



MEMBERS Handbook 2008



Office Bearers 2008

President	Matt White	03 9728 6859	mattgwhite@optusnet.com.au
Vice-Presidents	Greg Lipple	03 9733 5664	greg.lipple@nillumbik.vic.gov.au
	Hylton Preece	03 9890 7041	hpwy1@pacific.net.au
Secretary	Keith Bowen	03 9439 8013	keithb@rabbit.com.au
Assistant Secretary	Nigel Kimber	03 9376 1521	nigel.kimber@au.fujitsu.com
Treasurer	Juanita Cadd	03 9836 9353	sjgplceo@bigpond.com
Membership Secretary	John Macleod	03 9722 1522	milo@aanet.com.au
Handicapper	Graeme Parker	03 9728 8087	gandeparker9999@bigpond.com
Assistant Handicapper	Keith Bowen	03 9439 8013	keithb@rabbit.com.au
Club Captain	Ron Stranks	03 9439 8533	
Vice Captain	Stephen Short	03 9561 7040	steve.short@geap.com.au
Safety Officer	Ron Stranks	03 9439 8533	
Referee	Graeme Parker	03 9728 8087	gandeparker9999@bigpond.com
Newsletter Editor	Nigel Kimber	03 93761521	nigel.kimber@au.fujitsu.com
First Aid Officer	Sue Cox	0417 341 307	sue281@bigpond.net.au
VVCC Representatives	Nigel Kimber	03 9376 1521	nigel.kimber@au.fujitsu.com
	Ian Smith	03 9887 1690	ismith@internode.on.net
	Nigel Frayne	03 9481 5482	nfrayne@optusnet.com.au
Race Committee	Richard Dobson	03 9723 9669	richard_28746@yahoo.com
	Phil Cox	0419 731 255	phil281@bigpond.net.au
	John C. Wilson	03 9735 9272	johnwilson@dynamicclosures.com.au

An Annual General Meeting is held once a year to elect new office bearers. Members are encouraged to attend and to participate on the committee. A member must be nominated by two members for a position on the committee. The attendees at the AGM will then vote for the nominations and elect a new committee for the year.

Club meetings are held at 8pm on the last Monday of every month, at the Maroondah Sports Club on the corner of Mount Dandenong and Dublin Roads, East Ringwood. Members are most welcome to attend. Please refer to the Racing Calendars for exact dates of meetings.

**Race Day Telephone
0407 688 154**

www.easternvets.com

Saturday Race Day Information

New riders are requested to arrive early, i.e. approximately 1.00pm for grading and other instructions. Entries on race day close at 1.45pm for a 2.00pm start. No entries after 1.45pm will be accepted.

The handicapper will allocate all riders a grade, A through to F according to their ability experience and current form.

Riders will be issued a number to pin on the rear of their jersey and a helmet cover to distinguish their particular grade. Each rider is responsible for the return of these items at the end of the race and may be required to pay a penalty if they are not returned.

Road racing bikes with drop handle bars are used for all races conducted by EVCC. Bikes with fixed gears are not permitted. In the road races competitors are expected to carry the necessary spares and equipment to fix a puncture and it is recommended that bikes be fitted with a rear light as courses can become quite dark. It is also advisable to avoid wearing dark clothing for road races. In criteriums all attachments (pumps, lights, under-saddle bags, etc.) are to be removed from the bike, only a drink bottle is allowed.

New members will be assisted by the club captain or other experienced riders if they are new to racing.

Riders should attend the presentation ceremony which is held approximately 30 minutes after the finish of the last race.

Eastern Veterans

Cyclists become eligible for veterans status in the year that they turn 30 for females and 35 for males. Members of Eastern Veterans Cycling Club (EVCC) are members of the Victorian Veteran Cycling Council (VVCC) which is affiliated with the Australian Veteran Cycling Council (AVCC). As such, our members are eligible to race with any clubs affiliated with the AVCC.

When you join EVCC you will be sent your AVCC licence for that year. You must carry your licence with you particularly if you wish to race with the other veterans clubs. You will also be sent the VVCC Racing Rules and Program booklet.

