

BBN Newsletter



Blackburn Cycling Club Inc. Mobile: 0407 308 755, PO

Breaking News:

Richard has green jersey in US Tour.

Special Interests:

~Friday morning training ride.
Feel like a roll up the 1 in 20?
Meet at the Clocktower/Le tour cycles in Ringwood at 7.00am.
~New club clothing in stock now! See page 7 for details on how to obtain a set.
~ERGO Tues & wed 6pm at the club house. (see page 2)

Individual Highlights:

1. Presidents Report
2. Secretary's news & Rosters
3. Race news & New results format
4. Remember when & Rider profile
5. News from Richard England
6. Stretching by David McCormack
7. Club Clothing Details Stretching Continued.
8. BBN Clothing order Form

Odd Spot

Everyone knows that it is difficult to pin a number on, however everyone gets it right because it means that you can be placed by the judges. Well recently at a Blackburn race a person, who will remain nameless, pinned their number on inside out leave the blank showing. The rider further humiliated by having to redo his number on the start line in front of the whole field.

Presidents Report

All eyes in the club are firmly fixed on the upcoming De Bortoli Tour which is on the 17th and 18th July. Last year the Tour was an important income to the club as well as being an excellent contribution to the race calendar. Damian Petrie and Andrew Smith together with many others are working hard to make this years Tour even better than last year. Also I would like to welcome the new club sponsorship *Siemens Mobile, Le tour cycles, The Local Village Garage, Tiltaway, FTP and Team Alex*. The new jersey is fantastic and a big thanks has to go to Rowan Geddes and the sponsorship committee for their tremendous work. As you maybe aware there were prizes for the first order of club jerseys and the prize was drawn at the last committee meeting (held every 2nd Wednesday of the month). Your President made the draw all very much above board, nothing up the sleeve, but it could not have been won by more deserving duo Rowan Geddes and David De Gamma. David has been doing terrific work on the race committee and our first races at Lang Lang and Gembrook were very successful. Our race organization is of first class level and in fact has been used as an example by

the Victorian Cycling in its information to all the State commissaries.

Junior policy has been a hot topic at the club for some time. At the last club meeting a new policy was defined which puts riders into their most appropriate category depending on their ability. This will mean that we will have 6 categories which will be formulated by Alan Barnes our handicapper. Hopefully now we can concentrate on increasing the number of juniors.

The roster is now out and please ensure that you attend your scheduled races as the club is dependant on you help and co-operation.

As of the last AGM we have several new committee members who I would like to welcome and thank the outgoing members for their hard work.

Don't forget to check the WEB (new domain name registered www.bbn.org.au) for updates, and don't forget ergo training at the club rooms Tuesday, Wednesday and Thursday.

Safe cycling,
John Nicholson

De Bortoli Tour 2004 17th/18 JULY 2004

A tour for all riders, of all abilities.
Registrations Close: **5th JULY 2004**

A Two Day Tour of intense racing through Victoria's stunning Yarra Valley

\$10,000 Cash & Prizes

- Time Based
- Four Grades
- Three stages
- Yellow Jerseys

Visit the official De Bortoli Tour web site for details and latest news!

Proudly sponsored by De Bortoli Wines

Newsletter publishing dates:

Content to be delivered to Editor by 20th of the Month.
Electronic format monthly
Hard copy version quarterly.

Rosters

Hi members,

It's that time of year again, 2 ½ weeks from now Blackburn Cycling Club will be running the De Bortoli Tour of the Yarra Valley.

This is the club's and now Victoria's Premiere Tour, this event last year was THE LARGEST non-UCI sanctioned race in VICTORIA! So other than the Herald Sun Tour and the Melb-Warnambool, this was THE BIGGEST race held in Victoria! With that said, obviously it takes a lot of people to run such an event. This year we're expecting at least 200-300 entries again! So if you've got a bit of time on the weekend of 17th and 18th of July, we'd love for you to help out!

As so many members are riding the Tour we are REALLY Struggling to get enough Volunteers. We have close to 100 roles that must be filled, most of them quite simple, and relatively easy roles. But EVERY single role is critical to the safe running of this Event!

So If you can at all help for a Stage or Two or Three! Then give us a yell! We'll be happy to find a suitable job for you!

