

# South Coast Cycling

Club email  
Web page  
Face book

secretary@southcoastcycling.org.au  
southcoastcycling.org.au  
www.facebook.com/group.php?gid=19152478395



## EDWARDSTOWN 27 NOVEMBER 2009 NEWSLETTER

### Glenelg Cycles Series



## Presentation TONIGHT

### After racing in the Townies Bar

*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](mailto:mailto:info@glenelgcycles.com.au)*

### 4 Dec – Edwardstown

### General Training

5 – 6.30

### Roller Frenzy

7pm

Roller Frenzy Enter now by emailing  
[rollers@pacc.org.au](mailto:rollers@pacc.org.au)

Upstairs @ 'Townies Bar, Edwardstown Velodrome,

For Cycling Australia members

\$8 seniors/ \$5 juniors

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

Spectators also most welcome - no charge!

Food & Drinks available

### South Coast Cycling

is looking for riders for the

### Jayco Glenelg Cycling

### Championships

26 Dec 2009 9am start

#### EVENTS

- Senior Straight line sprints
- State Women Criterium Championships
- Senior M/W Graded Criteriums
- Junior M/W Graded Criteriums

**\*\*Be different and enter early! \*\***

South Coast & the event  
sponsors would appreciate  
riders entering early



### Cycling rides & events ...

#### SA Cycling Events ....

- 🚴 29 Nov - Port Adelaide Dash for Cash & Criterium
- 🚴 1 Dec - RHTS & Nwd Open Criteriums
- 🚴 1 Dec - Rendition Homes Teams Series Race 5
- 🚴 4 Dec - General Training 5- 6.30pm followed by Pt Adelaide/South Coast Roller Frenzy II @ 7pm – enter tonight
- 🚴 6 Dec IGA Cycle Sportif – Williamstown
- 🚴 11 Dec JDR South Coast Track Racing 6.15 pm



#### South Coast Cyclina club Sponsors and supporters.



## 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](mailto:cawaite@bigpond.com).

### \*\*\*Riders needed \*\*\*

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.

Riders wishing to join up in a team please see Genine Hallandal tonight or contact the Cycling SA Office

### \*\*\*\*\* To Enter \*\*\*\*\*

**PURCHASE a Cycling Australia Recreational Licence** with either Port Adelaide or South Coast Cycling Clubs. Licence fee is \$77 and gives you insurance cover whenever you train. If you already have a licence, you will be able to use your current Cycling Australia Licence number.

**2 ENTER yourself in the IGA Cyclo Sportif series.**

Go online and enter yourself for the IGA Cyclo Sportif series. Entry fee for 6 events is \$120 and includes your Times-7 event timing transponder.

**3 Organise your mates and REGISTER your team today.**

Round up your team of 5 to 9 riders and register your team name and members with licence numbers at the website or email your team name and riders to [sa.info@cycling.org.au](mailto:sa.info@cycling.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.



## How hot is too hot?

**Track racing** is held in hot weather as the race durations are much shorter and there is time to recover and cool down between events - but again the race program may be modified to suit the conditions and participants.

Remember, whether you're a rider, club volunteer or race official, look after yourself in hot weather - drink and carry plenty of water and wear sunscreen! Take the time to read about and understand heat illness, look after yourself and your riding mates when training or racing in hot weather on the Cycling SA web page.



## Cycling SA - Volunteer of the Month

One of the greatest assets Cycling SA has is its volunteers, the sport can't survive without volunteers particularly at events. So few do so much and we believe these people should be rewarded more regularly. Recently Lee Hubbard was named South Australian volunteer of the year and will fly to Melbourne this Sunday for the presentation by Cycling Australia.

Today Cycling SA is launching its 'Volunteer of the Month' program. Members and Clubs will be asked to forward Genine Hallandal in the CSA office monthly, someone who stands out as a community volunteer within cycling.

For November Cycling SA would like to congratulate **Will Lyons (Port Adelaide)** and **Kevin Dowling (Kilkenny)** as joint volunteers of the month. On behalf of Cycling SA we would like to thank Will and Kevin for continually giving up their time. Not all the tasks they do are on the front line under the spot light, but they don't care as long as they are involved. Their positive attitudes and never being able to say no is much appreciated.

Both Will & Kevin will be given \$150:00 dinner vouchers after being named 'November Volunteers of the Month'.

Nominations for December close on the 15/12/2009 and should be forwarded to [genine.hallandal@cycling.org.au](mailto:genine.hallandal@cycling.org.au)

Max Stevens, Tuesday, 17 November 2009

### South Coast Cvclica club Sponsors and supporters.