EVCC is a road racing club based around the eastern suburbs of Melbourne. Club races are held:-

- Saturday afternoons at various locations. Racing commences at 2.00pm
- Wednesday mornings at The Loop, Yarra Blvd Mel 44 G4. Racing commences at 10:00am
- Tuesday evenings (only in daylight saving months) at METEC. Racing commences at 6.00pm

Most races are graded according to ability and are conducted in a friendly and supportive atmosphere.

The club is well known as the friendliest cycle racing club and provides a great opportunity to learn about racing, to enjoy the company of other cyclists and improve fitness.

The prime functions of the club are to:

- organise and conduct road races for veterans in a safe environment
- provide a friendly relaxed atmosphere for members to get to know each other

- educate members regarding the rules and club racing etiquette and to ensure that these rules and club racing etiquette are adhered to.
- provide racing and training tips for members.

Fees

Membership fees are payable each year and include insurance, a VVCC membership fee and an AVCC affiliation fee. Membership forms will be sent out each year and must be returned with the fee prior to the end of the year as you will not be able to race after the 31st December without a current licence.

Race entry fees are typically \$10. Please note that for pre-entry races, such as handicaps and time trials, the race entry fee is payable regardless of whether you race or not. Prize money is generally paid for first, second and third places in each race and fourth place when there are 15 or more riders in a grade.

Typical Annual Racing Program

Each year EVCC organizes a summer race program and a winter race program. Calendars of the race programs are made available to members on the web site (www.easternvets.com) or at the Saturday race entry desk.

Races in the summer season are generally of a criterium format - races of approximately an hour duration around a 1-2km circuit. The winter season mainly comprise road races on open roads covering distances from 32 to 70 kilometres depending on grade and format. Criterium races are conducted at one of three locations around Melbourne; METEC (Kilsyth), Casey Fields (Cranbourne) and Dunlop Road (Mulgrave), the first two venues are closed road venues (a driver training centre and a dedicated cycle sport circuit), and Dunlop Road is a public road circuit in a light industrial area. Road races are conducted on open roads in

Rules

As well as abiding by the rules as set out by the VVCC (see back of handbook), members are also required to follow these basic EVCC rules. Bunch Captains (usually very experienced club members) will be nominated for each grade to ensure that riders comply with the rules.

- observance of all state traffic laws at all times
- passing of higher grades is not permitted
- the use of a higher grade to gain advantage either by drafting or using grade to jump away from your bunch is not permitted
- passing on the inside is not permitted
- when passing a lower grade do not cut in when completing the pass
- do not verbally or physically abuse or intimidate fellow riders
- bicycle must be appropriate for road racing and in a sound mechanical condition
- to follow any instructions or rules from club officials, race officials or bunch captains on the day that may be necessitated by circumstances on the day i.e. a particular course and/ or its condition, the number of riders racing, the weather conditions and any other circumstances that may affect rider safety.
- riders must use the toilets available at the race venues. Failure to do so may incur penalties including fines and/or suspension.



Ambulance Attendance Policy

It is Club policy that in the event of a fall and a rider, or riders are injured, the race director will make a judgement call on whether an ambulance should be called. Although the injured rider(s) will be consulted on whether an ambulance is required, the final decision will be left in the hands of the club officials. The club has been provided with guidelines by qualified paramedics to make this decision when necessary. If a rider is not an ambulance subscriber, he/she may be liable for the costs of the call out.

Members are strongly advised to make sure they are members of the ambulance service. For more information about an ambulance subscription please go to www.ambulance-vic.com.au.

the outer East; Arthurs Creek, Yarra Glen, Coldstream and Yarra Junction. (See Eastern Race Circuits for further details)

The formats of races run by the club are;

- Graded Scratch Races where riders are separated into bunches (A - F) based on ability and riders race against each other within their allocated bunch. Grading is at the discretion of the handicapper.
- Handicap Races – A single race for all abilities where riders are placed into bunches and start at intervals with slower riders first and fastest last. Ideally, all riders should finish at the same time. (Please refer to The Secret of Handicap Racing for more information).
- Time Trials, the club runs two individual time trials each year; a flat time trial (the Robert Graham Memorial TT) and a hill climb TT. These are individual races against the clock.
- Club Championships where riders race against each other according to age. They are run in 5 year age groups which is a standard adopted throughout veteran racing. To qualify for the Club Championships, riders must have had 3 rides or more during the season and there must be 3 or more riders in an age group.

