eNews

Blackburn Cycling Club Inc. P.O. Box 43, Blackburn, 3130 Enquiries: 0407 308 755. Website: www.bbn.org.au E-mail: info@bbn.org.au

***Welcome* to the 2nd edition of the Blackburn Cycling Club www.bbn.org.au Newsletter in the format of *eNews*. The objective of *eNews* is to provide club members, interested parties and Sponsors long with Corporate Partners informative information surrounding what has occurred and what is being planned in the coming few months at the club.**

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Presidents Word – *by John Nicholson*

Winter is on us and if you remember from my last report the picture of the frozen bike, we can be thankful that we don't experience that level of winter as they do in Europe. The European cyclists do train during the winter and I can remember the Danish cyclists training in the depth of winter on their sports bikes riding in clogs so if they slipped in the ice or snow they could put their foot down quickly. I don't think it was very safe.

Talking about safety when you are training in our winter you are going to be out at night. Remember to make sure that you can be seen, fluoro or bright top and good lights. The lights you can buy now are very good. However I have seen a number of commuter cyclists (generally riding past me) and their rear lights are very dim, I guess the batteries are nearly flat so check before you start your ride. The other thing is clothing, the number of riders in shorts at this time of year is amazing but I think it is an Australian thing because again the European cyclists would always wear a full complement of winter riding gear.

The club has awarded 2 life memberships at the Annual General Meeting. The Blackburn Club has two categories of Life Membership, one category for officials who contribute over a long period and the second category is for representing Australia at the highest level of cycling. In the first category Doug Reith was awarded Life Membership and in the second category Tom Leaper was awarded Life Membership. Congratulations to both of these worthy recipients.

Doug Reith is doing well after getting a bit of a fright the other night. He had to get Dale to take him to the Box Hill Hospital where he spent a few days in the cardio ward. Take care, Doug and all the best from all at Blackburn. Sorry you missed that dream trip on the Ghan, there is always another day.

Facebook, Twitter and other forms of social media are changing the way we communicate with each other and the speed of this media is not giving any opportunity to consider what you are writing and has lead to some very inappropriate situations. The Victorian Department of Justice has taken this very seriously and has produced a video to demonstrate how this media should be used and many parts of this video are relevant to the Blackburn Cycling Club.

http://www.youtube.com/watch?v=8iQLkt5CG8I

Take care and safe cycling.

Breaking News – *by Andrew Fitzgerald*

Alex Morgan Wins Australian Title

Congratulations to Alex Morgan who recently won the MU/19 Individual Road Time Trial in a time of 34:02:59 minutes at the Australian Championships on the NSW / Queensland border.

Liam Dove (Blackburn CC) also represented Victoria at the Australian Championships finishing 28th in a time of 37:48:02 minutes.

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In the Road Race Final, Liam finished 44th overall and unfortunately Alex did not finish.

In the Criterium, Liam **won** the 2nd heat, Alex was 4th. In the final, Liam finished a gallant 37th out of a large field. Congratulations to both riders, **Fantastic Effort**!!

The Blackburn Cycling Club is very appreciative of ***RACV*** *www.**racv**.com.au* becoming the major sponsor of the **2011 Eildon Junior Tour**.

Are you a member of RACV, if not consider calling 13 72 28. Similar to our club, RACV is a membership organisation and RACV is run to benefit members. RACV is serious about returning value to those who contribute to their success through providing high quality products and a wide range of member benefits.

The main member activities are emergency roadside assistance, technical advice on vehicles, driving instruction, research into road safety and vehicle design, touring and travel tips and the Royal Auto magazine. RACV also strongly advocates for members on many mobility-related issues, including petrol prices, road funding and safety.

In addition to running quality lifestyle clubs in Melbourne's CBD and Healesville, RACV also operates impressive resorts at Cape Schanck, Inverloch, Torquay, Cobram and RACV Royal Pines Resort on the Gold Coast.

RACV's commercial products include comprehensive and third party property and motor vehicle insurance, home and contents insurance, boat, caravan and trailer insurance, landlord insurance, farm and business insurance, home security, financial services and personal loans.

This year RACV has launched Emergency Home Assist, an innovative new service for the home which is based on the principles of Emergency Roadside Assistance. Call RACV now!!

The Eildon Junior Tour – *by Anthony Dent*

The RACV Eildon Junior Tour is fast approaching - 16/17 July 2011.

Blackburn junior riders (J13-J19) are invited to support your club's 2-day, 3-stage, class event and enjoy some great racing. ITT, flat-course road race (for J15 and J17 to prepare for Nationals in Shepparton) and challenging hilly course road race ending in spectacular fashion on the Eildon Dam wall. Come along, bring your friends. Enter via Cycling Victoria website. http://www.vic.cycling.org.au/?ID=42146

Parents, senior riders and all club members and friends: we need your help to make this event as enjoyable and as safe as possible for riders from across the state. It is our club's largest event - please help to showcase our club. Contact Dave Barry at barrydbma@gmail.com to volunteer for one or both days.

Our fantastic sponsors provide a combined message of safe riding in the great outdoors around Eildon and responsible road-sharing with motorists. Without their generous support the event could not be as it is. In turn we encourage all members to support our sponsors: **RACV**, **Scott Peoples Foundation**, **The Outdoor Education Group**, **Eildon Major Event's group**, **Golden Trout Motel and Restaurant** and other local businesses **Eildon Parkview Motor Inn**, **Rubicon**

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Hotel Motel, **Thornton Caravan Park**, **Lake Eildon Holiday Park**, **Blue Gums Riverside Holiday Park** and **Eildon FoodWorks** and **Würth Australia** who have donated some products to be awarded as prizes.

