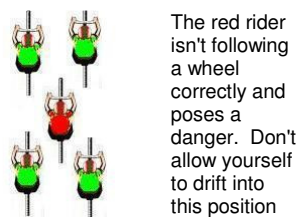




## Crit Racing Tips

Believe it or not, cycling rules are based on common sense. If you're new to cycling or have forgotten some of the safety aspects of riding, here are some quick tips to help you improve your skills this crit season.

- Give way to riders in front of you (noone has eyes in the back of their heads)
- Remain on the sealed road surface (ie. don't ride on the gravel to try to gain an advantage – you'll be disqualified)
- Ride smoothly. Don't make any sudden or erratic moves that will pose a danger.

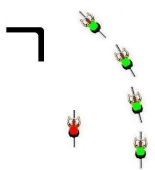


The red rider isn't following a wheel correctly and poses a danger. Don't allow yourself to drift into this position

Don't overlap when following a wheel. Stay behind the wheel at the angle if drafting



Don't attack up the inside of the road once the line of riders has commenced the turn into the bend.



## Wine Tour

Bellarine Peninsula Wine Tour,  
Sunday 14<sup>th</sup> March  
Peninsula Winery Tours will pick up/drop off (by bus) from Newport/Werribee at 9:30am taking us to 4 different wineries: Scotchman's Hill, Leura, Oakdene, McGlashen

Tastings at each winery.  
5-star 2 course meal at Oakdene.  
Drinks provided for the bus trip.  
Return at approx 5:30-6:00pm.  
\$120 per person all inclusive.  
Partners welcome.

Ring Mick on 0418 593 618 or email [mick@jirra.com.au](mailto:mick@jirra.com.au) to book your place. *Limited numbers.*

## Footscray Cycling Club 2010

Welcome to another year of full on cycling with FCC.

"by Mick Starcevic"

With half of the Criterium season complete, we now come to the business end. The Legends race, Club Champs, Max Campbell Memorial and Alby Saunders Memorial beckon. By now, everyone should be quite fit and ready to challenge.

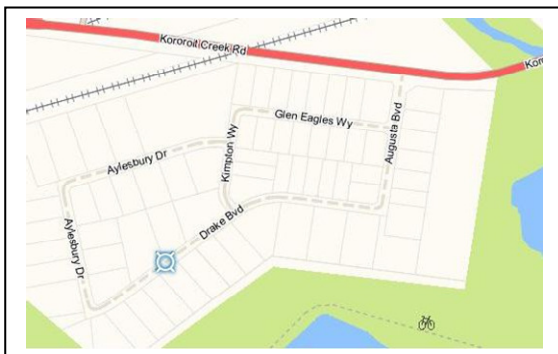
Trophies and good prize money will be up for grabs in all grades.

The Road Season program is starting to be put together. The racing will be as varied as possible within the boundaries and restrictions imposed on us by the regulatory authorities. But we'll continue to have more (& better) racing than any other club around. Don't forget though, that we all have to do our part marshalling to enable that to happen.

Good things happen when good people become involved! Some examples within our club:

- Whoever would have thought we'd be regularly having over 15 riders in D & even having an E grade. Due to the initiative of Barry Cram who said he'd like to put something back into the club by showing new riders the ropes. These days he's helped out by Adrian Salter & Phil Tehan, ensuring our newer & inexperienced riders all get expert guidance & a decent race.
- Mark Micallef has developed a great rapport with the local press. We're now getting fantastic coverage in the local papers. This, no doubt, has attracted more new riders to the club.
- Rob Stocker has played a big part in acquiring new sponsors & putting together a new design for our cycling outfits.
- We now have a tent to sit under at the VUT. Thanks to Nathan Williams.

## Latest on Drake Boulevard circuit



As most of you know we are currently unable to race at the Drake Blvd circuit. This came about unexpectedly when parts of the road at the Drake Blvd site were turned over to council authority.

Members of the FCC executive are working with council and police to obtain the required permits for racing. This process typically takes several months. *So how soon before we can race at Drake again?* Although the FCC executive is trying to fast track the process it is unlikely we'll be able to race at Drake for the remainder of the summer season. We are hopeful of obtaining the required permits for the winter criterium season. More details will be posted to the website when available.

## Club History

As 2010 begins, a new chapter is being written for the Footscray Cycling Club. And every week that each of us turns up to compete we give a piece of ourselves to the Club's History. That history is something we'd like to capture for future generations.

The FCC executive have undertaken a long term project to compile a history of the Footscray Cycling Club spanning from it's inception to today. If you have any stories or photos you'd like to contribute please drop me a mail: [remo\\_munaretto@hotmail.com](mailto:remo_munaretto@hotmail.com).

Thanks to Kerrie James for the photo.



Will you be in this picture in 2099?

## New Kit for 2010

If you're worried about cycling fashion in 2010 we suggest you find a new sport. Cycling's hard & it's tough and it spares little time for image but that doesn't mean you can't look good. The 2010 kit is on its way & it looks good.

Vito and Rob have been working like Trojans to complete the design for the 2010 cycling kit & I'm pleased to say it looks great. The kit comprises both jersey & knicks and will be available as a kit or individually. More info will be posted on the website as soon as the new gear arrives.

## Points Series Standings

The 2009/10 Summer Series Criterium is half way. Check out your current standings online.

