



# eNews

Blackburn Cycling Club Inc. P.O. Box 43, Blackburn, 3130 Enquiries: 0407 308 755. Website: [www.bbn.org.au](http://www.bbn.org.au) E-mail: [info@bbn.org.au](mailto:info@bbn.org.au)

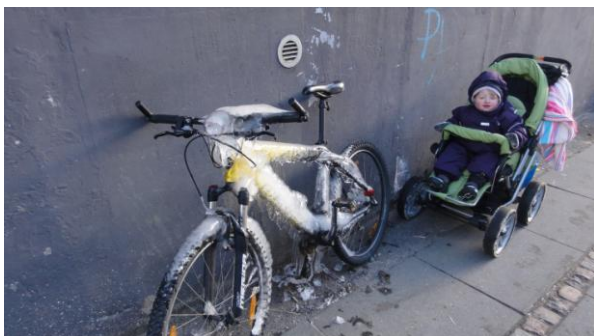
**Welcome to the return of the Blackburn Cycling Clubs Newsletter in the format of eNews. The objective of eNews is to provide club members with informative information surrounding what has occurred and what is being planned in the coming few months at the club.**

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## Presidents Word – by John Nicholson

If you think that we had a wet summer with a record number of track meetings cancelled, just think of the Europeans who had a really bad winter. As many of you may know I have been seen out on the roads clocking up the odd km's more because I enjoy my riding than any thought of racing, so when I decide on a quick visit to Denmark I thought I might borrowed my son's bike to do the odd km here in Denmark. As you can see from the photo my son's bike was in no state to be ridden (my granddaughter in the pram and yes that is ice frozen on the bike).



Continue .....

Now some bike riders I know take their bike into their bedroom just in case something might happen to it. Sorry, but I'm not sure that this picture can be used to justify your case. There are plenty of things happening at the club – Club camps in Eildon, winter program, Siemens and much more, which you can read about here, so you can look forward to great things from the club.

We have had good results with State and Australian Championships with the highlight being Alex Morgan being selected for the Australian Junior Track Team to take part in the World Championships in Moscow in August. The club wishes him all the best. Also we have several taking part in the Australian Junior Championships shortly and wish them the best too.

It's great to see the newsletter back in action thanks to Andrew Fitzgerald and his assistants. Just keep in mind the officials who put in many hours to make the club what it is. If you have time there is a need for different projects to get off the ground and one of these could be your contribution to the club. Don't forget the roster and officials needed to assist in the coming road season.

Kind regards and take care out on the road.

## Breaking News – by Andrew Fitzgerald

You may have already noticed it on the club website, but the BBN CC is happy to announce that [BOQ Mount Waverley](#) have agreed to sponsor the Junior Program over the next three years. So on behalf of the club, we thank Sean VanCuylenberg and Robert Mucci (Owners & Managers) of the BOQ Mount Waverley Branch for their support and we welcome you to the club. The club looks forward to a long and prosperous partnership.



The club will notify all members in the coming weeks of the special deal being offered to BBN CC. The branch is situated at 407 Blackburn Road in the Pinewood Shopping Centre, Mount Waverley and offers local businesses and residents something different – a locally-owned, service focused bank. See Link: [www.boq.com.au/aboutus\\_media\\_20060822.htm](http://www.boq.com.au/aboutus_media_20060822.htm)



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## A Trip to the Track – by Alan Dorin

One mild Thursday evening I was riding along Highbury Road to our track. A man on a mountain bike turned onto the road just behind me, his bike kitted out with every accessory available at the local bike shop. The rider was dressed in a yellow rain jacket even though it wasn't raining. I rolled down the steep hill past the cemetery and up the slight incline after the drop. He sat comfortably a couple of bike lengths behind me. I climbed the slight rise to the Station Street lights. He was still just behind me. I rode towards the hill that ascends 500m to Middleborough Road. The mountain bike man was still just behind me. I wasn't hurrying, but I was surprised he was still there.

And then he "attacked" and came blazing past me up the hill. "You have got to be kidding", I laughed to myself as I clicked down a couple of gears and spun up the hill. The mountain biker had a massive plastic box on his pack-rack. Surely he would fade!?! That box must weigh a tonne if there was anything in it. He didn't fade. He kept right on going. Enough of this! I lifted my pace and came alongside.

"You're going well!" I smiled at the mountain biker. "Yeah, well I have a motor in my rear hub", he grinned back.

