



Bloody hell, 10 months since a newsletter! Yeah, it's been a while and plenty has happened in that time but we've been so busy there was no time to write this. What ever is going on in the wider world, the GFC has had a positive affect on us. Consider this a condensed version of the last 10 months. Just the highlights!



Jayson Austin breaks the Masters Hour Record.

Old news for some of you, but Jays got over last years disappointment in fine style by breaking the existing record by **2.6 kms!** He promises to have a real go next time 😊 which might just be next year.

Note the interesting placement of his SRM computer head



Coach Alex letting Jays know that he's only 2.5kms up on the record and its time to get serious.



To break a World record by this amount isn't something that happens on the day. For an in depth explanation of the technicalities; training load, aerodynamics, and planning, read Alex Simmons in depth article here.

<http://alex-cycle.blogspot.com/2009/05/another-hour-of-power.html>



Dura Ace Di2

As someone who has owned both Mavic Zap and Mavic Mektronic, I was interested to see Shimano's iteration of electric shifting and give it a workout. By now you've read all about it but from my point of view the most impressive thing is the front derailleur shifting. When shifting up or down with the front derailleur on any bike that I've ridden, the rider needs to back off their pedaling effort for a pedal stroke or part pedal stroke to allow the chain to move up to the big ring or down from the big ring. Not with Di2. Off the seat, giving it everything you've got, the Di2 front derailleur will just shift without drama..... and quickly.

THE group set at the moment.



Texas comes to Sydney

We had Jerry Gerlich and Paolo Minissi from Castle Hill Fitness in Austin, Texas over for a week to compare notes. Interesting guys. Ten gallon hats and a bike case with bull horns attached. And I don't mean handlebars! They developed a liking for Murrays beer while here and may be having withdrawal issues, as they went home to ride a 370km event in 40 degree heat. I'm not sure that was because of too much beer or because of their 'Texan-ness' The upshot of the visit is that I will be spending some time in Austin next year working with Paolo and Jerry.
www.castlehillfitness.com

Below is Jerry having a laugh with fellow Texan legend John Cobb and yours truly at Interbike



New addition no.1

Because we've been really busy, we have a new staff member. Geoff Semon rides for Dulwich Hill and is a total bike nut. He and wife Marion own 9 bikes including road, track, mtb, touring bikes and 2 tandems. You will see Geoff guest starring in the workshop on weekdays and here's a pic of Geoff and Marian on a recent trip to France. Geoff is also sensible enough to drink real beer so the Friday evenings, end of week soiree's are even better attended.



Speaking of beer, the Cyclefitcentre.com **Beer of the Year Award** goes to Murrays' Wild Thing Stout. If you are not a Stout drinker, this will convert you. Here's the brewers view of it.

Murray's 'Wild Thing' Imperial Stout was inspired by the great stouts favoured by the Russian Imperial Court. A massive, intense drinking experience. The colour is black. Totally black. The heart of darkness. Impossible to see through even when held up to the light - nothing insipid about this beer. Aromas of strong dark chocolate, a little fruitiness from the hops and yeast and some rumminess from the alcohol. The flavour is an intense hit of mocha - bitter dark chocolate bordering on coffee. Some malt sweetness but an aggressive hop bitterness and roast grain bite to balance. And then there's the mouth feel... Full bodied is an understatement. Massive mouth-filling malt that almost overwhelms, before the freight train of the bitterness from the hops and the roast acidity kicks in to clean up the palate.

Geoff and Steve's view – strong, bitter dark chocolate in a bottlebut better.

