



Presidents Prattle

Thank you to all members who helped make our day of the 3 Day Tour a huge success, I would like to make a special mention to all of you who stood on the side of the road at sprints and corners it was a awful day and your help was greatly appreciated by all the riders, Thank You all.

I would like to say congratulations to all Club members who rode and placed in the tour, as we were by far the most successful club so well done to all.

At the last monthly meeting the committee voted on the Bikeland sponsorship proposal and it was past in principal to take effect on the 1st of January 2004. This deal will be a great benefit to the club and I would like to thank Phil and Murray for taking the time to prepare this for us, what Bikeland has really done is to officially put down on paper all of the things that they already do for us PLUS enter into a clothing and new member incentive deal for the next 3 years that will help the club grow and become stronger as a result of Bikeland's efforts. Over the next few months your newsletter will give you all the information about this deal but any questions the boys at Bikeland will gladly help you out.

With the end of the fiscal year approaching it's nearly time for committee elections, we would like anyone who is thinking of maybe running for a position the give it a go it's a great way to put something back into your club and is a very rewarding job. Positions on the executive committee are unable to be renewed as I am furthering my education, Secretary Karin has done 4 years and it's time for a rest (she's done a great job to get our club to where it is today.) and Treasurer Shane is taking a new role at Berwick high school and is unable to combine the two. It would be great to see some new faces working at a committee level for our club so if you are interested please express your interest to current committee members. The AGM is on 24th July 2003 at our Clubrooms.

As the days are getting a bit shorter and bleaker it's a timely reminder for all riders to PLEASE ride with your lights on it's a matter of safety and even if you can see it's good to have flashing lights on so that cars can see you, one of the best rules is "SAFETY IN NUMBERS", so get a group together and enjoy the ride in safety.

I hope you all are looking forward to the weekend of the country and metro championships as there are going to be a lot of cyclists in our area it's a great opportunity for locals to see us out and about and for us to show what a great sport cycling is.

Safe Cycling to all.

Darren Williams
President

Annual General Meeting

Members, please be advised our Annual General Meeting will be held on Thursday 24th July 2003 at 7:30pm. Venue: Clubrooms. Secretary Karin Jones will receive nominations for president, Secretary, Treasurer, and Race Organiser etc up to 7:30pm on the night.

Bikeland Club Sponsorship Proposal

Submissions and comments regarding the Bikeland's Sponsorship Proposal closed on the 30th of May 200. The Committee resolved to accept the Bikeland Sponsorship proposal in principal after discussing and clarifying certain aspects of the proposal. One of the main amendments to the original proposal is the term of the agreement has been, through discussion, reduced from five to three years. The final draft of sponsorship agreement is to be presented to the Committee for adoption at its next meeting in on 10th July 2003.

Those who are interested in the details of the proposal can either contact Secretary Karin (56268386) or Phil at Bikeland (56232398).

Celebrate Chris Twining's 40th

Steve Twining (56221856) invites all members to celebrate Chris's 40th at the Clubrooms at 2pm on Sunday 22nd June 2003. Nibbles supplied. BYO drinks. All welcome.

Winter Riding – Safety

Getting out on the bike while the days are short and nights frozen with shrouds of Gippsland fog can easily turn the most motivated rider into a couch potato. July brings the Tour de France the standard of competition at club races always drops. If ever you want to win a racing series, July is the month to get some points on the board! The big question is how to keep your training going in these less than ideal conditions.

Firstly, keep it simple. Don't punish yourself by going out every morning in the rain for a week, only to come down with a cold. Keep your raining consistent by riding at least a couple of times a every week. The best way to do this is by training with another rider. Two lights are brighter and safer than one and when riding with another rider you will require a very good excuse for not showing up for the ride, which has been organised.

Secondly, maximise your training on weekends by turning up to every race is the best way to gauge how you are progressing and it also provides a weekly focus to your riding.

Thirdly, use wind-training sessions sparingly. Specific intensity sessions are one of the greatest tools to improve your riding but just riding indoors because it is cold outside will achieve very little.

