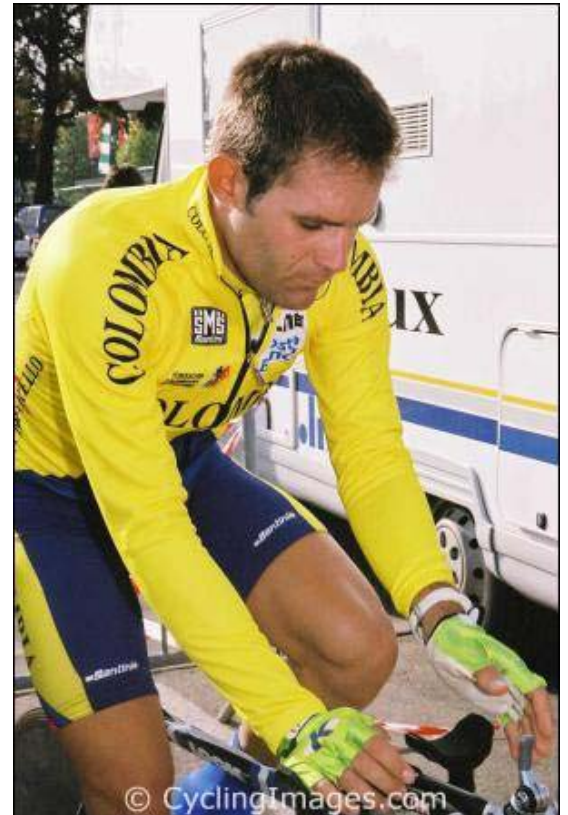


## *What's inside this month's issue?*

### Regular Features

All of the regular features that you have grown to love and expect are still in this month's issue of **Velo SportZ ShortZ**. Bunch Gossip, Overseas News, Local News, Race Results, Letters to the editor, Ask the Coach plus a few extras.



### Special Features

Make sure you catch up on the late breaking news in "Bunch Gossip and if you got something from the article about Ergo's and training, make sure you catch "Eadies Escapades".

Comments from the Guru and World Sprint Champion  
- Sean Eadie!

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## *Bunch Gossip*

### "Early Breaking News"

Some exciting news this month. Sean Eadie, World Sprint Champion and also known as "The Beard" has come on board with Velo SportZ ShortZ and will be writing some articles and offering input from a very different perspective.

Sean is one of Australia's best cyclists and last year became the World Sprint Champion. Sean has also been described as one of the nice guys in Australian cycling and obviously has a wealth of knowledge and I must say a damn fine sense of humour.

Sean will be supplying some photo's as he travels the world and also be putting some very entertaining words to accompany the visual content....This month Sean has offered some very sound advice as a follow on from the article in last months issue about "The Zone".

## *Ed's Comments*

I'd like to take this opportunity to thank all of our readers who have sent in feedback or questions. We really do appreciate the input from you guys and girls.  
**So make sure you keep it coming.**

I know that we haven't got around to answering all of the questions, however I will make it my personal mission in life to get around to doing such.

It may take me a couple of issues to catch up, but please don't give up. As they say, "It may not happen overnight, but it will happen!"

Read on and enjoy another action packed issue of **Velo SportZ ShortZ**.



### **Velo Sportz Shortz**

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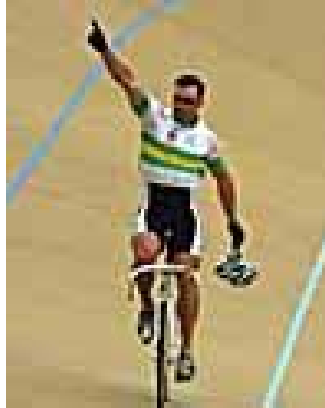
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### *Eadie's Escapades*

*By Sean Eadie - World Sprint Champion 2002*



Hey Rossco, Just finished reading your article about the time on the trainer finding "The Zone" and just have to say.....

