

South Coast Cycling

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EDWARDSTOWN 20 NOVEMBER 2009 NEWSLETTER

South Coast Cycling Track Racing

Glenelg Cycles Series



Nov 6, 13, 20, 27

Jr \$5 Sr \$10

Racing starts at 6.15

Glenelg Cycles workshop facility offers a comprehensive Repair Service Centre. Catering for most brands of bicycles, ranging from Kids, BMX, Hybrids, MTBs and Racing Bikes. Their fully trained Bicycle Mechanics have many years of experience and all keen cycling enthusiasts. To visit Glenelg Cycles call in to 764 Anzac Hwy, or ph. 8294 4741 email <mailto:info@glenelgcycles.com.au>

Cycling rides & events ...

SA Cycling Events

- 🚲 24 Nov - Norwood CC Open Criteriums
- 🚲 25 Nov - Port Adelaide Cycling Club Track Racing
- 🚲 **27 Nov - South Coast Cycling Track Racing**
- 🚲 29 Nov - Port Adelaide Dash for Cash & Criterium
- 🚲 1 Dec - RHTS & Nwd Open Criteriums
- 🚲 1 Dec - Rendition Homes Teams Series Race 5
- 🚲 4 Dec - Pt Adelaide/South Coast Roller Frenzy II
- 🚲 6 Dec IGA Cycle Sportif - Williamstown

NEXT Roller Frenzy - 4 Dec

Enter now by emailing rollers@pacc.org.au

Upstairs @ 'Townies Bar, Edwardstown Velodrome,
Start 7pm

For Cycling Australia members - \$8 seniors/ \$5 juniors

For non-members - \$12/\$8

Spectators also most welcome - no charge!

Food & Drinks available

IGA Cyclo Sportif

Volunteer's needed

For the IGA Cyclo Sportif @ Williamstown 6 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.

Cyclo Sportif is designed for bike riders who don't want to race but want to be challenged. It's a timed team event with teams (a maximum of nine riders and a minimum of five) challenging the clock over a set distance of about 46 kilometres. Cyclo Sportif is set-up for recreational cyclists looking for knowledge, fun and riding challenges to improve fitness levels and cycling capability in an organised, friendly and safe event environment under the Cycling SA banner. Whether you ride with a bunch of mates on the weekend, a coffee shop group, a business corporate team, Cyclo Sportif is for you.

The concept is very simple. Your team of nine, eight, seven, six or five riders leaves from a designated start point together and are timed as a group. When your team crosses the finish line, your last rider's time is the one that counts. So the object is to stay together and work as a team. There's no point in one rider jumping away and blitzing his or her team, it's like a team time trial, you all stick together and finish as a team. Each rider assists the other rider in their team, the strong riders protect the less experienced riders for example but all team members have a role to play in getting to the finish line. Each bike will be supplied with a Times-7 transponder. This device assists in recording your team's time officially. And remember the key is to stay together for the whole journey and cross that finish line as a group. Each team will depart the start line at thirty second intervals. In most cases a team will ride two circuits of a set course, totalling around 46 kilometres.

Summer Program Sponsors



South Coast Cycling club Sponsors and supporters.



Glenelg Cycles Series -South Coast Cycling

Points

Ray	Boyle	25	Bryan	McIntyre	62
Scott	Bradley	51	David	Miller	60
Renee	Braithwaite	22	Richard	Morton	23
Tony	Brennand	63	Thomas	Morton	69
Steve	Buchanan	50	Kerran	Oates	20
Peter	Davis	24	Allan	Orrock	23
Brain	Franson	58	David	Peacock	28
Kyle	Franson	54	Hugo	Pedler	20
Ian	Fromentin	21	Ian	Pedler	58
Kain	Gardner	25	Neil	Russel	40
Mark	Glowacki	55	David	Schutz	28
Andrew	Grant	28	Silvia	Schweininger	65
Mark	Gregory	27	Jeremy	Smith	25
Kevin	Hannaford	25	Chris	Spence	53
Gemma	Kernich	51	Logan	Squires	47
Dylan	Kerslake	20	Lee	Stevens	20
Alex	King	46	Dimitri	Vlavman	33
Paul	King	63	Michael	Ward	21
David	Knight	58	Phillip	Western	23
Ben	Knobben	53	Michael	Young	47
Kira	Mason	23	Allan	Yuill	55
Tim	McEvoy	27	Ben	Grant	20