EVCC obtains police, local government and Vic Roads permission to hold all events. It also provides traffic controllers, race marshals, corner stewards, safety and advisory signage, radios and a first aid kit. Lead and follow cars are also provided for all road races.

SAFETY FOR ALL RIDERS IS THE PRIME CONSIDERATION AT ALL TIMES.

Insurance Policy

As mentioned previously part of the membership fee goes towards insurance. The insurance covers members while they are racing or training and includes:-

- Non-Medicare expenses including dental, physiotherapy, chiropractic, ambulance, private hospital accommodation and private hospital theatre fees.
- Loss of income
- Home Help Expenses
- Death and Permanent Disability
- Public Liability

It is important to note that the insurance has limits in each of the categories. If you require further information regarding the insurance policy or wish to make a claim please contact the Club Secretary. A Member Insurance Scheme Summary is available via the AVCC website at www.ausvetcycling.com. Claims must be submitted to the VVCC through Eastern Veterans Cycling Club.

Hot Weather

If the forecast temperature at 10.40 am on the race day (the last forecast update from the BOM) is for a temperature of 35°C or more, races will be cancelled. Under circumstances of high humidity, the races may be cancelled even though the forecast temperature is less than 35°C. A decision will be made at 10.40 am and communicated by email and the race day phone. This policy applies to Saturday and Tuesday racing.



Eastern Race Circuits

Casey Fields, Cranbourne
Melway 134 E8

Dedicated 2km criterium circuit. Excellent surface, fast sweeping corners.

Dunlop Road, Mulgrave
Melway 64 K6

Criterium circuit on public road. Parking available in Dunlop Rd and Geddes St.

METEC, Colchester Rd, Kilsyth
Melway 51 D8

Metropolitan Traffic Education Centre. Metec is a traffic free criterium circuit used regularly by Eastern Veterans.

Arthurs Creek/Strathewen
Melway 510 N12
New editions - Melway 912 N1

18km out and back road course. Races usually 48/64km, with 242m of climbing per lap. Park at Arthurs Creek Hall or Primary school.

Killara Road, Gruyere
Melway 282 F10

16km out and back road course. Races usually 32/64km, with 248m of climbing. Park at Gruyere football ground.

Macclesfield Road
Melway 309 C5

15km out and back course on quiet country road. Races usually 32/64km, with 220m of climbing per lap. Park at Macclesfield Primary School.

Steels Creek
Melway 266 J11

16km out and back road course. Races usually 48/64km, with 160m of climbing per lap. Park near Yarra Glen cemetery.

Yarra Junction
Melway 288 G10

60km out and back Hill Climb course; an alternative course of similar distance but not involving the hill climb may also be used. The flat course includes 272m of climbing for a 30km lap. A 25km version of this course is used for time trials.

Note regarding out and back courses

To avoid leaving lead riders gaining an unfair advantage on out and back courses, the turns at either end of the circuit are neutral for 100m either side of the turn. The front riders must slow down to wait for those at the back of the bunch to make the turn. Failure to wait could result in disqualification. This does not apply to a rider or riders who have a clear lead over the bunch, but again a lead rider must not gain an advantage over other riders in the group by racing through the turn.



Saturday Race Officials Roster

Each member of EVCC is required to perform race officials' duties. As with most cycling clubs EVCC has a roster system in order to run racing safely and efficiently. Members are usually only rostered once per season. Rosters are made available before the start of the season at race day or they can be found on the web site at (www.easternvets.com). This allows plenty of advance notice for members to put their duty date in the diaries or arrange swaps!! It is a small expectation on each member and ensures that all members are given an equal chance to race over the year. Not turning up for duty means that someone else will have to forgo racing to fill you spot. You can be suspended from racing until you have completed your duty commitments.