We urge you to make the most of the school holidays and go up to Eildon early to enjoy the many benefits of the area.

The Ratchet – *by Alan Dorin*

Like anyone who has worked on bicycles for more than the last few years, I have seen them change from machines equipped with bolts requiring a good set of spanners, to those that require a few allen keys and now, Torx screws. Whilst I am the first to admit that hex keys and Torx screwdrivers are portable - ideal for keeping in your jersey pocket in one of those pocket-knife like mini-tools - in the workshop I miss the tactile sensation of tightening and loosening bolts with a hefty set of spanners. That sensation has been eliminated apart from on the wheel nuts of my track bike.

The snug fit of a Torx driver is comforting, but turning it is not satisfying. I have never been a fan of allen keys. The bolts always feel to me like they will round out and the keys break, especially in the smaller sizes when operating stuck bolts. The keys themselves lack the solidity of a properly made spanner and operating them is fiddly and uncomfortable. Until now...

I recently acquired a 1/4" drive (square tip) ratcheting handle that takes the set of Torx tips and hex heads from my torque wrench. Where the torque wrench is slightly wobbly due to its two-piece handle (that releases when correct torque is reached), the new ratcheting wrench is firmly and sweetly made.

I can now tighten hex or Torx bolts with one hand, without needing to extract and reinsert the key tip in the limited space amongst the bicycle's many restricted working areas. The other hand can now be used to hold a cable tight, or to keep the bars from turning, or to stop the seatpost from sliding or to maintain seat level. I am a convert! Sure, I will revert to the torque wrench when working on carbon fiber. But for a real workshop experience, when I dig out the old steel machines, I can now enjoy the sensation as much as I like changing wheels on my track bike.

Happy wrenching!

Road ID – *by Andrew Fitzgerald*

What is RoadID? you ask. I said exactly the same thing until my brother sent me one for my birthday. It is a lightweight and durable *Shoe ID* that is laser engraved with your own personal emergency contact information. You simply strap the *Shoe ID* to your cycling shoe. Then, enjoy the peace of mind that comes with having ID every time you step out the door. It's made of durable stainless steel and attaches to your shoe with a small Velcro strap. The strap comes standard with a 3M reflective stripe to enhance your visibility when training in the dark. The *Shoe ID* is available in three colours. For further information about RoadID and how to purchase one, check out the following link www.roadid.com. RoadID comes in various versions such as *Wrist ID*, *Ankle ID*, *Fixx ID* and *Shoe Pouch ID*.

Secretary Report – *by Rob Monteath*

Hello!
Our Winter Road season kicked off in March with the Warburton Regional Road Race. We had a fantastic field with nearly 100 riders turning up for this really difficult circuit. It was great to see so much positive feedback from the riders on this event & the club is looking at maybe adding to this next year, so stay tuned!

We have also run 3 x Criteriums at Casey Fields and 1 x Time Trial at Kew Boulevard which again have had pretty good numbers. To view the next Criteriums & Time Trials go to our website and click on the racing tab.

Thank you to all of the volunteers who have helped out so far, without your help we would not be able to run our events!

Also on behalf of the club I would like to send our best wishes to Doug Reith who had a recent health scare. Take it easy and get well soon Doug, from all your friends at Blackburn.

Fundraising

Tour de France Tipping Competition – *Laura Parlevliet*
Blackburn is running a Tour de France Tipping Competition for the first time! The competition will work by picking nine riders for your Super Team. You

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will have 100 points to "Buy" riders. Entry is $10 and open to all. For more information, and to register your interest email: tippingtdf@gmail.com. If the flyer is not available via the club website on publication of the newsletter, send an email to the above email address and one will be forwarded to you.

2011 – 2012 Melbourne Entertainment Book – *Katherine Presley*

The book costs $65 and we retain 20% - $13 as profit. The variety of offers in the book would appeal to most people and you quickly get your money back from the discounts you receive without really changing your shopping and dining out habits. We have sold 8 books - $104 profit for the club. Thank you to those who have purchased the books, also thank you to those people who said they would support us next year if they are advised early that the club will be selling them. We still have 2 books available if you wish to purchase one. The vouchers are valid until June 2012.

Raffle Tickets - Blackburn Cycling Club Eildon Junior Tour Raffle 2011 – *John Presley*

Most members of the club have taken 2 books of tickets to sell. We still have a few books left if you missed out. Tickets are $2 each or 3 for $5. The raffle will be drawn on Sunday 17th July 2011 at Eildon. The prizes are fantastic!

1ST PRIZE valued at $450

- HP 6500 Plus Printer – Officeworks, Nunawading
- Santini Cycling Jersery – Cycling & Sports Clothing, Surrey Hills
- Ozito Circular Saw – Bunnings, Nunawading/Blackburn
- 52lt Clear Plastic Storage Container – Bunnings, Nunawading/Blackburn.

2ND PRIZE valued at $280

- $150 Voucher – Bike Hub, Nunawading
- Outermark Polo Cooler [Esky on wheels] – Bunnings, Nunawading/Blackburn
- 42lt Green Plastic Storage Tub – Bunnings, Nunawading/Blackburn
- Lindt, Lindor Gift Box – Assorted Chocolates 235g

3RD PRIZE valued at $180

- Slazenger Cycling Jersey
- Metal Fire Pit Container – Bunnings, Nunawading/Blackburn
- 44lt Clear Plastic Storage Container – Bunnings, Nunawading/Blackburn
- Zoronge, Multi Purpose Cleaner – Quality Bicycle Repairs, Surrey Hills.