Fourthly, leg specific workouts at gym are a great way to improve strength and power especially for masters and female riders in general. Lastly, if you do not ride because it's too cold or wet outside – remember Tommo will be. Shouldn't you?

Murray Fenwick

Wanted: your e-mail address

We need your e-mail address in an effort to keep you up to date with newsletters, race results and communiqués. Apart from sending you these notices, e-mail is a very quick and efficient communication vehicle. Some of the e-mail addresses on our records are either out of date or simply incorrect. Could all members please e-mail your e-mail address to warragulcyclingclub@hotmail.com as soon as possible. Thanks

Ed and Sec

Diary Dates

1. Road Race (Cloverlea)	21 st June 2003
2. Chris Twining's 40 th	22 nd June 2003
3. Road Race (Shady Creek)	28 th June 2003
4. Sale to Bairnsdale (tentative)	29 th June 2003
5. Country Road Championships	5 th Jul 2003
6. Metropolitan Championships	6 th July 2003
7. Committee Meeting	10 th July 2003
8. Road Race (Cloverlea)	12 th July 2003
9. Annual General Meeting	24 th July 2003
10. Road Race (Lillico)	26 th July 2003
11. Melbourne Ballarat	26 th July 2003
12. State Team Time Trial	27 th July 2003
13. Tour of Baw Baw	30 th July 2003
14. U17&U19 Barilla Classic(Kongwak)	2 nd August 2003
15. The Wonthaggi Club Road Omnium	3 rd August 2003
16. Tour of Latrobe Valley	20 th August 2003
17. Baw Baw Classic	4 th October 2003
18. Baw Baw Mountain Time Trial	5 th October 2003
19. Vic Schools Championships Zone final	10 th October 2003
20. Herald Sun Tour	16 th to 26 th October 2003
21. Vic School Championship Final	18 th October 2003

From the Secretary's In Tray



- Shepparton Cycling Club Junior Tour, 19th & 20th July 2003 – M/W11, M/W13, M/W 15, M/W17. Cost \$12, payable on the day. Contact Leith Dowell 0358252875 AH, or Lisa Morris 0358219424.
- Victorian Schools Championships 2003 – Gippsland Zone Final, Friday 10th October 2003, Shady Creek Rd Darnum, Time Trial and MTB events. Cost \$9. State Final, Saturday 18th October 2003, Eastern Park, Geelong, no cost to qualifiers. Contact Kerrie Baumgartner on 0393284391 or on e-mail: kerrie.baumgartner@viccycle.com.au
- De Bortoli Wines to sponsor '2003 Tour of the Yarra Valley' - this Open status event will bring together Australia's best cyclist in a challenging tour through out the Yarra Valley. Hosting Club – Blackburn Cycling Club. Tour to be held on the 19th & 20th July 2003. Contact Rebecca Townsend, De Bortoli Wines on 0359652271 or Andrew Smith, Blackburn Cycling Club on 0402224043.
- State Commissaire Course – 12th & 13th July 2003 at Cycle Sport Victoria office. Cost \$55 (includes course materials and lecture fees). Depending on numbers, WCC may subsidise cost. See Sec Karin (0356268386) for enrolment forms. Enrolments close on Friday 27th June 2003. Contact Kerrie Baumgartner on 0393284391 or on e-mail: kerrie.baumgartner@viccycle.com.au
- Participants Wanted – for Honours Thesis in Psychology at Swinburne University of Technology (Mathew Marques). Study into the perceptions of road users towards each other particularly between cyclist and motorists. Participants have to be over 18 years, live in Victoria and be a member of a cycling association or Club. Follow link: <http://www.interfix.net/swinburne/cyclist.cgi> to fill in an anonymous web-based questionnaire.
- National VIP Racing Licence Scheme 2003 for elite women – Cycling Clubs may apply on behalf of a new female rider for a VIP licence. The new woman member must not have held a racing licence previously, must be 18 years or older, must show a genuine interest in cycle racing. The Club must waiver recipients joining fee. Contact Karin 56268386 for further details.
- Victorian Women's Road Series - to be known as the Layard Park Victorian Women's Road Series. The following races will contribute points towards the series: Tour of Cardinia, Country Road Championships, Tour of the Yarra Valley, Victorian IRTT Championships, Victorian Road Championships and the Mt Alexander Tour. Contact Peter Cayley on 0398177599 or 0428544984 for further details.

