

## Bunch Riding Etiquette

Here are a few friendly reminders about social bunch riding— Is this how your bunch rides? Do you agree? Some of these also apply to bunch riding in a race, particularly a handicap race where a smooth bunch will also be faster. In a GMS when things can get hectic and unpredictable riders should remain fully alert.

### 1. Be Predictable

It is important that you ride predictably in the group. Sudden changes in direction should be avoided. Sudden or abrupt movements will also impact on the reaction time of the other riders in the group and create an unnecessary hazard.

### 2. Riding 2 Abreast

The law dictates that cyclists can only ride 2 abreast continuously. (It can be 3 wide if you are overtaking or rolling off the front). Certain roads or conditions might require single file. Some double lane roads without a shoulder dictate that it is better (and legal) to sit in the middle of the lane rather than have vehicles squeeze past.

### 3. Maintain a Steady Pace

Maintain a constant speed and avoid abrupt or unnecessary use of your brakes or hard acceleration then easing off. This may cause a collision amongst riders following behind. The objective is to ride "tempo", where your cadence is steady. Not only does this create better cycling technique, it stops the perpetual "yo-yo" effect.

### 4. Hold the Wheel

The benefit of riding in a bunch is you get wind protection. Holding the wheel relates to keeping a steady but close distance between you and the rider in front. If the gap closes, try not to brake, but rather ease off on pedalling and free wheel. Again, consistency is key

### 5. Road Rules

You have a right to be on the road and a right to be in a lane, but with that right comes responsibility. You are classified as a vehicle and are required to obey all of the road rules that would apply to you in a car. This includes stopping at red lights.

### 6. Communicate

Use verbal and non-verbal (hand) communication to indicate hazards. Be sure to pass on the calls made to fellow riders in a loud and clear voice. Communicate your intentions with phrases such as: "stopping" "slowing" - "car back" - "hole/glass"

### 7. Riding at the Front

When you are at the front of the bunch, your aim is to maintain the same speed you were doing at second wheel. Also, don't half wheel at the front of the bunch. Half wheeling is when someone rides in front of the person next to them.

### 10. Climbing or Ascending

Standing up on the pedals can cause an immediate deceleration of your bike which means your bike could drop back anywhere up to half a metre. To minimise, be conscious of keeping the bike moving forward as you stand.

### 11. Pedal Downhill

Those at the front of the bunch should not coast or freewheel on the downhill as this leads to the group behind bunching up and causes unnecessary braking.

### 12. Fill the Gap

If there is a gap next to you, then signal or call for someone to fill the gap from behind, or you can peel off to the rear of the bunch.

### 13. Hand Positioning & Bars

While riding in a bunch, no rider is to be down on their aerobars, regardless of their ability/experience.

### 14. Re-group

If the group splits after lights or longer climbs slow down or in some cases stop to allow the bunch to re-group.

## DUTY ROSTER FOR UPCOMING RACES

### 15th MAY BISHOPSBOURNE 40km GMS

Duty: Darren Cook, Brett Fulton, John Frankling

### 22nd MAY CARRICK 48km GMS

Duty: Simon Donovan, David Frost, Matthew Sydes

### 29th MAY LONGFORD 45km G/Hcp

Duty: Rob Nimmo, Collin Burns, Ward Totham

### 5th JUNE CRESSY 40km GMS

Duty: Jason Andersch, Jeff Garwood, Peter Fraser

## NEWS FROM SPONSORS

With great thanks we welcome our New Sponsor for this financial year, and thank them for their assistance with our endeavours



Please contact us with contributions or questions:

Email: [craig.woodfall@education.tas.gov.au](mailto:craig.woodfall@education.tas.gov.au) [www.northvetscycling.com](http://www.northvetscycling.com)



The quietly spoken Jason is our Club's Hot wheels winner this month and the rest of the Backies had better look to their laurels as he feels he is steadily getting better even though he considers his form has been very consistent over the last 18 months. Although he has won many races riding in our Club events his recent fastest time in our Fingal 50 and second fastest time in the CA conducted Jack Kinnane event (State Title) was significant to him. He rode off the B grade mark in that latter race and missed the victory by half a wheel at most, but he feels it will be difficult to achieve Scratchman status in the Opens as he does not have the time to train sufficiently.