4TH PRIZE valued at $125

- Electric Homelite Blower Vac – Bunnings, Nunawading/Blackburn
- Bike Cleaning Brush Set – Quality Bicycle Repairs, Surrey Hills
- Lindt, Lindor Gift Box – Milk Chocolates 150g
- 30lt Blue Plastic Storage Tub – Bunnings, Nunawading/Blackburn.

5TH PRIZE valued at $85

- Cervelo Cycling Jersey
- 15lt Clear Plastic Storage Container – Bunnings, Nunawading/Blackburn
- T-9 Bicycle Lubrication 113g – Quality Bicycle Repairs, Surrey Hills
- Carmen's Muesli Pack – Carmen's Muesli
- 15lt Yellow Plastic Storage Tub – Bunnings, Nunawading/Blackburn.

Thank you to the various businesses and individuals who generously donated all the prizes in our raffle. The only cost has been the printing of the tickets.

For the raffle to be a success, we need your support. Please try to sell the tickets to family, friends, work colleagues, etc. It is easier for those reconciling the raffle if we receive money and complete books sold. Try your best – your effort and support is appreciated!

Please support the businesses who generously contributed to our raffle – Bunnings - Nunawading/Blackburn; Officeworks - Nunawading and Carmen's Muesli.

And please give extra support to those businesses that have a passion for cycling, just like all our members, Bike Hub - Nunawading, Cycling & Sports Clothing - Surrey Hills and Quality Bicycle Repairs - Surrey Hills.

You can start returning your raffle tickets and money now. PLEASE – write on the yellow sheet on the front the amount of money that has been collected matching the number of tickets sold. It would be appreciated if you could put the tickets and money in a labelled envelope.

Andrew Fitzgerald and John Presley will be at most Blackburn Club events collecting money and tickets leading up to the Eildon Junior Tour. Please contact Andrew on 0425 785 009 or John on 0417 867 022 or

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email bbnmarketing@bbn.org.au to discuss collection of your tickets and money.

If you have any ideas and/ or suggestions regarding fund raising, please speak to John (JP) or Andrew or send an email to bbnmarketing@bbn.org.au.

All suggestions will be considered. Thank you for supporting the club.

Juniors Corner

Novice Skill Sessions – The turnout at Siemens Junior Racing every Saturday has been great this year. The Aggregate Points Competition leader is currently Oliver Senese on 82 points.

Eildon Junior Training Camp April 2011 – A great experience was had by all. The weather was reasonably good, only one day where the rain impacted group training. A big thank you to the organisers and those who contributed to its running, especially the ladies in the kitchen, led by Carol Moffat. I am sure all the riders are looking forward to the next camp.

Eildon Junior Training Camp - Sunday 25th Sept. – Wednesday 28th September. First week of school holidays at the RUBICON OUTDOOR CENTRE, THORTON www.rubicon.vic.edu.au.

Further details can be found on the club web site at http://www.bbn.org.au/membership/Eildon2011.pdf

Junior Enhanced Training Scheme – *by Paul Parlevliet*

BOQ BBN JETS – The latest instalment of the Junior Enhanced Training Scheme (JETS) kicked off at the start of May and with 11 juniors participating. It is providing them a great opportunity to learn to train and venture further into the sport. Some of the juniors are showing great commitment and promise when participating in club events at Siemens and Casey Fields and also in taking on the Ararat Junior Tour and the Metro titles.

Bank of Queensland, Mt Waverley Branch have come onboard to sponsor the program and Brad Robins (Level 2 coach) has been developing the program that has been delivered by club coaches. Training at DISC every Friday night has given the juniors a great opportunity to enhance their skills and with racing every second week they also get to knock a few laps out in anger.

Monday night ergo's at the club room have been well attended and power readings from the BT trainer, supplied by Brad, will allow the juniors to see their improvement as they progress.

The next quarter of JETS runs from August to October and will focus on preparing juniors for the upcoming track season. For more details see the club website.

Friday Nights at DISC – Blackburn Cycling Club has a standing booking for Friday nights at DISC starting at 6:30pm. Every 1st and 3rd Friday of the month racing commences and 7:45, with 60 minutes of JETS training preceding the racing. All other nights the training is open to Novice and Intermediate riders for training from 6:30 to 8:30pm, make sure you introduce yourself to the coach on arrival. Costs are $15 per session or $120 for a three month block.

The Blackburn Cycling Club would like to thank Sean VanCulenberg and Rob Mucci, the **BOQ Mount Waverley** manager/owners for sponsoring the JETS program for the next 3 years. As part of Mount Waverley BOQ's sponsorship, BBN CC members have been provided with the following benefits:

- Waiver of Home Loan Application Fee for club members & persons referred by the club who finalise their loan with Mount Waverley BOQ branch, a SAVING of $495.00;
- Waiver of Package Fee for the first year, a SAVING of $395.00.
- A total SAVING of $890.00.

Support your club by supporting BOQ Mount Waverley. For all your banking needs go and see BOQ Mount Waverley at Suit 5 & 6, 407 Blackburn Road, Pinewood Shopping Centre, Mount Waverley, Tel: (03)

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9802 0011. They are a service focused bank and will look after all your business and personal banking.

To ensure you receive your club benefits, produce your current Cycling Victoria licence displaying you're a Blackburn CC member or seek from Andrew Fitzgerald (the Sponsorship Chairperson) a referral notice. This may also be used for family and friends who wish to be introduced to BOQ Mount Waverley.

For further information send an email to bbnmarketing@bbn.org.au.

