Cadence

The Official Newsletter of the Warragul Cycling Club

July 2006

Editor—Monique Hanley

Secretary—Simon Cuckson—PO Box 416 Warragul 3820

www.warragulcyclingclub.org.au

CLUB SPONSORS

The WCC is Still searching for some minor and a major sponsor/s.

Thanks Thommo

The club would like to thank life member Geoff Thomson for tirelessly and without complaint, putting out all of the signage for the races this series. Well done. Thommo also managed to secure a victory for the WCC in this year’s 3-Day tour.

This issue:

• Presidents Prattle
• AGM
• The 810
• Rec ride news
• Juniors start racing
• New sponsors sought
• Three Day Tour
• Race Calendar
• Yellow Jersey Fever

AGM Edition

Training Rides: Saturdays during break—8:00am
Sunday: 8:00am Express and the new 8:15am Cruise
Depart Bicycle Superstore on the dot—return for coffee afterwards. Become a member for $45 and be insured.

PRESIDENT’S PRATTLE

Firstly I would like to apologise for not getting a newsletter out sooner. Everyone has been extremely busy including the committee. So this edition is jammed packed with information including the new ride calendar with some exciting initiatives, info on the AGM, latest news on sponsorship, Ride It and Junior developments, race results plus a lot more.

This month sees regular club racing take a bit of a break as we rest up the weary volunteers and allow the cyclists to try their hand at some other racing around the state. This however should be no excuse not to continue cycling. In fact now is the time to prepare yourself for the upcoming races that kick off with the very exciting YELLOW JERSEY FEVER.

The committee is also promoting an alternative to the Sunday 8:00am bunch ride which has lately been splitting up the fast and the furious from those who just want some training without getting their doors blown off. Known at this stage as simply the Eight Fifteen. This ride is open to all members (including Ride It members) who ride road bikes and who don’t see themselves as being fit enough to hold onto the 8:00am bunch ride. It should prove to be a good introductory ride for those just starting to get into the sport. More details in this newsletter.

The AGM is very soon (or over depending upon the post) by the time you get this newsletter (see below for details) and we hope to get several members putting their hands up for a role on the committee. Unfortunately I will be forced to stand down this year as a move to the Peninsula for work commitments approaches. I am confident that strong leadership with some vision for the future will take over the reigns. I encourage all members to attend the most important club event of the year and have a say in the future of the club.

If you are tired already from the World Cup, Le Tour is now in full swing. As the add says, 15 million spectators and 2 billion TV viewers will watch this years race. Without the Blue Train controlling things and pre-race favourites Ivan Basso and Jan Ulrich disqualified for allegedly recycling their own blood, we might see it open right up this year. Cadel Evans is certainly among the mix providing he can stay upright. Despite Brad McGee suffering from a difficult to diagnose sciatic back injury (know how he feels) that has ruled him out Aussie Robbie McEwen is there dominating the early sprinting battle with Boonen. So there is plenty to look forward to in the coming months.

Thanks for all your support in my time not only as president, but as a member of what has turned out to be a wonderful community full of fantastic people, that has a very fine bike club. I know you will continue to develop and nurture what is a strong, healthy community asset. I implore you not to lose sight of the foundations and I wish you all well. I hope to see you out there on the bike soon.

Justen O’Connor

2006 Annual General Meeting

Tuesday, 11th July, 7:30pm, WCC Club Rooms

Please make a difference and complete the nomination form attached in this newsletter.

Warragul Cycling Club Juniors to commence regular road racing

For the first time since the risk management restrictions were bought in, the WCC juniors will commence road events again. Incorporated into the risk management strategy the juniors will be able to participate in rides on race day. Parent support on bikes and a support vehicle will oversee the activities. The juniors will learn valuable skills of riding safely in a bunch, how to take turns, how to deal with the wind and ride a paceline. Racing will occur at 2:00pm most Saturdays when the season recommences.

