

Spoken Word

January 2007



Sunshine Coast Cycling Club Newsletter

President: Dave Wighton 54506191
Secretary: Simon Hudson 54578989
Treasurer: Jim Denholm 54783939

Well Christmas is over for another year, I hope Santa was kind to everyone, it certainly was great to see all the new gear that many of us were wearing or riding on on Boxing Day.

The Summer Series is well underway, the numbers have been small but racing none the less remains fast and furious with those in attendance enjoying the challenge of the new race circuit at the Nambour Showgrounds. If you wish to race in the New Year in the Summer Series you must renew your membership, no licence – no racing! You can now renew on line. Password is your surname and postcode.

<http://www.cycling.org.au/AM/Template.cfm?Section=Membership>

Life Membership

Digby Cleaver was awarded the first Life Membership Award, for his services to the club since its inception. Digby was presented with a certificate at the clubs Christmas BBQ on the 3rd December and was officially presented with a plaque on Friday 22nd December at his home.

Digby has been a member since the clubs inception, was President for a number of years and a regular 'coffee grinder', our thoughts are with him, wife Chris and family as he battles illness.



Digby receiving his Award from President Dave Wighton and long time friend John Connelly.



John Connelly, Peter Chrimes, Buddha, Mike Patton, Digby and Dave Wighton

The Girls Grind

Welcome to the "Girls Grind". Please join us on the **second Saturday of each month** for a social ride along the Coffee Grind route, which is approximately 50km. We will be leaving Hot Papis Café Mooloolaba Esplanade on:

13th January 2007
10th February 2007
10th March 2007
14th April 2007
12th May 2007

The girl's grind will provide a supportive and friendly riding opportunity for female cyclists and is a great introduction for beginners. There are regrouping points along the way and we don't leave anyone behind. The pace will be steady and according to the abilities of the riders in the group. For more information please phone Melissa on 0408 588 061.

Gold Stars Cycling Club New Years Day Criterium

\$2500 in Prize Money

Hope St, Nerang

Dependent on entries

Juniors various 7:00am \$10

Combined E 20 MIN + 2 7:30 am \$20

Combined D 30 MIN + 2 7:30 am \$20

Combined C 40 MIN + 2 8:05 am \$20

Combined B 45 MIN + 2 8:05 am \$20

ELITE 60 MIN + 2 9:00 am \$25

- All grades, except ELITE, will be run as per normal Sunday racing with the addition of increased prize money and primes.
- All riders in divisions will be graded as per ability.
- Juniors must comply with gear restrictions.
- All Junior races around "small circuit".
- The ELITE race open to Under 19, Senior and select Masters.
- Elite women should contact us regarding riding Elite or B Grade.
- Prizes for first unplaced woman and Junior riding in B-E Grades.

LINE ENTRIES ONLY - BUT PLEASE PRE REGISTER (phone or email)

Please wear registered Club Uniforms (not compulsory)

2007 licence required

Info contact Andre Bondeson 0412 434323

Email bondeson@bigpond.net.au

Duty Roster

The following is a rough draft of the Duty Roster Policy; it has yet to be approved by the committee and is open to discussion prior to approval at the next club meeting in January. If you have anything that you would like to discuss regarding this policy please come to the meeting, date to be advised.

Sunshine Coast Cycling Club Duty Roster Policy

All SCCC members must nominate for a duty in 2007

In 2007 it is expected that each and every SCCC member will contribute to the smooth and safe running of the SCCC. This will mean that every member that is 18 years of age and over, and a parent of those members that are under the age of 18, will do some form of duty that will contribute to the safe running of races.

A delegated SCCC Executive member will formulate a Duty Roster/Race Calendar as the year progresses.

The Duty Roster/Race Calendar should be available on the table where nominations are accepted.

Before SCCC members are **allowed** to nominate at their first club race in 2007, they **must** print their name and sign along side the race that they **will** attend for duty. The race selected by the SCCC member must be as close as practically possible to the earlier part of the Race Calendar year. If there are already 5 people nominated for a particular race the SCCC

member must select a race with less than 5 names. It will be the SCCC member's responsibility to keep their own record of the time and day of their duty. **The duty on the day will be as required by the Race Director or Commissaire.** If the SCCC member fails to arrive on time, or fails to have a person take their place for the selected duty it will be SCCC policy that they will not be allowed to participate in future races, or other such penalty at the discretion of the SCCC Executive Committee.

The SCCC member may choose to pay a qualified traffic controller to take their place. However the member must arrange this with the traffic controller and notify the executive committee in writing.

After each race the original duty roster that is signed by the members will be collected by the delegated SCCC Executive member and at the next race a photocopy will be provided so that as new members come to race they will be added to the duty roster.

Executive SCCC members that contribute weekly to the running of the SCCC will be exempt from having to be on the duty roster, for example, President, Race Director, Commissaire, non racing first aid volunteer, time keeper, trailer manager, Treasurer and Secretary.