"Isn't enlightenment a bastard of a thing to acquire?"

Especially when, to the long time cyclist it's a fundamental! Gotta say that this is way too much ergo time for my liking and to work out those numbers, you have more time on your hands than I do and that's scary.

But seriously, in relation to the pedal stroke, another option is to be firmer through the calf and foot on the upstroke and use the hip flexors (a small but very strong muscle group) to pull up on the pedal. This generates ALOT of power!! Play with the various techniques remembering it is a skill just as much as sitting the wheel or riding a smooth line on the track, and as such will take time to adapt too.

But very worth while."

**Sean Eadie**

**World Sprint Champion 2002**

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## "The Zone" Re-Visited

By Ross Harding

Just as a follow on from last months article on finding "The Zone", I would like to offer some further learning's that I feel are also very important and should be taken on board.

In life, everything is about balance and those of you who are married will well and truly understand that. It's about researching and knowing as much as you can and with that you then have a better opportunity to make .....hopefully, better decisions.

Ergo's are great pieces of equipment and I think that we can all find a use for them when we are into cycling, whether it be Track, Road or Mountain Biking. It may be something as simple as a "warm up" device before a race, or a training tool to supplement your other miles or even just something that you use when it's teaming down with cats and dogs and you just don't feel like getting WET!

In any situation they can play a beneficial role with our cycling. However, and this is the voice of experience talking here, don't rely on them as the sole of your training and any performance improvements on your trainer do not necessarily translate to your actual racing on road, track or dirt.

I and a number of my cycling friends recently travelled to Brisbane for the Australian Masters Track Cycling Championships. Yeh Yeh....we've all heard it before, we are the old fogies..... Any way approximately 3 - 4 weeks out I thought I was travelling pretty well and was happy with my performance.

I had been training 18 months for the Nationals and a test run saw my time 25 seconds of my "personal best" and the state of panic I had instantly developed, wasn't helping my times at all.....thinking that I was just about to blow things big time, I had to re-group and focus and start listening to my coach and if all else failed....Woolworths sells razors for only a couple of bucks. Unfortunately I was relying on the wrong signs and upon realising that I was nowhere near the place I wanted to be.

**So, Rule No. 1.**

**Don't rely on your ergo/trainer as a performance guide.**

I was now at a point that I could actually start to have a positive influence over my training as I had identified a problem; the only question was, had I identified the problem early enough that I could do something about it?

Upon taking on some advice from the coach, certain actions were taken so as to reap major improvements in the shortest amount of time. This is by no means a desirable way of training and although a positive result was achieved, I didn't reach the point where I should have been.

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### Rule No. 2.

Ensure that your training programme is balanced.

The long and the short of it was that I managed to grab back 15 seconds which was still very short of were I should have been. It is important that you do not judge your performance status so close to your actual competition. This is a process that should take place on a weekly or fortnightly basis right from the outset and continually be monitored and refined throughout your training periodisation.

### Rule No. 3.

Set your goals and Very Clear "Key Performance Indicators" (KPI's)

The moral to this article is that training to improve performance is a process of continual monitoring and refinement. There are so many variables and ways to achieve your goals, but like any "good" investment manager will tell you, "Don't put all your egg's in the one basket". Be sure to be honest in your self-appraisal of your performance and it is always a good guide to seek feedback from others you can trust for the truth.

Your training programme it's self, while targeting and specialising perhaps for a specific event, should also be varied and not rely on single KPI's as a sign of improvement or performance. If you are training for a 3000 metre Pursuit, 100 klms Road Race, or a specific Dirt Event, make sure that you are continually competing in these events and distances as part of your normal training, as these will make up a very important part of your true KPI's.