...never trust a man on a mountain bike. That plastic box you see on his pannier? That is the battery for the motor in the hub.

## Technology Today – by Andrew Fitzgerald

For all you gizmo and techno people, have you seen and/or are you using the revamped MapMyRIDE Beta Website Launch, <http://www.mapmyride.com/>. If you like linking your facebook site with other applications, this might be for you. Very easy way of keeping track of your training routine, whether it is racing, training or a gym workout.

**MapMyRIDE**

Welcome to the **NEW MapMyRIDE**

Just like you, MapMyRIDE is always looking to improve performance. We strive to give you the ultimate tools to help you achieve your health and fitness goals.



### Social Community

Connect with your friends and stay up-to-date with their latest activities.



### Events, Groups and Challenges

Find an event in our national event listing, join a group to help you stay motivated and committed to your training or enter a challenge to push yourself.



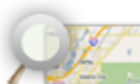
### Personalized Homepage

Now you can easily keep track of your routes, workouts, friends and groups, all in one place.



### Mobile Apps

Effortlessly log and upload your workout data to any of the MapMyFITNESS websites. iMapMy Apps are available for iPhone, Android and Blackberry mobile.



### Largest Database of Fitness Maps

Our route engine is faster, provides more detail, and is even fun to use!



### Fitness Reports

Printable fitness reports give you a detailed look at your activity, progress, and ranking over a year.



### Printed Maps

High quality, colour, PDF route maps make it easier to stay on course. Pick a route and print.



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## Secretary Report – by Rob Monteath

Hello! I am pleased to advise that our membership numbers for 2011 have grown significantly year after year, which is a great indication that our sport is becoming more and more popular. I would like to take this opportunity to welcome all new members to our club and would like to encourage that you come along to our events whether it's to race, to volunteer or as a spectator. It's a great way to meet new people with a similar interest and you're doing something that's good for you!

Blackburn offers a wide variety of racing in a non pressure environment, all our races are graded so you don't have to be riding hundreds of Km's each week. If it's your first race, just let someone know at the entry table and they will tell you what you need to do.

Most people on the committee do have full time jobs and families, which makes it hard for 1 or 2 people to go through newspapers, or other clubs websites looking for Blackburn results. If you have done well or know of a Blackburn member who has done well, I encourage you to send an email to [newsitem@bbn.org.au](mailto:newsitem@bbn.org.au) and we will endeavour to put it on the clubs website as a "News Item".

I would also like to let you know that we are always looking for good people, whether it's being on the committee, or even if you have a few hours a month to spare and you can help out, let us know. I am sure we can find a job for you!

In closing I would also like to thank Doug Reith and Graeme Woods, who have turned up every Saturday for the 2010/2011 track season, rain, hail or shine and they have been there each week.....on behalf of the club thank you.

**NOTE:** Just a reminder to all members that the clubs AGM will be held on the 13th April.

## Junior Corner

### Novice Skill Sessions – by Alan Barnes

ATTENTION: The last Thursday Novice/Skills session is March 31<sup>st</sup> 2011 as daylight savings finishes the following weekend. It is proposed that the Road

Novice Skill Sessions will commence at 2.00pm on 9<sup>th</sup> April 2011 at Siemens in Bayswater. The dates of April 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> are planned for Casey Fields. These dates listed are only proposed dates at this time and are yet to be confirmed. Keep a watchful eye on the BBN website for further updates.

**JETS Winter Program Training:**  
**Monday night – Blackburn Ergo**  
**Friday night – DISC – Skills & Racing**

**Sunday morning road rides with the JETS;** including Matthew Lim (L) and Jacob Mumford (R) has resulted in some great training rides where all riders have had the opportunity to familiarise themselves with bunch riding and how to ride safely in amongst traffic. Great to see the JETS jersey out on the road, certainly is **EYE CATCHING**. Big thanks to **Richard Stringer**.



### JETS Program – by Paul Parlevliet

The Junior Enhanced Training Scheme (JETS) is an intermediate program providing a pathway for junior cyclists, from U13 up to and including U17. The program is run by club coaches with the aim of developing skills and race craft as well as educating



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riders on training philosophies and techniques to prepare them for club and state level competition. There are two group sessions per week, Monday evenings at Blackburn club rooms and Friday evening at DISC (Thornbury-Darebin International Sports Centre) and a club coach will be present at all sessions. Senior club coaches develop the program including a weekly training program for each age group.