OVERALL Top 20			
Dudkiewicz Dom	26	Hurn Simon	11
Lane David	24	Shadbolt John	11
Boers Kel	23	Dagg Fred	10
O'Leary Ben	21	Fillery Andrew	10
O'Farrell Eddie	17	Gerber Darren	10
Ryan Jason	17	Henneken Darren	10
Gordin Bill	15	McAuliffe Glen	10
Gray Tom	15	Newell Dylan	10
Pentz Simon	15	Pilson Steven	10
Ward Darren	15	Smith Rowan	10

## Race Report

FCC Graded Criterium Races  
V.U.T. Saturday January 9<sup>th</sup>, 2010.

With the temperature soaring above 39 degrees and a very strong and unpleasant North-Westerly blowing at 40 kph, today's racing proved to be a roasting that most riders couldn't endure.

In **A-Grade**, several riders, including the eventual winner, decided to pile on the pressure early, which led to distressed and weary looking riders coming in lap after lap. With Melton resident Dom Dudkiewicz and Ben O'Leary a lap up on the chasing trio of Kel Boers, Andrew Mackellar and David Newett, they decided they would settle in and roll turns until the final lap. Once the bell was rung signalling the final lap, Dom Dudkiewicz went all out in his run to the line, with the consistent O'Leary coming in second rolling through 100 meters behind the winner and ahead of the 3 lapped riders.

**A-Grade: 1<sup>st</sup> Dom Dudkiewicz, 2<sup>nd</sup> Ben O'Leary, 3<sup>rd</sup> Kel Boers, 4<sup>th</sup> Andrew McKellar and 5<sup>th</sup> David Newett.**

In a similar manner to A-Grade, **B-Grade** riders were being shed lap after lap. By race end there were a mere seven riders still in the hunt and it was clear that the in-form Nathan Wilson and Chris Zuchett were faring the best in the gruelling conditions. With 3 laps to go, riders started slowly inching off the back of the pack; small gaps appeared between Zuchett, Wilson and veteran Danny Bellis; just ahead of the strung out Rod Stormonth, Tim Feltham, Peter McQuade and Remo Munaretto. And that was how they finished, strung out, wrung out and in need of some shade.

**B-Grade: 1<sup>st</sup> Chris Zuchett, 2<sup>nd</sup> Nathan Wilson, 3<sup>rd</sup> Danny Bellis, 4<sup>th</sup> Rod Stormonth, 5<sup>th</sup> Tim Feltham, 6<sup>th</sup> Peter McQuade, and 7<sup>th</sup> Remo Munaretto.**

**C-Grade** today saw 32 riders turn into 7 riders once the heat took its toll. The hard luck story of the day saw veteran Glenn McAuliffe fall after clipping the wheel of another rider, McAuliffe lamenting the scrape as he was feeling good and looking for a good result. A bunch sprint saw Dylan Newman just beat home veteran Darren Ward and Gary Van Den Elsen. A similar story in **D-Grade**, saw many riders dropped along the way; Andrew Mapstone crossing the line first and in **E-Grade** Sarah Raffle scored a victory on this difficult day.

**C-Grade: 1<sup>st</sup> Dylan Newman, 2<sup>nd</sup> Darren Ward, 3<sup>rd</sup> Gary Van Den Elsen, 4<sup>th</sup> Heath Jamieson, and 5<sup>th</sup> Tom Gray.**

Full [race reports](#) available online.

# FCC News



## CSV Notification : Camera Devices Utilised by Cyclists during competition

Monday, 4 January 2010

*From the CycleSport Victoria Technical Commission*



As at the 1<sup>st</sup> January 2010 the following shall apply:

The promoter shall be the sole decider as to whether or not a competitor or competitors shall be allowed to affix a video camera (or similar device) to the front or rear of their bicycle during competition. If the promoter so allows it will be subject to the following:

1. The promoter must liaise directly with the Chief Commissaire to advise that he/she is allowing video cameras at that event.
2. Prior to the event, at the time of registration, the bicycle, with camera mounted must be presented to the Chief Commissaire for checking.
3. The camera must be securely mounted (to the satisfaction of the Chief Commissaire) on a component of the bicycle such as the handlebars, head stem, head tube or seat pillar (not front or rear forks).
4. Under no circumstances will any cameras be allowed on / in clothing / mounted to helmets or hand held during any event.

## Upcoming Events

**2010 Club Legends Race** Saturday, January 23, 2010

The FCC Club Legends Race commemorates Harry Jones and Hugh Cram.

C & D grades will commence racing at 9:30 am

A & B grades will start at 10:30am

Venue will be VUT, Werribee (206 J6) Enter Gate 4

**Eric Turner Memorial – Club Championship** Sunday, February 7, 2010

We honour past FCC member Eric Turner.

D & E grades will commence racing at 9:00 am

B & C grades will start at 9:45am

Open 10:45

The venue will be announced shortly. See website for full details.

**Darren Hobbs Commemorative Race** Saturday, Feb' 20, 2010

C & D grades will commence racing at 9:30 am

A & B grades will start at 10:30am

Venue will be VUT, Werribee (206 J6) Enter Gate 4

**Max Campbell Memorial** Sunday, February 28, 2010

We honour past FCC member Max Campbell.

D & E grades will commence racing at 9:00 am

B & C grades will start at 9:45am

Open 10:45


The venue will be announced shortly. See website for full details.

See the [fcc fixture](#) for full details.

## FCC Sponsors

Executive members Rob and Vito have worked hard throughout 2009 to maintain current sponsors and attract new sponsors. Check out our major supporters.  
**FRF COURIERS** Go to FRF Sports for your high end racing needs.



**Bikeforce** offer great deals and discounts to all FCC members.   
**Replenish** For good health through healthy eating check out Replenish.



**AUST AB** provide great foods at their Williamstown seafood restaurant *Abalone King* in Williamstown.