Some examples of the SCCC members anticipated duties are as follows:

- Arrive approximately 30 minutes before racing starts, put on a red vest and take cycle race warning signs from the trailer out onto the course on your way to a corner on the course as nominated by the Race Director or Commissaire. Once the racing has finished at that corner or intersection, return all equipment and signs to the trailer.
- You may also be requested when necessary to pick up the trailer from the designated storage location and tow it to the race start and/or return the trailer on completion.
- You may be required to follow the riders or lead the riders in your vehicle with the relevant signs and flashing lights for safety purposes.
- You may be required to do any number of duties on the day at the discretion of the Race Director or Commissaire.

December Club Meeting

Present: David Wighton, Simon Hudson, Merv McDonald, Julie Bonar, Peter Chrimes, Paul Clarke, Ross Blumel, Gwen McDonald, Phil McFarlane, Gary Baker

Apologies, Jim Denholm, Ron Boyle

Visitor: Mary Long

Meeting Opened at 7.10pm

Minutes of the previous meeting read and accepted

1. Dave Wighton
2. Julie Bonar

Passed

Treasurers Report:

Jim could not attend and passed on his apologies

Inward mail: Nil

Outward Mail: Nil

GENERAL BUSINESS

Mary Long addressed the meeting seeking support of a proposed "Organ Donation Awareness Ride" to be held 17/02/2007 from Sunshine Coast to Prince Alfred's Hospital in Brisbane.

Ross Blumel runs the duty roster and has put forward a draft policy for consideration for 2007 and we will vote on a final draft at our next meeting. In essence it will be a "no duty no race policy". The working of which will be advised after the next meeting.

Gary Baker met with the Quad Park Management with regard to a closed Criterium course and an open air velodrome at their site.

Gary will form a sub-committee with Paul Clarke, Ron Boyle, Merv McDonald and they will draft a letter for Quad Park to advise that we would like to be involved.

The Summer Crit series is in place but we are yet to get permits for Kunda Park.

Merv advised that he has purchased 50 traffic cones and bollards. He is taking juniors to the track on Saturday mornings and the showgrounds on Thurs afternoons. He will introduce a Tuesday a' noon session at the showgrounds over the holidays and will run an adults skills session if the numbers warrant it.

Open dates have been submitted to CQ. The Charity ride and crit for Kawana Is will be 29/04/2007 and the Tour of the Sunshine Coast will be over Easter.

It was moved by Dave Wighton and seconded by Gary Baker that Digby Cleaver be made the first life member of the Club. This was passed unanimously.

It was also commented that the BBQ on Sunday 3rd where Digby was given a certificate was a great turn out. Many thanks to Alan Shuttleworth for organizing the day.

Meeting closed 8.55pm

Summer Criterium Series

Friday December 29 th	Nambour Showgrounds	5.30pm
Friday January 5 th	Nambour Showgrounds	5.30pm
Friday January 12 th	Nambour Showgrounds	5.30pm
Sunday January 21 st	Kunda Park	7.00am
Friday January 26 th	Nambour Showgrounds	5.30pm
Friday February 2 nd	Nambour Showgrounds	5.30pm
Friday February 9 th	Nambour Showgrounds	5.30pm
Sunday February 18 th	Kunda Park	7.00am

Entry fee is \$7.00 with 70% of entry to prize money.

First race of the road season is Sunday 4th March.

CYCLOSPORTIF



Grafton to Inverell

228km Ride

Sunday 24th February 2007

Well folks, after 46 years of the most gruelling one-day cycling race here is your chance to have a go at the course and take up the CHALLENGE!

On Saturday the 24th February 2007 the organisers of the Grafton to Inverell Cycling Classic will run the first Grafton to Inverell CycloSportif Challenge offering \$5000.00 in prizes to be drawn by random draws [this could increase depending on the final line up].

We are catering for all riders of all abilities. This is not a race it is a personal challenge for you to see if you have the ability to do it and how well you can do.

You don't need a cycling licence, your insurance will be covered in the entry fee by Cycling Australia for the event [if you intend to do the B2B ride in Bathurst on the 26th March please indicate on the entry form].

The start will be at McKittrick Park in Grafton with the first wave of social riders leaving at 5.30am [Day Light Saving Time], other riders leaving progressively through until 7.30am. The more competitive riders will leave in 15-minute intervals from 7.30am - 8.30am. You will need to enter your estimated average speed or cycling grade on the entry form.

The G2I CycloSportif sign-on will be at the Grafton Civic Centre, Prince Street Grafton on Friday 23rd February between 5.00pm and 7.00pm.

You will travel the same route as the Grafton to Inverell race with the finish being in front of the Inverell Swimming Pool where we will be holding a presentation and dinner dance party "on the green" style. Shower, toilet facilities will be available to all members as they freshen up for their meal and their lucky prize draws.

The cost will be \$130.00 for the Long course Grafton to Inverell, which will include:

- Your Dinner Ticket
- Your Grafton to Inverell Shirt
- Your chance to win prizes in the Lucky ticket draw.
- Your medal of accomplishment.

Additional dinner tickets for supporters can be pre ordered on the entry form for an additional cost of \$30 per ticket. All prices GST inclusive.

This ride is open to any person over the age of 18years.