The program will be delivered by Richard Stringer and Paul Parlevliet, both qualified CycleSkills coaches.

The winter program will run from April to September. JETS is open to all Blackburn juniors (J13-J17) and costs \$80 per month (to be paid quarterly) with the cost of track hire (DISC) included in the fee. For further information contact Richard on 0425 352 745 or Paul on 0411 076 285.

### **Blackburn CC Eildon Junior Training Camps 2011** – by Richard Stringer

**Sunday 10th April** – Wednesday 13th April. (First week of school holidays)

**Sunday 25th September** – Wednesday 28th September. (First week of school holidays)

Blackburn Cycling Camps aim is to provide an environment where all riders can experience a safe, happy and enjoyable cycle training program, meet new cyclists in an environment of friendship and respect and complete some solid base training for the upcoming road/ track seasons. We also find it's an excellent way to foster Club spirit at the Junior and parent level. The Camps also generate funds for activities related to our Junior programs, due to the strong involvement of both 'experienced' and new parents, each year.

The camp is parent-led, therefore an essential component is parental involvement. Without enough parents, riding groups will be reduced, and the greater enjoyment and benefit of all riders will be compromised. Riders are allocated to daily training groups, according to their age and ability. Ideally there will be four groups, generally being Under 13, U/15, U/15/17, and U/17/19. For reasons of safety and instruction, as each group will be riding on public roads, we need to have up to three Adults

(parents/leaders) with each group as a lead and follow car and a riding supervisor.

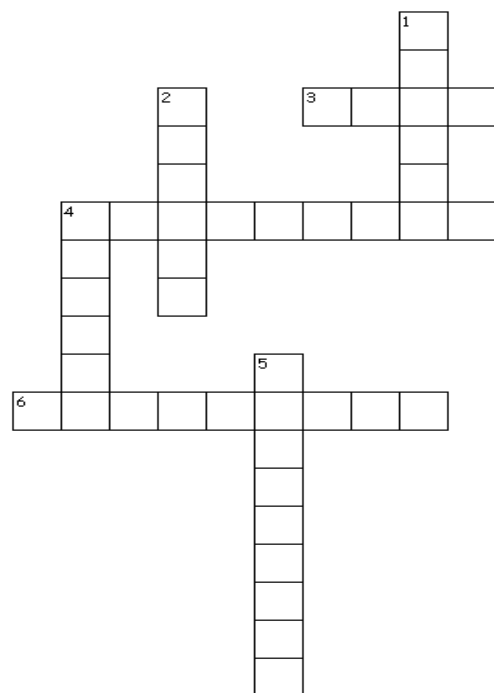


Further details can be found on the club web site at <http://www.bbn.org.au/membership/Eildon2011.pdf>

**In order to receive an Info Pack and Application Form, expressions of Interest must be directed to: email: [jets@bbn.org.au](mailto:jets@bbn.org.au). Any queries, call: Darryl McClimont 0423 520 314.**

Applications close 11 working days prior to camp.

### **Cycling Crossword** – by Madison Fitzgerald



Continue ....to next page for crossword questions.



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## Across

3. The medal you get when you come in 1st place?
4. The club we race for?
6. What we race on during the track season?

## Down

1. The medal you get when you come in 2nd place?
2. On the bottom of our bike shoes?
4. The medal you get when you come in 3rd place?
5. What type circuit is the Siemens location?

## Racing and Results

Here is JETS success story; after getting a taste of cycling at the Eildon Junior Training Camps in September 2009, today BBN member Mitchell Barry is one of the State's finest Under 17 track and road riders. In the recent Victorian Junior State Track Championships Mitchell Barry (MU17) won a bronze in the Pursuit, which result in him being selected in the State team to represent Victoria. **Excellent Effort!**



Photograph: Mitchell Barry

## Victorian Track Championships – by Andrew Fitzgerald

Congratulations to all BBN riders who competed in the recent State track championships, especially those who collected medals and were selected in state teams. The results of club member's were:

JW15 Pursuit Chloe Baggs, Silver  
 JM15 Pursuit Angus Flood, Gold  
 JM15 Pursuit Kurt Santagada, Bronze  
 JM17 Pursuit Mitchell Barry, Bronze

JW15 500 TT Chloe Baggs, Silver  
 JM15 500 TT Angus Flood, Gold  
 JM15 500 TT Kurt Santagada, Silver  
 JW17 500 TT Emily Appolito, Silver

JM15 Sprint Angus Flood, Gold

JM15 Points Kurt Santagada, Silver  
 JM17 Points Alistair Donoghoe, Gold

Five (5) BNN riders were selected for the state team; they are Chloe Baggs, Angus Flood, Kurt Santagada, Emily Apolito and Alistair Donohoe. The honour of Best Male Cyclist of the event went to our own Angus Flood who won three gold medals.