Murrays Brewing Company is located in Port Stephens and brews what this bike shop thinks is the best beer in the country? Murrays best brews rival anything, anywhere. The pity of it is that the really good stuff is only brewed in quantities of 800 bottles once a year. Murrays Grand Cru, Icon 2IPA, Imperial Porter, Anniversary Ale and the Stout above are superior beers. And they are a Sydney Cycling Club sponsor. I knew I was in the right club!! More info at <http://www.murraysbrewingco.com.au/web09v2/index.php>



Interbike

For the first time, I attended Interbike, the U.S. bike show held in Las Vegas. A simple description is that it is like an Oz bike show x 50. Las Vegas well, everyone needs to see Las Vegas once.....but once is probably enough. An interesting, but over the top place. My hosts at Interbike were BikeFit Systems www.bikefit.com consisting of Paul Swift, Kit Vogels, Phil Stephens, Andrew Weber, Russ Stevenson and Cory Simpson. A big thank you to all at BFS for their outstanding hospitality.

I went there to examine whether there are opportunities to teach my (U.S. patent pending) method of optimising proprioceptive awareness from the feet and talked to a few people regarding that (See Your Feet Matter)

At right is yours truly with my hosts; BikeFit Systems owner, 10 time U.S.Sprint champ, the aptly named Paul Swift and Dr Kit Vogels. BFS distributes several of our products in the U.S. and we sell a stack of their gear here. It is almost impossible to fit a rider adequately to a bike with out BFS products being involved in some way.



Below: discussing technicalities with Paraic McGlynn, Director of Applied Cycling Science for Serotta



The 3 Amigos – Paul Swift, John Cobb and a skinny Australian blow in.

New addition no.2

Ex F18 pilot trainee, current Armed Robbery Squad Detective Constable on weekdays, and long standing Saturday mechanic Khaliph (KLF) Fitzmaurice, is the proud father of twins.



Bolivian Sojourn.

If you like mountainous scenery, see what Kieran got up to while riding in Bolivia. When the link opens, click on "Slide show" in the top left hand corner

http://picasaweb.google.com.au/lh/sredir?uname=Psykalist&target=ALBUM&id=5056286842721595841&authkey=Gv1sRgCl_nw7zsk_bsVw&feat=email



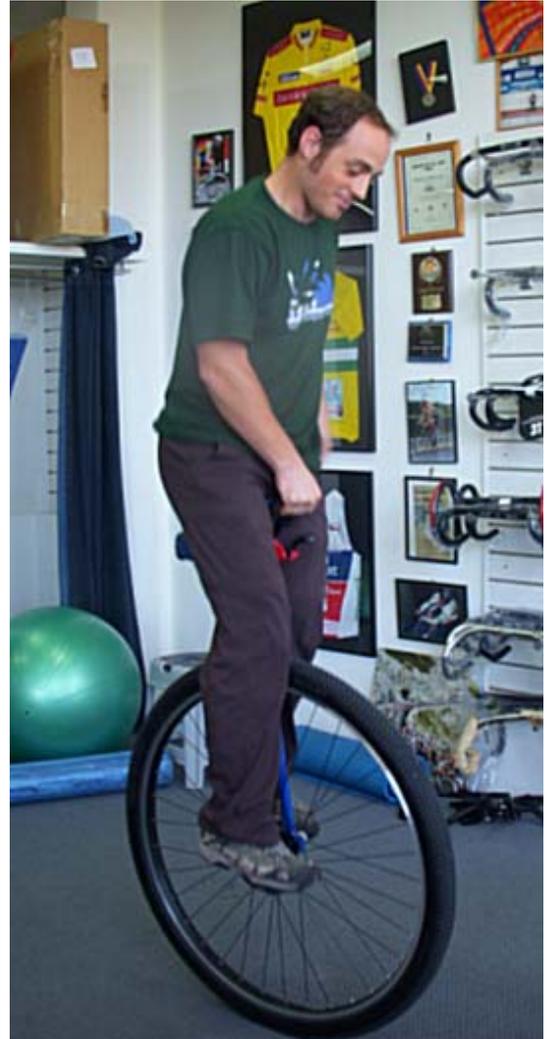
Retro

Lucas Kiely rides a Pinarello Montello tri bike when he's serious. For lazy weekend café' visits, we built him this. If retro appeals, we can build one for you too.



Is this a bike?