Niiki	Boyle	20	Griff	Knight	56
James	Buchanam	53	Abbie	Knobben	20
Lachie	Buchanam	67	Bradley	Knobben	44
Darcy	Foster	26	Tessa	Manning	46
Carla	Franson	53	Peter	Pedler	30
Samantha	Fromentin	21	Dan	Tattersall	72
Kai	Giles	28	Che	Thomas	34
Naomi	Hallandal	69	Bradley	Ward	47
Scott	Hallandal	67	Bonnie	Grant	28
Matthew	Holmes	50	James	Hefferman	23

Glenelg Cycles Series -South Coast Cycling Results 13/11/2009 <http://southcoastcycling.org.au/>



Thank you to Dave Knight for providing South Coast cycling with a Friday night Track cycling promotional signs & for Scott Bradley for affixing the signs onto the Edwardstown track fence. The club is grateful for the effort and assistance we receive from Dave & Scott and all the SCC cycling volunteers.

Ride Like Crazy 2010

Ladies and Gentlemen

I am a member of the South Australia Police Special Tasks and Rescue (STAR) Group.

In October 2008, Senior Sergeant Mick "Crazy" Koerner was diagnosed with an inoperable brain tumour. In an effort to assist Crazy and his family, I established a cycling event called **Ride Like Crazy**. On 22 January 2009 more than 600 riders took part in the event, raising \$80,000 for the Mick Koerner Foundation.

Due to the overwhelming success of Ride Like Crazy, South Australia Police has adopted the ride as an annual community event.

Ride Like Crazy 2010 will continue the event's legacy of promoting the fight against cancer, with all profits going to cancer related charity.

The event will be conducted on January 17 2010, immediately preceeding the first event of the Tour Down Under which will be held that afternoon.

Within the next couple of days I will forward you an "invitation" to the event.

I would greatly appreciate it if you could forward it on to the members of your respective clubs (and friends/workmates etc) Our aim is to make this one of "The events" that people talk about.... I can be contacted at any time via email or on the number below.

Kind Regards

Brevet Sergeant Dave Scutchings Ride Like Crazy 2010

E ridelikecrazy@police.sa.gov.au W www.ridelikecrazy.com



OHS - quick tips/helpful hints for bike safety

Over the last 20 years cycling fatalities relating to road accidents in Australia have fallen from almost 100 to 40. Studies have shown that this can largely be attributed to laws relating to helmet use and better infrastructure for cyclists. During the period 2001-2004 almost one third of cyclists wearing a helmet died of head injuries compared to half of those not wearing a helmet dying of head injuries. A recent Australian study has shown that crashes involving cyclists resulted in serious head injuries to 33 per cent for those not wearing helmets as opposed to 16 per cent for those wearing helmets. Wearing a securely fastened helmet is a requirement in all Australian states and territories. Some other requirements have also been legislated to assist in ensuring cyclist safety:

- 🚲 Bicycles must have at least one effective brake
- 🚲 Bicycles must have a bell, horn or similar warning device in working order
- 🚲 Cyclists must not ride at night unless their bike is equipped with a flashing or steady white light visible from the front, a flashing or steady red light visible from the rear and a red reflector visible from the rear.

More information on bicycle laws can be found via the following link
<http://www.woj.com.au/australian-road-authority-links/>

South Coast Cvcilina club Sponsors and supporters.