Congratulations to them all and we wish them the best for Sydney

## Austral Wheel Race – SOLD OUT & 150 TURNED AWAY AT THE DOOR – by Andrew Fitzgerald

**113<sup>th</sup> Austral Wheelrace 2011** was held at Darebin International Sports Centre Velodrome on Saturday evening 26 February. It was great night racing, with many Blackburn riders doing very well. The big one, the Austral Wheelrace was won by Luke Ockerby from Tasmania. Luke is 19 and rode off 45 metres. He was in the 1<sup>st</sup> heat of the handicap and finished 4<sup>th</sup>. So it just shows that the outcome of a heat is going to have no bearing on the final results in the final event. Well done to Luke!!

See CSV's site for more information and detail; <http://www.vic.cycling.org.au/?Page=41480>.

The Blackburn Cycling Club was well represented and all riders competed well. Our results are as follows: **Event 2** – Men "A" 12 lap Heart Starter, 6<sup>th</sup> Brent Nelson – Croydon Cycle Works; **Event 3** – Men "B" 12



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Lap Heart Starter, 1<sup>st</sup> Tom Leaper – BBN, 4<sup>th</sup> Cameron Parlevliet – DeVer & 16<sup>th</sup> Emerson Harwood - VIS; **Event 5** – Women’s 12 Lap Heart Starter, 13<sup>th</sup> Lisa Cochrane – Quickcycles; **Event 6** – M17 “A” 12 Lap Heart Starter, 2<sup>nd</sup> Alistair Donohue – Quickcycles, 5<sup>th</sup> Mitchell Barry – Quickcycles & 12<sup>th</sup> John Cochrane – Quickcycles; **Event 7** – “B” 12 Lap Heart Starter, 3<sup>rd</sup> Pierce Connor – DeVer; **Event 8A** – Austral Wheelrace Heat 1, 1<sup>st</sup> Tom Leaper 140m – BBN; **Event 8B** – Austral Wheelrace Heat 2, 5<sup>th</sup> Emerson Harwood – VIS; **Event 9A** – Hilton Manufacturing Junior Austral Heat 1, 2<sup>nd</sup> John Cochrane 45m – Quickcycles, 5<sup>th</sup> Alistair Donohue 15m – Quickcycles & 7<sup>th</sup> Mitchell Barry – Quickcycles; **Event 9B** – Hilton Manufacturing Junior Austral Heat 2, 3<sup>rd</sup> Pierce Connor; **Event 8C** – Austral Wheelrace Heat 3, 1<sup>st</sup> Brent Nelson 50m – Croydon Cycle Works & 4<sup>th</sup> Cameron Parlevliet 115m – DeVer; **Event 10** – Women’s Handicap, 12<sup>th</sup> Lisa Cochrane 150m – Quickcycles & 15<sup>th</sup> Caitlin Ward 30m – Quickcycles; **Event 11** – Hilton Manufacturing Junior Austral Final, 3<sup>rd</sup> Alistair Donohue 15m – Quickcycles, 9<sup>th</sup> Mitchell Barry 25m – Quickcycles, 13<sup>th</sup> John Cochrane 45m – Quickcycles & 14<sup>th</sup> Pierce Connor 125m – DeVer; **Event 14** – Austral Wheelrace Final, 7<sup>th</sup> Tom Leaper 140m – BBN, 9<sup>th</sup> Cameron Parlevliet 115m – DeVer & 13<sup>th</sup> Emerson Harwood 135m – VIS; **Event 15** – M17 “B” 15 Lap Win/Out, 4<sup>th</sup> Pierce Connor - DeVer; **Event 16** – M17 “A” 15 Lap Win/Out, 2<sup>nd</sup> Mitchell Barry – Quickcycles, 5<sup>th</sup> Alistair Donohue – Quickcycles & 17<sup>th</sup> John Cochrane – Quickcycles; **Event 19** – Victorian Scratch Champs, 3<sup>rd</sup> Brent Nelson – Croydon Cycle Works & 7<sup>th</sup> Tom Leaper – BBN.