The Tour has 2 Stages on Saturday, a Road Race Saturday morning Requiring quite a lot of Volunteers.

The second Saturday Stage is a Time Trial so requires minimal numbers.

But the Sunday Stage has a great course winding through Pantons Gap, Healesville. This stage also requires many volunteers.

If you think you might be able to lend us a hand on this weekend it would be greatly appreciated.

Please contact me or the club on :-

Andrew Steele andrewsteele@optusnet.com.au or Ph.0419872829 or Our Club President John Nicholson john@nicholson.ironbark.id.au or Ph.0407 838 026

Thanks! I look forward to hearing from you!
Andrew Steele

Secretary's News

Membership is a measure of a club's health, and Blackburn is in a good state with 124 registered riders. There has been a trickle of new riders joining and experienced riders have transferred from other clubs. In particular our Women riders now number 24, having attracted some members from other clubs.

Juniors are not so strong, with only one woman and twelve men under 17. (It is the small numbers that make the Junior Grading policy so difficult). Junior development is a priority and with Alan Barnes relieved of the secretary's role (though I call on his knowledge and wisdom almost every day) we can look forward to these numbers growing.

Communication with members is an issue, and here I confess to being averse to printing, folding, enveloping and posting. E-mail is the medium! So please check your emails, keep me up to date on your address, and if you do not have e-mail please consider getting it.

You will not see me at many non Blackburn races, but at the club's road races I will often be found in a Traffic Control vest. If you need any information or wish to raise any issues, just contact me either by e-mail dbn@davidnairn.com.au or phone 0418 226 010.

Your Email address please!

Calling all those members who have an email address and don't have it registered with The Blackburn Cycling Club or those that have changed it. We need you to send it to us so we can keep you informed with that latest news and developments (or race cancellations) Please email it to David Nairn (info@bbn.org.au)

Evans reacts to Tour exclusion

In his latest diary comments, Australian cyclist Cadel Evans has reacted to his exclusion from T-Mobile's team for the Tour de France.

"I'm surprised and disappointed in the decision," writes Evans. "But I'm also frustrated that I've let down everyone who thought that I would be part of this year's Tour. At this stage, I'm not going to be there but of course I'll keep on training knowing that anything can happen in the next 10 days. It wouldn't surprise me too much if I do get the call-up so there's still a hint of hope."

Evans writes that he will now refocus his objectives for the season and concentrate on the world championships. But when he returns to the subject of the Tour his frustration is obvious. "I did join this team two years ago because I had ambitions for the Tour," he writes, "and now, even though I'm obviously riding well, I won't be there.

"Ah, not to worry... there'll be other challenges ahead," he concludes.

T-Mobile's Tour team now looks likely to be Jan Ullrich, Erik Zabel, Andreas Klöden, Matthias Kessler, Rolf Aldag, Santiago Botero, Daniele Nardello, Giuseppe Guerini, and Tomas Konecny. The team will be officially announced on Friday. (story from www.cyclingnews.com)

Winter Ergo Training Sessions.

The weekly winter ergo training sessions have started but are now on **Tuesday & Wednesday** evenings starting at **6:00PM** under the instruction of coach Simon Quick.

For details phone Simon on 0414 657 808



New Results format for the De Bortoli Tour

Although not available yet :-) we are planning on getting accurate results available VERY soon after each stage - and making sure they are up on the web page the night following the stages.

We have been trying at our last couple of Blackburn Club races to get a result (including a time) for every rider. Although we are getting better - it really is a challenge. At all races - and particularly the De Bortoli Tour - you can help by doing just a few simple things:

1. Make sure your number is pinned down securely at all four corners and that it is clearly **VISIBLE** (and frame numbers if being used)
- 2 On crossing the finish line - please continue and report in (and claim your place) at the "chute" some 150 meters past the finish line. To assist with this please make sure you **KNOW** your own number (and colour)!
- 3 Please avoid riding through the finish if you have withdrawn. If you need to (to get to the car park for example) please ensure you sit up and indicate clearly to those at the finish.
4. If you withdraw from a race **PLEASE** report in to the designated post as soon as you return to base. (typically somebody stationed at the car parking area). Although this might seem unnecessary - if we don't have you recorded as finished - we don't know if we have missed recording you in amongst a bunch - or if you have had an accident on route - or if you have just packed up and gone home!