You will need to carry enough food to do the distance, however there will a vehicle to carry extra feed bags to the 120km (Mt Mitchell feed station) "YOU WILL NEED TO HAVE THESE BAGS MARKED WITH YOUR IDENTIFICATION AND COLLECT THEM YOURSELF" there will be several water station stops along the route where you can refill/replenish your water supply.

There will be a short course event run in conjunction with the Grafton to Inverell. It will run from Glen Innes to Inverell starting at 1.00pm. It will be called the Glen Innes to Inverell.

The cost will be \$100.00 for the Short course Glen Innes to Inverell, which will include:

- Your Dinner Ticket
- Your Glen Innes to Inverell T Shirt
- Your chance to win prizes in the Lucky ticket draw.
- Your medal of accomplishment.

One price covers all competitors for the Short course event. The Short course event is open to all ages, however children under 18 years will require their parents or guardian to sign a wavier and offer support.

There is no prize money for the first rider to finish either Challenge event. Random prize draws to the value expressed, guaranteeing a minimum \$5,000 will be made at the dinner presentation. Please note that you must be in attendance to claim your prizes.

Early bird entries, which will close on The 31st December 2006, will go into a \$250.00 draw to be conducted at the post race dinner/presentation. Why not give one of your cycling friends a "get even Christmas Present" enter him/her for the Grafton to Inverell or the Glen Innes to Inverell CycloSportif Challenge! (What nice way to get even.)

There will be emergency mechanical support. However all riders will need to carry enough spares to cover the distance "just like a training ride".

If you intend having a support vehicle they must exercise extreme care with other cyclists on the road and obey all traffic rules and not cause disruption to general traffic flows that could jeopardise the success of the event. We don't have the same Police Escort as in the Grafton to Inverell Cycling Classic race so you must be very much aware of the general publics rights to the road and abide by the everyday road rules.

There will be a commemorative medal for every finisher to record their time on and start a collection of (the record of finishes in the Grafton to Inverell Race is 29) how many can you do?

Don't forget the organisers will take your feedbags to a feed station at Mt Mitchell approx 120kms from Grafton. All bags 'MUST BE CLEARLY MARKED WITH YOUR IDENTITY, EVERY CARE WILL BE TAKEN OF THEM HOWEVER THE ORGANISERS ACCEPT NO REPONSIBILITY.'

Event details will shortly be listed on the Cycling NSW website.(www.nsw.cycling.org.au)
Start getting your friends together, and start your training.

January Happy Birthday Wishes

Keit Lui	4 th
Andries Ferrierd	6 th
Rein Everhuis	7 th
Eileen Whittaker	8 th
Michael Meagher	15 th
Merv McDonald	17 th
Mark Bown	17 th
Ross Pilkington	19 th
Adrian Van Hoof	23 rd

And Happy Birthday to anyone that I may have forgotten to mention!

Track Corner

By David Weir

Hello to my fellow track enthusiasts, yet another world record has fallen at a world cup event, this time Theo Bos broke the world mark for the men's 200m. Kurt Harnett of Canada formally held this record; Bos recorded 9.77 on Moscow's Olympic track, allegedly on a 91.8 gear (51 x 15). I haven't done the math, but that is some seriously fast pedalling! The Moscow track was built for the 1980 Olympics, 333.3 metres in length with very steep banking and wide straights. This would allow a rider to get maximum run up at the 200m mark by diving off the very high bank. The Czech rider Ondrej Sosenka took advantage of the fast surface of the Russian track (Siberian hardwood) to break the hour record in 2005.

Not much to report on the local scene due to wet weather raining out the last round of the grand prix at Chandler (again!). Training continues at Caboolture Wednesday nights (6.30 start), the master of motor pacing, Harry Shaw has been coming down & making us pedal very fast, a great speed workout! Kurtis Redmond has been preparing for his assault on the Qld. titles, to date no Sunny Coast rider has medalled in the sprint event at state titles, 2 riders have come close. Terry Cook of Bli-Bli (1980) and Michael Leask (not sure of the year, maybe 1989) from the old Caloundra club both recording 4th places. Maybe 2007 will be the year. The states start on the 3rd. of January at Chandler velodrome, so come down & cheer for the big fella!

Junior News

What a wonderful year Merv McDonald had with his Junior Squad and it looks like 2007 will be even bigger and better.

Activities for the juniors commenced on 1st April at Claymore Road on Saturday mornings with skills sessions and basic racing. Since 1st April 27 new children participated as well as those who were already members.

- 18 juniors have been successful in passing Level 2 of the Skills Course.
- 6 juniors are almost at the stage of passing their Level 4 skills.
- Two junior teams participated in the Road TTT for a Silver Medal and a 4th
- A number of our juniors competed in Open Carnivals and the Qld State Road Championships

Hamilton Pine Rivers Cycling Club is planning a Juniors race meeting on Saturday 17th March 2007, at Nundah, the program is going to be run after the seniors normal criterium racing on that day and there will be great prizes so as to attract Juniors from all over SEQ. The full HPRW Summer Criterium Program is at www.hamiltonwheelers.com (Events Program).

For further information on the Junior Squad contact Merv McDonald merv@redzone.com.au

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Wishing everyone a Safe, Happy and Healthy New Year.