Other highlights of the night were **Event 13**, the Austral Legends Race 2000m, 1<sup>st</sup> Stephen Pate -10m, 2<sup>nd</sup> Danny Clarke, 3<sup>rd</sup> David Sanders & 4<sup>th</sup> Laurie Venn and **Event 18a** the DISC Lap Record 250m - Shane PERKINS 12.401sec.

**Congratulations to all Blackburn riders, Well Done!!**

### *Melbourne Madison – by Michael Stringer*

At DISC on Saturday night 5<sup>th</sup> March 2011 there was a huge night of racing.

Races ranged from junior U17 team’s pursuits to a 200 lap Madison. There were huge names including Victorian, Australian and even international greats of

the sport such as Glenn O’Shea, Leon Van Bon, Shane Archbold and Tom Scully just to name a few. BBN even had some of its greats in there such as Emerson Harwood, Caitlin Ward, Tom Leaper, and Adele Sylvester.

But one BBN rider that did especially well was Cameron Parlevliet. He competed in three races all up, one of which was the Sid Patterson Grand Prix. He was very aggressive in every race he rode but in particular the 20 lap scratch race where he came 2<sup>nd</sup> to Ed Bissaker of SA.

The night was finished off with the thrilling 200 lap Melbourne Madison. There were 13 teams with 2 riders in each as we all know. The race was packed with excitement; people were continuously off the front trying to get that much needed lap on the rest of the field. Only five lucky teams fulfilled this goal. One of which doing it three times to win the race all together. That team was The Green Globe team of Leif Lampater and Leon Van Bon. Leon Van Bon has in fact won stages of The Tour De France, Paris- Roubaix, Tour De Swiss, Milan San Remo and the Vuelta a España. In second was the New Zealand team of Tom Scully and Shane Archbold. In third was the team VIS, consisting of Rick Sanders and Alex Edmonson both with great futures ahead of them.

### *Madison Fever – get into it! – by Richard Stringer*

I confess it. I covet the Madison riders. For the last three years of my life, being in and around the racing scene, including (mostly) track events, at Club, Open, State, National and International level, of all the racing I see, the Madison is the one which captures my attention the most.

At the recent Australia Day Madison, BBN offered (for the second year) a B-Grade Madison for those willing and able to inflict pain on themselves for an extended period! I thought it’d be great to compete, but felt that I still really needed another year of racing, and greater fitness to be safe, do justice to my partner and also enjoy myself. But no!!

With encouragement from seasoned riders (thanks Alan B!) and a willing (?) partner (thanks Dale Reith) I donned the BikeForce team jersey, and had a crack. Dale briefed me in the important technical requirements (not crashing/causing a crash) and



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insisted I leave my hesitancy for the famous "Madison Sling" behind. This was for real. And so it was!!

Exhausted, with lungs screaming for respite, 45 minutes later I pulled off onto the fence for the last time, and hauled myself off the bike – a Madison Rider.

Blackburn will continue to run the growing Australia Day Madison in January, the "Hot Madison Nights @ DISC" in the months leading up to Christmas, and is now introducing a Friday night enduro program, featuring Madison's, during the upcoming Winter. You can use our regular Friday night training at DISC for some dedicated Madison Training prior to the race nights, so you can learn/hone your skills. Andy Burmas has kindly offered to help and run these sessions, with other Club coaches.

Keep an eye out for Blackburn Madison and training sessions – you may surprise yourself.



Nervous but attentive! Team BikeForce limbers up prior to the B Grade Madison – Australia Day 2011.

### **Winter Calendar – by Richard Stringer**

The race Committee is pleased to announce that the Calendar is now squared away.

