

FROM THE COMMITTEE

Welcome One and All to the Vets for 2010. We have had a great start to the new year with some really good numbers at our races and a really positive feel around the club. The Committee decided to start racing a bit earlier this year based on feedback from the riders and it just shows that it pays to listen to your members.

Hopefully all members are now well aware of our 2010 major Club Sponsor—Wills Financial Group. We sincerely thank them for their support and while a numbers of our members already use their services—more are always welcome.

The Club's AGM is only two weeks away, after the race on Feb 21st at Bishopsbourne, and we would really urge as many members as possible to attend. It's your club so have a say in how its run. Have you thought about a stint on the Committee?

Finally, don't forget the "Fingal 50" sponsored by the Fingal Valley Festival, which is on March 6th—Long weekend. It's a great race for the family as there is plenty of entertainment while the race is on. We hope to see you all there.

The Committee

THANKS REBEKAH !!



Thanks to Rebekah Tamblyn for her great photos over the last few weeks. There have been some truly great shots and they will provide a great record of January and will be great for our next social function.

NVCC AGM

The Northern Veterans Cycling Club AGM will be held shortly.

When: Sunday 21st Feb
After Race—Approx 12:15pm

Where: Bishopsbourne Hall

We would really appreciate as many club members as possible to attend. Nominations forms for a position on the Committee are available at the race desk.

The AGM will feature Financial Report, President's Report, Election of Office Bearers and the Appointment of the Auditor.

Please Bring a Plate !!

THE NEXT 4 WEEKS:

14th Feb

Cressy 50km GMS

Duty: Gavin Moore, Steve Francombe, John Watson

21st Feb

Bishopsbourne 51km GMS

Duty: Michael Cheney, Rob Tatchell, Steve Muir
AGM & Afternoon Tea

28th Feb

Evandale 50km GMS

Duty: Mike Walsh, Gavin Tamblyn, Jason Hinds

6th Mar—1pm

Fingal 50 Feature race

Duty: Volunteers Required
Great Family Day !!

2010 CLUB SPONSOR



The company has offices in Launceston and Hobart, providing a full range of financial services including share advice, retirement planning, superannuation advice and portfolio administration. They provide services to individuals, companies and self managed superannuation funds.

They are proudly independent - being owned by staff, with no ownership ties to any bank, fund manager or insurance company.

They can be contacted on (03) 6334 0049, or at willsfinancial@iinet.net.au

We sincerely thank Tom and WFG for their most generous sponsorship package.

Jan / Feb Birthdays

January

Troy Hillier 9th
Bill Chilvers 9th
Tom Ellison 9th
Lynne Woodfall 12th
Michael Cheney 21st
John Watson 24th
Neil Wesley 28th
Ray Brien 30th
John Frankling 31st

February

Inge Hillier 11th
Gavin Moore 19th
Scott Freeburgh 20th
Craig Burrows 22nd
Adam Sanders 26th
Gary Baker 28th

Member Profiles

With so many new members we have decided to change the profile section of the newsletter for a while. We will feature more members in a much briefer format in the hope that it is easier for us all to get to know each other a bit better.

GARY BAKER



Believe it or not Gary has only been riding for 6 months. He got hold of a bike to get a bit fitter, and then enquired about racing and he hasn't looked back. He is now 20kgs lighter, racing regularly and loving every minute of it, in fact he stated he has "never met a friendlier bunch of people"and I don't think this is just because he is an ex-boxer with a few Tassie Titles under his belt. Gary works at REcab transport and hence wears the REcab kit with pride.

DANE LEEDHAM



It's a well known tactic amongst Dane's opponents ...do not let him get near the finish line with any

Dane Leedham Cont.

legs left or you won't see him. He can sprint like a demon !! Dane road both the track and road previously, and has been back on the bike for 2 years after a 6 year lay off. A mad keen Blues Supporter he and his wife Rebecca have just had a baby boy named Tyler Judd Leedham. Cant believe he got away with slipping Judd in there !! In his spare time he works as a bike class instructor at PYCSAM gym and has a reputation for pain, pain and pain. Dane trains with Cycle Torque crew and has been working hard to get a few of his crew out to race.

