



# 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 3<sup>rd</sup> edition of the Blackburn Cycling Club [www.bbn.org.au](http://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

Vaaap! S\*\*t a magpie attack, haven't had one of those on my bike for 20 years. Just some of the joys of cycling in Australia but now that we have arrived as a "World Cycling Nation" with our first win in the Tour De France, we can take those magpies in our stride. I am not sure if you realise that Cadel started his hill climbing skills in the Dandenong's, and probably on the very road to Sassefrass which I was riding when attacked by the magpie.

Our own Alex Morgan is World Champion and World record holder which is fantastic. Tried to talk to him the other night before he left for Europe again but Brad, his dad, told me that Alex was on the road to Sassafrass

and I hope he didn't meet that magpie and hope that he can also follow in the footsteps of those other famous cyclists who have beaten their first path to glory on that very same road.

We have received great news from the Whitehorse Council who has been allocated \$130,000 in the budget for the repair of the velodrome. This work will probably start after the summer track season.

Plenty of activities from the club and I would like to thank all those who are doing a great job in delivering all these activities.

I'm off to Europe for another visit to my granddaughter and will be in Copenhagen the day of the World Championship. See if I can get an opportunity to see some of the Australian cyclists in action.

I won't be here for the time trial to Basin – Sassafrass, better known as the 1-in-20 on the Saturday 2<sup>nd</sup> of October. This is the day after the footy finals where again magpies, in the lead up to the finals, will be busy attacking the cats and hawks and whoever is your favourite team instead of the cyclists on the road to Sassefrass. Hope your team wins!

## Safe cycling!

### Club News – by Andrew Fitzgerald

HURRY, orders are currently being taken for a **club sports bag** as depicted below. Order will be placed before the end of September. If you want the bag, grab it now because the price may increase for future orders. Fill in the [order form attached](#) or contact Andrew Fitzgerald for further information via email: [bbnmarketing@bbn.org.au](mailto:bbnmarketing@bbn.org.au).

The bag is red and white in colour and its size is 58cm long X 28cm in height and width. There are two options when purchasing the bag:

- 1; club logo only - \$30.00
- 2; club logo plus your name - \$33.00.



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Delivery is expected approximately end of October.



## Alex Morgan has had a sensational year;

After winning selection to represent Australia at the UCI World Track Championships in the U/19 men's pursuit, July - Alex was first in the U/19 men's 2011 RACV Eildon Junior Tour. August/Russia - Alex rode off for bronze in the 3000m Individual Pursuit after qualifying 4<sup>th</sup> and a world record by 2 seconds and gold medal in the team's pursuit against Russia. Great effort Alex!

To read more about his team's success, see The Australian: <http://www.theaustralian.com.au/news/sport/aussie-junior-mens-team-pursuit-blitz-record/story-fn8sc2wz-1226118059487>



Following Russia, Alex Morgan headed to the Isle of Man, United Kingdom where he competed in the Commonwealth Youth Games. Below Alex works on the front of the

bunch with team mate Jack Beckinsale on his wheel in the road race.



Photograph courtesy of Richard Allen - Cycling Australia

## The 2011 RACV Eildon Junior Tour Review - by Anthony Dent

RACV Junior Tour Winners



Photograph courtesy of Leanne Cole - [www.leannecole.com.au](http://www.leannecole.com.au)

Against a stunning backdrop of a snow-clad mountain, lush surrounds and a wonderfully full river, the RACV Eildon Junior Tour was a great success. The fourth Eildon Tour was hosted by Blackburn Cycling Club on 16 and 17 July 2011. While the "other" July tour was fantastic for Cadel Evans and, through his courage, skill and determination, was fantastic for the sport of cycling in Australia, in Eildon we also saw on display much courage, skill and determination. There were many great individual achievements. Rider's in their first tour who showed a lot of grit and tenacity in making it to the finish line. Many



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others stepped outside their comfort zone and tested their skill on the combination of flat and hilly courses.

Blackburn riders featured heavily among the fantastic personal triumphs. Harrison McClimont, James Everard and Heath Parrott displayed courage in the J13 Boys. Chloe Baggs won the ITT and placed second in the GC for J15 Women. In the Men's 15 A Grade Kurt Santagada won the final stage on the Eildon Dam wall and placed second in the GC while James Moffat was very solid and consistent across all 3 stages for a creditable fifth. The depth of the Blackburn club was demonstrated with the up and coming riders in JM15 B Grade - Kyle Muir had a great 3 races to place second; while 7 JETS racers can all be proud of their achievements (Sebastian Presley, Kallum Parlevleit, James Sgardelis, Jacob Mumford, Jarrod Wilson, Connor Davidson and Mitchell Lakey).

In the Men's 17 A Grade, Alistair Donohoe proved consistency is key in a tour, winning the overall GC with 2 seconds and a third. Mitchell Barry shared the dais coming third in the GC. Unfortunately Pierce Connor had to withdraw due to illness. Michael Stringer and Jonathon Dent waved the flag for Blackburn with some strong rides in B Grade.