Pedal On! Ross Harding

## Getting Down & Dirty

By Craig Duncan - Velo SportZ ShortZ Mountain Biking Correspondent

### MTB Nationals

OOOh yeah, it's on again! Once a year is all. When millions, ok - thousands, swarm on the normally tranquil and sublime Victorian country town of Mt. Beauty. For a week the venue becomes the hub of all that is hairy-legged in hosting the MTBA National series. On show will be the cream of Cross country, trials, Slalom and Downhill. It's a time for all the MTBA affiliated clubs Australia wide to get together and test each others metal on the course and in the bar!

As a competitor, this will be my first Downhill event. Having given up trying to catch those a good 30kgs lighter in the Cross Country scene, I have decided to slog it out in an event where my 93kgs isn't so much a hindrance as a 'competitive advantage'. With Gravity on my side the Downhill is my chosen field. I have been Downhilling socially for years and thought what better place to begin a belated competitive career than in front of an entire National

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Club gathering. At the ripe old age of 36 I qualify for the Veterans class. Do you have any idea how that makes me feel?! I mean, should I be packing my incontinence underwear for the journey? Or perhaps leave the Bike at home and break out the fat-tyre Granny-scooter? I could replace that little orange flag for the club's scull and crossbones!

No, I'm never going to be splitting seconds with Rennie or Kovarik, but I'm not quite ready to take up Scrabble as my daily workout either. I will be going as hard, in my own mind, as anyone else out there and results are the last thing on my mind. Let's just get to the bottom in one piece first. Proving you are never too old to get into this sport I am about to highlight just how versatile a sport it can be.

With so many different styles of riding on offer to you there is no excuse not to give it a go. I'm not taking about winning trophies or setting records, just having a go! I have done the Cross-country thing and now feel that with my added mass (it's all muscle) a different event would be fun. You can choose to be involved in so much within Mountain Biking, something almost unique to this two-wheeled version. With such a diverse range of riding styles within the sport the question must be asked, 'How many bikes are enough?'

If you were to ask my adoring partner she would tell you 'at least less than he has at the moment!' God love her! But just how many bikes do you need? One for a nice light hardtail for the Cross country trails, another solid whippy dually for hucking off roof tops, a robust and stout hardtail for dirt jumping and an overweight beast for the run Downhill! Or can you just get away with one rig for the lot? With all the hype forced upon us by the industry these days it's so hard to know just what to buy.

Now, I'm not about to sit here and tell you the ingredients to make the ultimate Mountain Bike cocktail, but I will say one thing, it's up to you. For many years I quite comfortably ran Cross-country and Dirt jumping and even some gnarly Downhill on one very understated dual suspension bike. And it worked well! After all, I didn't know any better and I was just having fun. That was until I let the bug bite me hard on the behind and I started to 'accumulate' the odd extra rig. But even with quite an impressive stable I will only be taking one bike to the Nationals this year. Yes, I am going to cane it on the Mountain, for the adrenaline rush, but I have also decided to enter in the Cross-country and Slalom as well. All in the oldies division mind you. But the whole time I'll be bonding with one machine. Sometimes it's easier that way, rather than trying to re-learn the geometry of a different beast each ride. I can tell you too that even boring old trails, ridden hundreds of times, can suddenly be sparked to life just by riding them on a rig 'not intended' to do so.

So how do I expect to go? Who can tell? One thing's for sure though. I'll be having a blast!! Isn't that what it's all about? So stop worrying about what bike you don't have and take the one you do have out for a bash. Try it on trails or rides you wouldn't normally do and see how much new life can be squeezed from that old faithful. Better still, chuck it in the back of the car and head down to Mt. Beauty from 29<sup>th</sup> October to 2<sup>nd</sup> November and come have a ride with me!

**Happy trails! Craig Duncan**

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### Interesting Web Sites for the Technical Minded

I was having a surf the other day and found a most interesting web site for the cyclist who needs to know everything.

This website gives you an entire range of calculators that can work out everything, from what line to take in a pursuit to Speed Vs gear ratio's and even right Down to your inside leg measurement.

Without going into every detail, I would suggest that you check it out yourself and see if it can be useful for you and your cycling.

