

Croydon

Cycleworks/Pick-a-part team riders hit the front

Our team has been picking up trophies on a regular basis this season.

Highlights for the winter include:

Brent Nelson 1st place State U-19 road championship. Brent had been battling an illness which held back his training yet he pulled off a superb solo win.

Hotshot Shaun O'Callaghan has had a busy final road season as an U-17 after racing the Track nationals on the state team. Results include a stage win and 2nd overall in the Ararat tour, 3rd place in the Shepparton tour, and winning the final stage and overall of the Eildon tour. At the state titles Shaun also finished 3rd in the TT and 5th in the road race securing him a spot in the state team.

Roy Clark has won both Road and time trial champs in the Masters state titles, in the hotly contested Div 4. Roy continues to race competitively in senior opens and seems to be getting stronger with age

Michael Fautley is our new downhill rider and aboard a brand new Trek Session 88 posted 4th fastest time at the recent YouYangs state DH round. Michael is loving the new Trek - read his review elsewhere in this newsletter edition.

Tyler Spurell

UFO's spotted in Coober Pedy

Actually it was some Croydon Cycleworks riders participating in the 2009 Melbourne to Uluru cycling challenge, raising money for the Cancer Council!

The 14 strong group including locals Peter Doonan and Craig Everard covered the 2714km in just 13 days, arriving at Ayers Rock on Sept 11th. So far they have raised over \$50,000 for a fantastic cause. If you'd like to help out no matter what size donation, go to <http://www.rideforcancer.com.au>



There you are riding peacefully along your favourite bike track or road on a lovely spring morning, i-pod playing your favourite Bryan Adams and Celine Dion songs, shiny white lycra shorts glinting in the sunshine when bang! A damn magpie is dive bombing you from behind completely disturbing your peaceful state and in fact providing much amusement for onlookers. You look like an idiot as you swerve and duck while trying to fend off the attacker with your pump. Hold on, there is help at hand! We are not interested in the bird's motives! There are some magpie deterring actions you can take.

Ride faster. Magpies top out at around 45 kph however they can swoop at over 60, so if you can sprint fast enough you'll outdistance them quickly. You may need a course of steroids and EPO to achieve this.

The tried and proven Zip ties through the helmet, or "martian antenna". This may look very silly indeed (because it is) to the general public but does deter all but the most vicious magpies.

Evil eyes painted or stuck to the top of the helmet. This one is controversial, but in my book it's a psychological advantage, showing that you are now starting to think like the bird, and we must understand our enemy in order to defeat him.

Ok good luck. As for the other Magpie pests you may encounter this September I can only say one thing, "Go pies!"



www.croydoncycleworks.com

**Webshop updated with
loads of new products
and specials.**

**Check out the full
range of great
deals online**

Ride your own way

Custom bikes from world's No 1

In a bold move, Trek's top line Madone racing bikes (as raced by Lance, Alberto etc to NINE Tour de France victories) will now only be available as a custom ordered bike direct from Trek. You can choose from a myriad of options including paint schemes, components, wheels, even the colour of the tyres, cables or brake hoods can be chosen. Trek's "Project one" online order-

ing system is amazing, you can see your bike in photo quality as you build it, change it even add your name to the top tube! You then can pick the bike up from your chosen dealer who will finalize the fitting and assembly for you. Pricing is lower than the equivalent 2009 model, and the chances of two Madones being exactly the same will be a million to one, about the same odds as Geelong winning the Grand Final this year!



For more information on Trek project 1, go to:

http://www.trekbikes.com/us/en/bikes/road/madone/6_series/meet_madone/

Introductory Race Clinic for Vet age riders: over 30 women/over 35 men



Are you a cyclist who always wanted to see what racing was like but are concerned you don't have the skills or fitness required?

Eastern Veterans Cycling Club is holding an open day that will instruct you on race etiquette and rules. There will even be a short race for beginner ladies

After the clinic our normal racing program will be held (Scratch racing A-grade to F-grade) and clinic attendees will be invited to participate. There will be a post race presentation and BBQ at 4pm.

All you need is a roadworthy (road) bike, helmet and sense of adventure. Oh and ten bucks! Men must be over 35, women over 30.

WHERE: METEC driver training centre Colchester Rd Kilsyth (race circuit is closed to traffic)

WHEN: Sat 26th Sept

Clinic registration by 12:45 pm

COST: \$10

MORE INFO: Call Matt 03-9728 6859 or Keith 03-9439 8013

Life in the fast lane...