Even at club / regional level race, we would like to provide comprehensive results (as published on our web page for our last Gembrook race). This gives you an indication as to by how much you won! (or how far down on you were on the leaders) - something you can strive to better next time! If you think accurate comprehensive results are add value to your racing **PLEASE** give us some positive feedback and support as it is quite an effort.

Thanks
Alan Barnes

FOR SALE

Bianchi- Mercatone Uno (Marco Pantani) Team Replica Road Frame. Lite Alloy Reparto Corse 55cm sq c-c. Carbon Forks with Ritchey head fittings. Dark Blue and Yellow colours. Done 1000klms, training only. Excellent condition \$1200.00 ono Contact: Paul Brewer 0423 798 223

If you have something to sell or anything to add to the news letter please contact the editor via info@bbn.org.au and the web page www.bbn.org.au

OPEN RACES IN JULY

Sun 4th Metropolitan road championships

10.30am, Darnum Football Ground,
Melways 612V7.

Entries close June 21

Sat 10th Hamilton 120 Handicap

12.30pm Caledonian hotel, Crn Thompson & Lonsdale st, Hamilton.

Entries close June 28

Sun 11th Victorian 100km Championships & Support Criteriums.

10.30am Sports stadium, Campbell st Port Fairy

Entries close June 28

Sat 17th & Sun 18th De Bortoli 2 Day Tour

Sat 9am De Bortoli winery, Sun 10am River St, Healesville.

Entries close July 5

Sat 24th & Sun 25th Shepparton Junior Tour

Sat 10.30 Kialla Hall then 2pm Time Trial, Kialla Hall, Sun 9.30 Gladstone Hotel, Dookie.

Entries close July 12.

Wed 28th Tattersall's Cup No.1 City of Wyndham Classic.

10.00am RSL, Synnot St, Werribee.

Entries Close July 19.

Sat 31st Melbourne to Ballarat Handicap

12 noon, Teds Café, Western Hwy, Rockbank.

Melway 357J2

Entries close July 19.

Australian Track Nationals.

Congratulations to our BBN members that competed at the recent track Nationals! Both **Richard England** and **Tabatha Cole** were in the medals with Richard taking SILVER in the 4000m Individual pursuit and SILVER with the Vic State Team in the 4000m Teams Pursuit. Tabatha's discipline and focus has seen her move quickly up the ranks over the three short years she has been in cycling to win the GOLD in the Women's Masters SPRINT and SILVER in the ITT! Also **Tabatha Cole** steered Christine Fisher to take SILVER in the Women's Tandem. They qualified fastest in 12.24 seconds just 0.14 seconds off the world record. **Martin Vcelka** competed in the LC2 events and took GOLD in both the 1000m ITT and the 4000m Pursuit and SILVER as a member in the team sprint. Congratulations Martin. **Sean Bourke** competed at the Junior Nationals earlier in the year.

Tour de France

What will happen, can Brad win the prologue again? Will Stuey finally win that green jersey he's come so close to winning before? And the big question will anyone be able to stop Lance Armstrong from winning his sixth tour in a row? Find out the answers to all these questions when the Tour finally starts on July 4th.

LATE NEWS

Matt Wilson is out of Le TOUR, injured in the warm up.

Photo by Richard Knight from Le Tour 2003 in person.



“Remember When”

I remember when I was just a twelve year old in the early 80's, cycling was blessed. A family called The Hammonds, five brothers who loved riding:

Peter, who was at Blackburn.

Lenny and Terry (Preston Pro's)

Garry and Wayne (Hawthorn Armatures)

They all started at Blackburn but some moved on except Peter. Peter started racing at the age of four, joining the Blackburn club as a junior at the age of twelve. He raced until he was about twenty five years of age, until he retired from the sport that he loved. He had a few returns to the saddle, just for the fun of it.

Peter's Achievements are pretty high and puts him up there with the best of Blackburn riders.

Three state titles

Six club titles

Lot's of placing in other big races within Victoria.

During our reminiscing, we remembered a senior 20k scratch race that our President John Nicholson beat Peter by just a tyre. Jokingly Peter still thinks he won!

Peter was more known as a sprinter but if he was in the bunch sprint, he was sure to be in the placing. He was a smart, shifty, tough and very fast rider. Overall a good rider, fair and a competitive.