The Web Address is as follows:

[www.analyticcycling.com/](http://www.analyticcycling.com/)

Another good site that I check out to see if the weather is going to be fine or not, (well you can't Trust the weather report) is the Sydney Radar Loop.

You can see if there is any impending weather Approaching our way and if you will need that rain Jacket.

[mirror.bom.gov.au/products/IDR032.loop.shtml](http://mirror.bom.gov.au/products/IDR032.loop.shtml)

Check them out

Ed

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David Short Cycles was established over 17 years ago and has been one of the best Bike Shops in Sydney over that period.

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**Penshurst NSW**

## "Overseas" News

### Latest UCI Rankings

**Baden Cooke** and **Robbie McEwen** from Australia have been listed in the top 20 of the UCI Individual Rankings. Points are awarded to all riders who compete on the International scene and are accumulated throughout the season.

Robbie McEwen has finished in 17<sup>th</sup> place and Baden Cooke is currently sitting in 20<sup>th</sup> place. These two are the only Australian's in the top 20 which is currently being lead by Paulo Bettini.

#### Individuals

1	Paolo Bettini (Ita) Quick.Step-Davitamon	2,096 pts
2	Erik Zabel (Ger) Team Telekom	1,993
3	Alessandro Petacchi (Ita) Fassa Bortolo	1,856
4	Davide Rebellin (Ita) Gerolsteiner	1,774
5	Gilberto Simoni (Ita) Team Saeco	1,752
6	Alexandre Vinokourov (Kaz) Team Telekom	1,693
7	Lance Armstrong (USA) US Postal presented by Berry Floor	1,521
8	Iban Mayo Diez (Spa) Euskaltel-Euskadi	1,425
9	Alejandro Valverde Belmonte (Spa) Kelme-Costa Blanca	1,366
10	Tyler Hamilton (USA) Team CSC	1,363
11	Francesco Casagrande (Ita) Lampre	1,353
12	Jan Ullrich (Ger) Team Bianchi	1,258
13	Danilo Di Luca (Ita) Team Saeco	1,246
14	Dario Frigo (Ita) Fassa Bortolo	1,222
15	Michele Bartoli (Ita) Fassa Bortolo	1,158
16	Francisco Mancebo Perez (Spa) iBanesto.com	1,148
17	<b>Robbie Mcewen (Aus) Lotto-Domo</b>	<b>1,138</b>
18	Michael Boogerd (Ned) Rabobank	1,122
19	Isidro Nozal Vega (Spa) O.N.C.E.-Eroski	1,058
20	<b>Baden Cooke (Aus) FDJeux.com</b>	<b>1,034</b>

## Letters to the Editor

Hi Ross,

Thank you once again for a great newsletter, which I have only just read. We tend to get wrapped up in mundane things rather than doing the important things like cycling, and all the related things that we do within our sport.

Your article about the "zone" was very interesting. I have only very recently started using cadence as a riding/training tool. I was told to concentrate on lifting my cadence, which I did. I can hold an average of 100rpm which I am pleased with at the moment, however to do this I have had to drop a gear or two. As a result my average speed has dropped. Can you please tell me how I can go back up that gear or two without losing my cadence? I do try and lift my feet which does help, however I cannot sustain this for any length of time. Any assistance would be greatly appreciated.

Thankyou once again for all the work you put into the newsletter that you send us all once a month, I await the next one with great anticipation.

Keep it up  
Stuart

*Stuart,*

*Thanks once again for your kind words. Some of my friends think I pay you to send in your feedback; maybe we will have to look at putting you of the staff list. Unfortunately we operate on a shoestring budget around here, just ask my fantastic contributors. I'm sure they will vouch for me on that matter.*

*We are glad you are enjoying each one as much as we enjoy bringing it to you. Stuart I'm going to pass your question over to John Crouchley from "Strategic Coaching Concepts" for the next newsletter, so stay tuned for John's response on cadence in the November issue.*

*Ed*

## Ask "The Coach"



Sponsored by Strategic Coaching Concepts  
Mr. John Crouchley



### When the going gets tough!

When the going gets tough, the tough get going. At least that's the theory. But what does it mean to be "tough", Are tough riders born or can they be made. When equally matched riders meet in a race, at the end of the day the one who is mentally tougher will make the best decisions, which will affect the end result.

