

South Coast Cycling

Club email
Web page
Face book

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EDWARDSTOWN 18 DECEMBER 2009 NEWSLETTER



South Coast Cycling's committee would like to wish Everyone a Safe & Enjoyable Christmas and a Happy New Year. We would also like to thank everyone for supporting the club in 2009 See you all back @ Edwardstown 8th January

Everyone welcome to join us for a end of year drink & pizza after racing tonight in the Townies Bar

- Prizes for best dressed cyclist, bike and spectator
- Glenelg Cycles Series presentation
- Christmas cup on wheels presentation
- Supper in the townies bar

Cycling rides & events ...

South Coast Cycling

Jayco City of Holdfast Bay Cycling Championships 26 Dec 2009

featuring the

Men's "Super Elliots Cycles Les Gill Glenelg Street Race"

Women's "Mayor Trophy Race" including the Open State Criterium Champ's

Grand Auto Wreckers Junior Criteriums Senior Open Straight line sprints

REMEMBER to Get your Raffle Ticket

Join South Coast Cycling

To give a Christmas present to the Carer's of Malawi.

Bicycle ambulance - \$296

In Malawi, there are no flashing lights and sirens when these Bicycle Ambulances transport the sick, but that doesn't make them any less effective. As a mode of transport, they're effective, practical and with your help, cheap to get on the road!

So put some power behind these carers and help them get others to hospital in a practical way.

How does this gift help?

A bicycle ambulance for the Blantyre District Health office will safely transport expectant mothers and chronically ill patients to the nearest health centre. "By making it possible for many people to access district health services earlier and more easily, [bicycle ambulances] contribute to improved quality of life both for those who need treatment and the volunteer carers who get them there." Bridgette Thorold, Southern Africa Program Coordinator, Oxfam Australia. – **OXFAM UNWRAPPER**

Raffle will be held to raise the money along with the donations and profit from the BBQ.

Prizes include a Panasonic CD stereo system, Wine, Christmas hamper.



South Coast Cycling club Sponsors and supporters.



IGA Cyclo Sportif

Volunteer's needed

For the IGA Cyclo Sportif @ Snapper Point 20 Dec 2009 10am start. We are in need of volunteers to assist with the event. If you are able to assist please see Catherine or email cawaite@bigpond.com.



South Coast Cycling Edwardstown TRACK Racing 2010

LARGES BAY CYCLES SERIES
January 8 & 15

AUSTRALIA DAY OPEN CARNVAL
Tuesday January 26 Start time TBA

CORSA CYCLES CENTRE SERIES
January 29 , February 5, 19

GENERAL TRAINING Session
February 12

STANDISH UNLEY CYCLES SERIES
February 26 March 5, 19, 26

GENERAL TRAINING Session
March 12

**INTERCLUB CHAMPIONSHIPS &
ADELAIDE CUP ON WHEELS**
Monday March 8 Start time TBA



South Coast Cycling Club
Clothing

Jersey \$65
BB Nicks \$85.00

Please see Catherine if you wish to purchase or
order club clothing

Volunteers Wanted: MTBA Champs 2010 Australian Mountain Bike Champs

Volunteers are the most important part in the successful running of The Australian Mountain Bike Championships.

300 volunteers are required to help make the series even more of a success than ever before and MTBA want you to be a part of our team. Along with a t-shirt and a whistle, you will receive:

- A volunteer pack
- Meals
- Many new friends
- Memories
- The feeling of accomplishment
- May get on the telly
- Learn a lot about an extreme adventure sport.

The Australian Mountain Bike Championships takes place at Eagle Mountain Bike Park 20 minutes from the CBD. The 5 day event starts Tuesday the 12th of January 2010 through to the Highlight Downhill event on the 17th of January. The Event will cover 4 competition disciplines and two demonstration. They are Downhill, Cross Country, Short course XC, 4x, and Trials. With a Pump track and dirt jump demonstration events happening all in the one location you couldn't want for any more action.

Areas of operation MTBA require volunteers for are below. If you would like to view further information regarding these areas including job titles please go to www.eaglechamps.com.au and follow the links to the volunteer page under **Get Involved**.

- Registration
- Track Marshals
- Spectator traffic Management
- Information
- Village Assistance
- Timing



Cycling SA now has EFTPOS facilities. So when it comes to renewing your licence or paying for race entries, you can come into the Cycling SA office, fill out the paperwork and use either your debit card or even your credit card. There will be a \$1 charge on any credit card transactions due to the fees that Cycling SA are charged. See Genine in the Cycling SA office and she will be more than happy to assist you.

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