Racing and Results

O-Mara Cycles Summer Track Season Finale – *by Laura Parlevliet*

When everyone else was at the BBN Warburton road race, a few of our Blackburn "Trackies" swept the board at the O'Mara track season finale at Packer Park, run by CCCC. Godfrey Slattery came 1st in the 'C' grade Sprint Derby, and 2nd in the 'C' Grade Scratch, Lisa Cochrane made a Trifecta, by coming 1st in the Scratch, Sprint Derby and the Points race. John Cochrane came 3rd in the 'A' Grade Scratch race, and 2nd in the Cup-on-Wheels race. Cameron Parlevliet scored a "hat-trick", winning all three 'A' grade races, then going on to win the Cup-on-Wheels. All our Blackburn riders rode well and confidently in the final race of the day – Caulfield Cup on Wheels, 1st and 2nd going to Cameron and John, whilst Godfrey and Lisa finished 13th and 16th respectively.

Photograph: Malcolm Sawford

And even more impressive, is that with the exception of Cameron, all our riders rode up a grade from their grading at the Blackburn Track. So well done guys and I guess you are off to O-Mara cycles to spend your hard earned winnings!

For a complete race report see the following link: http://www.carnegiecycling.com.au/2011/03/26/omara-cycles-summer-track-season-finale/

Photograph: Malcolm Sawford

Phillip Island Grand Prix Team's Race taken out by a Blackburn Rider – *by Andrew Fitzgerald*

Tom Leaper (Croydon Cycleworks/Pick-a-Part), a former two time Giro d'Italia rider claimed line honours on the day of the 2011 Giro start. The strong Genesys Wealth Advisers team dominated the A Grade team's division, with the CCCC-Celtic Decor/TFM squad claiming the B Grade prize.

Photograph: Chris at www.stillwaters.com.au and Thomas Coltrain

With a huge bunch in the **Team's Race**, getting to the front was a battle in itself, and maintaining a good position, harder still. The strongest riders knew that attacking gave them the best chance of surviving and avoiding the problems at the rear of the peleton.

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There were many exciting moves up front in the fast opening laps.

With a number of early breaks looking promising, a move by Jason Spencer (Bikes Direct), Paul Mason (CCCC Elite), Bike Bug-Forza Capital duo Adam Murchie and Andrew Christie, Michael Knoff (John West Cycling) and Ashley Baines (Griffth Goodall) holding off a number of attempts to bridge the gap from the huge peleton.

It was the powerful surges up the steep climb to Lukey Heights by Pat Shaw (Genesys Wealth Systems) in search of KOM points that caused the winning split to develop. 12 riders made the initial selection, with Shaw joined by team mate Steele Von Hoff, Drapac Porsche's David Pell, Jack Cummings (Jayco VIS), Spencer, Tom Leaper (Croydon Cycleworks/Pick A Part), Baines, Brendan Rowbotham (Team Cycling-Inform), Steve Pilson (John West), Brendan Schultz (Fenton Green & Co), Stuart Morgan (Bike Bug) and Gerry Donnelly, the only rider representing a B Grade team to make the selection.

With most of the strongest teams represented, the break built a maximum lead of 40 seconds with the lion's share of the chasing coming from the Search2Retain and O'Mara Cycles squads. Cummings, a first year U/19 rider and the youngest in the break eventually ran out of legs five laps from home, and the addition of the Jayco VIS squad to the chase saw the leader's margin steadily reduced, but with three laps to race it still looked very unlikely the bunch would get up.

Photograph: Chris at www.stillwaters.com.au and Thomas Coltrain

Shaw and von Hoff dominated the KOM and sprint competitions during the escape, and with the time bonuses on offer, effectively wrapped up the all important team's classification. With the finish less than a lap away, most observers expected Von Hoff to take the win off the back of a Shaw lead out, but Tom Leaper kept his cool and launched a powerful finishing burst and took the win with enough clear space to Von Hoff for judges to record a one second time gap. Congratulations and well done Tom.

Kew ITT Sunday, 22nd May 2011 – *by Andrew Fitzgerald*

A number of club riders competed in Kew ITT recently run by Cycling Victoria, and then some rode in the Time Trial held straight after by the club. In the Men's U/17's TT, Alistair Donohoe had the second fastest time with Mitchell Barry getting fourth in their age group. Michael Stringer also rode the TT and put in a great time. In the Men's U/15's Kurt Santagada, Angus Flood and Kyle Muir all rode, Kurt had the fastest time with Angus finishing in 2nd and Kyle 4th. Chloe Baggs rode the second fastest time in the Women's U/15's.

Metropolitan Road Championships – *by Brand Morgan*

Blackburn was well represented at the Metropolitan Road Championships held in and around Harcourt, with some good results.

Alex Morgan rode in solo 1:02 minutes ahead of the bunch, to take Gold in the Mens U/19's, Liam Dove just missed a medal with 4th. Stephen Cousins finished in the main bunch, and Hayden Eynaud completed his first J19 Metro race well. In the closest finish of the day Alistair Donohoe won the Mens U/17's, with Mitchell Barry 6th. Pierce Connor contested the sprint in the second bunch, and Michael Stringer finished strongly ahead of four others. Kurt Santagada won the U/15's with James Moffat a very close 4th, Kyle Muir 8th and Kallum Parlevliet 9th. Angus Flood crashed heavily and was transported to hospital to have his head stitched, hope you are o.k. Gus. Sebastian Presley also raced before succumbing to a puncture. Chloe Baggs took 3rd in the Womans U/15's race.