**Note: full programs and details to be confirmed. Always refer [www.bbn.org.au](http://www.bbn.org.au) for updates.**

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

#### **Road**

- Warburton Road Race, Wesburn - Piedmont & rtn. Saturday 26th March

- Casey Fields Criteriums – Cranbourne, Saturday afternoons. 16<sup>th</sup> April, 28th May, 18<sup>th</sup> June, 20<sup>th</sup> August, 17 September
- [Bikes De Ver](#) Aggregate Time-Trial Series (4 races), Sunday's, 9am – 12 noon. 22nd May – CSV Open event. 26th June – includes teams 31st July & 14th August
- Eildon Junior Tour (EJT) Sat/Sun 16th/17th July
- BBN Cycling Club Road Championships & Regional Road Race, Eildon - Marysville - Lake Mountain. Sat 24th 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 Andrew @ **AvantiPlus Croydon** (Aust Day Madison) and Peter & Agapi at **Bikes De Ver Fairfield** (for their support of another Kew Time Trial Aggregate Series). We've also had support from **TotalRush** (Richmond), and club businesses **Local Village Garage (Malvern)**, **Tiltaway**, **QuickCycle Coaching**, and **aboc Coaching**. 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)
- Sprint Friday's @ DISC: Third Friday each month, starting 20th May - (includes condensed program from Blackburn's Spring Event, last October)

#### **Other**

- Junior Cycling Camps (2 No.) - first week of school holidays... Sun 10 April - Wed 13th April, Thornton, VIC. Sun 25th September - Wed 28th September, Thornton, VIC



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- 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 12<sup>th</sup> 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](mailto:racing@bbn.org.au)

## **UPCOMING EVENTS Local, National & International** – by Andrew Fitzgerald

### **March 2011**

Thu 17 to Sat 19 – [Scody Cycling Australia Junior Track National Championships \(U17/U15\), DGV, Sydney](#)

Thu 17 to Sun 20 – [Oceania Road Championships, Shepparton, Victoria](#)

Wed 23 to Sun 27 – [UCI Track World Championships, Netherlands](#)

Thur 24 to Sun 27 – [Scody Cycling Australia Masters Track National Championships, DGV, Sydney](#)

Sat 26 – **Blackburn Cycling Club** – Warburton Road Race [www.bbn.org.au/membership/warburton2011.htm](http://www.bbn.org.au/membership/warburton2011.htm)

Sat 26 – Carnegie Caulfield Cycling Club presents the [O'mara Cycles Summer Track Series Carnival](#) at DISC

Tue 29 to Thur 31 – [Australasian Schools Cycling Cup, Shepparton, Victoria](#)

### **April 2011**

Sat 2 to Sun 3 - [Cycling Australia Junior Mountain Climb National Championships U15/U17/U19, Mt Buffalo, Vic](#)

Thu 14 to Sat 16 - UCI World Cycling Tour, Perth, WA

### **May 2011**

Fri 20 to Sat 21 - CA mid-year Conference, Sydney

### **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](#)

**Warburton Road Race is on 26<sup>th</sup> March 2011** in the picturesque Yarra Valley on the last Saturday in March. The distance on offer are 113km for A & B grades, 98km for C grade, 83 km for Women & D grade and a Junior race of 53 km. Start time is 12pm for A grade: 12:05pm for C grade: 12:10pm for B grade: 12:15pm for Women's & D grade. Juniors will start at 12:20pm. Follow the **link** listed to the left under UpComing Events Local, National & International. **MARK IT IN YOUR CALENDAR NOW!!!**



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To see course profile & map, click on below links:

[www.bbn.org.au/membership/courseprofile.pdf](http://www.bbn.org.au/membership/courseprofile.pdf)

[www.bbn.org.au/membership/map.pdf](http://www.bbn.org.au/membership/map.pdf)

## 10 Minutes with Brent Nelson – by Rob Monteath

Hello Brent,  
 Congratulations on recently representing Victoria at the Australian Track Championships in Sydney.



Photograph: Brent Nelson

**Q : How was it & which events did you race in?**

A: Hi, thanks for the opportunity to share my recent experiences! I raced in the Omnium (4th), the pursuit (8th), the points race (8th) and the scratch race (dnf). It was an exciting week, the racing was really fast and it was great to test myself against some of Australia's best track cyclist. Overall I was fairly happy with my performances, as it was my first year out of juniors, and I was up against some pretty tough opposition.

**Q: In fact you have had a pretty good 12 months, you raced for Total Rush/Hyster Forklifts team in the Jayco Bay Series, won the J19 Eildon tour & won some pretty big road races like Warburton & Modella.**

A: Yeah, my main goal for the year was to work towards the 2011 track season, but I still managed to pick up some good local road results. Other than the ones mentioned, I also won gold in the U19 Victorian road time trial championships and silver in the road race, placed first in the Tour of Southern Grampians (B-grade) and first in the two Crib Point road races. The 2011 track season was my first in the elite men's category, and has been an enjoyable challenge. I managed to win three gold medals at the Victorian

championships (pursuit, kilo, points race), and one silver medal (Keirin). I also was second in the Oceania point's race and fourth in the Omnium. I won the aggregate for the Victorian Christmas carnivals, and had a pretty good national's. So overall, it's been a good past year.