KEITH DOLTING



Keith, Co-Vice President, is one of the Vets who have been involved from the very start. He is one of the most passionate and valuable club members we could wish for. He started riding at 17 until about 20 and then took up football umpiring for 24 years. After that he was back on the bike. Two years ago he stepped back from 6 years as the Club handicapper, and allowed himself to have a race again. While he has returned to support John Frankling in this role, its great to see him on the bike still. He trains with the Longford lads:- Rob Nimmo, John Watson, and Michael Donovan.

VETS TO CONQUER 3 PEAKS BIKE RIDE By Chris Moore

Pre Ride Report from Chris

You know, I must really take more thought before one says 'yes' to a question. Steve Muir said to me, Chris you and I are going to enter the inaugural 3 Peaks bike ride. Little did I know that he was offered a two for one entry into the ride after we finished the 'around the bay' ride last year. Saved a whole \$75 bucks.

How hard could it be thinking it would be like the great Vic bike rides that they hold every year. Steve called me soft and to eat some 'cement' as I gave into him and said yes.

The 3 Peaks bike ride is an inaugural event for 2010 put on by Bicycle Victoria. It involves 230 k's in one day starting at Falls creek in Victoria. Winds it way down to Mt Beauty then up to Mt. Hotham across to Omeo then back up to the finish at Falls creek. (lots of Long hills) Steve has also conned Lia into joining us as well.

Now some of the vets may know that I'm not really the type for 'putting in' but all of a sudden, riding up hills has become the norm. Lots of fellow riders have offered us their favourite hill, 'you should riding out to Blessington, yes Lilydale is the place to train or Flowery Gully or as our Secretary` has told me his secret hill is up Notley Gorge rd at the top of Bridgenorth. (no secret anymore, ha) Well I can tell you that my heart rate goes into meltdown just thinking about them all. We have done them all plus more. Steve now tells me that we must do Poatina (which I will have second thoughts about) before we go. With my training I have been averaging about 220-250 k's per week which I hope will get me through. It's a pity that riding takes up so much time as it is really enjoyable. I have learned that at my age

VETS 3 PEAKS PRE-RIDE REPORT

annoying little niggling injuries take a long time to recover from and you have to be careful that your technique is always be the same as any variation causes muscle strains and injury.

I have read some books on cycling (yes I can read) one title was 'Cycling for the over 50's' and done a lot of research on the internet on Hydration, food intake, training programs and cycling technique. I have worn out a tyre in three months (boy cycling is expensive) and my wife has almost disowned me as I never seem to be at home anymore.

My biggest worry is finishing the ride as I will be tagging along behind two much stronger riders. I also have a new motto, 'the wind is my friend'. For those interested, on the Ozcycling.com web site is some video footage of the ride. Stay tuned for the next instalment,

*Chris Moore
'D' grade*

Note from Editor:

When Adam Sanders and I were returning from Lilydale ..who did we see out climbing monsters ...yes it was Chris ..so if he lines up beside you in a race ...watch for his attacks up any hills !!!!

We look forward to the Post Ride report.

HOT WHEELS AWARD



This months HOT WHEELS is a rare one, as in 3 weeks of Graded Mass Starts, featuring a total of 16 individual races there has been 15 different winners and 1 race not completed due to Wilkie's spill.

Those that have opened their year with a win are:

**Julian Clayton
Jeff McMahon
Rob Weeks
Justin Cooper
Mark Wilkie
Andrew Flanagan
Gary Woodfall
Leigh Kerrison
John Hillier
Darren Cook
Collin Burns
Peter Lanham
Gavin Tamblyn
Ray Brien
Eddy Summers**

Lets hope this pattern continues and we all might get a win

RACE DAY AT THE DESK



These ladies do an awesome job on race daybut you could all help a little by doing the following:

It would be great if you could have as close to correct change as possible, state your name, your grade and colour and even your number if you remember i.e. Collin Burns ...A grade (white) number 14 ...