Light Up Your Wednesday Night

A few of the guys have been training on the track Wednesday evenings during winter. Whilst the passion may have died down recently due to some inclement weather there still may be some interest to continue.

If you would be keen to do some km’s around 7:00pm then Contact Shane Stiles or Phil Gallagher to see if it is happening.

RIDE IT NEWS

Get On Your Bike

This note is a gentle reminder that the Ride-It Group is still operating right through our lovely Gippsland winter.

A ride is scheduled for every Sunday morning commencing at the Warragul Cycling Club Velodrome. We meet at 8.30am and normally ride out to Darnum to the second meeting point which is the Tea Rooms at 9.00am. At this stage we then decide where to ride which depends on the number of riders and their experience.

Although the will to cycle might wane as the cold sets in it is possible to exercise the deadly treadly in our winter climate with only a little extra preparation. If you are able to get out on a regular basis in the cold your body will acclimatise to lower temperatures. With shorter days that can be dull and damp it’s vital that road users see you. If possible avoid riding at night without suitable lights. Bright coloured clothes are also helpful. Wear layers of warm clothes that give you protection, and you can shed them as you warm up. A good windproof, waterproof cycling jacket is a sound investment. With gloves, strike a balance between warmth and dexterity. A headband or thin beanie will keep your ears warm but be careful to choose a material that will keep the cold off, but will not make you too hot, or affect your helmet fit.

Next Sunday when you wake up, instead of rolling over and dozing on, leap out of bed, get your gear on, get onya bike and join us in a ride. It will be an invigorating experience for which your body will be grateful!
Warragul Cyclists Takes out Gippsland Championship

Warragul cyclist Shane Stiles dominated the best of Gippsland to take victory in the Gippsland Road Championship race held at Shady Creek. In the 21 strong Masters filed, Jim Timmer-Arends from the LaTrobe City Cycling club wore down and eventually rode away from an underdone Matthew Malacarne of Warragul.

In the Elite race, Dave Salton who was fresh from a stint of bike racing in Europe was closely watched by the bunch and despite trying to mix things up could not escape. In typically aggressive style, Shane Stiles attacked at the start of the second lap up the Shady Creek climb. After riding off the front for a lap the bunch reeled him back to the fold where it became difficult to escape. The bunch’s pace was on and off due to a series of unsuccessful attacks allowing the breakaway of the delayed masters bunch to ride through.

On the third lap Stiles put the boot in up the climb and gained a significant break on the pursuing bunch. Only Jamie Johnson took up the invitation and managed to stick to his wheel. Having someone to cut the wind with made the difference for Stiles as the two established a sizable gap of 2 minutes by the start of lap 4.

With the other Warragul cyclists, Dave Salton, Luke Hanley and James Henry unwilling to chase down their club’s jersey, La Trobe Valley cyclists, Spiteri and Peachey were not making an impression either. The job was offered to Leongatha cyclists to take up the pace making but Stiles, with help from Johnson were able to hold a 1minute 11 second advantage to take the race, Stiles ran out a comfortable winner (2:17:19) to claim his first championship title with Johnson 2nd and

Kane ‘Sandshoes’ Walker climbs through the grades

Those with experience raised some eyebrows when young Kane Walker turned up for his first Sunday bunch ride a few months ago.

The club president even asked the pace setters up front to “take it easy because there is a new kid at the back that might struggle, after all he was wearing sandshoes”. When the same sandshoes stomped past him up the hill the comment was instantly regretted.

At the top of ‘shady’ creek hill Fino couldn’t resist taking a crack at a well rested fellow cyclist. His words with sarcasm were “gee, you must be riding well, even the kid with sandshoes beat you up the hill”.

Well who is laughing now.

Kane has turned out to be a real talent on the bike with an engine to match his determination. Kane has managed to progress from D-Grade to A-Grade in record time stealing some impressive wins on the way. This included holding off a fast finishing A-Grade in a tight handicap.

Despite taking a few guys out with his back wheel, and having to rely on Rob ‘for goodness sakes don’t do a single turn’ Monk for his advice, the boy looks comfortable in his new carbon soled shoes and remains one to watch.