Club Bunch Ride

The bunch ride program will continue until the current race program finishes. The Committee has resolved that there will be a recess until the start of spring when it will resume. The Committee is presently looking of ways to reinvigorate the bunch ride.

Bunch rides starts at 2pm each Saturday. Venue, as with road racing. Contact Karin Jones (56268386) for further details.

Junior Corner

The Barilla Junior Experience held at Koonwarra and Outrim on the 10th and 11th of May 2003 went very well. A total of 12 of our juniors raced and placed well (see results below). The Leongatha Cycling Club must be thanked for organising such an interesting and well run weekend.

The Club Road Championships will be on 31st May at Shady Creek and it would be great to see all the junior riders turn up to race in there age groups. Bear in mind that it takes 3 riders in any age group to run a championship.

The Country Road Championships will be run at Darnum on 5th July and it will be great to see heaps of Warragul junior riders enter. Please remember to enter this one you have to enter through CSV by 23rd June. With the Victorian Clubs Teams Championships on 27th July I need those riders interested in going to Ballarat to let me know so we can organise some training for the event. Keep on riding.

Ross Henry Junior Development

Race Results

A lot has been happening other than club racing since the last issue of our newsletter. Here is a brief run down of the successes of those who competed:

Barilla Junior Experience

<u>Ruby Bowyer</u>	<u>W11</u>	
• Scratch Race (W)		1st
<u>Alistair Crameri</u>	<u>M11</u>	
• Hill Climb (B grade, 1.5km)		1st
• Handicap (B grade, 4.3km)		1st
<u>Sian Williams</u>	<u>W13</u>	
• Individual Time Trial		2 nd
• Hill Climb (C grade 2.5km)		4 th
• Handicap (12km)		2 nd
<u>Zoë Atkinson</u>	<u>W13</u>	
• Straight Line Sprint		3rd
• Scratch Race (C grade)		4th
• Hill Climb(C grade 2.5km)		3rd
• Handicap (12km)		1st
<u>Sam Atkinson</u>	<u>M13</u>	
• Scratch (C grade)		1 st
• Hill Climb (C grade, 2.5km)		1st
<u>David de Bruyne</u>	<u>M13</u>	
• Straight Line Sprint		6 th
• Hill Climb (B grade, 2.5km)		2nd
<u>Brendan Pridmore</u>	<u>M15</u>	
• Handicap (20km)		1st
<u>James Henry</u>	<u>M15</u>	
• Scratch Race (B grade)		4 th
• Handicap (20km)		3 rd
<u>Michael Pridmore</u>	<u>M17</u>	
• Handicap (40km)		5 th
<u>Steve Sandner</u>	<u>M17</u>	
• Scratch (A grade)		1 st
• Hill Climb (A grade)		2 nd

Gippsland Hill Climb Championships Trafalgar to Neerim Junction 65km

<u>Seniors</u>		
• Shane Styles	4 th	2:00:05
<u>Masters</u>		
• Thomas Sandner	2 nd	2:01:15
• Geoff Thompson	4 th	2:01:36

Club Championships Shady Creek Circuit (63km)

<u>Seniors</u>	
• Shane Styles	Champion
• Scott Keeble	2 nd
• Justen O'Connor	3 rd
<u>Masters</u>	
• Ross Henry	Champion
• Colin Brown	2 nd
• Rob Monk	3rd

Gippsland Three Day Tour Darnum, Leongatha, Willowgrove A Grade

• Joel Pearson	1 st
o Sprint points	
o King of the Mountain	
o Two stage wins	

<u>B Grade</u>	
• Geoff Thompson	2 nd
o Sprint points	
o King of the Mountain	
• Peter Finlayson	3 rd



C Grade

- Daren Williams 1st
 - King of the Mountain
- Chris Beals 2nd
 - Stage win
 - Sprint points

Women's Grade

- Monique Handley 2nd

Junior B

- James Henry 1st
 - Four stage wins
 - King of the Mountain
 - Sprint points

Sun Shelters

The Club has purchased two 3mx3m sunshades. These shades are of a commercial quality. They will add to our two existing sun shelters and will provide much needed shade during our Cycling Carnival and other events we run from time to time.

