What goes 'round!

Newsletter of the Darwin Cycling Club Inc. **Issue 1 March 2019**

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The first Hidden Valley Raceway criterium training of the year had a big turn out on 7 February 2019

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Meet the 2019 DCC Committee!

Name & Position	Why I love cycling	What we really look like	What we normally look like
Andrew Hall **Chairperson**	I began cycling 4 years ago with Mildura Coomealla CC and with DCC since 2017. I started cycling in order to keep fit and this quickly turned into wanting to race. The social aspect of cycling is also a big plus. I'd like to see DCC implement the sport management initiative of STARCLUB and the development of juniors. I ride A grade and last year rode just under 10,000kms!		
Mark Kersemakers **Secretary**	I've cycled with bunches in Darwin for about 8 years and started racing since it was rebooted with the first Finn Rd TTT in early 2016. I cycle to keep fit and healthy, but also for the social camaraderie it brings. I'd like DCC to grow and have a club house with increased participation and support. I'd also like to see more juniors/teenagers cycle and remain in the sport. I ride 10,000-15,000km per year.		
Louise Lewis **Treasurer & Public Officer**	I've been cycling for around 7 years, and racing off and on for the last 3 years - B or C grade depending on my fitness and motivation. Cycling is my little bit of peace away from the stresses of real life. I usually clock over 5000km per year on the bike. I'd like DCC to continue to grow, not only in numbers but in our professionalism and management of the club.		
Denise Dunn **Juniors Manager**	I have been riding bikes all my life but have only had a road bike for about 3 years and started racing not long after in C Grade. As a kid, cycling was one way I got to see my friends; as an adult it is a great way to make new friends, and as a family it is a sport we can all do together. I'd like DCC to continue to grow our members especially the juniors, see the velodrome built, and make cycling a dominant sport in the NT.		
Bianca Pyle **Committee Member**	I have been riding for just over 14 months and have clocked just over 4400km. I started with the She Rides Program which then lead me to getting my first road bike. I got into cycling as it's easier than running and I enjoy the social aspects, plus I've made some great friendships. Currently I'm a C grade racer wishing to be a B grade, and have only raced in four DCC races!		
Bryan Baker **Committee Member**	I've been cycling in Darwin for a couple of decades, did some Tri's and Tours de Timor but only got into road cycling mid 2018 and clocked up 2400km. I like cycling to keep fit mainly and I like challenges and to meet new people. I'd like to see a lot more new people become involved with DCC races. I have only done one race so far in B grade, and the Team Time Trial.		

Message from the DCC Chair

Welcome everyone to a new cycling year and I trust this year will be an exciting year for the Darwin Cycling Club. I would firstly wish to thank Stuart Crompton for his time and effort spent in getting the DCC off the ground and his dedication towards cycling in the NT.

We have some exciting new races planed including the Batchelor Classic road race and some of the traditional favourites such as the Bark Hut Classic and the Barkly Challenge. We will also this year be trialling a points system that hopefully we can incorporate into a race season where all points will be tallied at the end of the season and this will determine season champions for each respective grade.

We have also recently been trialling a women's grade at Hidden Valley at our Thursday night sessions and the response to this trial has been outstanding and this hopefully will continue to grow throughout the year and onwards.

This year the Darwin Cycling Club will also become part of STARCLUB. Starclub is designed to assist sporting clubs to develop systems and frameworks to assist in the running of sporting clubs. Some of the resources we will be able to utilise are:

- Governance
- Policy development
- Strategic planning
- Risk management
- Financial management
- Sport integrity
- Codes of conduct
- Coaching & officiating
- Inclusion

This year the DCC committee are also working towards building and maintaining stronger partnerships with other local sporting groups and sporting bodies to help to further enhance the opportunities for not only our Junior riders but the greater cycling community.

I look forward to riding with and racing against you all this year.

Regards, Andrew Hall, DCC Chair

Andrew and Stacey with family on their recent wedding day – **Congra--! You let him wear that?**

Race Results

Finn Road Team Time Trial #1 February 2019 - Race Director and Commissaire: Mark Kersemakers. Temp: 27° C, Relative humidity: 80%, Wind: calm, Cloud: overcast. With over 70 riders we had one of our best turn outs for a race in years. See all the results and acknowledgements on our Facebook page here. A few select photos below thanks to Lindsay Green and H's Sports Pix.

The rolling hills of Finn Road, Berry Springs. Photo: Lindsay Green.

Women's Open team Denise Dunn, Alex Kersemakers, and Kath Davies (2nd place)
Photo: Lindsay Green.

Men's Open team Ray Estrella, Ronald O'Campo, and Felizardo Jun Baldos before a minor incident retired the team. Photo: H's Sports Pix.

Men's Open team Matt King, Jason Hamilton and Tom Marsh (1st place) Photo: H's Sports Pix.

