

LOGAN CYCLING CLUB NEWS LETTER



**Metropolitan
Road Championships
1st Theresa Wladburger**
1st Road Race, Crit, QOM and QRCS



2nd Kev Biffiger



5th Ben Carman

LETTER FROM THE PRESIDENT

The AGM was held on Sunday 9 August. A big thanks to those who attended on the day to help ensure the future of our great club.

As most are aware a number of the committee members indicated they were not nominating for positions at the AGM and were vacating their current roles. I would like to take this opportunity to acknowledge the selfless dedication of all who volunteer their time for the club. A special thankyou to David Andress who vacated the secretary position on the committee. David has given 7 years to the role and has done a fantastic job during the time. His experience in the role will be sorely missed.

Thanks to outgoing president Matthew Palm for his commitment and dedication to the role. Again his experience will be missed, however we all have his phone number.

Fortunately a number of committee members continued in their roles which is greatly appreciated and will undoubtedly assist the incoming committee immensely. The committee for 2020 was elected as;

President	Paul Fletcher
Vice president	Andrew Grace
Treasurer	Michelle Trainor VanZon
Secretary	Peter Mitchell
Club captain	Dave Buttrum
Club coach	Ben Carman
Webmaster	Trezza Carman
Media	Damien Cotter
Quartermaster	Clem Wixted
Cheif commisaire	Maree Carman

A special mention to those who signaled their intentions to assist with events and functions in the future. Every great club has a great membership supporting each other to achieve fantastic outcomes. On behalf of the new committee we thank you for your support and look forward to a wonderful and exciting year.

Fletch



COACHING CORNER

For this edition club coach Ben Carman has giving his top 6 tips for doing well at the Cunningham Classic.

The Cunningham Classic, it is one of the coolest races on the calendar and one of the hardest races to win. Below are few things to keep in mind that hopefully makes the day go a little easier.

1. Turn up prepared, it is a long day and you are going to need to eat and drink a fair bit. You wouldn't do a training ride like this on two bottles, and you are going to use a lot more energy in the race than in training. If you haven't grabbed bottles in a feed station before it is a good idea to have at least practiced this in the street at home.
2. The climb is not as big as it looks on paper, but it is still a key stage of the race. The main part is 1.5km at 6%. You don't want to spend too much energy before this so you can be ready for the climb. Also don't hold back here, there is not much chance to get back on afterwards so hang in there if you can.
3. Just as important if not more important is the 10km after the climb. There are a few rolling hills after the KOM, one of which is the feed station. These are hard, but a number of riders switch off and are tired from the KOM. It is not uncommon for the winning break can go here. Don't fall asleep after the climb!
4. Be at the front at km 59. It is a left-hand turn and often this is where the crosswind can split the race. It doesn't take too much to move forward before this but can hurt a lot if you don't.
5. Don't start your sprint too early. I am going to say this one again, don't start your sprint too early. It is a very long finish straight at the end of a long day, no one ever wins this doing a 600m sprint. Be patient and follow the guy who does go 600m out. That being said it is a fast finish, so it is hard to come from 10 riders back. It is best to hit the corner 4th or 5th and follow wheels as people start to early sprint (trust me, someone always does).
6. Enjoy it, it is an awesome race.



THUMBS UP AWARD

This is an award that we will offer each edition for those that go above and beyond. Send a story about your mates to get them featured.

Bryan B and Tony C arrived at the meet point early and were waiting for the rest of the group to catch up. While stopped the guys saw the Garbo coming and noticed full bins sitting by the house. They both wheeled them out in time for pickup then jumped on their bikes and road off with the group.

Random Tip

Do you have a bit of advice you would like to share with others? Send it in and get it posted.

Today's tip is by Trent Carman

We all cycle to get fitter and healthier. However, one common thing that is seen with amateur cyclists, that is working against us achieving this goal, is poor nutrition while exercising. This is mainly because of the over reliance on gels, chomps and simple food that may be easy to eat on the bike, but are not good for our health, especially if overused. So my tip is to eat healthy not just off the bike but also on the bike and I have shared below a recipe for a bar that is much healthier than most bars you can find in a shop. I use these bars out training and on race days.

Ingredients

- 1x Cup Chopped Dates
- 1x Cup Chopped Dried Mangoes (can change fruit for different flavour)
- 1x Cup Desiccated Coconut
- 2x Cups of Rolled Oats
- 4 x Tablespoons of Coconut Oil
- 2 x Cups of Orange Juice
- 3x Tablespoons Organic Honey or Agave syrup
- 1 Cup Mixed nibble pack Almonds/Walnuts/Hazelnuts and Sunflower Seeds and sultanas

Bake in the oven for approx 40min, 180 fan forced. This can take a little longer if you chose to use a different juice. Bake until golden on the top.

Metros Race Reports

Metros weekend by Theresa Waldburger.

Saturday, Criterium at Murrarie. 25 mins + 2 laps.

My race was a 12.10pm, with winds forecast up to 50kmp/h, i knew racing wasn't going to be a breeze (excuse the pun).

There were 9 ladies entered in C Grade. After a few laps in, we were reduced to 5. After another couple of laps, we were down to 3. The wind was brutal, you could not lose the wheel in front, or you were gone.