If you are unable to attend or would like to race on your rostered day, it is necessary to organise a replacement or swap with another member to a mutually agreed date. All swaps must be notified to the EVCC Race Controller listed on the roster for that day.

Rostered members are requested to confirm their availability by the Wednesday prior to race day with the Race Controller.

If you cannot find a replacement after exhausting all possibilities you must notify the Race Controller ASAP and at least by the Wednesday prior to racing; **NOT THE MORNING OF THE RACE!**

When only three grades are raced at a time on circuits, such as Dunlop Rd and Metec, if you are rostered on and wish to race it should be easy to arrange for someone to take your place while your grade is racing. Everyone is encouraged to help out in these situations to ensure that all members can race if at all possible.

On the day of your duty please be at the race circuit by 1.00pm. You will be given your instructions by the Race Controller. Which may include one or more of the following tasks:-

- Set up and remove signage before and after race
- Take entries
- Assist with entry money
- Assist with race numbers

- Drive lead or follow car
- Corner marshal
- Assist at Start/Finish
- Assist with presentation

Social/Training Rides

Tuesday morning – meet at 9.30am in winter and 9.00am in summer on the footbridge over the Yarra near Burke Rd, Kew Nth and ride into Southbank mostly on cycle paths. Enquiries to Keith Bowen on 03 9439 8013.

Sunday morning – meet at 8.00am at the corner of Marine Parade & Wordsworth St, St Kilda and ride to Frankston on the road. Enquiries to John Macleod on 03 9722 1522 or Juanita Stumbles on 03 9836 9353.

Sunday morning and Public Holidays – a ride is often organised by Graeme Parker to meet at 8.00am. Venues vary and details are announced at the race on Saturday.

Many EVCC members participate in endurance rides organised by other groups such as Bicycle Victoria, Supersprint and Audax. These include Around the Bay in a Day, the Otway Classic and the Alpine Classic.

All members are invited to join these rides and as a result there are often riders of varying ability and fitness. Be mindful of this. The rides are generally as fast as the slowest rider.



Club Clothing

A range of club clothing is available for sale and is usually on display at the races on Saturday. The clothing is made by Giramondo and is sold to members at cost. EVCC design and colours are easily recognised in bunches and as such make it easy for you to find your Eastern friends on large organised rides and at the same time you will be promoting the club.

Club Racing Etiquette

There are many sites on the internet giving advice about bunch riding skills and etiquette. Just do a search in Google on 'bunch etiquette'. The following is taken from www.bilbys.org/pdf/bikeetiquette.pdf. Another good site is the Canberra Cycling Club which also has tips on racing criteriums etc www.canberracyclingclub.org.au

These skills are applicable during races and also during training rides.

1. Be predictable with all your actions.
2. Maintain a steady straight line and avoid braking or changing direction suddenly, especially if contesting a sprint. Remember that there are riders following you closely from behind.
3. Point out and call out any road hazards ahead. These include broken glass, potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
4. Do not overlap wheels. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
5. Take turns on the front of the bunch. If everyone does their share of the work it gives everyone a fair chance. If you are unable to do turns due to fitness or injury don't contest the sprint.
6. Be smooth with your turns at the front of the group. Avoid surges unless trying to break from the bunch. A group will travel quicker when turns are completed smoothly.
7. Avoid leaving gaps when following wheels. Cyclists save about 30% of their energy at high speed by following a wheel. Each time you leave a gap you are forcing yourself to ride alone to bridge it. Also, riders behind you will become annoyed and ride around you, especially if the bunch is working together to break away or catch a break in a race.
8. When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
9. If you need to get out of the saddle during a sharp rise, be sure to change into a higher gear to maintain the same speed and avoid the "dropkick" so you do not collide with riders behind you;
10. Do not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of cycle racing in close bunches and is quite safe provided riders do not panic, brake or change direction.
11. If riding at the front, try to maintain a steady pace, not to slow down on rises and not to accelerate too much when descending, this avoids the "concertina" affect to riders near the back.
12. EVCC has new members joining almost every week and prides itself on being a friendly and social club. During a race be mindful of inexperienced riders. Be helpful and educate, enlighten and encourage new riders. Most members want to enjoy their racing and training. Be polite at all times.