Blackburn rider's Alex Morgan and Liam Dove between them took out the honours in every Stage, with Alex winning the GC and Liam placing second. Nicholas Bien was also consistent across the 3 stages. The following month Alex went on to win a World Junior record and gold medal with the Australian pursuit team in Moscow, a real example to all the younger riders as to what is possible to achieve. It all starts with your club racing and can then lead on, with a lot of dedication, determination and hard work to great heights.

Congratulations to every Blackburn rider for your personal achievements at Eildon. Congratulations to all riders from across the state, and some from interstate, who can similarly be proud of their efforts.

Providing 3 high-calibre races for 120-plus riders does not just happen. There is an enormous amount of work in the planning and in staging of this event. The organising committee started work in 2010 for this July! They had the challenge of designing new courses after floods damaged the Thornton Bridge and re-hashing traffic management plans to comply with new legislation. We also had many members, parents and friends of the club help out over the weekend in all sorts of ways. Many thanks to each and every organising committee member and tour volunteer for your dedication and tireless efforts to provide a safe yet challenging experience for all riders.

Many thanks to Cycling Victoria for their strong support and to their commissaires and judges for officiating. To our cyclists, take the time to thank the volunteers and officials at any race you attend - without them you would not have a race. A smile and a thank you to show you appreciate their efforts is wonderful.

There is also an enormous cost in hosting the Eildon tour. We are grateful to and commend to you our wonderful sponsors:

- the RACV were naming sponsor and provided funds for safety communication equipment;
- the Scott Peoples Foundation were trophy sponsor for the second year and also assisted with the cost of additional safety signage;
- Nemesis provided the set of winner's jerseys which were a real hit;
- the Eildon Major Events Group (comprised of a number of local businesses) came on board as Stage 1 sponsor;
- the Golden Trout Hotel Motel and Restaurant again sponsored Stage 2; and
- locally-based The Outdoor Education Group again sponsored Stage 3 as well as generously providing a vehicle and additional radios for the weekend;



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- Damien Petrie prepared the revised traffic management plan and assisted with traffic control;
- Wurth provided Encouragement Awards and a number of local businesses as listed in the program and website supported the event.

*Various Riders Preparing for Race.*



Photograph courtesy of Simon Lakey - [simonlakey.smugmug.com](http://simonlakey.smugmug.com)

The Murrindindi Shire Council gave great support, including road repairs and clearing storm debris from Skyline Road the day before the event. The local police and ambulance services also provided support.

Without this level of support from all of our sponsors and supporters we simply would not be able to provide the calibre of event we do. So make sure when you have the opportunity that you support their businesses in turn. SAFE RIDING!



The Blackburn Cycling Club is very appreciative of **RACV** [www.racv.com.au](http://www.racv.com.au) sponsoring 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 now they have the Noosa Resort <http://www.racv.com.au/wps/wcm/connect/racv/Resorts/RACV+Resorts/RACV+Noosa+Resort?pid=sem>.

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!! Against a stunning backdrop of a snow-clad mountain, lush surrounds and a wonderfully full river, the RACV Eildon Junior Tour was a great success. The fourth Eildon Tour was hosted by Blackburn Cycling Club on 16 and 17 July 2011.

## Club Message

The club would like to wish Pat Doughery all the best after a recent heart attack....Pat has been involved with BBN for a long time and has had many different committee roles over the years.

He is in great spirits after his recent health scare and is currently going through rehabilitation.



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Get well soon Pat and we hope to see you back at the club real soon. From all your friends at Blackburn.

## Eildon Tour 2011 – by James Moffat

This weekend I raced three times but I today I'm only writing about one of those races. The reason why I won't talk about the other two races is simply because they weren't interesting. The first one was an out and back TT where I finished 5th and the second race was a bunch kick where I placed 10th. Following this I was sitting 6th on GC coming into the final stage.

*Andrew Moffat leading up the climb.*



Photograph courtesy of Simon Lakey - [simonlakey.smugmug.com](http://simonlakey.smugmug.com)

**Stage 3 Eildon << Eildon 48km** – The last stage was in every age category the decisive stage. It began in Eildon before heading out to the climb of Skyline followed by a technical descent down to the Goldburn Valley Highway. Here the race continues to Eildon and then finishes atop the Eildon Dam Wall. The climb of Skyline doesn't sound to bad at only 5% for 7km but in reality it's a lot worse. It begins with a 2km 8% climb out of Eildon before descending and climbing gently for a couple of km's before a false plateau then a quick fast descent before you reach the final incline of this climb.

The hardest part of this stage was that if you missed the split which would happen at the beginning of the climb your race was

potentially over. Two riders attacked as soon as the pin dropped and when I realised it was Kurt Santagada and Tomarsh Loki I hit the front and started to chase immediately. I was getting no help from anyone else in the group though so I put the hammer down and tried to bridge by myself.