The club also extends the welcome to the entire Walker family who have been actively participating in races. We wish you all the very best.
3-Day Tour

The annual Gippy 3 Day Tour was once again held over the June long weekend, featuring four stages of racing hosted by Bairnsdale & Riviera, Latrobe City and Leongatha Cycling Clubs. If you have never ridden the Three Day Tour, pencil it in for next year as it is a great winter motivator with well-sized bunch racing and prize money often going down to 10th place (or further) for each grade!

In A grade, Warragul got off to a flying start with Dave Salton attacking early into Stage 1 at Lindenow and establishing a short break before the bunch eventually tracked down his effort. He recovered enough to go on to win the punchy uphill sprint and the coveted time bonuses on offer for an A grade stage win. Stages 2 & 3 were held at Yinnar, with Stage 2 consisting of a 5km individual time trial effort. Despite the parcours dominated by the local Latrobe riders, Luke Hanley was well placed to record the 6th fastest time of the day. In the afternoon it was another case of breakaway attempts, this time a four-man break succeeding in the crosswinds, but without a Warragul presence. Luke Hanley formed a chase group in the final half of the circuit to limit some of the time damage caused by the breakaways, and in doing so secured 5th place on the overall standings. Monday morning was held at the Leongatha Gold Course on a circuit unknown to many. The promise of a few hills did little to break up the bunch and in a conservative race, all leaders protected their standings with Dave Salton finishing well and earning both sprint and finish bonuses.

B grade
From the first turn it seemed Warragul was always going to feature at the pointy end of the B grade bunch as Chris Beales kicked off with an offensive attack. He was followed by Geoff Thomson who proved there is still a sprint in those legs of his by claiming the first intermediate sprint. Despite some frustrated attempts at breaking up the bunch, all efforts were to no avail as every KOM, sprint and finish came down to the bunch kick. Thomo proved to have the greatest acceleration this side of the Valley by claiming full points in all bar one contested title, including the claim of stage win. Sunday's stage 2 time trial proved the first chance to test Thomo's mettle, and gave an opportunity for Warragul members Chris Beales and Kane Walker to shine, finishing 2nd and 3rd respectively and pushing Beales significantly up the ladder on the overall tally. Beales further improved on this during the stage 3 circuit, going solo over the first lap to score the maximum intermediate sprint points. But disaster struck on the KOM challenge as the narrow roads caused a few riders to bump shoulders. With the momentum suddenly shifting sideways, Kane Walker was unable to control his ship and he took a nasty tumble. It was a double blow for Warragul as his bike landed curbside and right into the sprint path of Bealesy. Amazingly the remainder of the pack avoided the carnage but with two Warragul riders down, and a suspected serious shoulder injury for Bealesy, it was left to Thomo and Monique Hanley to carry the Warragul flag. Shortly after the bell for the final lap, Hanley managed to bridge across to a breakaway consisting of nine-time 3 Day Tour winner Dave McFarlane and fellow Leongatha rider Peter Laws. As the bunch struggled to organise a chase in the cross wind, the three worked together but couldn't make any distance towards solo breakaway, Eurobodella rider John Marion. Hanley finished 3rd and was very happy to get onto the leaders board with some points at last! Stage 4 at Leongatha was another bunch affair as tired legs limited the kick of break away attempts. Thomo once again featured in every sprint on offer and in doing so left no question as to the deserving overall leader. On the final hills into the finish, local Leongatha rider Tony Smith escaped along with Wellington's Shane Dove to battle out for 1-2, but Thomo showed his true colours by leading the bunch home for third with Monique Hanley 7th.

The Club Teams Time Trial will be held on the 23rd July at Ballarat.