Going too fast is not usually the problem for cyclists, however as I was preparing my trusty Cervelo Soloist for my Tour des Pyrenees, I recalled my last trip to the famous mountains in France. Big climbs meant big descents, on unfamiliar narrow bumpy roads. My Shimano Ultegra brake pads performed poorly in these conditions so this time I decided to fit some new Swissstop flash brake pads. The Swiss made pads have been around a couple of years now and are highly regarded as "the best" available, however I don't believe everything I hear so time to try them for myself. The first test ride showed a huge improvement, much less pressure was needed and ultimate stopping power was

greatly improved. Descending the big mountains of the Pyrenees I felt secure and confident, able to control my speed easily. These things really work! No appreciable wear is showing after 1500kms and lots of high speed descending. Big thumbs up from me. Swissstop pads are available in the Flash green (as tested) for aluminium rims, Original black for sensitive rims great if you ride in wet conditions that can cause rims to wear down quickly, and Yellow king for carbon rims. All rep-

resent a big improvement over conventional brake pads and while they cost a bit more, are well worth it for the life and performance they offer.



Ride your own way



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Grand Final hangover?

Head to Officer for the final race of the Winter XC series on Sunday 27th September

The Course:

Expect a bit of climbing, but generally it's a very rideable flowing course with plenty of passing / eating / drinking sections, in conjunction with some awesome single track of course! From memory, the A graders were doing a lap around the 18 - 21minute mark.

Facilities:

Croydon Cycleworks will be providing mechanical support in association with their 'mobile shop tent'. The Scouts will be providing coffee / drinks with a superb selection of race orientated food. They put on a fantastic spread, so please help support the Scouts.

Parking:

The Scouts will be coordinating the parking. It would be greatly appreciated if you could please donate a gold coin on entry into the park as a fundraising means. Thank you in advance.

Entry & Licence:

Done in the morning of the race. You need to show a VALID MTBA licence, if not, you can purchase a \$15 day licence. Note: Cadets need a parent / guardian to fill in a \$5 participation licence.

Race Entry Fees:

\$20 = A, B, C, D
\$10 = Junior (13-17)
Nil = Cadets

Directions:

Anderson Scout Camp, Dickie Rd Officer. Melways ref Map 212 H9.

Timing:

8.30am = Registration open
9.30am = Start for the Cadets (15min event)
10am = Racing starts for A, B, C, D, Junior classes.

Sponsors:

A big thank you to Croydon Cycleworks for all their support!
Hope to see you there.

Car Boot Sale – Officer Scout Camp – 27th Sept

In association with the final XC winter series round @ Officer, after the race surrounding the scout hall (probably not out of the back of your car boot, but on a self supplied table), I welcome all to our 'car boot' sale. The tradition is as follows:

Many years ago, the well healed and pseudo pros started a tradition of Car Boot type sales at mountain bike races. Gold coin donations for unwanted used tires, simply crazy prices on gear that was cluttering up sheds and bedrooms alike was available for cash-cash on the day, or deals would go on for weeks following. In the end, the up and comers in the sport would be able to afford top notch equipment (albeit second hand) that wouldn't be otherwise possible, and the upper level riders could both clean out their excess equipment and know that they were in effect putting something back into the sport. So clean up all your unwanted gear and bring it along, hopefully you can turn it into some cash.

Ride your own way



Tour des Pyrenees report

Another successful tour for the Croydon Cycleworks "Tour des Pyrenees" is over, but far from forgotten! Our tour group of 13 saw our Tour de France stars live in action (Jason Halls pictured above alongside Contador) in a number of stages, and rode some of the most scenic roads of the Pyrenees. Our "Col patrol" also conquered many of the top category climbs including the Col du Tourmelet and Col de Peyresourde. Despite tired legs by the end of the tour everyone was wishing for more time in this beautiful part of the world or what I would describe as a "Cycling utopia". My personal favourite day's ride was a 90km loop from St Girons taking in the Col de Agnes, an 18km climb averaging 5.5% (although this is misleading, there a some flat and even downhill sections so most of the climb is much



steeper) that the Tour de France had been over a few days earlier. After much sweating and over an hour of uphill effort our riders crested the top to find an incredible 360 degree view of wild and rugged mountains all the way to Spain. We were all breathtaken by the astounding beauty and found it dif-

ficult to leave. Every road in the Pyrenees seems to lead to yet another beautiful view, valley and experience. To register your interest for the 2010 "Tour des Pyrenees" call us on 03 9723 5164. Places are very limited. More photos are available on the Croydon Cycleworks web site. www.croydoncycleworks.com

A disgraceful way to treat a Cervelo!

Croydon Cycleworks summer staffer Adrian Rowe (actually Adrian roams the world in pursuit of an endless summer working all over) sent a few holiday snaps from a recent European cycling tour, putting his top of the line S-3 to a rather different use than what it was designed for. Touring! Carbon wheels and all! Shame Adrian, shame!



Ride your own way



Trek Session 88 - rider review



The Trek Session 88 was released in Australia almost 12 months ago, but it was in development for a long time before that. Trek knew that the world of DH had progressed and went about producing the best DH bike on the planet. With the new technologies they had developed in the Fuel EX they went to work on the new DH platform, resulting in the ground breaking Session 88.