He now lives in Perth and works with another old Blackburn rider Peter Neil.. They work together in the building industry and enjoy the weather. Peter said it's too bloody cold to come back to Melbourne.

Enjoy the sun Peter and thanks for your time to “*Remember when*”.

By Brett Curren



Tabatha and Christine in action at the National Titles

Rider Profile

Tabatha Cole

Age: 36

Occupation: Bid Manager, Siemens Communications

Current Coaches: Simon Quick (track) Bill Crawford (Strength & Conditioning) Robert Wilks (Power lifting)

Why did you choose cycling as your sport? I took up cycling after my first knee reconstruction as rehabilitation and got hooked straight away. I loved the freedom of being out on the road and the exhilaration of getting to the top of hills or to the end of long distance rides and the sheer challenge of going faster and further.

Goals for this year: podium at Manchester in World Masters Championships, ride at senior nationals 2005

Goals over next 2 years: set a masters world record and Australian record in 500mtr TT and flying 200, set a disabled (blind) tandem world record in flying 200 (if I can get Christine Fisher to come out of retirement).

What is your favorite event & why? flying 200 mtr because you can go so fast it's utterly exhilarating

Best results: In April I won the masters women National Sprint Champion title this year and got silver in the 500mtr TT. I Rode the flying 200 mtr tandem with Christine in the Disabled Nationals, we went on to win the silver in the sprint competition with a 12.2 second ride and got within 0.1 seconds of the then world record (much to the surprise of most people there). It was fantastic representing Vic in the disabled team, I came back so inspired to keep on working at my goals. Seeing the numbers of women in our club double and being part of a competitive team of women who are all great fun to be with.

What does a typical week of training involve? Monday and Thursday night 2 hours gym with Bill and Rob, Tuesday and Wednesday night ergo sessions with Simon at the club house or track in Summer, Wednesday and Friday yoga and stretching sessions, Saturday track or road 2 hours with the girls; Sunday morning drive to base of hanging rock 2 hours of road intervals and short hill sprints with Bill and some other friends, 2-3 mornings per week 30 min ergo recovery session & core stability. Sleep at least 8+ hours per night, eat like a horse!

Do you have anyone you really admire in cycling, and if so why? I don't read the cycling mags, so don't know that much about the European circuit, all my cycling heroes are local people that I know they all inspire me to believe in myself and keep pushing the envelope.

- **Laurie Noonan** - because he epitomizes brains before brawn and he took the time to talk me through my national sprint competitions (silver 2003 & gold 2004).
- **Janet Shaw** - read the book, rode against her in the disabled nationals, she is awesome.
- **Lisa Friend** - she is going to be a future Australian champion and she is just so modest, a really lovely woman - I love watching her ride.

If you had unlimited cash, what would your ultimate riding machine be? (bike that is!) a super bike with disc wheels, Favorite post training food; coffee, crumpets with honey & toasted ham Sandwiches

Favorite training music/bands? 3PBS radio station is my daily fix for good music and for training Pepe Deluxe, Black Grass, Chemical Brothers & Prodigy and many other techno favs.

Richard England Overseas Trip

Tour of Korea

England. Richard has acquired a spot on the MGZT team competing in the Tour of Korea (Jun 12-20, 2004).

Here is his 'informal' email on his experiences.

June 15

Hi all,

I arrived safely after not such a bad flight, Gooldy (Matthew Gooldy) and I scammed an emergency exit so we had leg room to spare.

Korea....first impressions....not good....the pollution and streets were really bad, almost died 4 times on the drive to the airport...but we made it eventually. The pollution made your chest hurt after our first training ride...it was shocking....

But then, we woke up this morning and could finally see further than 100m from our windows. Nice country it turns out. Streets are still dodgy but you can deal with it. We are being well taken care of and the accommodation is pretty good.

My first race....1.4km tricky little prologue....I rode a 136.0 which would have won it last year, we don't know the results yet, but im pretty sure it will get me top 5, so im pretty wrapped. Karl Menzies rode a tad faster than me we think, so the team is in a good position. We are all pretty happy with how we went. I'll find out the results later tonight or tomorrow but look on the mgzt website and it might say: www.teammgzt.com.

Pumped for the rest of the tour now, bring it on...