I quickly reached the tete de la course and we all got to work. We kept up a blistering pace up the climb and by the time we got to the top the gap was already huge. The descent is a technical one and with wet conditions over night it was likely to be slippery. Despite this we descended at breakneck speed and all managed to stay together.



Photograph courtesy of Simon Lakey - [simonlakey.smugmug.com](http://simonlakey.smugmug.com)

We were working together brilliantly on the flatlands. It felt like the Club Teams Time Trial had come a week early. We thought we had a massive gap but the figure of Caiden Hull reached us after chasing on his own for 20km. With him came good news as we found out that we had a 6 minute gap over the peloton.

At this stage my legs, which up the climb were feeling invincible, started to fade and by the time we got to Thornton I was chewing my stem. I held on but as soon as we started the climb to the Dam Wall my legs popped and I ended up finishing fourth.



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Photograph courtesy of Simon Lakey - [simonlakey.smugmug.com](http://simonlakey.smugmug.com)

Throughout the stage I experienced what it was like to ride in a breakaway. Despite not finishing off the job I was on cloud nine after the race. I felt like Thomas Voeckler in the breakaway and climbing I felt like Andy Schleck up the Col d'Izoard. It just reminded me why I love racing so much.

Vive le Velo.

I would love to thank Simon Lakey for supplying me with the wonderful photographs and if you are interested to see any others you can go to his site at [simonlakey.smugmug.com](http://simonlakey.smugmug.com)



Photograph courtesy of Simon Lakey - [simonlakey.smugmug.com](http://simonlakey.smugmug.com)

## Secretary Report – by Rob Monteath

Hello! Just letting you know that 2012 memberships will be available on line through Cycling Australia from October the 1<sup>st</sup>. We encourage that you renew your membership

on-line because you will get your new licence much faster than filling out a membership form.

Note there are a few changes to the 2012 memberships;

**Gold Membership** – Encompasses all racing categories.

**Silver Membership** – Cycling for all membership entitles members to fully insured participation in selected Time Trials (new), recreational rides, charity fun rides, club training, club skill development & grand fondo style rides. It provides the same 24 hour insurance cover while on the bike as gold membership with the exception of events limited to gold members, for which this member category is not entitled to participate in.

**Bronze Membership** – New in 2012, a bronze membership is a fan based membership which will incorporate the current cyclones HQ group.

**Platinum Membership** – Previously VIP membership is designed to accommodate our non competitive members who take up positions as officials (Commissaries) coaches or administrators.

More information on membership & costs will be communicated on the clubs website when available.

## PRESENTATION NIGHT – SAT 5 Nov 2011



At 250 Whitehorse Road, Balwyn, 2nd Level Grand Function Room. There is Street or Rear Car Parking. Start Time: 700PM (SHARP), until 12pm. Menu includes: Foccacia, Pizza, Pasta, Salad, Tea, Coffee and free ice cream and soft drinks for Children. (Please advise if there are Dietary Requirements)



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See [BBN website](#) for the Flyer.

COST: \$29/Adult, \$20/Child under 16 & \$16/Child under 12.

Preferably Tickets should be Pre-Booked. Depending on the booking, purchases may occur on the night.

CONTACT: Brett Curren—0419 440 023, Barry Wood—0425 810 798 or 9800 0458, or John Presley—0417 867 022 or 98080037 for BOOKINGS.

All past & present Members, Partners, Family, Friends and SPONSOR are welcome. FIRST IN BEST DRESSED (SEATING AVAILABLE FOR 150 PEOPLE)

Awards for recognition will be made on the night, as well as members who have had significant success & achievements throughout the year. Plenty of Club pictures from last 12 months on display. Come and enjoy a great night with your club friends and reminisce.

\*DOOR PRIZE & MANY RAFFLE PRIZES TO BE WON!!

## FUNDRAISING – Club Contribution

*Tour de France Tipping Competition – by Laura Parlevliet*

### Winners of the TDF competition!

After many sleepless nights, the TDF tipping competition! The competition was fierce, but the final winners were as follows:

**1st Don't step on my Dog;** the team entered by Simon and Mitchell Lakey is obviously a reference to that dog incident a few years ago in the tour, unless there is something you're not telling us Simon? Mitchell Lakey is one of our juniors who have participated in our JETS program this season. He is also a talented Mountain Bike Rider, just like another Australian we know! Simon is his talented dad, who gets to drive the team bus!

**2nd Toms Champs;** When I challenged people to beat Tom Leaper, little did I realise

that he was in the middle of winning streak (12 races in a row, is that correct Tom?), and it looked like he was going to win the tipping competition as well. I guess racing in the Giro perhaps gives you an insight into how these grand tours work. Tom tells me that he needed just another 5 points to be able to pick the team he really wanted! Imagine how that team would have gone!

