

G'day to all and welcome to no 6. I hope this is informative and gives you a laugh or two. For a change I have dispensed with the Specials and New Arrivals info. Have a look at last months issue as they are all carried over. If you don't have last months NL, send me an email and I will send it on. For this time of year we have plenty of lights for both standard and oversize bars, and plenty of indoor trainers at reasonable prices and I will leave it at that.



### **Bike Quiz**

The quiz question is:

**1. Who is the heaviest rider to have won a mountain stage in Le Tour ?**

*(answers on last page)*

### **Why are some tyres harder to fit than others?**

To answer this question, both tyres and rims need to be considered. All 700c rims have a diameter of 622mm but it is the depth of the rim well (the area between the two flanges) that varies.

Historically, 700c rims from Italy, Japan and the U.S. have shallow wells. French rims, as well as Australia's Velocity rims have deeper wells. The deeper the rim well, the easier to mount the tyre, as the first side of the tyre onto the rim is under less tension than it would be on a rim of shallower well.

***" The easiest tyres to fit in any given brand are folding tyres in 23mm width"***

Folding tyres have a more flexible bead than wire on tyres and wider tyres are easier to fit than narrow tyres.

Historically, French tyres are the tightest fitting. So the tightest combination is an Italian, Japanese or U.S made rim with a Michelin tyre. The easiest combination of rim and tyre to fit and remove tyres from is a French (Mavic, Rigida) rim paired with an Italian, German or Dutch 23mm folding tyre.

**I have an ulterior reason for telling you this. Years ago defunct French bike tool manufacturer VAR made some 2 piece tyre levers that allow anyone to fit a tyre no matter how tight. Many of you have seen me use them in the workshop and mine are 15+ years old. I have come across a small cache of them and if you have trouble fitting or removing your tyres, they are \$28- each and last almost forever.**

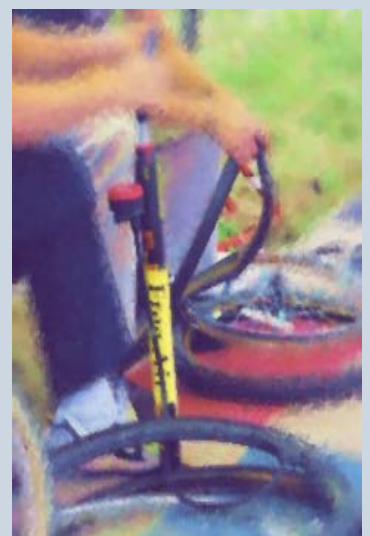
### **The LB's wont be riding this month.**

As we get older we accumulate experience of life which cumulatively is called 'wisdom'. Here is a distilled measure of wisdom that I have learned over the last 6 or so weeks. The right knee of a 49 year old man has no place behind his neck no matter how much he likes stretching. When his children charge out of a room and collide with him, a sacro iliac joint can move in ways nature never intended and the result is painful and takes manipulation and time to recover from. I will be back on the bike soon and the Lazy Buggers will ride again next month. Where and when to be advised.

### **Help Needed**

Many of you use **Michelin Pro Race 2** tyres. Are they a viable buy at \$60 each or 2 for \$110-?

Basically to get them at that price I need to commit some money to buying quantity and want to know whether that is a competitive price or otherwise. There is no obligation on your behalf but please let me know what you think.



## Tall tale but true . . . .

I recently had a call from someone that those of you who have been to the Tour Down Under with Pino will have met;  
**Des Beames.**

Des is a bushie from Cloncurry in the Queensland outback desert where summer temperatures of 50 degrees C are not unknown. Because of this, Des puts on the thermal gear when the temperature falls below 23 degrees C and has been known to be near hypothermic as he climbs into the sag wagon at 20 degrees C. He has one of the best true stories about cycling (well triathlon) I have heard.

Mt Isa (1800 kms from Brisbane, 1700kms from Darwin, and 1500kms from Alice Springs) is the nearest cycling venue to Cloncurry and close by at 150kms away. Des spreads himself around and participates in the odd bike race and triathlon at the Isa. It's desert so the local reservoir is the swim leg venue with the road towards town being the bike leg. Des is belting along on the bike wondering why he could hear thunder on a cloudless blue sky day when, over the rise comes several hundred stampeding Brahman cattle at up to a 1000kg each. These cattle proceed to stampede through and over Des leaving him with 8 broken bones and lucky to be alive. The good news is that his bike was only slightly wounded. He remains the only person I know knocked off a bike by a herd of frightened cattle.