Thank you in anticipation of your help in this area.

Member Profiles (cont.)

GLENN MYLER



Glenn has a long history as a Rower having represented Australia at the Commonwealth Gamesand equally as long a history on the bike which he rode as a poor athlete trying to commute cheaply. He is the gentle giant of A grade and no matter how little he has been training he never needs a lift from the handicapper, as he has the uncanny ability to get very fit very quickly (he would argue this also works the other way). He rode the Grafton to Inverell in 2008... 7hrs 47min and 46 secs of pain ...228km into a head wind with a 17km climb ...not that he remembers !! Glenn "rides" with The Sloane Rangers (& 730 Coffee Crawlers).



GAVIN TAMBLYN



Gav's first race was at Bishopsbourne last August on a day we considered cancelling the race and in retrospect should have. It was abysmal with many riders turning early ...Gav came in 2nd in E grade as most riders had turned back. It was pretty obvious from that race that this guy was prepared to hurt and was keen to have a go.



"yes that's hail blowing into my face at 38km/h but its still great fun this racing"

Gavin had previously raced in Adelaide and Canberra 20 yrs ago and he remembers winning a first stage of a Canberra 2 day tour in D Grade, then arriving 15mins late for Stage 2, he never did catch the bunch !! Gav joined the Vets to get fit under instruction from his soul mate Bec and has really enjoyed the friendships he has developed though riding and looks set to stay !

THE FINGAL VALLEY
FESTIVAL

FINGAL 50

SAT MAR 6th
1pm

One of our biggest and
most prestigious races
of the year ...

It's tough and it's a
cracker of a ride back

Great Prize Money

A great race for the
family to attend as
they can attend the
Festival while the race
is on and be right there
for the finish.

Entry forms
at the Race Desk.

Entry and Fee \$12 must
be to Inge by
Sun Feb 28th.

Be there !!!!

Duty Riders Responsibilities

We all love our racing but it is a simple reality that we must have people on duty each week. Thanks to our volunteers, some of whom turn up every week (I wonder how many of us would do this ?) we can get away with 3 duty riders each week. As our numbers continue to grow this means our duty turn comes around less often... but it does come around.

We need you to do the following:

1. Check the race roster to make sure you don't miss it.
2. If you cannot do it then you should arrange a swap with some-one on a date that you can.
3. On your duty day ..be there between 9:00am and 9:15am to help out with set up and maybe even they desk.
4. You will require a vehicle unless you have previously arranged a way in which your responsibilities can be covered without one.



Julian Clayton is currently the Club's Duty Roster Manager so please contact him should you have any questions.

Home Ph. 63269738
Mobile Ph. 0424 557 440

NVCC CLUB KIT



The Committee have had a few more queries about people interested in purchasing some more of the NVCC kits . If we get a few more interested then it may be worth putting another order in.



If you are interested in knowing more then please have a chat to Michelle Dabner - Pictured Left (...The brains behind the President)

THE WILLS FINANCIAL GROUP NORTHERN VETS BUNNINGS BBQ FUNDRAISER

WHAT: CLUB FUNDRAISER
(THAT WE NEED SOME HELP WITH)

WHEN: SAT 13th MARCH, 2010

TIMES: 8:30am to 4:30pm

We will soon begin organising Sausages (30kg)
Bread (40 Loaves), Onions (10kg), Sauce (a Lot), Oil,
Serviettes, Disposable Gloves, Aprons, Soft drink
cans ...Eskies ...Ice

AND

Volunteers to do 2hrs Shifts !!!! (See Roster at Race Desk)

If you can help out in any way
it would be much appreciated !!!

JANUARY RACING AT THE VETS



KEEP IN TOUCH WITH THE VETS NEWS

Remember to check out the Race Results, Newsletters , Announcements, etc etc on the Club's Website ... <http://www.northvetscycling.com/>

and if you are on Facebook then check out the Club's page on Facebook.....there are some great photo'ssome good questions being asked about race typesand also some friendly banter ...its worth a look !!