I believe regardless of skills or fitness the rider who has the capacity to be mentally tough (be in control of their mind) will handle stressful situation much better than riders who don't like stressful situations.

So can it be learnt? I believe so.

Lets try and define just what traits are reflected in riders we all know who we think are tough.

- They deal with distractions without letting them interfere with what they are focused on.
- They remain persistent when the going get tough.
- They tolerate pain and discomfort without complaining.
- They retain a confident, positive, optimistic outlook overall.
- They have a high degree of self-belief that remains relatively unmovable.
- And refuse to be easily influenced.
- They take control of situations easily rather than let others take control.
- Love a challenge.
- To view change, rather than stability, as the norm.

This is often seen at an early age which often influences a persons ability to grow and develop, making them slightly different to the rest. This is also reflected in the person's upbringing. Those who have been allowed to be exposed to challenges at a young age and are encouraged to solve the problems themselves thus creating a positive experience.

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Over protective parents often don't set good examples to their young; this is a big call on my behalf but over twenty years of coaching, Parental judgment on this subject rarely is correct. Parents rarely let their children stumble or struggle. I not only mean physically but even mentally. In this modern world they tend to keep their children in cotton wool, when in the big picture tough times (both mentally and physically) are not necessarily negatives. The journey is as important as the destination.

Research I have read on the subject has come up with some key elements of mental toughness, which are called the '4Cs' Confidence. Control. Commitment. Challenge. Rod Laver the great Australian Tennis player had described how he used practice session to simulate tough match conditions. Laver forced himself to concentrate and work even harder during the latter stages of a training session, when he was tired, so that he became used to the mental strain of such conditions. Riders should apply this to bunch rides thus simulating racing conditions, instead of sitting on and letting others do the tough work on the front. Even learning to handle the bad manners of car drivers is a simple way to reinforce just how to handle stress. With a little invention, simulation training can be used by most riders giving them the opportunity to deal with mental stressors in a controlled situation. These can be an invaluable way to toughen up in preparation for the very real challenge of competition.

See you on the road.  
John Crouchley

## Competition Corner - October 2003

Up for grabs is an "Australian Skin Suit" with the signatures of some Australia's best cyclists. This would be great to have framed and then put up on your lounge room wall at home. It would be the envy of all your friends and myself...To be in the running for this fantastic prize, here's what you have to do.

You will receive one entry into the draw for every "NEW SUBSCRIBER" to **Velo SportZ ShortZ** that you introduce to the Reader Data Base. A new subscriber is someone who does not already exist on the data base and receive **Velo SportZ ShortZ**.

Each new subscriber that e-mails [velosportz@accsoft.com.au](mailto:velosportz@accsoft.com.au) and mentions your email address as the contact that introduced them, you will receive one entry. They must mention your e-mail address in the e-mail for you to get an entry.

10 referrals = 10 entries. It's that easy! On top of that...the new subscriber will also get an entry into the draw and if they introduce someone, they will receive additional entries.

So start telling your friends and spreading the word about **Velo SportZ ShortZ**.

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## Feedback from the Readers!