The Secret Of Handicap Racing

(Graeme Parker, EVCC Handicapper)

New members of EVCC may not have had the experience of riding handicaps. During the winter road season, there are a number of opportunities to ride handicaps. For the new riders and as a refresher for experienced riders Graeme Parker outlines the strategies for handicap racing.

The most important thing is to keep your bunch intact, if the bunch splits the riders will have no chance of staying away from the bunches following and winning. The objective of the handicapper is to construct groups of approximately equal ability, however, strong riders must resist the temptation to ride fast and leave their bunch behind. A bunch of riders all sharing the work, will have a much better chance, than if it is split into two or more groups.

The secret of staying intact is to have an experienced rider as bunch 'captain' who calls the tactics during the race. The bunch must maintain an even speed and for every member to take turns and roll over regularly at the front. A bunch 'captain' might even nominate the speed they wish to maintain. Strong riders must resist putting in a strong effort when at the front and ease off slightly when the next rider is coming through. The rider coming through should not have to unduly accelerate to get to the front. There needs to be plenty of communications within the bunch, if you need a rest and can't take your turn, tell someone. Places where bunches are likely to split are on corners or going up hills. If the bunch does split at these places, the leading riders should ease off so the bunch can reform. Steels Creek with its gentle gradients is an ideal place for bunches to get their act in order for the handicaps coming during the rest of the year. Basically handicap racing is a team effort from the bunch, without the team effort your bunch will not be present at the finish. If you are all there at the finish, you can then throw out the team tactics and sprint as individuals, but until then ride as a team.



Racing Rules & Regulations of the VVCC:

The following are the rules and regulations of the VVCC that were applicable at the time of printing this document. For the current rules please see the VVCC website (www.veterancycling.com.au/VVCC_rules.html).

1. Eligibility: To be eligible to compete in any event run under the jurisdiction of the AVCC, the competitor must be a financial member of a State/Territory body affiliated to the AVCC and must be covered by racing insurance.

2. Age Qualification: Membership is accepted on the 1st. of January of the year in which a male reaches 35 years of age or a female 30 years of age.

3. Misconduct: A competitor who is guilty of misconduct, disobeying an official, using undesirable language, urinating in public, striking or attempting to strike another member during the progress of an event, or at a place where the event is being conducted, shall be suspended or fined or both.

4. Judging: The finish of a race shall be judged by the first part of a bike that reaches an imaginary line approximately 343 mm above the finish line.

5. Flags: A black and white chequered flag shall denote a race finish. A red flag denotes danger and cyclists must stop if directed by the official displaying the flag. If a red flag is displayed from an official vehicle in a controlled race, no cyclist may pass until the flag has been withdrawn.

6. Equipment and Clothing:

- (a) Race numbers must be prominently displayed at all times. Numbers must not be folded or damaged in any way and must be returned immediately after the finish.
- (b) An Australian approved and securely fastened helmet must be worn at all times whilst riding.
- (c) Competitors should be neatly attired at the start of a race and at race presentations. Racing jerseys must be designed so as to cover the upper arms and shoulders.
- (d) Only equipment sanctioned and approved by the AVCC shall be permitted in races under its patronage, while bars such as "Flat", "Spinachi" and "Tri" bars shall only be permitted in Time Trials. Handlebar ends must be plugged.
- (e) It is an offence to compete on any bicycle that is not mechanically sound and maintained to the highest safety standards. "Singles" must be securely glued to the rim and road bicycles must be equipped with two efficient, independent brakes.

