

E-town News



2014-2015 SUMMER TRACK

MARCH 6, 2015

Results - 27/02/15



Heart Starters

Senior A: D. Radzikiewicz, M. Young, P. Bole-Schneider, P. Lechelt

Senior B: A. Gwiazdzinski, T. Lennon, T. Wyeld, D. Tattersall

Senior C: S. Harris, R. Tormet, C. Spence, D. Milne

Senior D: K. Little, R. Wallis, L. Fleming

Junior I: D. Tattersall, E. Walker, B. Jones, H. Le Fournour

I Lap Time Trial

Seniors

P. Lechelt 37.08; D. Radzikiewicz 37.73; A. Gwiazdzinski 38.37;
M. Young 38.68; P. Fountas 38.68; P. Bole-Schneider 38.80;
T. Lennon 39.72; S. Harris 40.42; T. Wyeld 40.46; C. Spence 40.96;
P King 42.46; R. Wallis 43.29; R. Tormet 43.71; K. Little 45.42;
D. Milne 45.69; L. Fleming 46.50.

Juniors

B. Jones 43.25; E. Walker 45.34; B. Lloyd 48.06; A. Johnson 49.36;
E. Birrane 50.99; H. Le Fournour 51.42; X. Moore 51.56;
N. Shivanani 51.73; J. Currie 57.52; J. Jones 64.90.

Italian Pursuits

Senior A & B:

01:37.18 - P. King, P. Bole-Schneider, T. Wyeld, P. Lechelt.

01:33.46 - M. Young, D. Radzikiewicz, P. Fountas, A. Gwiazdzinski

Senior C & D:

01:21.41 - R. Wallis, S. Harris, C. Spence, B. Jones

01:22.38 - R. Tormet, D. Milne, K. Little, L. Fleming

Junior I - 3:

02:19.11 - B. Lloyd, E. Birrane, X. Moore, H. Le Fournour,
T. Lennon x 2

02:25.32 - J. Jones, N. Shivanani, J. Currie, A. Johnson, B. Jones,
E. Walker

Scratch Races

Senior A & B: P. Fountas, P. Bole-Schneider, D. Radzikiewicz,
T. Lennon.

Senior C & D: S. Harris, C. Spence, D. Milne, K. Little

Juniors: B. Lloyd, E. Walker, A. Johnson, H. Le Fournour

Handicaps

Junior: J. Jones, B. Lloyd, N. Shivanani, E. Walker

Senior A & B: M. Young, T. Wyeld, A. Gwiazdzinski, P. King

Senior C & D: C. Spence, L. Fleming, S. Harris, K. Little

March

6 Asset Engineering Series



9 Hage & Harris Interclub Championships



13 Asset Engineering Series

20 King of Bling – Omnium

27 Corsa Cycles End of Season & Presentation in Townies Bar



More Fascinating Facts About Bikes

Abridged from <http://www.popularmechanics.com/> (2012)

Material Gains

In 1817, Karl Drais invented the hobby horse (or dandy-horse) in Mannheim, Germany. To build this technological breakthrough and bicycle precursor, he used wood from the ash tree (*Fraxinus*), which was popular among coachbuilders because its grain is straight, it's easily shaped and joined, and it has good overall strength relative to its weight.

Since then, frame design has been propelled by advances in materials and technology. With the right combination, the optimum bike frames are now sufficiently strong, light, durable, and stiff enough to race down alpine roads at 80 kph, cross fields of boulders, or land in one piece after a triple back flip.

Frame builders have fashioned metals, polymers and man-made composites to allow riders to travel farther, faster, for longer. Improved manufacturing methods include extruding tubes from blocks of hot metal, varying the internal diameter of tubes to cut weight yet retain strength, and hydroforming aluminium into computer-designed profiles. Joining and assembling now uses TIG welding for titanium and totally automating fabrication with composites.

The first hobby horse weighed about 45 pounds (20.4 kg). Today's frames are so light that the Union Cycliste Internationale (UCI), the sport's governing body, prohibits racing bikes under 15 pounds (6.8 kg).

Brain and Brawn

Winning cyclists must believe in themselves — but be wary of trusting their own brains.

Research shows that the brain lies to the body and prevents it from fulfilling its potential.

The brain sends us alerts to slow down or stop in the form of fatigue and pain because it thinks the body might be damaged if you exercise past certain limits.

Top cyclists, however, know through practice that they can ignore the warnings and ride through the "pain barrier" to finish faster (although utterly depleted).

This means the right psychological preparation for competition can be as important as physical conditioning.

Consider one study of cyclists on a hot ride; those who were lied to and told the temperature wasn't really as bad as it was rode faster than those cyclists who hear the true figures.

Choosing exactly the right training music for each rider is a growing field for experts. There is a host of research into how athletes can associate emotional states with optimal training so that similarly good performances can be triggered through emotions during competition.

Please support Renee in the World's Greatest Shave!

Renee is raising funds for the Leukaemia Foundation and plans to do her shave at E-town, March 13.



Please donate at this website:

<http://my.leukaemiafoundation.org.au/ReneeHennessy>

Only one week to go...

Please support Renee in her fundraising for the Leukaemia Foundation and help her reach her goal of \$2000.