The following day at Casey Fields she crashed, when hit by another rider, whilst raising funds for Alex Morgan's trip to World U/19 track championships. Chloe was kept in hospital overnight for observation with a report dislocated knee cap. Chloe's ride is being rescheduled.

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In the Boys U/13's Godfrey Slattery just missed the podium with 4th.

In the Elite Men Aaron Eynaud finished 9th, while Andrew Christie finished 28th. In Masters 3 Adrian Synatt took out the Bronze & Richard Stringer finished 6th. In Masters 4, Stuart Bendell finished 5th.

It was a great day for Blackburn Juniors - Metro Gold in JM19, JM17 and JM15. To all riders that raced, well done, you represented the club well.

Fred Icke Junior Handicap - 2011 at Creswick on 4 June 2011 –

Great effort by Pierce CONNOR (Blackburn CC) to finish 14th in the MU/17 handicap.

Congratulations to all Blackburn riders, Well Done!!

Bikes DeVer / Kelly Cycle Coaching Endurance Series – *by Paul Parlevliet*

The Bikes De Ver & Kelly Cycle Coaching track endurance aggregate series only has three heats to go. Check out the following link to see series rules: Friday Night DISC Aggregate Series***New***

At the moment Cameron Parlevliet is the clear leader.

The Blackburn Cycling Club thanks Bikes De Ver & Kelly Cycle Coaching for sponsoring this aggregate event, $300 for 1st, $100 for 2nd and $50 for 3rd.

aboc Sprinters Series @ DISC - WINTER 2011 – *by Andrew Fitzgerald*

On the 3rd Friday night each month since 20 May the sprint nights have been on at DISC. The next scheduled evening is 15 July followed by 19 August. For more information see attached flyer. Awarded to the senior grade aggregate winner only will be a set of carbon 3T Scatto Sprint Track Bars.

Club Aggregate Competitions – *by Andrew Fitzgerald*

For all your latest information for standings within the club aggregate races, check out the following links:

Bikes De Ver / Kelly Cycle Coaching Endurance Aggregate Series 2011

2010/2011 Track Aggregate - Final Standings

Bikes De Ver Aggregate TT Series 2010

2011 Siemens Aggregate - Current Standings

SIEMENS 1 Lap ITT Personal Bests - 2011

2011 Victorian Club Teams Road Time Trial Championships – *by Michael Stringer*

Each year, there are two opportunities to compete in your Club colours within a formal race-team, against other Clubs. Once on the track, and once on the road.

The 2011 Road Championships will be held in Buninyong, near Ballarat, on Sunday the 24th of July, hosted by CV/Ballarat-Sebastopol CC.

The Blackburn CC Race Committee are inviting the following:

1. **Expressions of interest from riders** to represent the Club in their respective racing categories.
2. **Coordinators** for Elite, Masters and Junior teams;
3. **Team managers** for each of the junior boys and girls teams - parents, this means you!

Note: Junior Team managers generally handle applications, arrange training times, team-travel to Buninyong, race-day organisation etc...Senior teams are expected to manage themselves!

Information

- Event Details on the Cycling Victoria website here - keep checking this website as updates will continue to be provided.
- The BBN CC Teams Selection Policy published on the BBN Site here (under the racing tab).
- The specific entry and selection criteria for this Road event, below.

For those wanting to be involved in this event you will need to let the Club know of your intentions immediately.

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Please email the race committee on racing@bbn.org.au with your details.

Important Dates:

- Wed 15 June: Call for Expressions of Interest from riders, Coordinators and Team Managers.
- Fri 24 June: Squads are announced, and practice sessions confirmed.
- Sun 26 June: selection race - Bikes De Ver ITT, Kew Boulevard (teams racing follows)
- Fri 1 July: closing date for expressions of interest to ride.
- Sun 3 July: *possible practice session* - meet at BBN Clubrooms, 8am.
- Sat 9 July: *possible practice session* (prior to Casey Fields Criterium).
- Sun 17 July: final selection of teams announced on website, and submitted to CV.

If you have any queries about the event, or have an interest in riding, please email your name and age category to racing@bbn.org.au, immediately.

Selection Process – *see also the NEW Selection Policy published on the BBN Site here (under the racing tab)*

1. Register your intention to try out for the team by emailing the club with your name, racing category and recent ITT/road/track results, to racing@bbn.org.au by Fri 24 June 2011.

2. If new to the sport, riders must prove their proficiency in team time trial technique which can be done at Siemens training days, practice sessions and the Blackburn Teams Time Trial, Kew (26 June).

3. Results from recent time trials such as BBN Kew and Cycling Victoria events will weigh heavily in rider selection. Please include recent time trial results with your intention to try out email.

4. If point 3 can't be done riders must have a proven history of a high standard of time trial results and prove that you are in current good form by means of recent race results. Please include recent results with intention to try out email.

5. Final selection is by BBN selection committee consisting of:

a. BBN handicapper
b. BBN club captain
c. BBN Vice president
d. Senior Selector
e. Junior Selector

6. As riders are representing the club you are required to compete in a BBN jersey (preferably full kit).

7. If there are insufficient riders to make up minimum number for a team then age groups will be combined to the next higher age group. Junior is the next age group up and masters is the next age group down E.G. Juniors J9 up to J19 and Masters M7 down to M1. If there is sufficient interest, multiple teams will be entered in each category.

8. Entries for this event will be made by the Club, via the Coordinators. Race Entry fees will be met by the Club.

9. Riders will be notified and the Teams will be announced on www.bbn.org.au by Sunday 17th July.

10. Refer to Cycling Victoria's event page, for details.

Winter Calendar – by Richard Stringer

Note: Keep watching the club racing program for updates, www.bbn.org.au.