There was a tailwind down the finishing straight, so i knew i could start my sprint early. But I also had never raced the 2 girls I was left with before, so had no idea of their sprint capabilities. One of the girls kicked early and I jumped straight on her wheel and used her speed and draft to then slingshot myself past. I managed to hold them both off and take the win. I was stoked!! I made sure I got a good warm down in, as well as eating soon after the race, as i needed to recover as much as possible so I could perform my best racing again the next day.

Sunday, Road Race, Kalbar, 64kms B/C grade combined.

Again the conditions were super windy, like ridiculous.

I knew from previous years that I would need to get a decent warm up in, as it can be on from the gun.

I didn't get quite as long a warm up in as I wanted, which concerned me, as I have paid the price in this race for not warming up properly before.

We were combined with B grade today, so it was going to be a good test to see where I was at in a road race.

Our race was at 12.30 and it was windy. We had 2 laps of the course. A tail wind down the first section and up the wall, then all cross winds and head winds the rest. My goal was to stay near the front and try to stick with the b graders, but not do anything stupid.

First time up the wall and I just rode it at my own pace before realising that it was only me and an under 17 year old left. We had a big gap too, but she didn't want to work with me to try stay away. So a group came back to us.

I did a lot of work, staying near....ok... on the front for almost the whole race. There were not many in our race willing to work. Thank goodness fellow club member, Kylie Adair came to the front and pulled a few turns!!

2nd time up the wall, the same thing happened, it was just the u/17 year old and me. She was a b grade rider, so we had separate qom points.

Again, she refused to work to try stay away. So the bunch, which was left of about 10 riders came back to us. I again rode the front, as no one wanted to roll through. I thought I had cooked myself for the sprint for sure.

3km to go and a couple of B grade girls attacked, 2 C grade girls went too, so i jumped on. 1km to go, one of the C grade girls went again and started sprinting hard. I went around the others and sprinted with everything I had left. I edged closer and closer until i went passed her and pipped her for the win!!

My most successful race weekend ever! 2 wins, the queen of the mountain classification, the overall metro champion for c grade and leading the Queensland Classic Road Series in C Grade!

Thanks For Reading Theresa

Metros weekend by Andrew Locke

Metro's hurt,

Love Lockey

Race Results

Metropolitan Championships

- CRITERIUM 22nd August 2020

Elite A 7th Ben Carman

Elite C 16th Troy Osbourne

Masters B

17th Darius Isaacs

31st Paul Fletcher

Masters C

5th Matt Smith

Womens C

1st Theresa Waldburger

5th Lucretia Battle

Womens D

5th Lisa Cox

- ROAD RACE 23rd August 2020

Elite A 126km

5th Ben Carman

Elite B 94km

2nd Kev Biffiger

9th Chris Lusty

20th Trent Carman

Elite C 63km

26th Matthew Crank

Masters B 94km

14th Damo Cotter

27th Darius Isaacs

Masters C 63km

12th Andrew Locke

18th Robert Doods

32nd Matt Smith

Women B 63km

6th Kylie Adair

Women C 63km

1st Theresa Waldburger & 1st QOM

Women D 31km

5th Lisa Cox

2020 Queensland Individual

Time Trial Series Final GC

1st Lisa Cox

Results from Club Racing 29/8/20

A Grade 53km

1 B Carman Logan

2 A Williams Uni

3 S Horan Rocky

4 T Carman Logan

5 K Biffiger Logan

B Grade 50km

1 G Fordham Logan

2 S Miles Uni

3 P Fletcher Logan

4 JC Campomanes Balmoral

5 N Parziani Logan

C Grade 50km

1 D Lowe Logan

2 M Crank Logan

3 R Dodds Logan

4 T Waldburger Logan

5 C Lightfoot Logan

Results From Club Racing 15/8/20

A Grade 51km

1 Ben Carman LCCC

2 Trent Carman LCCC

3 Chris Lusty LCCC

4 Brad Thompson KPCC

5 Damien Cotter LCCC

B Grade 48km

1 Stephen Lewis LCC

2 Robert Zietal HWCC

3 Tony Myatt UQ

4 Danny Williams UQ

5 Chris Elder UQ

C Grade 45km

1 Daniel Lowe LCCC

2 Theresa Waldburger LCCC

3 Robert Dodds LCCC

4 Matthew Crank LCCC

5 Sarem Run LCCC

Results From Club Race 1.8.20

A/B combined

1 Trent Carman Logan

2 Ben Manson Uni

3 Danny Williams Uni

4 Peter Davidson Bris

5 Steve Miles Uni

C Grade

1 Neil Collis Logan

2 Theresa Waldburger Logan

3 Robert Todd's Logan

4 Jay Dorreboom Lifecycle

5 Chris Lightfoot Logan

Results from Club Racing

Handicap Race 25th July 2020

1st Ben Carman Logan

2nd Trent Carman Logan

3rd Juan Carlos Campomanes Balmoral

4th Cameron Holling Logan

5th Dan Lowe Logan

6th Calem Leneham Balmoral

7th Patrick Helmgens Logan

1st lady Theresa Waldburger Logan