Finn Road Team Time Trial #2 March 2019 - Race Director Louise Lewis, Commissaire: Julian Robinson. Temp: 28° C, Relative humidity: 95%, Wind: calm, Cloud: clear
Another excellent turn out with nearly 80 riders competing. Full results and acknowledgments on our Facebook page here. Again thanks to Lindsay Green and H's Sports Pix for a heap of great photos.

Volunteers at the registration desk looking very focussed and chipper early in the morning! Photo: Bryan Baker.

Open Women's team Bianca Pyle, Belinda Townend and Angela Librio at the start line (5th place). Photo: Lindsay Green

Men's Open Team Nathan McGrath, Benjamin Clarke and Ryan Lucas (4th place). Photo: H's Sports Pix.

Open Men's Team Christopher Standen, Mark Thomas, and Jahan Barr (6th place). Photo H's Sports Pix.

Women's Open Team Emma Host, Cath Hood, Jenna Dennison (2nd place). Photo: H's Sports Pix.

Rider testimonials*

**Recorded while endorphins still present – endorphins are released during exercise and interact with the receptors in your brain that reduce your perception of pain!*

Finn Road Team Time Trial #1, February 2019.

Women's Open competitor Maricki Moeller-Levick told DCC of how she felt after her first ever cycling race.

"It felt like I had more energy and it was fun, something I would do again."

Men's Open competitor Peter O'Leary told DCC how the presence of many teams brought a sense of energy.

"It felt energetic because there were lots of teams out there. We were all done by the end of it, but we knew our stats and worked well as a team."

Finn Road Team Time Trial #2, March 2019.

Mixed team competitor Jess Lockwood, who did her first DCC road race, said that she was a bit nervous at the start.

"I was nervous at the start but soon got into the swing of it. It was hard but in the end it was fun and exciting."

A big thanks to Berry Springs Tavern for letting us take over their verandah and PA system and providing cold water for both Team Time Trials.

Other DCC results

July - November 2018

Event	Results
Sunbuild Top End Gran Fondo 19 Aug 2018	https://secure.tiktok.biz/results/TopEndGranFondo/2018
Darwin Family Law Cycling Criterium 16 Sep 2018	Womens A Grade 1st Meg Marker, 2nd Holly Ranson, 3rd Kia King Mens A Grade 1st Matt King, 2nd Alistair Donohoe, 3rd Phil Brownscombe Mens B Grade 1st Luke Hansen, 2nd Julian Robinson, 3rd Michael Green
Darwin River Tavern Road Race 14 October 2018 (Mens and Womens combined grades)	A grade 1st Phil Brownscombe, 2nd Adam Hadley, 3rd Ethan Foo B Grade 1st Chris Cuthbertson, 2nd Dave Gray, 3rd Ryan Lucas C Grade 1st Craig Harris, 2nd Robert Cooper, 3rd Roy Wadwell Juniors 1st Samantha Moller, 2nd Ashton Foo, 3rd Archie Burraston
Humpty Doo Tavern Mango Madness 4 Nov 2018 (Mens and Womens combined grades)	A grade 1st Phil Brownscombe, 2nd Matt King, 3rd Chris Brown B Grade 1st Ryan Lucas, 2nd Chris Cuthbertson, 3rd Rene Esteves C Grade 1st Michael Kruger, 2nd Apolonia De Guzman, 3rd Lucas Hayden Juniors 1st Samantha Moller, 2nd Xander Burnett, 3rd Ashton Foo

Juniors update

The Juniors squad has been very busy preparing for several upcoming events, and also had a successful end to 2018. First let's see what they have been preparing for.

14th March 2019, Adelaide - training

Kaylee, Meg & Ali (ASCC) will have a 7 day intensive training programme with Kerran Oates from Physical Edge Cycling. Kerran will make sure the girls are fully prepared for Junior Track Nationals. The training week allows the girls to get some much needed track time with other kids in Adelaide.

28th to 31st March, Anna Meares Velodrome, Brisbane - 2019 Junior Track Nationals

The Team representing the Northern Territory this year for Track Nationals will be Under 17 Women's Meg Marker and Ali Anderson (ASCC), Under 15 Women's Kaylee Dunn. Sophie Ashley also from Darwin will be representing South Australia.

This is Meg's first year in competing in Under 17's so she will be up against some tough opponents, and Kaylee who just turn 12 in November 2018 will be one of the youngest competitors in the field and is looking forward to competing in her first ever Nationals in the Under 15's. Both will compete in 4-6 events, and as first year it is never easy to make the podium, but they have both been training extremely hard and their preparation leading up to Nationals is on track. Coaches Luke Hansen, Reg Hatch (ASCC), Team Manager Denise Dunn, Cheer Squad Suzie Marker and Alby Sullivan (House

Mum in Brisbane) will be there to support them. If you see Meg, Kaylee & Sophie please give them a pat on the back and wish them Good Luck.