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#### **Correspondence No. 1**

Dear Ed

**What brand of trainer can you now recommend?  
Is it suitable for mtb's?**

Darryl Cram

*Darryl, That's a great question. I will put together a comprehensive article for Novembers issue that I hope will make things clear if you're after a trainer.  
.- Ed*

#### **Correspondence No. 2.**

Dear Ed,

**Outstanding!**

Cheers  
Sam Carroll

*Thanks Sam, I'm glad you are enjoying the e-mag. - Ed*

#### **Correspondence No.3.**

Hi there Ed

**Do you know much about the recent Tour Of Romania? Jade Lean from Adelaide finished in 23rd place.**

Troy Collett

*G'Day Troy. I'm, still looking into this one. - Ed.*

## "Crossing the Finish Line"

### "Crossing the Finish Line"

#### with Ernie Smith

When were you Born:	24 <sup>th</sup> of June 1938
Where:	Melbourne
When did you start cycling?	In the early 50's with the Essendon CC.
How long have you cycled for?	I stopped for a few years and came back as a veteran at 38.
What do you specialise in?	Anything and everything I just loved racing.
What is your greatest success to date?	Being a farther and raising my Kids.
What is you bike & Compenentry?	Jim Bundy and Shimano. I was Jim's mechanic and used to do special deals
What is your favourite food?	Yes
What is you favourite music?	Country and western , All 60's Music and Rock N Roll
What club do you cycle for?	Essendon & Parramatta Back then, there were Amateurs and Professional riders and I had to ride under a different name.
Employed as?	Mechanic and Jack of all trades
What is your "Rule for Life"?	Don't do wrong things by others as it always comes back to bite you.
What are your pet hates?	Volvo drivers.....No I think that hate is a wasted energy.
What don't you get enough of?	I'm to old now....I don't wish for great things. I just roll along.
Crossing the Finish Line:	I would like to see cycling progress forward and be united. We have a great sport and it's a shame that we don't get more spectators and coverage on the TV.

## Readers Results

Well there hasn't been much correspondence about your results over the last few weeks, however I would like to mention one item.

Scott Duval is a very good friend of mine and has just returned from 4 weeks over in Europe, training and racing at the Disabled World Track and Road Championships. Scott has put in an enormous amount of hard work, as has his coach, John Crouchley.

I would like to report that Scott had a very successful campaign while in Europe, both on the Track and Road and achieved the following results.

1000 metre Time Trial	6 <sup>th</sup> in the world
4000 metre Individual Pursuit	11 <sup>th</sup> in the world
Road Race	8 <sup>th</sup> in the world
Individual Road Time Trial	18 <sup>th</sup> in the world

A big congratulations to you Scott and it's good to see you back at training with the bunch. Don't forget your friends and who you used to train with....

**[Send us your results!](#)**

Well guys and girls....We all enjoy this sport of cycling, whether on the road or on the dirt. So if you have any results from your last road race, down hill run or even mountain bike race, e-mail the editor at:

**[velosportz@accsoft.com.au](mailto:velosportz@accsoft.com.au)**

**We would love to hear from you and make mention of your achievements**

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## Ed's Last Word

That's another month gone and I don't want to frighten anyone, but another month closer to Christmas....Yes Christmas is on the way. In fact, it's only another **85 days** away. So over the next few months I will assist you to put together that shopping list for your girl friend, boy friend, husband or wife.

We will do some product reviews and give you all the information that you will need to pass onto everyone, so as to ensure that you get what you need. (No wants around here....Just needs).

If there are any specific products that you would like reviewed and road tested, send us a note and we will endeavour to do exactly that....Road Test them, unless of course we are talking about a mountain bike product, in which case we will get Craig Duncan our mountain biking GURU onto the case.

*This is the perfect opportunity to say why Craig is a "Mountain Man", but I will resist the urge and not go there!*

I would just like to thank Sean Eadie for his input for this issue and over the coming issues as he gets back into his training schedule to attain another "World Sprint Championship". It appears that Sean's knee is recovering well and we all wish you the best of luck in the coming months as you get back into it.

It will be great to see you show the world, what hard work, determination, an attitude and "The Beard" can do second time round. Thanks Sean.

Have a good month and I will look forward to hearing from you all and preparing the next issue. See you on the flip side.

**Pedal On!**  
**Ed**

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