Des is a champion bloke and champion raconteur and will be visiting Sydney soon (he likes driving). We will be taking him for a ride around the Big Smoke and will announce when and where. All welcome.

Tall Tales but True will be a regular segment. If you have any cycling related yarns, pass them on to us for others to enjoy.

## Congratulations

In '99 and again in 2000 I positioned a gent who impressed me as one of the most determined people that I have met. He was a double amputee from New Zealand and went on to win a silver medal in the kilo at the Paralympics in Sydney. Last week he showed just how determined he is by managing to get to the top of Mt Everest despite being having no lower legs.

Congratulations **Mark Inglis.**

## Book Review

If you interested in a different look at cycling, I can recommend Blood Sport by **Robin Parisotto.** RP was the principal researcher in the development of an accurate test that is now used world wide to detect the use, past or present of EPO and other blood doping drugs. Despite the subject matter it is a bit of a page turner and he has something interesting things to say from a scientist's point of view about the performance of some high profile athletes including one L Armstrong.

## Sydney Academy of Sport

Thanks to old customer, Chris Mamo, who is Client Services Coordinator there, I had a tour of the impressive facilities last weekend.

It's the large (140 acres) sporting facility along the Wakehurst Parkway at Narrabeen. Many of you would have noticed it when riding over northside. It is run by the N.S.W. Dept of Sport and Rec and covers a plethora of sports and sports science disciplines.

They are looking to increase their business and advertise that they are open to the public.

They have accommodation for 400+ people for \$75 per night including 3 meals a day. A bargain! If you are looking for anything from a gym to use, VO2 max testing, pool facilities, corporate team building and wellness programs, or anything related to sport or sports injuries, give Chris a call on (02) 9454 0222 or email him on [cmamo@dsr.nsw.gov.au](mailto:cmamo@dsr.nsw.gov.au)

## Quiz Answer

In 1987 U.S. Team 7 Eleven arrived at the tour with two genuine stage win contenders, sprinter Davis Phinney and climber Andy Hampsten. They also had a burly Norwegian ex paratrooper as a domestique and lead out man for Phinney, in the 5' 10", 86kg Dag Otto Lauritzen. Hampsten was not in peak form in the '87 tour and innovative tactics were needed to win in the Pyrenees to build on Phinney's sprint wins on flatter stages.

Stage 14 was 166km from Pau to Luz Ardiden with four Category 1 or Hors Category climbs; the Col de Marie-Blanque, Col de Aubisque, Col les Borderes and the final 13.6km climb to the ski station atop Luz Ardiden at an average gradient of 7.6%.

Lauritzen attacked early in the stage and was let go by the climbers because 86kg ex paratroopers do not win mountain stages in the Pyrenees. By the bottom of the final climb 5 hours later, Lauritzen's lead was over 17 minutes and despite losing more than a minute per kilometer; he crossed the finish line in a state of near collapse, 7 seconds ahead of Colombian climbing ace Luis Herrera.

He remains the heaviest rider to win a mountain stage though the 6'5" Eros Poli at 84kg was another largish mountain stage winner in a later Tour.

## BEER REVIEW

A couple of new ones have crossed our paths on the last few Friday nights. **James Squires Hop Thief** gets a guernsey for being a quality bitter light ale with proper hop flavour.

**Crackenback Pale Ale** goes to the reserves bench for being like too many boutique beers. Clean tasting, light and NO flavour. To be fair a hint of flavour. One to throw down on a 40 degree day perhaps.

## Thank you

Thank you to the usual list of suspects; Paul Kelly, Andrew Price, Mike Foster and Grant Hansen.



Thank you to to Stan "the Man" Genakis for the music and wine, to Mike Valenti from Clinton, North Carolina, U.S.A. for the bottle of Chateauneuf du Pape, for Ken Young for being the best Ken Young impersonator yet, to Bill Hill (along with Derek, the only man allowed to bring shitty beer on Friday nights) for the magazines, to Simon tenthwonderoftheworld Moore for the cable T.V. for the Green/Mundine fight, to his dog for (unknown to me) letting me sit on it's tail all night while watching the fight and only growling 2 – 3 hundred times and to everyone else who was understanding or made our lives easier this last month.



Catch all the action of the 2006 FIFA World Cup on SBS

### Australia's Group F Games

Game 1  
Australia vs Japan  
12 June @ 11:00PM

Game 2  
Brazil vs Australia  
19 June @ 2:00AM

Game 3  
Croatia vs Australia  
23 June @ 5:00AM