The Club would like to enter teams for both the women and men's Victorian teams time trial championship events. Typically the time trial course is held on a flat circuit out in the oft-windy Ballarat region, with the women's distance of 40km and the men completing 60km. While cycling is considered by many as an individual activity, teams time trialling is a great chance to work with others for a combined result: teams may start with 4 riders but must finish with 3 as the team's official time is based on the 3rd rider crossing the line. It is in the best interest of the team to ensure all 3 riders finish the course in the fastest time possible, which requires efficient sharing of work into the wind, recovery in the slipstream and constant team motivation!

If you are interested in riding with one of these teams please contact of the coordinators before July 10:

Women
Monique Hanley
monique.hanley@dse.vic.gov.au

Men
Luke Hanley
lhanley@sccs.com.au

www.warragulcyclingclub.org.au
Notes:

**Week : 22nd July:** at the Lillico winery please obey parking signs and instructions as this is a new venue!!!

Note start time of 12noon

**Week : 29th July:** the Tarago dam is 1.3km from the Neerim Sth rd this is where marshalling and toilets etc etc will be located.
The riders will then bunch ride the 1.3km to the race start.
At the finish in Jindivick it is 4.5km back to the Tarago dam all down hill and 1.3km back to the cars.
Note start time of 1pm

**Week : 5th Aug:** all cars to be parked at the Cloverlea primary school (please if possible) a bunch ride will leave at 11.30 sharp to ride to the start of the Yarragon hill climb, this is approx 6km,
The road stage will commence at the corner of parkers and Hazeldene rds and finish at the Cloverlea primary.
This is the reason for parking at the school.
Note start time of 12noon

**Week : 12th Aug:** points race: there will be 2 sprints every lap 1 at the start finish and one on Bloomfield rd at number 379 just past the nursery, the points allocated are for each grade and are 5, 3, 2, 1, the rider with the most points wins not first across the line.
There will be presentations at the winery after the race.

Note start time of 1pm

Chris Beales
Yellow Jersey

Fever:

SAT 22ND JULY:
PROLOGUE:
Ville de Province Warragul Velodrome
2km ITT

Stage 1:
Province De Lissico Boutique de vin
Road Stage

SAT 29TH JULY:
STAGE 2:
L'Alpe D'Jindivick: Tarago Dam
1st Mountain Road Stage

SAT 5TH AUGUST:
STAGE 3:
Col Du Yarragon
6km ITT Hill Climb

STAGE 4:
Champs De Cloverlea
Champagne Road Stage
AGM Tuesday, 11th July, 7:30pm, WCC Club Rooms:

There is not a more important event in any club than its Annual General Meeting (AGM). It is at this meeting that you, the member, can hear reports from the executive as to how the club is travelling, and decide on the club’s future management structure. This year’s AGM needs to be well supported by club members.

Several positions on the executive will be vacated including President, Vice President and Treasurer. Whilst some of the current committee will look to continue, all positions will be declared vacant on the night and nominations from anyone are welcomed. The more people that volunteer for the committee, the easier and more democratic the job will be.

It is important to stress that the committee is currently operating smoothly and that this will continue with current members willing to remain and thus provide continuity. Systems have been established that make the task manageable for anyone who has something to offer. The current committee has offered a transition period to give new members a chance to find their feet. So if you are considering doing your turn on the committee, now is the time to step forward. There is a strong personal reward for anyone who is willing to contribute to the social capital of your community. Please make a difference and complete the nomination form attached in this newsletter.

Warragul Cycling Club Committee Nomination Form

Nominated Position: ____________________________________________

Applicants Family Name: ________________________________________

Given Names: _________________________________________________

Address: _____________________________________________________

Telephone: (H) __________ (W) ________________________________

Existing member of the club: yes / no

Proposed By - Name: __________________________________________

Address: _____________________________________________________

Phone No ____________ (H) ____________ (W)

Signed: _________________ Date: _________________

I, hereby accept the nomination for the position of _______________

Signed: _________________ Date: _________________

Return this form to PO Box 416 Warragul Vic, 3820 or club secretary Simon Cuckson or club commissaire, Graeme Fricke ASAP. Nominations will be accepted on the night.