With the CycleSport Victoria Winter road calendar just being published, BBN can confirm our own schedule of races for 2011. They include:

Road

- Casey Fields Criteriums – Cranbourne, Saturday afternoons at 1.30p.m., 20th August, 17 September
- **Bikes De Ver** *Aggregate* Time-Trial Series (4 races), Sunday's, 9am – 12 noon. – CSV Open event. 26th June – includes teams 31st July & 14th August
- RACV Eildon Junior Tour 2011 (EJT) Sat/Sun 16th/17th July

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- BBN Cycling Club Road Championships & Regional Road Race, Eildon - Marysville - Lake Mountain. Sun 25th September

- Regional & BBN CC Hill Climb Championships Sunday 2nd October (traditionally follows Grand Final Day)

We thank sponsors for their enthusiastic commitment to racing events at Blackburn, including Peter & Agapi at **Bikes De Ver Fairfield** (for their support of another Kew Time Trial Aggregate Series) and their association with **Kelly Cycle Coaching** in supporting the Endurance Aggregate Series. Thanks to the continual support of **QuickCycle Coaching** and **aboc Coaching** who is the primary sponsor of the aboc sprint series**.**

I would like to sincerely thank all volunteers who contribute to both organising and running our races. In many cases there is work to be done by people prior to race-day, which allows them to race, and then of course race-day officials who (by the nature of their role) cannot compete. **Please let us know if you can help...**

Track

- Enduro Friday's @ DISC: First Friday each month, starting 6th May - (includes madisons, points, scratch & motorpace events) proudly sponsored by Kelly Coaching and DeVers.

- Sprint Friday's @ DISC: Third Friday each month, starting 20th May - (includes condensed program from Blackburn's Spring Event, last October) proudly sponsored by aboc cycle coaching

Other

- Junior Cycling Camps (No.3) - first week of school holidays... Sun 10 April - Wed 13th April, Thornton, VIC. Sun 25th September - Wed 28th September, Thornton, VIC

- aboc Summer Sprint Series 2011/12 (6 races), BBN CC Velodrome, East Burwood. First Sunday of each month. 2/10, 6/11, and onwards...

- Blackburn's Summer of Track, BBN CC Velodrome, East Burwood. Every Saturday afternoon, October - April, each year.

- BBN CC Presentation Night, Saturday 12th November (TBC)

We are putting together teams of people to both organise in advance, and then assist at these races. We currently have Anthony Dent (EJT), David De Gama (Warburton RR), David Barry (Kew Time Trials) confirmed as coordinating these events, and we thank them for their commitment. Please contact the racing committee if you'd like to be involved in any of the above events, to make Blackburn a stronger promoter of cycle racing for its members, and the greater cycling community.

Queries regarding racing, events, volunteering and sponsorship can be made to the Race Committee: racing@bbn.org.au

UPCOMING EVENTS Local, National & International – by Andrew Fitzgerald

June 2011

Thu 9 to Mon 13 - Cycling Australia U19 Road National Championships, SE Qld/Northern NSW

August 2011

Wed 17 to Sun 21 - UCI Junior Track World Championships, Russia

September 2011

Fri 2 to Sun 4 - Cycling Australia U17 & U15 Road National Championships, Shepparton, Victoria

Wed 7 to Sat 13 - Commonwealth Youth Games, Isle of Man

Sun 11 - UCI World Cycling Tour World Championships, Belgium

Mon 19 to Sun 25 - UCI Road World Championships, Denmark

October 2011

Mon 5 to Sun 9 (tbc) - Cycling Australia Masters Road National Championships, Ballarat, Victoria

Mon 10 to Sat 15 - UCI Masters Track World Championships, England

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Unsafe Bikes on the Market – *by Andrew Fitzgerald*

See what random checks of bikes across 84 retail dealers in Australia revealed which failed to meet national safety standards. In addition, from time to time bike products are recalled from the market because of safety concerns. See the following Bicycle Victoria website link for further information concerning unsafe bicycles.

http://www.bv.com.au/general/bikes-and-riding/92190/

10 Minutes with Tom Leaper – *by Rob Monteath*

Tom Leaper (2nd wheel) & Lance Armstrong at the 2002 San Francisco Grand Prix. Photograph courtesy of Pro Cycling photo's.

Q. Hello Tom – Firstly, congratulations on becoming a Life Member of the Blackburn Cycling Club! What does that mean to you?

A. Becoming a Life Member of Blackburn is a great honour and means a great deal to me. It was a bit of a shock when John Nicholson rang me to tell me the news; I have nothing but fond memories of the club and have met some great people along the way.

Q. How did you first get involved into cycling?
A. I used to do paper round when I was a kid and to catch public transport to school it would take nearly 1 hour so started riding to school. I used to race my friends who used to get a lift to school & most times I used to beat them. I think my best time was around 13.30 mins!

My father used to sometimes ride to his work; he was on his way to work one day and was hit by a car. I came past about 10mins later which was really hard for me. My father ended up in a wheelchair after this accident.

I joined Blackburn when I was 18 just after I finished High School and I remember I started in B grade.

Q. Before Cycling did you play any other sports?
A. I was involved in athletics for around 7 years and competed at a pretty high level. I also played tennis at high level as well as football. My brother and I used to walk to Waverley Park and watch the mighty Hawthorn play most weeks. My brother went on to play VFL for Oakleigh.

Q. When did you become Professional Cyclist?
A. I was racing at a pretty good level at University and I had caught the eye of Dave Sanders who thought that I had some talent. Dave encouraged me to complete my University degree in Commerce and stressed that I needed something to fall back on.

