

## Tour debate continues...

I know, it's been a while. There have been two newsletters since the last one, but I didn't get around to telling anyone. This time I have and progress is a wonderful thing.

So the Tour has been run and won. Should Contador have ridden past Schleck? That seems to be the question I'm hearing often. I'm reminded of 1993 and pre-race favourite Franco Ballerini's statement after finishing second in Paris-Roubaix: "I crashed five times and punctured four times. If I'd only crashed four times I would have won!"

No one waited for him!

I can understand Ullrich waiting for Armstrong in 2003's Tour after Armstrong hit the deck after becoming entangled in a spectators bag, but not sure I can understand waiting when a rider has a mechanical. Tommy Wegmuller would have won Paris-Roubaix in 1988 except that plastic bag got caught in his derailleur allowing Dirk De Mol to win his only classic. Dirk didn't say "Tommy, let's stop. I'll wait until you can fix your derailleur so you can beat me to the line?"

Professional sport means that you get good luck and bad luck. Both should be accepted with equal aplomb.



## A visit with Lennard Zinn

I recently spent a few hours with Lennard Zinn; American cyclist, author, columnist and frame builder.

Lennard is 6 feet 6 and 76kg and bills himself as the "World's Tallest Framebuilder" which he may well be.

I think Aussie John Bosevski gives him a run for his money though. Big John is 6 feet 5 and 150kg.

Lennard was holidaying in Australia and wanted to have a chat. He's a thinker and interesting bloke.

One of his specialties is building frames for very tall riders.

For more, see <http://zinncycles.com/Zinn/index.php/archives/5>

## Old bike ad, new laugh

The world is a small place. I received an E-mail from Austin, Texas U.S.A. from a friend there.

He attached the following link and wanted to know whether it was fair dinkum.

According to newest staff member, and lately Director of Strategic Planning/China for Leo Burnett, the world's second-largest advertising agency, it is.

I vaguely remember it from a few years ago. Worth a look and a laugh, and no, it won't hurt your computer:

[http://www.youtube.com/watch?v=AOb6W5co\\_VQ](http://www.youtube.com/watch?v=AOb6W5co_VQ)

**Real beers reviewed!**

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## Interesting fit problem...

I had an interstate fit client recently who had been riding seriously for about 20 years with an uncompensated short right leg. He had been experiencing significant back pain for many years. The photo below explains why.



When sitting this far off centre to the right, each leg has a different plane of movement and different muscle recruitment pattern and the accommodations that allow this asymmetric way of sitting all load the lower back with the result being PAIN! I shimmed this person's right cleat without success. All he did was continue to sit off centre but extend the right leg even less than without a shim. Because his mental picture of symmetry was askew, a reference point was needed. It is pictured below.



At the risk of belabouring the obvious, this gives the rider an immediate reference as to where 'centre' is. It is meant as a short to medium term measure until the rider rejigs their mental picture of what constitutes symmetry.

Incidences of skewed awareness of symmetry amongst cyclists are common. We all impose a mental picture of symmetry upon the way we relate to the bike. Rarely is it accurate and gaining an accurate awareness of what the body is doing in space (versus what we think it is doing) is one of the keys to injury free performance.



# Real beers reviewed

If, like me, you are a cyclist who doesn't drink coffee, then you may as well drink beer. If you must imbibe poison, make it quality poison.

Real beer in moderate quantities is good for your performance. At least according to me; with that opinion based on a PB (personal best) in a regular TT the morning after a night out in a Belgian beer café.

Here's a brief pen portrait of some of the mainly dark brews we have 'tested' during the recent unusually wet, winter weather.

Please find the rating guide on the right.

## Franziskaner Weissbier Dunkel (5%)

A subtle and sublime Bavarian dark wheat beer. Light, citrusy, yeasty with a light touch of caramel. *Rating - Cat 2*

## Beer star rating guide

**Cat 4** = Mass market rubbish masquerading as beer. Not even worth watering your garden with.

**Cat 3** = A worthwhile drink, or a novelty beer, but not one to get too excited about.

**Cat 2** = Quality beer

**Cat 1** = Outstanding beer

**Hors Categorie** = Like the mountain that must be climbed, these are beers that any one who appreciates 'real' beer must drink at some stage in their life.

## Brasserie Dieu Du Ciel Aphrodisiaque (6.5%)

This Quebecois stout is brewed with cocoa beans and vanilla beans. Very dry in an agreeable way and tastes and smells like strong dark chocolate.

*Rating - Cat 2*

## Samuel Smith Imperial Stout (7%)

Imperial stouts are what the British brewed for the pre-revolutionary Russian court. Apparently, Tsarist bluebloods couldn't survive a Russian winter without this style of beer. A nice drop; very smooth with strong toasted caramel in the main.

*Rating - Cat 2*

## Brew Dog Tokyo (18.2%)

Scottish insanity. So strong a flavour and alcohol level that a

*(See Beer on Page 4)*



## Martin Sides returns from Cape York after a cycling journey

The problem with working for a living is that it gets in the way of riding a bike. Martin is a magistrate but has his priorities right by cycling loooong distances to out of the way places. Here's a photo guide to showing what it's like cycling to the Top End:

<http://picasaweb.google.com.au/100379390261864334160/MartinSCapeYork2010?authkey=Gv1sRgCMC50sm6053ccw>

## Bike bling: Passoni

We built this bike recently for ItaliaTech, the Passoni distributor, who will have it on their stand at the Bike Expo.

It would be close to the loudest bike we have seen... And, one of the more expensive.

The frame set is over \$10,000AUD and the Oz Racing carbon wheels are 6000 Euro! Add in a Super Record group and \$\$\$\$\$\$.