Being on the Staff at Bike Central he recently completed a Bike Fit training program, designed to fit other riders to their bikes, however Jason as a result has made some subtle changes to his set up that he feels has assisted him. Jason has a new bike and when queried if it has advantaged his form his reply was yes because "it just fit fits me correctly with its geometry and handling".

Training in the winter's short days is a problem for many and Jason is no exception. He is however part of a strong dedicated core group who get away at 6 am. He says that he feels he would let himself and others down if he missed going with this hard training enthusiastic group.

Other riders up close to the award for this month were John Watson and Paul McShane for their great rides in the Fingal 50.

**IMPORTANT NOTICE**  
**Re: RACE ENTRIES**

**Weekly Race Registration Cut-off**

**9.45 am**

**Race Briefing**

**9.50 am**

**No Exceptions**

**April & May Birthdays**

**April**

2nd Graeme Kearney  
3rd Simon Froude  
3rd Phil Stevenson  
4th Martin Zuj  
5th Jeff Garwood  
12th Bob Walker  
12th Sally Gates  
23rd Scott Evans  
25th John Hillier  
25th Scott Murchison  
28th Keith Dolting

**May**

4th James Proverbs  
5th Judith Frost  
5th Steve Muir  
13th Richard Richardson  
18th Steve Ockerby  
20th Michelle Dabner  
26th Lia Giavonovits  
30th Leigh Kerrison

The early ones we have missed, hope you all had a really great day.

To the others, enjoy these days with all our best wishes

## Rider Profiles

### Andy Wells



I'm 43, Married to Vivienne for 21 years and have two teenage children Tobias 17 and Kelsey 15.

I have 6 years teaching experience in Math/Science and IT and 12 years working in the corporate sector as an IT Systems Administrator. At the time of writing this I am currently out of work. Aside from farming the 30+ acres at Relbia. As most people know from the Vets function last year I also play guitar and have been a pro or semi-pro musician since 1987 solo and in rock bands.

I am very much new to bike racing having never been anywhere near the sport before aside from going to watch races with my grandparents years ago. My first ever race was at Whitmore at the end of January 2010 where I got a puncture. I followed this with a crash a week later at Cressy but by then I was hooked. My first real bunch ride was riding to the Whitmore race to 'have a look' after being invited out by Craig who I have known since our teacher training days. Prior to this I had been a soccer player and a

sprinter in masters athletics but following a major injury in a race had pulled out my 20+ year old Malvern Star to regain fitness and lose a lot of weight that had been put on in the months when I could barely move. So it's Craig's fault that I am at Vets :)

I enjoy seeing the people at Vets every week, some of them I see during the week on rides but it's such a warm and friendly club, a happy place to be really. Since joining I have formed some great new friendships particularly with the Team Sloane riders :) and am always happy to accept an invitation to go for a ride.

No real secrets ... Training wise I do all sorts of different rides with no set program as such just a variety of everything. Being out of work I have done a lot of riding for 2011 already. I often go by myself over set courses and work on improving time and speed over some sections or climbs, I don't just ride but workout I guess. Where I live is a good spot for a wide variety of rides and courses. Bunch rides are usually just that but sometimes a bit of speed work happens when there is a tail wind behind the bunch. I also do the odd 'rest ride' where I don't go any bigger gear than 39/19 and just roll along taking time to take in the scenery. I usually do some weight work over winter, mainly squats for leg power and some light shoulder and arm work as I have dislocated both shoulders from playing so called 'non-contact' sports. I also make sure I ask others with far more experience what I'm doing wrong or how I could improve, there really is a vast wealth of knowledge rolling along the road on a Sunday.