Hey, our Microphone is still missing.....

Third call. Our microphone for our PA system at the velodrome is still missing.

As mentioned in previous newsletters this cordless microphone is a quite an expensive item (\$800). It is practically useless without the receiver, which we still in our possession. The Club was forced with the added expense of hiring a microphone system for the carnival, money we didn't wish to spend.

I'm sure that someone has just misplaced this. We would dearly like to have it back. If anyone knows the whereabouts of the microphone please contact me, No questions asked.

Prez

Club Racing - Season Points

Here are the placings for the first five placings for each grade up to but including the races on 14th June 2003 (The Club Championships and the Three Day Tour are not part of this point score).

A Grade

- | | | |
|----|---------------|----|
| 1. | Thomas Sander | 73 |
| 2. | Goeff Thomson | 63 |
| 3. | Shane Styles | 62 |
| 4. | Joel Pearson | 41 |
| 5. | Wayne Kestle | 30 |

B Grade

- | | | |
|----|------------------|----|
| 1. | Steven Sandner | 56 |
| 2. | Ross Henry | 40 |
| 3. | Steve Twining | 24 |
| 4. | Trevor Rowlinson | 20 |
| 5. | Justen O'Connor | 17 |

C Grade

- | | | |
|----|------------------|----|
| 1. | Rob Monk | 62 |
| 2. | Darren Williams | 52 |
| 3. | Tim Lee | 42 |
| 4. | Shane Wainwright | 38 |
| 5. | Roglof Burger | 28 |

D Grade

- | | | |
|----|-----------------|----|
| 1. | Rod Atkinson | 41 |
| 2. | Kym Fisher | 30 |
| 3. | David Axford | 28 |
| 4. | Bill Frew | 23 |
| 5. | Glenda Pridmore | 23 |

Contact Shane Wainwright 56 251280 for further details.

Membership

Please make welcome the following to our Club and the joys of racing:

- Roelof Burger
- Thomas Robinson

- Chris Beals
- Timothy Lee
- Grant Nielsen
- Gary Wishart
- Brett Miller

For Sale

- **2002 Shimano SH-R 150 B Road Shoes**, Size 42 Black and Silver with Carbon Sole, Good Condition, New \$300, Sell \$50. **Axo MTB Shoes**, Size 42 Grey and Aqua with Shimano SM-SH 51 cleats, excellent condition. New \$200, Sell \$50. Tom Cook 0401 757 945.
- **Revel 100 Racing bike** Warragul Cycling Club Uniform - Size M all hardly used and in excellent condition. \$500. Will separate Ph. 0356332213.
- **Rockel gloves**, yellow with black trim. Won as a prize. Size XS. Never used (too small for owner). Sell \$15 Ring David de Bruyne 0356236808 (H).
- **Mens Bianchi 'Le Groupment' one piece skin suit**, original European garment bought new from Tour de France rider Marcel Wust. Will suit rider of medium build (5' 8" or thereabouts). In excellent condition, worn only 2-3 times (too small for owner). \$95 ONO. Ring Steve Evans 0356232328 (Drouin Police Station).

Bret Atkins Training Diaries

Pick them up at Bikeland. Recommended retail \$29.95, special price to Club members - only \$20.

Tour de Skull by 'The Spokesman'

Here comes the B grade bunch - well, more of a donut than a bunch, because the riders are allowing plenty a width to accommodate the distinctive racing technique of Shane 'Mr Wobbles' Wainwright.