**3rd KPM Racing;** KPM stands for Kyle P Muir, not sure what the P stands for. Kyle's team staged a massive comeback, coming from 12th to 3rd in one stage and missed out on second place by 1 point.

**(Last) Lantern Rouge;** Rob Monteath (our illustrious club secretary) was the first entrant, into the competition, and also brought in his work colleague (Belgium Bart - The International) and his wife (Julie - the Non Domestique), who both beat him! His team Robbo Bank just like its name-sake Rabobank, didn't do very well in this year's tour, in fact most of his score came from the last four stages. Better luck on the road Rob!

The proceeds from running the Tipping competition went towards funding prize money for the Women's racing as Casey Fields. So thanks everyone who participated!

*2011 – 2012 Melbourne Entertainment Book – Katherine Presley*

The book costs \$65 and we retain 20% - \$13 as profit. There is one book left for sale. 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 9 books - \$117 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. The vouchers are valid until June 2012.

*Blackburn Cycling Club Eildon Junior Tour Raffle 2011 – Andrew Fitzgerald*



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The winning tickets drawn for the Eildon Junior Raffle were as follows: 1st Prize: Ticket No. 1540, Mickael Ricci; 2nd Prize: Ticket No. 1073, Presley Family; 3rd Prize: Ticket No. 256, Nadia Jenkins; 4th Prize: Ticket No. 1534, B.Stevenson; 5th Prize: Ticket No. 1620, Warren Black. 2nd and 3rd prize have been claimed.

Thank you to the various businesses and individuals who generously donated prizes for the raffle. Certificates of Appreciation will be issued to all businesses who donated goods. The raffle generated approximately \$1,500.00 in new revenue for the club. This money will be used to support junior cycling.

For future raffles to be a success, membership support is required regarding the selling of tickets and the donation of prizes.

Please support the businesses who generously contributed to our raffle: Bunnings – Nunawading; 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.

If you have any ideas and/or suggestions regarding fund raising or have items/goods you would like to donate for raffles through the year, please contact the please speak to John Presley (JP) or Andrew Fitzgerald or send an email to [bbnmarketing@bbn.org.au](mailto:bbnmarketing@bbn.org.au).

All suggestions are welcomed. Thank you for supporting the club.

### **BOQ MT WAVERLEY ATTENTION MEMBERS –**

One of the clubs major sponsors is the **Bank of Queensland (BOQ)** Mount Waverley Branch and they are holding their First Annual Ms Society Cocktail Event on Saturday the 22nd of October 2011 to help raise money for the MS Society. All BBN members are welcome to attend, for more information see [attached flyer](#).

To order see [order form attached](#). The next e-News is due out around the middle of

December. If you are interested in providing an article please send to [newsletter@bbn.org.au](mailto:newsletter@bbn.org.au). If you are interested in placing a classified ad or an item "For Sale", there is no cost to do so for club members, but \$2/add for non members. Also, club members are welcome to advertise their business by emailing logo/graphics to [newsletter@bbn.org.au](mailto:newsletter@bbn.org.au).

### **Juniors Corner**

**Novice Skill Sessions** – The turnout at Siemens Junior Racing every Saturday has been great this year. Check out the website to see who won the Aggregate Points Competition for 2011. A BIG THANK YOU to Alan Barnes for fantastic effort in managing Siemens time table each Saturday during winter. Keep your eye on the website for information about the start of the Thursday Novice Track Training Session. Should be posted soon!

### **Eildon Junior Training Camp September 2011**

– The BBN Eildon Junior Training Camp is on again this September from Sunday 25th to Wednesday 28th (First week of school holidays) at the Rubicon Outdoor Centre, Thornton [www.rubicon.vic.edu.au](http://www.rubicon.vic.edu.au). This is a great opportunity to get some quality training and spend time with other riders. The camp is aimed at junior riders from J11 to J19 with riders allocated to groups according to age and ability.

Further information is available under the Eildon Junior Training Camps tab on the club website.

For an application pack please contact Darryl McClimont at [darryl@mcclimont.com](mailto:darryl@mcclimont.com) or call on 0423 520 314.

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

**RIDE WITH CADEL – by Angus Flood**



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On Friday 12th August, Mitchell Barry, Kurt Santagada & I were selected along with 17 other Victorian riders to ride with Cadel Evan's in his "Welcome Home Parade". Our names were selected randomly out of the

hat at the Victorian State Road Champs the week before.



We met with Cadel in a conference room at the Victorian Arts Centre for 20 minutes before the scheduled ride. He was very accommodating in signing our "Team Cadel"

jerseys and other memorabilia.



He is a very humble man and gave a brief speech. We then proceeded to St Kilda Road where interviews and photos took place. There were approx 30,000 people lining the streets in a sea of yellow and "yell for Cadel" flags & face masks. We proceeded 750 metres down St Kilda Road to Federation Square with Australia's first ever winner of the Tour de France and one of 3 non Europeans to win this race in its 98 year history.