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## Beer

*(Continued from Page 3)*

330ml bottle is probably best shared between four people and drunk in sherry or liqueur glasses. As close to port as beer gets... Or, so I thought until I found that Brew Dog makes 32, 41 and 55 percent brews. If you like your madness vicariously, have a look at these <http://www.brewdog.com/blog-article.php?id=341> . Rating – **Probably Cat 1** (Not sure, haven't recovered yet. )

### **Brew Dog Paradox Springbank Imperial Stout (10%)**

More Scottish insanity, but in a lucid moment. A strong, dry Imperial stout that has been aged in Springbank oak whisky barrels. More than a hint of smoky peatiness and whisky aftertaste. Redolent of an Imperial Stout with a Laphroaig chaser. Rating – **Cat 1**

### **Brasserie Dieu Du Ciel Route des Epices (5%)**

Brewed with peppercorns and rye malt. An example of why brewers shouldn't use rye malt. Strong peppery aftertaste. Interesting... Almost, but one dimensional. Rating – **Cat 3**

### **Little Creatures Single Batch Brown Ale (5.4%)**

An object lesson that a class beer doesn't need to have an alcohol content to fuel rockets. Fremantle's Little Creatures brewery has always been a mild disappointment to me. Their seminal Pale Ale is Cat 1 material, but their other brews are forgettable. This new brew trumps the Pale Ale. Complex, extravagant, floral bittersweet flavours. One to savour. Rating – **Cat 1** (Possibly a touch higher, need to revisit.)

### **Emerson's London Porter (5%)**

Don't let the name fool you; this is brewed in the South Island of New Zealand. A quality, standard Porter. Rating – **Cat 2**

### **Rogue Hazelnut Brown Nectar (Alcohol not listed, but not much)**

This Newport, Oregon U.S.A. ale is quaint. It does taste reminiscent of roasted hazelnuts but is a bit gutless in execution. Interesting but not interesting enough. Rating – **Cat 3**

### **Sierra Nevada Stout (5.8%)**

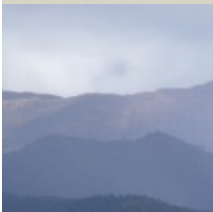
A straight up and down stout of reasonable taste and quality. Not bad but not

*(See Beer on Page 6)*



# Departures...

Eddie Bosch has just returned from an epic ride through the Flinders Ranges in South Australia. A pictorial record of parts of the trip is below.



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# Beer

(Continued from Page 4)

outstanding. *Rating – Cat 3*

## **Brasserie Dupont Bons Voeux (9.5%)**

Standard Belgian Farmhouse style ale. Not bad but not top shelf. A little like Chimay Cinq Cents but without the grunt.

*Rating – Cat 3*

## **Chevalier Saison (6%)**

Despite the name, this is brewed in Beechworth Victoria and was introduced to us by Tony Reeckman, Beechworth cyclist/farmer turned photographer, who turned up for a fitting session recently with a case of Saison. Thank you, Tony. We fondly hope you return soon. This is a light and subtle take on, Belgian blond spring ale. For a peek at Tony's work see <http://www.tonyreeckmanphotography.com/>

*Rating – Cat 2*

## **Brasserie Dieu Du Ciel Peche Mortel (9.5%)**

Another Quebecois Stout, but of Imperial coffee variety and a very good one. Chocolatey, almost syrupy. Complex, flavoursome and only overshadowed by stouts like Mikkeller BGBWHE and Murray's Wild Thing Imperial Stout. *Rating – Cat 1*

## **Chatoe Rogue First Growth Dirtoir Black Lager (Alcohol not listed, but not much)**

Interesting name/uninteresting beer. A forgettable take on a German Schwarzbier.

## **Left Hand Brewing Company**

### **Black Jack Porter (5.8%)**

This Longmont, Colorado U.S.A porter is pretty good... Until you see the price sticker; at least in Oz. This is an above average example of porter but the price kills its

appeal. *Rating – Cat 2*

## **Sierra Nevada Porter (5.6%)**

Reasonable, drinkable porter but don't get too excited. *Rating – Cat 3*

## **Mikkeller Beer Geek Brunch**

### **Weasel Highland Edition (10.9%)**

This Danish stout is one of the best beers I have tasted and is definitely the most expensive. To quote from Mikkeller, "This Imperial oatmeal stout is brewed with one of the world's most expensive coffees, made from droppings of weasel-like civet cats. The fussy Southeast Asian animals only eat the best and ripest coffee berries. Enzymes in their digestive system help to break down the bean. Workers collect the bean-containing droppings for civet or weasel coffee. The exceedingly rare civet coffee has a strong taste and an even stronger aroma.

Mikkellers Beer Geek Brunch Weasel (Highland Edition) is a whiskey barrel aged version of Beer Geek Brunch Weasel. When one pours an already very complex Imperial oatmeal stout into whiskey barrels, something extraordinary happens. The taste in this beer is very complex with the distinct impression from the dark malt, coffee, whiskey and wood. Ingredients: Water, malts, hops, yeast and Vietnamese ca phe chon coffee. Then the beer stores for three months in Speysidewhisky barrels." Sensational in every way. If you have the pocket and palate to appreciate very expensive wines and whiskies, then indulge yourself with some of this. Like good wines and whiskies, the taste stays in your mouth long after your last swallow. *Rating - Hors Categorie*

And no, I'm not an alcoholic. The selection above is the result of two to three beers a week during two months of wet weather.

**Thank you all for your attention and see you again next time. Stay Upright! — Steve**