13-14th April 2019 Wirtgen Group Central Junior Tour, South Australia
We have Bernie, Meg, Archie heading to the beautiful Barossa Valley to race in 2 days of road racing. Cycling NT have nominated this race for our kids to earn points towards National Junior Road Series. We hope to see some really good results from both the Darwin and Alice kids.

Results
September 2018 - Junior Road Nationals Bunbury, WA
DCC Juniors were Under 17 Men's Samuel Brownscombe and Ethan Foo, Under 15 Women's Meg Marker and Under 15 Men's Bernie Dunn. There were also ASCC Juniors Under 17 Women's Ali Anderson and Under 17 Men's Bodhan Typuszak.

This was the first time in a very long time that Darwin Cycling Club have had juniors represented at Road Nationals. Coach Luke Hansen was confident we could bring home a Championship medal and he wasn't disappointed. Meg Marker won the Under 15 Women's Road Race with a full bunch sprint to the line and managed to cross in first place. Meg's Gold medal saw her crowned the Under 15 Women's Australian Champion, and based on the records we have we believe this may be the first time a NT Woman has won Gold at a Road National Championships.

All our kids learnt a lot from racing against the best Juniors in Australia and have grown from the experience. Thanks to Sara, Suzie, Luke and Reg for looking after the kids and Champion Systems for getting our uniforms just in the nick of time.

October 2018-January 2019 - National Junior Track Series (NJTS)
NJTS is for Under 15 & Under 17 Juniors and has been developed to give all junior cyclists the opportunity to race against other juniors from all over Australia. It is also a great way for our juniors to meet many other kids who also enjoy track cycling. Consisting of 4 Rounds DCC sent Juniors to all four rounds:

- Rd 1 Melbourne: 6-7 October 2018, Darebin International Sports Centre (DISC) - Sophie Ashley, Archie Burraston & Noah Brownscombe
- Rd 2 Sydney: 3-4 November 2018, Dunc Gray Velodrome – Meg Marker
- Rd 3 Brisbane: 1-2 December 2018, Anna Meares Velodrome - Meg Marker, Kaylee Dunn & Archie Burraston
- Rd 4 Adelaide: 10-11 January 2019, Super-Drome - Kaylee Dunn

The junior with the most points over the series is crowned the Champion of Champion and presented a jersey and medal at Round 4 in Adelaide. Sophie Ashley from Darwin was 4th overall in the Under 17 Women's which is a great achievement for her first ever series.

Thanks again to Luke, Reg, Fiona & Rog for looking after the kids and a very special thankyou to Alby Sullivan a dear friend of Suzie, Roger and Denise who kindly looked after Meg, Kaylee and Archie whilst in Brisbane for Round 3 and acted as our Team Manager and Chaperone. I would also like to thank the Marguerite family in Sydney for taking Meg under their wing when she competed in Sydney for Round 2. We are so very lucky to have so many interstate clubs who are keen to help our kids when we travel interstate and to help keep our costs down.

December 2018 - SA & NT Junior Track Championships, Adelaide

Well what can I say "How Amazing Were Our Kids!" We blitz the competition! See this link for full results.

10 GOLD (7 Individual, 3 Team) 11 SILVER (8 Individual, 3 Team) 7 BRONZE (5 Individual, 2 Team)

A very successful long weekend at the SA & NT Junior Track Championships at the Superdrome in Adelaide. Our Team of 11 from Darwin and Alice Springs and Sophie riding for PACC brought home our best results at a State Championships of 28 Medals, the Nell Fowler Trophy won by Meg and New State Under 17 Sprint Record over 200m 12.439s.

A few highlights of the weekend:

- Under 15 Mens Team Pursuit Team Bernie, Archie, Jack, Darli although their time was not the fastest they showed the best team work.
- Kellan, Samantha and Darli first time on the boards and never gave up
- Archie's sprint to the line to win his heat in the match sprints

Thanks for all your messages of support, the dedication and hard work is paying off. Thanks to Fiona, Sharon, Rebecca (ASCC) & Disey for your help with the kids. Congratulations to Sophie Ashley who has been selected to train with SASi. Thanks Cycling SA and officials for everything you did for us, and to everyone who came along to support and watch our kids. Coach Luke amazing results it was awesome being part of this with you. I would also like to acknowledge the years of dedication to the club and juniors from Tony Marker. I wish you were here to see this, I know you would be feeling very proud. **Cheers Denise, DCC Juniors Manager.**

Hidden Valley criterium training

Criterium training on Thursdays (5.30-7pm) at Hidden Valley Raceway track is a really good way to keep fit and meet other cyclists. There are grades for every ability, and as the track is closed to traffic it offers a great venue for beginners. It is also very smooth and really nice to ride on. As DCC pays weekly fees to use the track we ask that you bring a gold coin donation each week, or pay (cash) in advance if you are regular. One of the DCC Committee members will be there to collect it.

