km)	www.hypoactive.org
Tuesday 11th	7.30pm	Warragul Velodrome	WCC Committee Meeting	All welcome
Sunday 16th	5.30am	Port Melbourne	Round the Bay in a Day	Enter online at www.bv.com.au

Proposed Race Marshall Procedure

When signing on as a member of WCC everyone agreed to help out. The system obviously needs continual refinement and as such the committee will be exploring options for ensuring marshals arrive and racing starts. We would prefer to avoid penalties where possible and foster a culture of support. Any ideas can be forwarded to the secretary for discussion at the committee. Options for a trailer team and a pre duty mail-out letter with contacts will be discussed.

Going around the Bay? –Better start training. Visit www.bv.com.au for details

Interested in helping out with juniors. Contact the club (see front page) to find out how.

Steps and sources of inspiration to help get you back on the bike with Warragul for Spring 2005:

1. **Coffee Central are giving away a free latte** every race for the most deserving cyclist or volunteer, awarded by Staf & Graeme on each race day
2. Magpies taking over the road? The best way to handle this is to **ride in a group**. Group rides (and races) are listed above, as well as normal group training rides from Bike Land on **Tuesdays and Thursdays from 6am** (bring your lights), and **Sundays from 8am**. The weather is getting too good to let some swooping destroy your riding!
3. Cars taking over the road? **Join the Ride It group** for their exploration on the Melbourne off-road river trails on September 11th.
4. Cobwebs taking over your bike? **Grab some chain lube and an old cloth**. Hold your chain with the cloth wrapped around it and turn your pedals backwards to remove excess grease. WD40 or the like can assist with removing chain rust. Once clearer, apply chain lube in the same fashion (turning pedals backwards slowly) - applying consistently for no more than three full pedal rotations. Move the chain through all the gears, before wiping off any excess lube. Check your brakes, seatpost height and tyre pressure and then hit the road!
5. **Choose an event to aim for**, and there are plenty to choose from. Event preparation is a great way to trick your body into regular exercise. Just make sure you have follow on events for after you reach your goal, and you'll be riding all year round!