- TS** Thank you for pausing in your busy schedule to speak to the Spokesman: a schedule, which is about to become even busier with your recent promotion.
- SW** Yes, I have been appointed assistant principal of Berwick Secondary College, which pleases me greatly, because it was about bloody time.
- TS** It's an impressive outcome for a Physedder.
- SW** I also posses a degree in Education Administration which may have assisted in my selection.
- TS** What can you tell me about your domestic details?
- SW** I live in Drouin with my wife Kerry and children Lauren and Julian.
- TS** You're being too modest.
- SW** What are you getting at?
- TS** You live up at the posh end of the most expensive street in the most bourgeois estate in all of greater Drouin.
- SW** I think you may be overstating its charms, but I must admit that I enjoy the view over Thomas's roof as I breakfast on my patio.
- TS** What is your sporting background?
- SW** I played footy for the St Kilda under nineteens, then for Oakleigh in the VFA. Then I played a lot of country footy



depending on where I was teaching. I was also a wicketkeeper / batsman for Prahran in the sub district competition.

TS How did you get into cycling?

SW Via triathlon. I was getting back trouble from running, so I tried road racing and was immediately attracted by the complex tactics and the unusual personalities.

TS What is your sporting mantra?

SW Win at all cost. Failing that, at least beat Monk and Vic. Failing that, have a good excuse ready.

TS What is your current bike?

SW A Giant TCR2

TS You might add that it's bright yellow with ruby wheels. Sunset colours, which is quite fitting, because the sun seem to be setting on your cycling career.

SW What drugs are you on! I was second in B grade last year, as you well know.

TS That was last year. This year you are doing it tough in C grade.

SW This year there are a lot of new very strong riders in C grade, and I have also has some interruptions to my training this year.

TS By interruptions I assume you mean falls.

SW There was a recent fall at Shady Creek, yes.

TS And also a mountain bike fall. A real big one. In fact, let's face it, you are a serial faller.

SW There has only been one other fall several seasons ago at Cloverlea.

TS What about the training falls?

SW There has been none that I can recall.

TS Perhaps all the bangs on your head have caused memory loss. Let me remind you of my two personal favourites from a very long list. The first was the beauty when you, the bike and the mag trainer toppled as a unit to the floor of your carport, Kerry has to rush out and unclip you from the wreckage in your stunned state you were still attempting to pedal while horizontal. Then, the all time classic occurred at Drouin West, when you fell in the act of giving the 'finger' to a passing motorist. He then did a U turn, and as you groggily struggled to retain your feet, was able to abuse you at his leisure.

SW That last example was the result of a blow out, and so cannot be counted as a fall. Furthermore, I am not the kind of person who gives the 'finger'. I was wiping the rain from my eyes and the driver, in his ignorance, misinterpreted the gesture.

TS Crazy Shane, we love ya mate. Now can you remember your toughest opponent?

SW Shane Styles was my nemesis last year. I could not match his fanatical intensity and his kamikaze disregard of pain.

TS Your favourite course?

SW Yarragon hill climb. I also enjoy the time trials.

TS We have examined some of your darker moments. Have you got any lighter moments to share with us?

SW What I really enjoy: and there are a lot of them, are your post mortems of the race, when you fail to win. The twisted logic, the desperate rationalisations. You must be.....

TS Moving right along.... Name your favourite film, music and food in that order.

SW The Sixth Sense, Queen and Laksa.

TS Err, naturally I am familiar with Laksa, but could you please explain the dish for our younger readers?

SW It's an Asian soup, made with fish, noodles and chilli.

TS Do you go to restaurants or does Kerry make it?

SW Of course Kerry makes it. Her domestic skills are so comprehensive and everything she prepares is so delicious that its difficult for me to choose a favourite.

TS Your cup runneth over. Have you got a dream holiday destination in mind?

SW I have toured every continent on earth but one, so I have long trem plans to complete the set by visiting Antarctica.

TS Finally, do you have any goals left in cycling?

SW I certainly do. Last year I was unsuccessful in my quest to ascend Mt Baw Baw so obviously my ambition is to be never talked into that climb again.

The Spokesman (Bill Frew)