To ride you are required to have a Ride+ or Race membership for insurances purposes. See our Membership webpage for details on how to choose the right membership. DCC has booked the track for most Thursday evenings of the year (see current dates on our website), however there are times when vehicle racing takes precedence, so we will find a suitable alternative and confirm this closer to the time.

What's your advice for my bike?

In this new section we meet the people you'll deal with and ask advice from at bike shops around Darwin. We will cover all the shops throughout the year, but in this issue we meet Luke Fronsko, Sales at Cycle Zone, Cavenagh Street, Darwin.

- **DCC**: *How long have you worked at Cycle Zone?* **LF**: 4 years
- *What did you do before working in the cycling industry*? I was a marine biologist from Melbourne.
- *Are you involved in riding with any Darwin sport clubs*? I'm a Darwin Tri Club member.
- *What's been your best race on a bike*? That's easy, the Cairns half iron man!
- *How about your longest ride*? 90 kms.
- *What is your favourite bike*? My Giant Trinity time trial!
- *What are your two best pieces of advice for someone buying their first road bike*? I would say make sure you get anything that is comfortable because you're more likely to ride it and enjoy riding.
- *Besides lights and helmet, what are the essential accessories for a roadie*? Of course the main thing is to carry spares, particularly for punctures. You don't need fancy gear to get into road cycling.
- *What's your best advice for bike maintenance*? Washing the bike with soapy water after rides, especially in Darwin where sweat can get onto the bike it needs to be washed off, or a clean after rain.

- *What advice would you give new riders on nutrition – gels, bars, fruit etc*? I'd suggest whole foods, before, during and after. The gels and bars are quick and handy, but full of junk, so go for a banana or even a vegemite sandwich!
- *What's your favourite coffee*? Single origin long black.

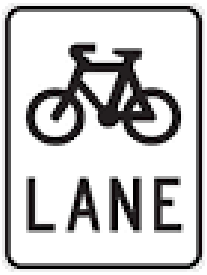
Looks like Luke loves his triathlons, so we may not see him in one of our races (Finn Road Time Trial Luke?). Did you know as a Tri Club member you can get a discount on your annual Darwin Cycling Club RACE membership or purchase a 1 week race membership for any of our races? Check our website for details. While Luke might like answering your bike questions on rides, you now know what coffee to get him too!

Bike lanes and the law

Bike Lanes and riding two abreast – The Australian Road Rules requires cyclists to use a bike lane if one is present. But what if you are in a group that is riding two abreast? And what is the difference between a bike lane, a bike path and a shared path? And are there any bike lanes in the Darwin region?

First of all let's see what the rule states: **Rule 247 Riding in a bicycle lane on a road:**
(1) The rider of a bicycle riding on a length of road with a bicycle lane designed for bicycles travelling in the same direction as the rider must ride in the bicycle lane unless it is impracticable to do so.

In places riding two abreast in a bike lane would be impracticable as some bike lanes are quite narrow. As we need to share the road with other vehicles, two abreast groups should aim to ride with the left line in the bike lane (if safe and practicable) and if there is insufficient space in the bike lane, the right line can ride in the road lane.



What is the difference between a bike lane, a bike path and a shared path? A bicycle lane is on the road and is signposted or stencilled with paint as a bike lane (see images left) and the road speed limit applies. A bike path is usually a fully separated path from the road and is sign posted as a bike path. A shared path is available to both pedestrians and cyclists and usually has sign posts and stencils to indicate that it is a shared facility. Some shared paths have an advisory speed limit. All paths in the NT, including footpaths, are currently shared paths and there are no dedicated bike paths at present.

The only roads we know of in the Darwin region that have marked bicycle lanes are Rothdale Road, and parts of Lee Point Road, Berrimah Road and Kitchener Drive (see images below).

There are also many roads around Darwin with generous shoulders such as McMillans Road, Vanderlin Drive, Amy Johnson Drive, and the Stuart Highway, however, these are not marked as bicycle lanes. Furthermore, it should be noted cyclists are legal road users and are not obliged to use the shoulder of a road. Care should be taken using them as there may be debris, glass, gravel and potholes. These hazards can be reported to the relevant road authorities, either Councils or the NT Government.

Bike lanes on Rothdale Rd, Lee Point Rd, Berrimah Rd, and Kitchener Dr.

So in summary, if you are riding solo or a single line you must use bike lanes where marked (if practicable), whereas riding two abreast the right line can be in the adjacent vehicle lane if it is not practicable to ride in the bike lane.