Whilst the ride was a very slow one it is one that I will never forget. It was a once in a lifetime opportunity. I also noted that I am taller than Cadel at the age of 14!

**NATIONAL JUNIOR TRACK SERIES**  
BBN/BOQ Team:

The following riders will be representing BBN at the first of the National Junior Track Series in Sydney. Thanks to all the other riders and parents who attended the meeting. All those who were not selected on this occasion should apply for the next round. First round selection is as follows. Good luck in Sydney on Friday 7<sup>th</sup> October 2011. Coach/Manager is Carl Brewer and Chaperone/Team Helper is Thea Connor. Thank you for your assistance Carl and Thea, and a BIG THANK YOU to BOQ Mount Waverley for **sponsoring the team and assisting financially.**

1. Emily APOLITO WU17
2. Chloe BAGGS WU17
3. John COCHRANE MU17
4. James DANN MU17
5. Pierce CONNOR MU17
6. Michael STRINGER MU17



## *Junior Enhanced Training Scheme – by Paul Parlevliet*

**BOQ BBN JETS** – As winter season finishes and we get the opportunity to ride in the mild warmth of spring it is a good opportunity to reflect on how the Junior Program is progressing and more importantly how the young riders in the club are fairing.

Most of the junior riders in the club contested at least one of the Juniors Tours and each time there was a new respect found for the effort required to be riding at the front of any group. This experience has spurred the juniors to maintain their efforts with training as they know you need to put a lot in before you start to get some payback. The racing at Casey Fields and Siemens has also been drawing healthy numbers giving riders to opportunities to measure their progression and push their boundaries.

With most of the riders in the Junior Development Program competing in the Under 15 category they end up measuring



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themselves against the likes of Angus Flood, Kurt Santagada and James Moffat. With these guys doing so well it is an inspiration to the younger riders coming through the program.

The club has joined forces with Brunswick and Melton Cycling Clubs as well as Cycling Victoria to run a 3 Race Criterium Series. We are hoping to attract novice riders from the Victoria Schools Cycling Championship and get them more involved with the sport and closer ties with the clubs. The series has attracted a sponsor in 2XU and is planning on creating a lasting series.

Every Junior Development session is open to any club junior for a session fee (\$5 for Monday night ergo and \$15 for Friday night DISC). So if you want to come and see what it is all about and train with other juniors from the club make sure you get to the session early and talk to the coach running the session.

The Junior Development Program continues with Friday night track training at DISC (6:30-8:30), Monday night ergo sessions at the club rooms (6:30-7:30) and make sure you join us for the club ride from the club rooms every Sunday morning at 8:00am. For further details call Paul Parlevliet 0411 076 285.

Don't forget the Eildon Junior Cycling Camp coming up from the 25th to 28th of September. This is a great opportunity for juniors to get some quality training before the start of track/crit season and have some fun with friends all at the same time. For camp applications email [darryl@mcclimont.com](mailto:darryl@mcclimont.com) and we will send an application pack.

**Don't forget** that Sean Van Culenbergh and Rob Mucci, the [BOQ Mount Waverley](#) manager/owners at Mount Waverley BOQ are providing the following benefits for all club members:

- Waiver of Home Loan Application Fee for club members & persons referred by the club who finalise their loan with

Mount Waverley BOQ branch, a SAVINGS of \$495.00;

- Waiver of Package Fee for the first year, a SAVINGS of \$395.00.
- A total SAVINGS 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) 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 license displaying you're a BBNCC member or seek from Andrew Fitzgerald (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](mailto:bbnmarketing@bbn.org.au).

## **Blackburn's Junior Enhanced Training Scheme (JETS). A rider's perspective – by Jarrod Wilson**

I started cycling mainly because my Dad had recently taken it up as a hobby. After doing the 50km Around **The Bay In A Day** ride in 2009 with Dad, I decided I wanted to get a bit more serious and join a club.

I did 2 skills nights with Alan Barnes at the BBN track before moving into the road season, where I raced at Siemens for a while before I broke my arm. (Uh oh :( – Ed.) After recovering, I went back to Siemens and started racing again. (Whew! – Ed.) Around that time Dad got a call about the JETS training that BBN was doing. At that stage it was run by Marty Elsum, with Friday night track training at DISC, incorporated a road ride, and a midweek session, too. I went on to do three more JETS training seasons with



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Richard Stringer, Paul Parlevliet and Brad Robins.

In this time I've done all sorts of road races including individual time trials, team time trials, criteriums, as well as sprint and enduro track races.

I have really enjoyed JETS and would recommend it to any new rider wanting to get into racing. I have made lots of good friends and learnt about race tactics, group rides & safety. Most of all JETS training has given me the confidence to ride safely and easily at DISC during races and training. It's also given me the chance to try different things to see what I like best.