**Q: How did you get into bike racing & at what age did you first get serious about racing?**

A: I started mountain bike riding in Lysterfield National Park for fun when I was about 14, and before long I was out there riding almost every day after school. I thought it would be fun to start racing. However, since I was strong going up the hills, but pretty hopeless going down the hills on the mountain bike, I thought that road racing would suit me better than mountain bike racing. It was halfway through the track season at the time, so I started out on the track instead. It wasn't until a bit under a year and a half later (at the start of the road season as a second year J17) that I started training seriously and winning races at state level.

**Q: Who do you admire or do you have a favourite sportsperson?**

A: I'm a bit of a Fabian Cancellara, because he's just such a machine. But I also admire Cameron Meyer quite a lot. He's incredible to watch (and race against) on the track, but I also think he has a good attitude to the sport. He's not arrogant and doesn't carry on excessively after winning a race. I admire any athlete that shows humility when they compete.

**Q: How often do you train & what's a typical week for you?**

I usually train 6-7 days a week. My training can be quite variable, and depends on how much of my time is taken up with uni study, and on what my goals are. Whilst at uni, I don't have the time to put in the long kilometres needed for a successful road season at the elite level. So most of my training is geared toward the track season, whilst keeping a good enough road base to be competitive in club, and some open road races. I try to get 100-140 Km's in on a Saturday morning usually with either moderate or hard efforts incorporated. Sunday is usually a recovery road ride followed by track training. Throughout the week, most of my hard stuff is done on the wind trainer, with recovery road rides in between. I also do a weights



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session twice a week and core exercises every time I think of it. On the holidays, I try to get down to the track more often with the extra time, and I incorporate a few extra road Km's as well.

**Q: Do you watch your diet & is there anything that you won't eat?**

A: Diet is something that I think is really important, and often overlooked. I try to cut out fatty foods and foods that are very high in simple sugars as much as I can. I also try not to overeat excessively. However this is a lot easier said than done! I just generally try to eat stuff that's natural, fresh and homemade, rather than stuff that's processed and out of a packet. My performances definitely improve when I eat properly. Dad makes this concoction of vitamised celery, raw beetroot, carrots, tomato, ginger, kiwifruit, apples and anything else he thinks of, and I eat as much of that as I can. We call it muntah, which is Indonesian for vomit. (I bet you can guess what it looks like). I reckon that gives me a bit of a lift.

**Q: What's the funniest thing that's happened to you on the bike?**

A: I actually haven't had many funny experiences on the bike. The only amusing story I can think of was at the J17 (second year) Victorian road race championships. I was warming up when I saw a bunch heading off up the road and I thought I'd missed the start. So I jumped onto my bike in a panic, and did a flat out 5 Km time trial to catch it, only to find out it was the J19 bunch! The J17 riders hadn't left yet and were just casually watching me sprint off up the road, wondering where I was going in such a hurry. I felt like a bit of spanner when I later joined the J17 bunch.

**Q: What are your plans in the next 12 months?**

A: I'm going to work towards next track season again, and just do the local stuff on the road. I'll put a little more emphasis on my sprint, while still working on my track endurance, and hopefully I can have another good season next year.

**Q: Anything else you would like to say?**

A: Yeah I'd just like to say a quick thanks to the Blackburn Cycling Club for helping out with the expenses for the Australian track titles.

**Thank you Brent & all the best for the future.**

**The Spring Classics – by James Moffat**

As we enter autumn and the days get shorter and the weather gets worse, in the other half of the world the weather does the opposite. After spending the winter on the ergo watching highlights of the Tour de France, racers welcome the European Spring heralding the start of the road season, where riders come out of the garage and start to roll. It also marks the start of the road season. This means one thing for cycling fans: the Spring Classics.

The Spring Classics are home to some of the most interesting and diverse racing that cycling has to offer. However, let's start with the basics.