**To finish this off on a very good note - Andy starts a new IT Job on Monday 18th - Best of Luck Fella**

## FINGAL FEATURE



The NHP Northern Vets in conjunction with the Fingal Valley Festival held the Annual Fingal 50km in the usual hot and dry conditions on Saturday of the Long weekend at the Fingal Valley Festival. With substantial prize money on offer, and a prestigious list of former winners, riders had been setting themselves for weeks for this, one of the club's major events of the year.

A strong field of scratch and 2nd scratch looked ominous at the back of the field if they could only get together, but despite this happening and a very quick trip home from the turn, they were left to chase nothing but fresh air all day. Once again it was the front markers who held tightly to their start and held off all other bunches to take out the line honours.

Tipped as favourites early, it was John Watson's bunch at the front of the race who rode strongly, and John who is well known for his finish proved too strong at the finish to take out the race. Paul McShane, Ric Easton and Ray Brien finished 2nd, 3rd and 4th respectively with Bob Walker taking out the bunch sprint in the middle markers chase bunch. Michelle Dabner was first placed woman while Jason Andersch worked tirelessly all race for a well deserved fastest time.

## NHP Quamby Classic



The NHP Northern Vets held their toughest Feature race of the year on Sunday, the 68km NHP Quamby Classic, held over the tough Selbourne course. Over 60 riders gathered in damp, cold and foggy conditions to start the race, many hoping that the glimpses of sun might be a sign of things to come.

Before the race Glenn Myler busted his bidon cage and arranged for Kim Whittle to have a drink bottle ready for him on the second lap, when she asked how long he would be he said "unfortunately about 51 mins" thinking they may average up to 40 kmh, and much to the surprise of the group at the line, the bunch came past at exactly 51 mins. The A Grade group had come together and 15 strong bunch's blistering first lap over the tough course bought the race well and truly back in their favour. Scott Evans was the most unfortunate rider of the day, starting from the back mark, he dropped his chain seconds before the start and despite chasing for 2kms, his race was over before it started.

With 15km to the race was all up, and the urgency dropped off as did the pace. Brian Dabner attacked the bunch, and he was soon joined by Peter Oliver, Matt Sydes and Mark Wilkie. There was no movement from anyone in the bunch to bring this back as riders began watching Jason Andersch and saving themselves for the upcoming hills. Jason rode

patiently and calmly, and when the hill arrived he launched his attack. The previously calm bunch was spread out and riders were coming off in all directions. Jason and several other riders managed to get across to the front bunch, but once he attacked again over the rolling hills it was quickly evident that there was no-one capable of riding with him. Jason continued his great form winning the race by 300m. While Matty Sydes and Mark Wilkie managed to hold their break from the other riders to take out 2nd and 3rd respectively.

***With this well deserved win, it looks as though Jason might have actually taken out the "Hot Wheels Award" for the second month in a row. Congratulations once again!***



## Winter Special

The shop will run a service special for **3 months** over winter starting on **1st may** thru to **end of July**

This will be a complete service removing Bottom Bracket re-greasing and removing both axles checking wear on cones & bearings Degreasing the drive chain which includes Chain rings Chain & cassette then checking & adjusting gears, brakes, truing wheels, checking tyre & brake wear.

Normally \$135.00 we will do this for only

**\$65.00**

now if that is not a bargain we will also add in a complete detail of the bike by Roly

## Some interesting stats on our Vet's web site for 2010

### Did you know?

1. 16,708 visits to web site in 2010.
2. 37,491 web pages viewed (207,833 hits) in 2010.
3. August & September are most popular months for visits to web site.
4. Sunday & Monday are the most popular days for visits.
5. Most web site hits are from Australia (176,197) followed by the U.S. (13,756).
6. Site was viewed by people from 83 different countries.
7. Average time of the 16,708 visits was 3½ minutes.
8. The Results & Roster were the most viewed web pages.
9. Most links to the web site were from Facebook, then Southern Tasmania Vets.

### MANY HANDS !!!

Many thanks to Gary Woodfall and Ric Easton who do a great job on the newsletter. Ric is responsible for Rider Profiles and Hot Wheels and Gary, depending on the contributions received, writes the rest. He later hands it onto the secretary to proof read. Much Appreciated !!