We have some interesting customers. This gent below will remain nameless. He rides to work in traffic on this 36" wheeled unicycle. In the second pic, the orange and black gizmo is the lever for his Magura hydraulic caliper brake and the trick is to lean back as you brake hard to prevent a face plant. This gent recently rode the "Gong" ride. For those that don't know it, it is a hilly 90km mass ride. Not a bad effort on a unicycle!



Your Feet Matter!

First let me define a few terms. **Proprioception** is the name given to the brain's awareness of where the component parts of the body are in space. The **Central Pattern Generator or CPG** is a bundle of neurons in the spine that control the cyclic muscle firing sequence of the legs when pedaling (and other activities)

Every watt of power that a rider produces is transmitted to the bike via their feet. Yet I can prove that less than 1% of riders have clear awareness of what their feet are doing while applying force, without some form of correction being added inside or outside their cycling shoe. Does this mean that we can't ride a bike?

Of course not. But it means that when we ride a bike our central nervous system is to varying degrees, 'guessing' what our feet are doing. This lack of clarity of neural feedback is a major reason for many of the patterns of compensation that riders develop; pelvic asymmetry, favouring of one leg over the other and a plethora of other issues. This is not the only reason that problems can arise but it is a major contributing factor. Many cycling related issues disappear or moderate noticeably once the clarity of feedback from the feet is restored.

As some of you know, I have a U.S patent pending on a definitive way to determine this and resolve the situation.

The cycling muscle firing sequence of the legs during the pedaling action is overseen by the brain but controlled by the CPG or Central Pattern Generator. The CPG is a bundle of neurons in the lumbar spine which responds to force feedback from the feet. Translation – the more accurately force feedback from the feet is received, we perform better and get injured less.

If this interests you. contact us.

Cadel Evans wins the Worlds – the last word.

Amongst all the hyperbole and bullshit I found this article in The Week.

Evans Proves His Pedigree

"Those of us who love sport watch the athletes at the highest level and think we know them, says Richard Williams".

"We waste no time in forming our views, which then take some shifting. But once in a while someone comes along and forces you to reconsider everything you thought you knew about them, as Cadel Evans did recently. Evans is a cyclist noted for finishing second, and doing so without grace or charisma. He's seemed to lack the "sort of souplesse" (suppleness) that distinguishes the great champions. He is a kind of "cycling terrier, perhaps a Jack Russell, forever growling and snapping but seemingly destined to be forever humiliated by sleeker, faster breeds".

But his win in the world championships has changed all that, as did the manner of that victory. The man who never attacks triumphed by mounting the "most thrilling, beautifully timed and conclusive attack you could imagine"- at the end of a seven hour race so grueling barely half the starting field of 201 riders finished. "In the space of a few minutes, this boot faced, squeaky-voiced man transformed himself into a model of elegance".

Perhaps when we next see Cadel Evans he won't be too unkind to those of us who thought we had his number, but got him wrong"

Not a bad mea culpa

Dave Bullock channels Hendrix

Some S.C.C riders of long standing might be wondering why they haven't seen Dave Bullock on a bike since he moved to Oatley. Dave has got in touch with his inner Hendrix and if you have a look at this link, you will see that he does a pretty good job too. <http://www.youtube.com/watch?v=umtcx4QTWUA>

Cameron Hughes

Some of you will know Cam. For those that don't, he won more than a few races of note and rode as a pro in Europe and the States for about 10 years. Now that he is getting on, he amused himself in last years Grafton – Inverell, the toughest one day race in the country, by attacking the 2 favourites 60kms from the finish and winning by 3 minutes. So old blokes can still do it. What old blokes can also do is open a biz of their own. This is Cam's biz in Brisbane and if you are in Brisbane or visiting, get in touch. <http://www.activcyclecoaching.com/>

Last Word

We will be closed from end of biz on December 22nd and reopen on January 13th. We thank everyone for their time, patience and custom during the year and wish everyone a safe and happy holiday period..... and ride your bike!