A Spring Classic is a one-day race held in the spring. It's typically a race with tremendous history consisting of hills, crosswinds or cobbles. If you win a Spring Classic you're instantly catapulted from a nobody to a superstar. Whilst there is a large number of spring classics there are a few that stand out above the rest.

They are known as the MONUMENTS. The five monuments are Milan-San-Remo (19<sup>th</sup> March), Tour of Flanders (3<sup>rd</sup> April), Paris-Roubaix (10<sup>th</sup> April), Leige-Bastonge-Leige (24<sup>th</sup> April) and the Tour of Lombardy (15<sup>th</sup> October, which isn't a *Spring* classic, as it occurs in Autumn).

Of all the Monuments, if you had to pick the most prestigious you couldn't look further than the Paris-Roubaix. The race goes over some of the worst roads in the world. This means one thing – THE pave, or cobblestones. If you ever ride along little lanes you will be familiar with these gems. They are the uneven rocks that are seemingly placed randomly. If the weather is bad (which is most of the time) these cobbles will turn slippery and be like riding on ice.

Last year two men dominated the classics season; Fabian Cancellara and Phillippe Gilbert. Fabian Cancellara or Spartacus as he is often called won the Tour of Flanders after destroying Boonen on the Kapplemuur then soloed for 45km to win Roubaix. Gilbert on the other hand won everything else. This year it would be hard to look past anybody else to win those races.

If you have decided that you want to get stuck in to these classics for the first time, SBS is broadcasting the Tour of Flanders and Paris-Roubaix live. If you are



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looking for broadcasting information go to SBS's website [cyclingcentral.com.au](http://cyclingcentral.com.au).

## Cycling – It's a Cheap Sport But It's Not Free!

– by *Simon Jamison\* & John Presley*

Every year, the RACV publishes estimates of the cost per kilometre of running various types of cars and 4WD's. But have you ever wondered how much it costs to ride your bike? Obviously keeping a bike on the road costs a lot less than running a car, but how much less?

As a reference point, a Holden Commodore costs 76.35 cents per kilometre to run, according to the RACV's latest figures\*\*. This amount includes depreciation, finance costs, fuel, servicing, registration, insurance etc.

Any calculation of an 'average' running cost for a bicycle will obviously depend on some assumptions about usage, maintenance, depreciation and the like, and the figures we come up with will be a rough guide, but not much more.

Let's take an average rider who buys a \$3500 road bike to train on during the week, plus racing on the weekend, and maybe a long ride on Sunday. Let's assume total weekly usage of 300km, or 15000km per year, and that the owner is able to do basic maintenance at home. To keep the bike in excellent condition, maintenance costs for a year might look something like this: (and this is a big guess, by the way...).

Also, not being economists, we're not going to include the 'opportunity cost' of financing the bike.

2 x sets gear cables	\$60
1 x set brake cables	\$30
4 x pairs brake pads	\$60
6 x tyres	\$300
6 x tubes	\$42
3 x chains	\$150
3 x cassette	\$270
1 x set chainrings	\$100
1 x bartape	\$20
1 x bottom bracket	\$40
<u>Allowance for other problems, say</u>	<u>\$200</u>
<b>Total</b>	<b>\$1272</b>

And we'll assume that the bike is almost worthless at the end of 4 years, so depreciation is around \$875 per year. That means the total cost of running the bike is \$2147 per year or 14 cents per kilometre. Driving the Commodore cost almost 6 times as much!

\* The writer Simon Jamison first joined Blackburn Cycling Club in 1973, and has raced on both road and mountain bikes occasionally since then. He now runs Quality Bicycle Repairs at 112 Union Road, Surrey Hills. \*\* Details at [www.racv.com.au](http://www.racv.com.au)

## Facebook – Our Club Site



Don't forget to check out the clubs Facebook site which provides 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. [www.bbn.org.au](http://www.bbn.org.au)

## Editors Word – by Andrew Fitzgerald

I would like to take this opportunity to thank everyone who has provided material to be published in this edition of the BBN CC **eNews**. On this occasion we received many contributions from members who wanted to be involved in the publication. 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 June 2011. At this time the cut off date to provide your contribution to this edition is 11.00p.m. Friday 3<sup>rd</sup> June 2011. Any 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.

If you have comments about this edition, positive or negative please feel free to forward your comments to [newsitem@bbn.org.au](mailto:newsitem@bbn.org.au). If any mistakes have been overlooked, I apologise.

***"Your feedback is greatly appreciated"***



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