In 1998 I finished 2nd in the National Road Championships behind David McKenzie. This got me a scholarship with the AIS. We moved over to Italy and I rode with the likes of Michael Rogers & Baden Cooke.
I turned pro in 2000 and won a big race in Italy called the "GP Dalmano", the winner's trophy was a huge marble trophy! I finished in the top 5 in the Baby Giro D'Italia and signed a contract with Panaria – Fiordo who were an Italian team. There were some really good riders in this team and we raced in 2 x Giro D'Italia's.

I was with team Panaria – Fiordo for 2 years then I joined the Navigators Cycling Team in 2002 who were a US based team run by Ed Beamon. I had a number of good wins in the USA, we also raced in Europe and had a great time in places like Belgium & France.
I raced in 2 x World Road Championships, the first one I rode in was in Verona Italy and a young unknown Oscar Freire upstaged everyone for a surprise win.
Q. Why did you decide to give up pro-cycling?
A. I had been a pro cyclist for 3 years, plus 1 year on the National team, Jo and I were living in Italy underneath some stairs and our room was like a shoebox so we decided to move back to Australia. I got a job at Civic Transport where I still today as their National Group Sales Manager.

Q. You're still getting some great results & also have a young family, how much training are you doing?

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A. I try and train 3 or 4 times a week, anywhere between 1 to 4 hours. I don't have time these days to put in the km's, so all my training is pretty intense and high threshold levels. Some weeks the only training I can manage is on race days.

Q. How about diet, do you watch what you eat?
A. Yes, but I have always been a healthy eater and have never been keen on any fast food or junk foods. I am lucky that my wife Jo is a fantastic cook!

Q. You have been in some pretty good form lately.
A. Yes, I won the Phillip Island Grand Prix a few weeks ago and last weekend won the Ballarat Masters Title. I am really enjoying my cycling at the moment, its great not to have the pressures of Race Directors and I am happy to give anyone advice.

I am currently riding for Croydon Cycles thanks to Mick Jamison, I currently ride a Cervelo R3 and think it's absolutely brilliant! I love this bike so much I am thinking of upgrading my TT & Track bikes to Cervelo's.

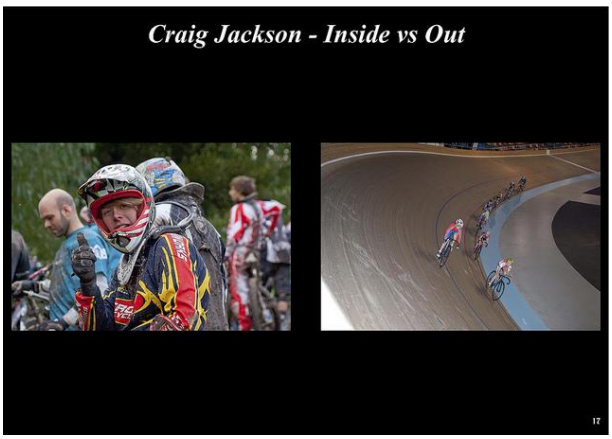
Q. Are there any certain events that you are training for?
A. I love racing in the Melbourne to Warrnambool and would like to do well at Masters Level. I plan to ride in the National Masters Road Race. My goal is to one day win a National Title.

Q. What do you think you will be doing after cycling?
A. I would like to have some sort of coaching or mentoring role. Blackburn has so many great young kids coming through at the moment and it would be good to be able to help in some way.
Q. Thanks Tom, anything else you would like to say?
A. I would love to thank my wife Jo; she has been great support for me for many years and has always been flexible when I am riding. It's a tough job looking after Cooper & Fletcher because they are both young and active boys so I really appreciate what she does.

Inside Versus Out – *by Craig Jackson*

Recently whilst the JETS riders trained at DISC on Friday evenings, they had the opportunity to interact with Craig Jackson who was completing a concept paper, **"Inside Versus Out".**

"Inside **Versus Out"** the comparison between Downhill Mountain Biking and Velodrome Track Racing. Through photographs, Craig depicts and highlights by juxtaposing like images how these two extreme types of cycle sport have many similarities, but are still very different.



Craig's final assignment is viewable via clicking the Flickr link below:

http://www.flickr.com/photos/41091798@N08/sets/72157626757750369/

Social Events – *by Andrew Fitzgerald*

Who would like to catch up for an evening out or even a social ride? The JETS leave the club rooms most Sunday morning at 8a.m. and head east to do some kilometres. I am sure some more experienced riders would be welcomed and this is an excellent opportunity for more senior riders to mentor the JETS riders who range from 11 to 15 years of age.

If you have an idea about another social occasion, please voice it as I am very confident that there are many others within the club who would enjoy catching up over coffee, lunch or dinner. Send an email to the club.

Here's an opportunity you might be interested in, proudly presented by **'The Freedom Machine Brighton rocks le Tour de France 2011'.**

Cafe Racer Rocks Le Tour again in 2011! A night of brilliant cycling late in Le Tour, who will emerge as the dominant contender?

Sit on the edge and watch it unfold, share in every pedal stroke, fuel up on delicious treats and take

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another sip of your drink. See a winner. Be the winner? So many great prizes on offer, put it in your diary, this is your chance to win as they cross the line.