7. Mechanical Mishaps.

- (a) If a mechanical mishap occurs (puncture, machine damage or fall) approaching the finish of a race, the competitor may run with or carry the bicycle over the line and still qualify for a finishing prize.
- (b) In a criterium race, if a mechanical mishap occurs (puncture, machine damage or fall), time out shall be allowed. The duration of the time out shall be determined by the race referee and the information conveyed to the competitors before the race. A competitor taking time out will not be allowed to gain advantage in terms of placing in the field when re-entering the race and must report to the referee to re-enter the race.

Any rider who has been lapped by his/her own grade shall withdraw from the race at the showing of the two laps to go board, or at the discretion of the referee. No riders shall take assistance from any grade other than his/her own. In the event of a breakaway lapping his/her own grade the sprint for the minor placings will be at the discretion of the referee.

8. General Racing Rules.

- (a) All competitors are expected to abide by the state/territory traffic laws which include keeping to the left of the carriageway on open roads and not crossing double white lines. Competitors should avoid unnecessarily obstructing other traffic.

- (b) Dangerous riding will not be tolerated and the referee shall discipline any rider whom he/she deems to be guilty of any act that endangers other riders or road users. At any time during a race that a sprint is indicated, the sprint rules shall apply whereby sprinting riders shall keep to a straight line. Anyone suddenly veering, pushing or pulling or in any other way causing dangerous obstruction shall be penalised. Hands must remain on the handlebars during and immediately after a sprint.
- (c) Competitors who receive outside assistance during a road race, such as holding on to or receiving pace from a moving vehicle, or from non or retired competitors or who receive refreshments, or bike assistance (unless specifically sanctioned beforehand by the race referee) shall be disqualified.
- (d) A competitor who is caught or lapped by another grade other than his/her own in a scratch race must not interfere with or assist any other competitor, nor participate in any sprints. The lapped rider must give way to the passing rider or group. It is a serious offence to sit in a bunch or share pace once lapped.

9. Penalties*:

- (a) Any rider breaching the above general racing rules shall be liable for a fine, disqualification, suspension or any combination of the three at the discretion of the referee.
- (b) Any competitor fined by any club or state or territory body shall not be permitted to compete in any race with any other AVCC affiliated body until such time as the penalty or suspension has been finalised.
- (c) Penalties shall be set by the relevant state/territory body. In AVCC championships the penalties of the promoting state/territory shall apply.
- (d) Appeals against a referee's decision shall be made in writing within thirty minutes of the decision being announced to the competitor. The process for appeals shall be determined under the rules of the State/Territory body. A deposit of \$50 shall be paid and may be forfeited if the appeal is considered frivolous.

In Victoria the appeal board shall consist of three persons including, and appointed by, the most senior VVCC councilor present provided that none are involved in any way with the dispute.

10. Prizes and Placings: Competitors who believe they have qualified for a prize shall claim their placing with the claim steward immediately after the finish. Prize winners shall attend prize giving ceremonies unless they have been granted dispensation by the race organizer.

11. Championships: Age groupings for road championships shall be as follows;

- Male riders; 35-39, 40-44 and in similar five year age groupings thereafter.
- Female riders; 30-34, 35-39 and in similar five year age groupings thereafter.
- Age groupings for track championships shall be as follows;
- Male riders; 35-44, 45-54 and in similar ten year age groupings thereafter.
- Female riders; 30-39, 40-49 and in similar ten year age groupings thereafter.

Groups shall consist of six riders; if there is less than six groups may be combined with the next lowest age group (except for the youngest age group). Riders in these groups shall compete for prize money as allocated in the lower group with medals allocated in their five year age group.

Time Trial rules as per AVCC rules

12. Insurance Claims: The claimant must request his/her secretary to obtain the relevant claim forms from the VVCC secretary ASAP. After completing the forms the claimant returns them to the club secretary who forwards them to the VVCC secretary who sends them to the insurer. The forms must be with the insurer within 30 days of the accident.

*Special Note: Under an agreement with Cyclesport Victoria, a rider suspended from competition by either Cyclesport Victoria or the VVCC shall automatically be suspended for the same period from competition with both bodies.