I am no longer doing the whole JETS program (only Friday nights at DISC) as I have moved towards track sprint training with Carl Brewer (aboc Cycle Coaching) where I plan to improve my skills at Keiren and Match-Sprint races.

*Jarrold can now ride many riders off his wheel (including his Dad!) and rides safely and strongly. You can learn more about racing & training with the JETS by joining us at the upcoming Camp, coming along to the Monday and Friday training sessions, or joining us on the Club ride, at 8am Sunday mornings. Let us know you're coming: Email: [jets@bbn.org.au](mailto:jets@bbn.org.au)*



Photograph courtesy of Katherine Presley - Jarrod (2nd from Right) enjoyed riding the Worlds course in Geelong

## FATHERS DAY RIDE – by Paul Parlevliet

A group of 20 Blackburn members meet at Black Rock for a Father's Day ride. A steady head wind made the ride in towards the city a little more challenging for some but everyone was cheerful at the turn around in Port Melbourne (see picture). The return trip was a gentle roll with the wind behind us and the coffee at Crino Cycles was a nice catch-up before we all headed off to complete our Fathers Day obligations. A fabulous morning and i am now looking forward to my next Fathers Day.



Photograph courtesy of Paul Parlevliet



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## Racing and Results

Congratulations to all the riders who competed so well in recent months in the State and National Road Championships:

Kurt Sandagada - won a bronze medal in the MU15 Criterium - 2011 National Road Championships;

Lilianne McClimont - won gold in the WU11 State Road Race Championship;

Travis Muir - won gold in the MU11 State Road Race Championship;

Harrison McClimont - 8<sup>th</sup> in the MU13 State Road Race Championship;

Kurt Sandagada - won a silver medal in the MU15 State Road Race Championship;

James Moffat - 7<sup>th</sup> in the MU15 State Road State Championship;

Angus Flood - 13<sup>th</sup> in the MU15 State Road State Championship;

Kyle Muir - 16<sup>th</sup> in the MU15 State Road Race Championship;

Kallum Parlevliet - 17<sup>th</sup> in the MU15 State Road Race Championship;

Sebastian Presley - 19<sup>th</sup> in the MU15 State Road Race Championship;

James Sgardelis - 20<sup>th</sup> in the MU15 State Road Race Championship

Alistair DONOHOE - won a gold medal in the MU17 State Road Race Championship;

Mitchell Barry - won a silver medal in the MU17 State Road Race Championship;

Michael Stringer - 32<sup>nd</sup> in the MU17 State Road Race Championship;

Cameron Parlevliet - won gold medal in the MU19 State Road Championship;

Liam Dove - won a bronze medal in the MU19 State Road Race Championship;

Trevor Spencer - 4<sup>th</sup> in the MU19 State Road Race Championship;

Hayden EYNAUD - 15<sup>th</sup> in the MU19 State Road Race Championship.

For the time trial results see the Cycling Victoria website:

<http://www.vic.cycling.org.au/site/cycling/vic/downloads/Results/Road%202011/tt%20results.pdf>.

For the overall Junior Aggregate see the Cycling Victoria link:

<http://www.vic.cycling.org.au/site/cycling/vic/downloads/Results/2011winter/2011%20Junior%20Aggregate%20Standings%20Final.pdf>.

### Saturday 17<sup>th</sup> September Racing At Casey Fields

- Strong winds made it very difficult racing conditions with many breakaways in each grade. Results can be found here [results](#). & photos from Marisa Farrell can be found [Here](#)

<http://www.flickr.com/photos/aurora-photography/sets/72157627692543476/>

Many thanks to Doug, Alan, Laura, Paul & Chris for helping out on the day. **WELL DONE ALL BLACKBURN RIDERS!!**

### Race Report Casey Fields Women's Grades 20<sup>th</sup> August - Laura Parlevliet

Blackburn Cycling Club held its first ever women's specific criterium at Casey Fields last Saturday (20<sup>th</sup> August). The weather was perfect and we had a starting field of 11 women cyclists which was absolutely fantastic! The field was generally very strong but broke up very early on as there was quite a range throughout the women - average speeds in the peloton were roughly in the mid to high 30 kph range (with a maximum speed above 50 kph) and at the other end of the field the mid to high 20 kph range (maximum speed in the high 30's). There were 7 women in the final sprint for the finish line and the race was ultimately won by our very own.



Photograph supplied courtesy of Still Water's photography



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Chloe Baggs, with Hannah Bush (FTY) coming in 2nd and Jodie Batchelor (SKCC) taking the final podium position in 3rd place. Particular mention must go to Grace Phuong (SKCC) who came 5th in the women's race, then went on to win 3rd place in the open D-grade event - this was a truly outstanding performance Grace!

Well done to all the women who rode. The numbers and feedback suggests there was in fact a race to be contended by those with the legs, and there is interest to be developed in getting subsequent grades up and running for those with less speedy legs.

