

# Logan City Cycling Club Newsletter

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

21 June 2010

## Coach's Spot



## Weeks Results

Well done to all who competed at Ipswich over the weekend.

Seniors saw John Evans, Tony Pratt, Glenn Fordham, Myles Mathews, Dermot Anglim, Trent Carman, apologies if I missed any,,,,,,all finishing well in their respective groups.

Juniors saw Connor Anglim, Kobe Swan (crashed, all good), Emma Pratt, Ben Carman and Jessica Pratt (3rd) all riding well.

## Weeks Events

Tuesday training SW1 4.30 onwards

Good luck to Trent competing in the Tour of Toowoomba from Friday onwards.

Saturday club race, see website.

## Thanks of the week

Albeit a bit late, Jason for donating some new Sram Red cranks to sell for the Juniors Development fund, Kevin Swan for the Juniors bike and shoes.

## For sale

Sram Red cranks, 170mm, suit Trek frame but a new BB to fit another frame can be bought cheaply. \$100, CHEAPPPPP!!!!!!!!!!!!, ring me.

Safe cycling

[www.auscyclecoaching.com.au](http://www.auscyclecoaching.com.au)

Dave Carman

0428743517

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## Captain's Corner

At last I managed to get a full week of Logan bike activities in. There was a few there on Tuesday, Dave had a few of us doing some motor pacing including Jessica Pratt who put in a great session, she never let up on the pace at all and stuck in for 3 fast 15 min sessions. I think that Jess has a great future, she has great determination and a will to win, I'm sure we've got a future champion in Jess. Alasdair also had a good week with him doing some good motor pacing work and then backing it up with a good ride on Saturday morning on the coffee ride, he's flying up Underwood road now!!!



I did my first coffee ride for a couple of weeks, it was good to see so many there although there was a notable absence- Bridget!!!! I did have a quiet word to Phil and he said that she'd been out celebrating a certain birthday which included the numbers 0 & 4 and she was expected to back up on Saturday night as well, I'm sure the Berocca was fizzing away on sat morning- Happy Birthday Bridget!!!! There were a couple of punctures on the ride so the ride did split up a bit, mind you I was a bit confused with Rod's signal for carrying on - it did look a bit limp wristed!!

Sunday was the Ipswich open. Masters C was due to start at 8.30, I got there at 7.25 and the temp in my car said it was 3 deg. I felt sorry for the juniors who had started in those temps. Connor had a good morning though despite the temp and ended up with a third. We had 4 in my race, Tony, as usual, was impressive doing heaps of work and finishing in the top 10. Miles and myself finished in the top 15. Glenn was next off and managed to get in a small breakaway on the last lap and claimed a top 5 finish, he's certainly firing at the moment. This is a great course and certainly challenges you, well done to all who competed.

This week's club race is a time trial, "The race of truth", so bring all your grit and determination with you to Magnesium Drive next sat.

See you there. Safe riding, cheers John E.

p.s. Happy first wedding anniversary to Robin and Bill

## FOR SALE

<http://www.dynamicbikesservice.bikeit.com.au/bikes/show/100130583-fondriest-tf3-ultegra-6700>

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## For Sale – Selle Italia SLR Gel-Flow - as new

I bought this a few months ago, had only four or five short rides on it and realised pretty quick it wasn't for me! – Really nice well made saddle, very light  
Thought before I stick on E-Bay I'd see if anyone from the club was interested? - Looking \$80 for it.  
If you are, drop me an e-mail at [samandshirl@hotmail.com](mailto:samandshirl@hotmail.com)

Sam...



## Sunday Ride

SUNDAY RIDE REPORT 20-06-10 (Oxenford) – 86klm

It was a cold clear morning and looked like a great day for a ride. There was a fair bit of discussion if this was the coldest Sunday morning so far. We had 17 riders all up. Not a bad turnout. We had picked up about 7 riders at the Hyperdome and a few more joined in along the way. Even The Great Jim (let me scribble on your cycling photos) Robbie graced us with his presence. Also the guy who usually cheats and joins up at Yatala actually rode the whole distance this time. Gosh it nearly killed me. Nah!! It was not that bad. I did it quite well. I have got no more excuses and Garry will have to stop calling me Ronda now! (my wife his / sister)

Lee got a flat at the Pimpama Hills which created a fortuitous occasion to have a roadside comfort stop. Frostbite! Magnifying glasses comments were flying around. I can tell you. Went through Le Mans and the GC boys were racing. The 200K rule stopped big Dave from having a go so he stuck with us. We all kind of enjoy being a mobile cheer squad when we go past usually. We also passed Les from Sonic Cycles twice on the ride down and one cheeky Cannondale rider suggested Ashley should provide him with a Cannondale. Surely he was worthy of a much more impressive steed to ride than the existing one he was on.

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We got to Simon's Coffee Shop at Oxenford and we were warmly received as usual. A big smile and great service. It is always a pleasure going there. It was decided at coffee that the group split up into 2 groups. The Smashfest boys leave first and the mature ones who don't have as much excess testosterone to follow at a distance. Jim, Lee and Damian liked the idea which meant that the boys could come out to play. Needless to say we did not see them again. I got 20 metres up the road and got a flat. Major tyre slash. As I got off to inspect it one of our riders (who will remain nameless) (because I am still cranky) ran straight into the back of me, knocking me A over T. There I was lying on the road on my back looking like a dead cockroach. Fortunately there were no cars around. We fixed the flat. Many thanks to those who helped me!

Thank goodness no more flats on the way home. We did however have a couple of sprints on the way back home. These are always a bit of fun. Richard put one on just before Springwood Maccas. I asked him what all that was about and he said he wanted to see if I was still awake. The Hyperdome boys peeled off and slowly everybody else disappeared to leave four of us to return to Maccas. Ron had got there earlier than us with the fast fellas and was just packing up and driving off as we got there.

Once again a great ride great fun, great people and fantastic weather. It all makes riding worthwhile.

We hope our guys who raced the Ipswich Open did us proud. They always do! It was good to see the juniors out and about with us on Saturday's Coffee ride. Well done Alasdair and Jessica. Sorry Ben! We don't classify you as a junior anymore. It must be the fact that you kick our butts at Saturday afternoon races. I did the 5.15 Saturday ride with Rod and Ron. Gee his bike lights melt the bitumen.

Have a great week.

Train hard for each other.

Keep Encouraging our young riders



CannonDave

## Safety Contact

The current title holder of the "Hardest Man in Logan" is John Deery. John was riding the early Saturday training ride and managed to take out the left hand rear vision mirror on a white tradie ute using his gluteus maximus. I'm sure John would prefer to pick up the title in another way and the group considered themselves lucky for not being brought down as the mirror shattered over the road to the side as the ute sped off. A timely reminder when riding on the road to keep as far left as possible and make sure you have some high visibility and flashing lights on board. Stay Upright, Stay Safe.