I have no mobile reception here so don't bother trying to call, not sure why....I'm at a bakery now, which has email so that's how im doing this, but tomorrow the tour takes us out of town so not sure how I'll go for email then. If worse comes to worse then I'll be back here later in the week and will contact you again then.

Hope all is well in Melbourne. It was 39 here today so I'm warm...rug up you lot...

I'll speak to you soon

later Richard

June 16

Hi all,

Another good couple of days for me. I got over the hills of the first 2 stages with 2 top 30 finishes and was able to assist my team leader to a podium position!

We had a crit yesterday and then a flatter road stage today (much more my style). I finished 11th in the crit after missing the vital break, on what was a sketchy course to say the least. It was all brick pavers, most of which had sunk in spots. It also included two speed humps and was only wide enough for 2 riders. They decided because of the large field of 96 that it was too dangerous to be for the GC so it was just raced for the money.

Today I made the vital break, along with Karl (my team captain, 6th on GC). The break was missing the yellow jersey and 3rd, so I drove like I had never driven before. We got away after 50km, so it was going to be a 100km break if we were to survive. We got out to 3.5 mins and had the leaders team chipping off at the front of the main bunch. There was only one hill, but heck was it steep. About a km long and 400m up. Not fun. I struggled over the top and then the tactics for the win started. I chased all I could for Karl - spent the last 15km on the front. Two got away and won, Karl won the bunch sprint and I rolled in about 30 secs down in 15th. I was wrapped though. It has been a huge leap in my ability and I have

Tomorrow presents our toughest challenge. Karl is now in 4th, but we have a 30 km climb to contend with. We will do our best to consolidate his position, but it will be tough. There are a lot of good climbers here.

I'll get back to you all on how we go and how we finish up. Personally I'm about 17 mins down in 26th or so - but its all about Karl tomorrow, so my place is of no concern.

Later Richard

June 19

Hey again,

Well, we have just finished today and things could not have turned out better. We jumped Karl into a podium position after we got him into a late break on the 5th and last big road stage. He took 55sec from 3rd and the yellow and moved into 3rd.

Only a crit to go so there wont be much chance to take the overall but we will try for a stage victory. The day wasn't without its dramas, Karl dropped his chain with about 6km to go up the big climb and Jai and I had to wait for him. We waited and started to drive it up and over the hill. With all the hitters in the front group it was going to be tough. It took about 40km with the 3 of us pulling hard turns but we finally rejoined and it was awesome. We kept the heat and pressure on them and he finally got away in that late break. I also moved up the general classification into 24th, in the money.

Today we had the crit and the rider in 4th was determined to get away. Our whole team rode the front and controlled the race with Marco polo and we wouldn't let anyone get any further than 10 seconds to threaten our podium. We muffed up the final sprint and only managed 4th for the stage, but we took 3rd in the GC and I moved up into 23rd to finish up.

I'm wrapped with that, especially due to the severity of some of the climbing that this tour had. Nothing like the track. I was worried I would be completely out classed, but the team and myself are extremely happy with the job I did and where I finished. Only 18 mins down, after riding hard and on the front for a lot of the race and chasing for Karl.

Certainly one of the most valuable racing experiences I've had yet.

We now have about 4 days in Korea, for a bit of recovery and then we fly out to Nevada (USA) to race another tour. We are all confident with how we have performed that we can make an impression on the US circuit.

I'll let you know how we fare in the US when we get there.

Stay safe everyone.

Later.

Richard



Richard crossing the finish line making it back to back silver medals in the state criterium titles Photo:David De Gamma.

Stretching

Here is an Article supplied by **David McCormack** from **Athletic Soft Tissue Therapy** phone **9876 3365**.

As we all know cycling is a demanding sport. It requires many hours in the saddle and many revolutions of the peddles to reach peak fitness. But have you ever stopped to think what this extended period of exercise is doing to your muscles?

With vigorous exercise microscopic injury can occur to muscle tissue. This microtrauma will cause edema (swelling) and inflammation around the injured muscle fibres. The muscle responds with a protective reflex spasm, the tightness / soreness you feel in the muscle the day after a hard race or a heavy training session pushing big gears.

So how do you combat this muscle soreness and facilitate a quick recovery?

All serious riders should have recovery strategies to implement after a taxing ride. These strategies should include one or all of the following:-

Nutritional – Replenish your fuel stores.