You've probably already heard the glowing magazine reviews and endorsements from world famous riders like Andrew Shandro and Justin Leov, but what about a regular riders perspective? Well, that is just what I have for you here.

Michael Fautley recently purchased a Session 88 DH from us here at Croydon Cycleworks, and sent us this email to tell us all about it:

For the past six months I have been working my tail off in the effort to purchase a new downhill mountain bike. After me annoying and taking up hours of employee's time on phone calls and regular visits, it finally came time to throw my earnings on the table.

The Trek Session 88 DH was my bike of choice, and after working crazy hours for minimum wage, it all had become worth it from the day it was delivered to the store. This bike is a DH winning, attention grabbing, one of a kind

ride. From its slick shape and colour scheme, to it's jaw dropping stock weight, this bike gets you out of bed in the morning and brings you home late at night (it's like cheating but you can tell the misses you're riding her).

POSITIVES:

- Light weight
- One of a kind colour scheme
- Incredible components
- Super stable through fast open sections
- Low and nimble to power through the tightest of wood sections

NEGATIVES:

- Addictive; getting off the bike is

almost impossible for as soon as you finish your run, before you realize you will be running up setting up for the next

- Uphills
 - Attention seeker; it takes you half an hour of weaving through fellow riders admiring your wheels to mount the thing
 - Finding excuses for your mates to why you wont let them ride it
- Massive thanks to all the staff at Croydon Cycleworks for all there help and support. Hope this bad boy will be blitzing the 09/10 DH series competition.

Michael Fautley

Ride your own way



A new sport is born

Back surgeons of America predict this will be the next big thing. Unfortunately (or maybe fortunately) Trek Bicycles who manufactured the unique freewheeling "Mod" trike have taken it off the market. The Mod was made as a high quality trike as suitable for little Johnny as it was for a 40+ year old drunken uncle to play on.... Ostensibly a "toy", the Mod may have started a genuine craze, if it wasn't for Trek's legal advisors. To see the wild antics go to: http://www.youtube.com/watch?v=4UaE_LWDDWk and http://www.youtube.com/watch?v=XkEdcR0D1E4&feature=PlayList&p=CBB18218F056B537&playnext=1&playnext_from=PL&index=11

SPRING CLEANOUT OF NEW & EX DEMO WHEELS

We are overstocked and have to clear these fantastic road and time trial wheelsets, some are brand new, some ex-demo some superseded but all are fully guaranteed and priced to sell. Note Zipp come with Shimano/Sram compatible cassette body unless otherwise noted (can be changed to Campagnolo). Be quick for these one off specials.



1 pair Zipp 303 2008
1124 grams!
Brand new \$2300



1 pair Zipp 303 2008
Ex-demo with tyres
\$2200



1 pair Zipp 404 2008
Brand new
\$2500



1 pair Zipp 404 2008
Ex demo with tyres
\$2300



1 pair Zipp 303/404 Combo
Ex condition. Campy hub
\$1300



1 Rear Zipp 1080 2008
Ex demo with tyre
\$2700



1 pair Zipp 808 clinchers 2008
Brand new \$2600

Token T-850 wheelset

Brand new wheelbag &
Brand new



Carbon
bonus spares
\$1500 pair

Please call to reserve your wheels on (03)97235164

Yes we can ship wheelsets to your door. No lay-by. Cash or card only.

Croydon Cycleworks 182 Mount Dandenong Rd Croydon

Where are we?

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Phone: (03) 9723 5164

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Web: www.croydoncycleworks.com



What's coming up?

You don't even have to be a keen rider to get excited about the scope of events coming up... There is, literally something for everyone!

4th October
Brooks Victorian Duathlon Series
Race 6 at Yan Yean (Melways Map 391 D1) Run by Manningham Triathlon Multisport
Entry info from: www.trivic.org.au

11th October
Herald Sun tour Challenge
Ride Stage 1 of the 2009 Herald Sun Tour the day before the stars compete. 70 and 150 k courses around Ballarat.
http://www.cycloportivic.com.au/default.asp?MenuID=Events/c20175/17195,Tour_Challenge/20301/34612

18th October
Around the Bay - you should be just about at peak form now!

22nd November
Race 1 Gatorade Triathlon Series. Series runs over 6 races finishing on March 6th 2010.
For entry details, see your local tri club or go to: www.supersprint.com.au

28th November
Lake Taupo Classic - one of the world's great rides. Watch out for a report in an upcoming Croydon Cycleworks Newsletter

12th December
Scotty's Ride
<http://www.cycloportivic.com.au/?Page=17812>

27th March 2010
Great Ocean & Otway Classic Ride
One of the best recreational events on the calendar. Starts and finishes in the beautiful Surfcoast town of Torquay. 2 distances of 145k and 60k - a must do event for all recreational riders.
For entries go to: www.supersprint.com.au

There are many more road and mountain bike events on the calendar all year round. If you know of one or more that should be listed here, send us an email with the details.
sales@croydoncycleworks.com

Ride your own way