### Women's Weekly Training Summary - by Laura

Three of the BBN women, Kay, Laura and Madison rode in the Fathers Day Sunday club ride (there was a total of 18 riders) from Black Rock into Port Melbourne and back (approx 36k, averaging 25kph). It was a windy day for it, we started off into the wind, but had the tail wind all the way back, finishing up with a coffee at Black Rock, before heading off for various Fathers Days celebrations.

Are you looking for other training? Some Co-ed training is available: **ABOC Clubroom (Tues) Ergo Sessions** - You can usually find a few of the girls there - Laura, Melissa, Bev, Emily and a few others.

**Friday Night Disc Training** - Great if you are new to track, or if you want a really good spin 6.30-8.30 at DISC.

**Other Disc sessions** - various club coaches run DISC sessions as well (ABOC and Brad Robins) they are usually happy to have someone new along, but best to contact the coach directly to find out more about each session, contact details can be found on the BBN website.

Velocino Girls have training rides that you are welcome to join as follows: **Saturday morning** leaving from Bayswater - Marie Wallace Park at 8am. The park is on Mountain Hwy, between the rail crossing and the intersection

with Bayswater Rd. We usually ride up the 1 in 20 and some other climbs such as the Wall. We end up back at the Black Kettle in Sassafras for coffee & scones before descending back down the 1 in 20 to Bayswater - about a 50km ride.

**Sundays** are usually a longer ride leaving from Velocino at Black Rock at 7.30am.

### Casey Fields Women's Grades Saturday 17<sup>th</sup> September - Women's Grade at Casey Fields.

A total of 15 women turned up to race the women's grade on Saturday. Unlike last time, the field was blown apart pretty quickly by a combination of the strong wind and the three XOSize girls setting a high pace from the very first lap. From then on it was a fight just to stay on (and avoid that swooping magpie on the bottom corner). Once the field was broken apart, riders split into groups of 2 and 3, and worked together to try and maintain positions. XOSize swept the board with team mates Bridget Officer, Miranda Griffiths and Simone Pierce claiming 1st, 2nd and 3rd. Carly McKay, followed claiming 4th.

Thanks to everyone that turned up, to our last Windy Winter Crit! Looking forward to next year now, with plans a foot to introduce B Grade.

### Damien McDonald Memorial Regional Road Race - Sunday 25<sup>th</sup> September - The courses

have been announced the Road Race, starting from 11am in Eildon, Categories will include Masters Women, Elite Women, and junior grades. If you are interested in racing this event, please email your Expression of Interest to [racing@bbn.org.au](mailto:racing@bbn.org.au). This is also the first day of the Sept Eildon Junior Camp (a great social/training event for accompanying mums), so if you have a junior heading up to camp, there's no excuse, come up early and get some racing in!

Course Maps can be found [here](#). And online entry is now open [here](#) (however, registrations will also be taken on the day!)



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## Club Aggregate Competitions – by Andrew Fitzgerald

For all your latest information for results concerning 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](#)

## Summer Track Calendar – by Richard Stringer

**Note:** Keep watching the club racing program for updates, [www.bbn.org.au](http://www.bbn.org.au).

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

### 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](#)

## aboc Summer Sprinters Series – by Carl Brewer

Only a few more weeks of Tuesday night ergo sessions to go before daylight savings starts! And, round 1 of the Summer Sprint Series is on Sunday the 2nd of Oct. Details: [http://www.facebook.com/l/GAQBhJZ2vAQCUCoOdvQKJPIv\\_cARCYiQQYa\\_1r-n3uoeNQ/sss.aboc.com.au/](http://www.facebook.com/l/GAQBhJZ2vAQCUCoOdvQKJPIv_cARCYiQQYa_1r-n3uoeNQ/sss.aboc.com.au/)

## Tour de Cadel – by Doug Reynolds

There is no doubt that the best place to watch the Tour de France is on TV and SBS do a world class job, with very limited resources.

But to really feel the, you just have to be there.

After attending 6 Tours and a Giro, for me July is still all about the Tour. Luckily for the 3<sup>rd</sup> time, I got to work with Bike Style Tours in France in July, a dream job for any cycling enthusiast.

This Tour had it all. A sure fire Spanish favourite, who crashed several times in the first few days, the American RadioShack Team who thought it had at least 3 podium contenders, a couple of well-performed brothers who seemed to have the weaponry to cause an upset and a fading Aussie who many thought was passed his best.

But sport has a habit of throwing up the unexpected. This Tour was no different. Cadel said he was ready and so it proved. What had changed? For starters, at last he had some team support. He had a plan, he looked confident and he honestly believed it was his time.

That's not to suggest that everything went smoothly. A few eyebrows were raised on the two stages when he had to go into overdrive and pull back critical gaps; the times he looked to Voeckler who refused, or was unable, to help, and that bike change (off the record he admitted that there was absolutely nothing wrong with the bike!) It could have all come undone, if the old ways had returned. But Cadel seemed to have accepted the Tour was his to win.....or lose!

