

# South Coast Cycling

## Summer Program Newsletter

30 January 2009



Club email

secretary@southcoastcycling.org.au

Web page

southcoastcycling.org.au

Face book

www.facebook.com/group.php?gid=19152478395

## CORSA CYCLE CENTRE Series

Michael	Young	67	Steph	Morton	22
Aimee	Alsbury	20	Martin	Spranz	77
David	Miller	105	Alana	Hannsbergan	64
Chris	Spence	69	Carly	Light	48
Julian	Blackwell	49	Ian	Fromentin	81
Grant	Moffitt	65	Michael	Wellman	27
Dave	Gomer	90	Gemma	Kernich	71
Ben	Cheney	88	Tim	McEvoy	80
Lochlon	Ambos	20	David	Schutz	72
Scott	McPhee	27	Luke	Betros	53
Vicki	Birks	26	Richard	Morton	70
Aaron	Draxler	40	Peter	Szegedi	55
Alan	Hincks	27	Robert	Riebolge	21
Paul	King	46	Tony	Brennand	68
Rob	Laing	27	David	Knight	77
Kira	Mason	63	Robert	Lee	41
Jeremy	Smith	46	Mark	Gregory	74
Stephen	Haldun	77	Stu	Clement	45
Bryan	McIntyre	80	Emma	Waldron	81
Dallas	Zimmer	24	Andrew	Grant	23
Scott	Bradley	70	Leigh	Pridmane	24
Gareth	Coffee	106	Anthony	Braithwaite	66
John	Lockwood	90	Alex	Bates	93
Feliciety	Laing	27	Renee	Braithwaite	60
Silvia	Schweininger	76	Robyn	Vast	23
Sam	Richardson	55	Allan	Yuill	91
Paul	Fruntey	28			

**South Coast Cycling's**

**Corsa Cycle Centre Series**

**\*\* PRESENTATION \*\***

**& Supper**

**\*\*\*TONIGHT\*\*\***

Kyle	Franson	76	Liam	Harkness	24
Ben	Grant	26	Bradley	Ward	87
Alex	King	50	Jeane	Park	96
Fraser	Northey	27	Bonnie	Grant	56
Thomas	Morton	72	Peter	Pedler	52
Robert	McCarthy	92	James	Higgison	56
Alex	Edmondson	99	Lachie	Buchanam	78
Lachlan	Hodge	55	Matthew	Holmes	66
Chis	Holmes	81	Ruby May	Mundy	54
Carla	Franson	82	William	Little	54
Samantha	Fromentin	77	Kai	Giles	81
James	Buchanam	94	Che	Thomas	91
Nikki	Boyle	30	Joe	Higgison	52
Jessica	Mundy	71	Jason	Yuen	107
Corey	Hodge	63	Tessa	Manning	85
Griff	Knight	77			

There will be racing/training /come and try events on the 6<sup>th</sup> & 13<sup>th</sup> February. However due to Edwardstown riders, officials and spectators being involved in the National Track Championships and the Junior & Masters State Track Championships the Interclub Championships scheduled for the 6<sup>th</sup> & 13<sup>th</sup> February will postponed at this stage. We are thinking of holding the Interclub Championships on the Adelaide Cup Picnic Race Day starting @ 9am or 20 Feb or on a Sunday morning – please let Renee, Ken or Catherine what your opinion of these dates are and what suits–cawaite@bigpond.com



## Positive Spin

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

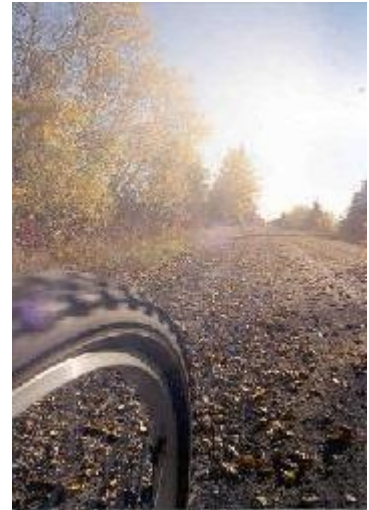
Sherlock Holmes author, Arthur Conan Doyle, Scientific American, 1896

One vital aspect about cycling should be remembered at all times - it's FUN! Despite the ingrained negative attitudes that we may experience, on the whole, most road users are aware of everyone's need to peacefully share the road. As for those bad attitudes, this website has plenty of information relating to those issues and how you can positively overcome them.

Our [Positive Spin](http://www.woj.com.au/positive-spin/) category has plenty of inspiring cycling-themed stories.

Possibly the most important thing you can do to enhance cycling is simply to get out there and RIDE. Be a positive role model to those around you. And have fun in the process!

FROM --- <http://www.woj.com.au/positive-spin/>



## South Coast Cycling

CLUB POLO SHIRTS  
\$30

Lime Green or Sky Blue  
VARIOUS SIZE AVAILABLE OR  
ORDERS TAKEN  
SEE Ken /Catherine