Stage 14, What is it? This is the last of the big Pyrenean stages. There are six tough tests: the Col de Portet-d'Aspet, the Col de la Core, the Col de Latrape, the Col d'Agnes, the Port de Lers and the finish at the Plateau de Beille. At 168km, it's short, but there will be attacks right from the start. It is no secret that the big guns will show what they are made of on a stage like this. Note also, that every rider who has previously won at Plateau de Beille has gone on to the win the Tour that same year…"

When: Saturday 16th July 2011
Where: Cafe Racer15a/15 Marine Parade, St Kilda
Time: 8pm and onwards
Price: Tickets $50 per person (save 10% for Early bird special – available from June 24th – July 3rd).

Purchase online http://www.trybooking.com/REK, or at all TFM stores or at Cafe Racer.

Ticket Includes: Complimentary drink and canapés, A showbag packed full of giveaways, Raffle ticket to go in the draw to win major door prizes, including a TREK Madone 5.2 Ultegra worth$ $4299, Live broadcast of Le Tour de France 2011

Facebook – Our Club Site

Find us on Facebook

Don't forget to check out the club's Facebook site which includes up to date information about current issues involving the club which are happening right now. Become a member and join in, everyone is welcome to contribute. Just remember, if you wish to be respected for your contribution on the site or even on other individual's sites, be respectful of others and always remember that others may take offence to what you say. The club will be publishing a ***Bullying and Harassment Policy*** in the near future.

Continue on to see what is happening in the FB world!

http://www.theage.com.au/executive-style/management/blogs/management-line/cyber-bullying-alert-20110409-1d8d4.html

Big news last week was that bullying is set to become a crime for the first time in Australia with concern growing about the abuse that has shattered lives and driven workers and teenagers to suicide.

Our Victorian Government is going to bring in laws which will see workplace bullies jailed for up to 10 years. The laws were prompted by the appalling case of Brodie Panlock who jumped to her death in 2006 after being victimised by colleagues.

The law will also cover cyber bullying. It's happening in other places too. In South Australia the Government is introducing legislation making it an offence to take or publish humiliating and degrading images of a person without their consent on Facebook, YouTube or wherever. They don't call it Wide World Web (WWW) for nothing. Once you place personal comments on Facebook whether good or bad, true or false it is very difficult to remove and in reality you can bet someone has read and/or copied it to another site and by the time you do get around to changing your mind about what you have posted, the comments are on someone else's site and you have no editing rights so the information is now lost.

Members Say – *by Andrew Fitzgerald*

What can the club do to improve cycling for its members? In recent times I have overheard members ask questions why our club does not have certain equipment, *eg* banners, marquees and teardrop signs with the club logo or uniform apparel, *eg* cycling or baseball caps, bidden's (water bottles), polo or T-shirts, fleece jackets and club sports bags.

If you believe the club could benefit from having a particular garment or equipment, send an email to bbnmarketing@bbn.org.au so your suggestion can be put forward. Such items cannot be considered by the executive committee unless raised. All suggestions will be put forward, so if you have a recommendation send an email or attend a club meeting and have your say. Club meetings are held on the first Wednesday of each month at the club rooms at 7.30p.m.

All club members are welcome. If you are interested in seeing what direction the club is heading, come

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along and actively participate. This is an excellent opportunity to get to know others at the club.

By the way, club fleece jackets are on the way for members to purchase and teardrop signs have been ordered for promotional purposes.

The club still has some 60th anniversary commemorative coffee mugs available. If you are interested in purchasing a coffee mug, they are available at $2.00 each. To place your order, send an email to: bbnmarketing@bbn.org.au.

Below is an example of a sports bag that could be available to members if sufficient members are interested in placing an order. Bags will have the club logo displayed instead of that seen in the picture. The size of the bag is approximately 58cm long X 33cm wide and the cost of a bag is likely to be n the vicinity of $30, possibly less. A minimum of 20 bags must be ordered to make the purchase.

Editors Report – *by Andrew Fitzgerald*

Thank you to everyone who has provided material / content and ideas to improve the publication. I think as time goes by each edition will only improve and members will receive something of true value which benefits its existence. We have attempted to accommodate everyone, so I apologise if your article was not published, we will endeavour to publish it in the next edition.

It is proposed to publish the next edition in the middle of September 2011. At this time the cut off date to provide your contribution to this edition is 11p.m. Saturday 3rd September 2011. Contributions provided after this date will be held over until the next edition.

To the businesses that have supported the club by advertising in this edition, thank you and we look forward to continuing this partnership.

To the sponsors of the club, thank you for all your support and contribution, the club appreciates and thanks you for your generosity and continued support.

If you have comments about this edition, positive or negative, please feel free to forward your comments to newsletter@bbn.org.au. If any mistakes have been overlooked, I apologise.

"Your feedback is greatly appreciated"

Classified Section

PUBLIC NOTICE

John and Anna Chatfield are travelling to Copenhagen in September for the UCI Road Cycling World Championships. They have leased an apartment in Copenhagen from the 23rd to 27th of September 2011. The apartment sleeps six and therefore John and Anna would be interested in sharing the cost with others who may be considering going. If you are interested, please contact John by e-mail at jechatfield@bigpond.com.

Congratulation to Alan & Caroline Dorin on the birth of their daughter recently. A new baby daughter... Charlotte Rose Dorin. Mum and baby (and older brother and Dad) are all doing fine, if a little sleep deprived ;-) Dad even went for a ride today 16 June!

WANTED

***Training wheels*, road, used. Including 9 Speed Shimano cassette (preferably 11-25). Will take all or separate. Pls contact Richard 0425 352 745/ richard.m.stringer@gmail.com.**

FOR SALE

FOR SALE – North Wave Bike Shoes Vertigo size 42 – Brand new titanium/black carbon reinforcement sole, **$120.00**; phone Judy Flood 9877 9387 or 0418370471.

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