The confidence Cadel gained in the critical Dauphiné Libre Time Trial (unbelievably Andy didn't ride), on the exact same course of the Tour, meant Cadel knew exactly what he had to do, to win the Tour. We checked out the TT course in the morning, and prayed the early rain would continue. It didn't. The course was hard, very hard. Long uphill, lung-busting drags, super-fast twitching descents, sharp, technical corners; everything Cadel loves.....and Andy doesn't.

The number of Aussies in France was staggering. When Lance was king, it was the



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Americans. When Cadel came out to play, the Aussies were out in strength. And Cadel finally realized that he had huge support (see Utube and Crikey Cadel). No more blunt, cryptic responses to reporters, but a friendly, relaxed, confident champion, even offering us coffee from his BMC bus; that wouldn't have happened last year.

Cadel came of age as a true champion, when he broke free to win the World Road Title. He didn't look back then and he hasn't looked back since. When Phil Liggett predicted more than a decade ago that Cadel would win the Tour, he was right. Cadel just wasn't quite ready.

The only thing that could have spoiled the victory was if Contador didn't make the start. He did, and Cadel was ready. Or if one of the Shlecks suffered bad luck. They didn't and he was ready.

From the first kilometre of the TT, Cadel looked in charge, and Andy didn't. By halfway, the Tour belonged to Evans and he knew it. Throughout the Tour, Cadel was without doubt the best rider, had one of the best teams and rode the smartest race; confident that an almost 5 minute gap to Andy was not a disaster.

Cycling has suffered its share of problems, and it needed a true champion to show the way. Voeckler rode brilliantly, and maybe he can make the podium next year.

But 2011 was Cadel's year. Vive le Tour. Vive le Cadel!

*We were there and we got inside to record some great footage. Cadel, Brad McGee and others. Check it out*

<http://youtube.com/bikegearnow>

Many Companies run Tour de France trips annually, giving participants an opportunity to see some of the Tour live, ride the iconic climbs and experience the considerate nature of most French drivers, who accept our right to be on the road.

## Social Events

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 [info@bbn.org.au](mailto:info@bbn.org.au).

## Facebook – Our Club Site



Don't forget to check out the clubs 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.

**Keeping children safe online (UK):-** This is a transcript of the speech by Children and Families Minister Tim Loughton on 14 June 2011. He talks about what parents and industry can do to keep children and young people safe online. [Link](#)

<http://www.education.gov.uk/inthenews/speeches/a0077968/tim-loughton-addresses-the-uk-council-for-child-internet-safety-summit>

## Members Say – by Andrew Fitzgerald

From Rob Monteath, the club has a few spare long sleeve jerseys in stock, if you're interested give Rob a call.....cost is \$120. 3 x X- Small, 3 x Small, Call Rob on (0401 699 413) for enquires.

Members have raised the idea of having a BBN Club Hoodie Jacket with a full front zip. Two colours are being considered, Black or Red. Red will include club name across the back in white embroidery and the Black will



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have the club name in red embroider across the back. If interest email [bbnmarketing@bbn.org.au](mailto:bbnmarketing@bbn.org.au) and costs will be depend on numbers.

The club still has some 60<sup>th</sup> 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](mailto:bbnmarketing@bbn.org.au).

## 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 December 2011. At this time the cut off date to provide your contribution to this edition is 11p.m., Saturday 3<sup>rd</sup> December 2011. Contributions provided after this date will be held over until the next edition.

To the businesses that have supported the club including those who have advertised in the newsletter, thank you and we look forward to continuing this partnership.

To the sponsors of the club (see sponsorship page), thank you for all your contribution, the club appreciates and thanks you for your generosity and continued support during 2011.

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

*"Your feedback is greatly appreciated"*

## Classified Section

### FOR SALE

**FOR SALE** – Caitlin Ward is selling her Teschner Track Pro Frameset - 53cm TT 2009 model. \$1600.00  
Contact Caitlin Ward 0413 654 502".

**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

**FOR SALE** – Avanti Prima Road Bike, 3 years old, Suit J11 or smaller J13 rider, 650C wheels, Shimano groupset, Cateye computer with cadence, J11/J13 compliant gearing, Additional safety brake levers on handlebar tops. A few scratches otherwise in great condition, never crashed. If interested please contact \$350.00 - Chris Muir on 0431 503 140 or [chrismuir@ozemail.com.au](mailto:chrismuir@ozemail.com.au)



**FOR SALE** – 2010 Wilier lozard Road Bike. Ultegra groupset, 170mm SRAM Rival cranks, Fulcrum Racing 7 wheels. 54cm Medium frame. Raced for 1 season only. Price is \$1800. Please call Tracy for further details on 0448 899 511 or email [tracyanne5@hotmail.co.uk](mailto:tracyanne5@hotmail.co.uk)

**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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