Active Rest – Allow the body to rejuvenate while maintaining fitness level.

Stretching – Returning tight muscles to pre race length.

Massage – Improve tissue elasticity and removal of waste products.

There are hundreds of stretching books on the market and many methods to stretch a particular muscle. Below are seven stretches that target cycling specific muscles. The stretches are easy to perform and can be done almost anywhere and at any time of the day.



Hamstring

1. Place one foot on a chair (or similar) and bend at the hips so your chest is resting on your thigh.
2. Extend at the knee keeping your chest on your thigh and pushing your backside away.
3. It's not necessary to fully straighten your leg to get a good stretch.
4. You should feel tightness – but no pain!

Gluteals (piriformis)

1. Sitting upright, cross one leg so your ankle is resting on the knee of the other leg.
2. With a straight back bend forward at the hips.
3. Slight downward pressure can be applied with the hand to the bent knee to intensify the stretch.



Quads

1. With the aid of a chair, place a bent knee as far back as possible on the seat.
2. Lean back onto the backrest of the seat.
3. To intensify the stretch, rotate the hips backwards.

Groin

1. Stand beside a chair or similar. Place one foot on top of the chair.
2. With a straight back, bend forward at the hips so your upper body moves inside your chair leg.
3. Continue to reach lower to feel the stretch – but no pain!



Hip Flexors (Psoas)

1. Stand beside a chair. Place one knee on the chair and take a step forward with the other leg.
2. With hips square and a straight back, move your body forward and down (the downward or sinking motion is important).
3. To intensify, place a hand on your buttock of the chair side, and gently push forward.

BLACKBURN CYCLING CLUB

NEW 2004 CLOTHING!

That's right, we have, at long last, new club clothing! And you can order it now! As we welcome **Siemens Mobile** (prime sponsor), **Le Tour Cycles**, **Team Alex**, **Flat Top Products**, **Village Garage** and **Tiltaway** on board as the club sponsors for the period 2004 to 2006, we celebrate by launching the new and comprehensive range of club clothing.

So support your club and our new sponsors by purchasing and wearing the finest quality clothing on two wheels. The sponsors are relying on club members to wear the clothing so that they can gain the corporate exposure they seek.

"Who cares?" I hear you say, "I just need a new skin suit! (and jersey, and knicks and ...)" Well, if you think you need a new skin suit, you should see Rowan's old suit ...

How to order:

1. Work out what size you want and what garments you want (hint any shop that stocks Cannibal clothing has the sizes to try on. We will also be getting a 'fit kit' for skin suits etc. contact Jamie Goddard for fit times);
2. Work out the total of your order;
3. Make a copy of your order for your own records;
4. Send your order and a cheque for 50% of the order total to Jamie (address on form) - note: The club is not rich! We need 50% deposit up front - no exceptions.

The first order round closed on **11 JUNE 2004** but don't de spare because we have ordered extra clothing so get in quick so you don't miss out! It will be ready for pickup in time for the **De Bortoli Tour!**. There will be a second order which closes on the **30th of August** and third order later in the year - stay tuned.

Pickup times and dates will be advertised on the web.

When picking up orders, you must present the balance of monies owing before you can take the clothing. No exceptions.

Wear your clothing with pride!

Some items need to be ordered in minimum quantities. Where possible the club will ensure this happens. Otherwise you may need to wait a few weeks until others order the same items and min quantities are met.



Calf

1. Place the ball of your foot on a raised platform such as a step.
2. Allow the heel to drop below the level of the step.
3. To target the outer most muscle of the calf (gastrocnemius) do this stretch with a straight leg.
4. To target the inner muscle of the calf (soleus) do this stretch with a bent knee.



Upper Hip & IT Band

1. Sit on the floor with one leg crossed in front (as in the Indian position).
2. Position the other leg so that the outside of the ankle is resting just above the opposite knee.
3. Reach across and grip that leg, around the knee, with the opposite forearm.
4. Gently pull the knee towards the opposite shoulder.
5. Maintain both sitting bones on the floor during this stretch.

Key points to remember when stretching

1. Hold the stretch for at least 30 seconds to maintain flexibility.
2. No pain. Stretching should be done with minor tension, no bouncing and no pain.
3. Don't hold your breath. Breathe deeply and on the out breath marginally increase the stretch.