

South Coast Cycling

Club email
Web page
Face book

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NEWSLETTER AUGUST 2009

Words from the President...

It's hard to believe that the winter road season is almost over for another year, and the Club is gearing up for conducting another successful Track program at Edwardstown. Thanks to Cathy for enthusiastically getting this organised again.

Congratulations to our SCC riders who managed to get placings in the various Open events during the last few months, even with the wintry weather. For those who have been taking it easy during winter now is the time to clean up the bike and head outdoors. See you at the Club Dinner or at Edwardstown!

Club Promotional Photo....

In order for us to have some photo's or flyers and advertising for the coming SCC Summer Track Program we will be holding a promotional photo session at Edwardstown velodrome. The date and time will be advised by email ASAP - please keep a look out for this

Coming events

August

22 & 23 SA Cycling State Road Championships
29 Hector Fletcher PACC

September

5 PACC Road Championships
12 Barry Skinner Norwood Championships
13 Bunyip Tour
20 Red Devils Hill Climb – Kilkenny CC

October

South Coast Cycling Club's Friday nights Summer Track Program begins

October 9th sees the start of the South Coast Cycling Club Summer Track Program @ Edwardstown. As Friday nights racing has developed and grown over the last couple of years the clubs needs more volunteers to help out with the events. If you or your family members are able to assist with any of the following jobs please contact Catherine –coaching, helping out with come and try cyclist, assisting with lending out club loan bikes, judging, time keeping , registration, bbq cook. – most importantly Sponsorship.

Social News...

The clubs Annual Winter Dinner will be held on

Friday 4th September @
Victory Hotel Main South Rd Sellicks Beach

Booking will be made for 7.00 pm.
Everyone welcome to come along and meet other South Coast Club members and the committee members.
Please RSVP by the 1 Sept email cawaite@bigpond.com

Club Mt Bike Ride and BBQ... Sunday August 30

Everyone welcome – members from all SA Cycling Clubs, family and friends. Meet at Kuipto Forest Information Centre Bookman Road between Kuipto and Meadows @ 9.30 .We will be heading off into the forest for a ride which will suitable for riders of all levels , skills and fitness. As we will have all worked up a great appetite we will have for everyone a sausage sizzle and drinks for lunch. So come along for ride or walk through the forest and enjoy the fresh air.

Club Equipment

The club trailer is in need of some work to prepare it for re painting. If you are able to assist in helping out with this please email Catherine cawaite@bigpond.com

Fundraising....

2009 Tour de France Sweep
Thank you to everyone who helped to make this a great annual fundraiser

MAJOR PRIZE WINNERS

YELLOW JERSEY – Steve Johnson
KING of MOUNTAIN – Felicity Laing
SPRINTERS JERSEY – Gemma Kernich
YOUNG RIDER – John Lockwood
LANTERN ROUGE – Martin Kennedy

South Coast Cycling club Sponsors and supporters.



Club Clothing

Please send an email to the club if you wish to purchase club clothing currently we have in a variety of sizes the following

Short sleeve jersey \$65.00

Bib n brace knicks \$85.00

Skin suits \$125.00



Cyclo-Sportif

New & exciting cycling events that South Coast cycling club is involved in

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 a setup 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. Cyclo Sportif SA is a registered business name owned and operated by Cycling SA.

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 work as a team. Each rider assists the other riders 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 the set course totalling around 46 kilometres.

This is the confirmed program as of the 12/08/2009

- **IGA Cyclo Sportif Sun 6th Dec 2009 (Williamstown)**
- **IGA Cyclo Sportif Sun 20th Dec 2009 (Willunga)**
- **IGA Cyclo Sportif Sun 17th Jan 2010 (West Lakes)**
- **Rendition Homes Team Series and support graded Criterium races Mon 18th Jan 2010 (Mawson Lakes)**
- **Rendition Homes Team Series, Elite Women's Classis & support races Fri 22nd Jan (Nwd Parade)**
- **IGA Cyclo Sportif Sund 7th Feb 2010 (Willunga)**
- **IGA Cyclo Sportif Sund 7th March 2010 (Williamstown)**
- **IGA Cyclo Sportif Sund 11th April 2010 (Willunga)**

Cycling rides & events ...

National Ride to Work Day 14 October 2009

National Ride to Work Day is an opportunity for businesses, organisations and communities to increase the numbers of people riding to work by having them register and participate in the National Ride to Work Day event.

National Ride to Work Day is a FREE event, it costs nothing to register and workplace coordinators receive a free promotional kit to assist them to encourage others in their office to also participate in the event. Businesses, organisations and communities have the option of running their own event (e.g. a riders breakfast) on National Ride to Work Day 14th October 2009, or participating in an event already being held in their area.

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### Cancer Council SA - Father's Day Classic Sunday 6 September

**Climb the Mountain in the fight against cancer** Enter the Father's Day Classic and raise vital funds to help the fight against men's cancers.

<http://www.fathersdayclassic.org.au/> 1300 65 65 85

\$25 - 42 Km Mount Lofty circuit

\$10 - 12 Km metro family circuit

Free - Kids Fun circuit

Prizes up for grabs - Tour Down Under 2009 - Lance Armstrong autographed Cancer Council Classic

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Amy's Ride Sunday 1 November – Register Now

Get your registration in now to receive an official ride jersey. First 3,000 to register will receive the Amy's Ride "A Metre Matters" jersey with 3/4 zip.

Great early bird registration prizes from Ground Effect cycle clothing up for grabs too.

This year Cycling SA is assisting Bicycle SA in promoting the Amy Gillett ride on Sunday November the 1st. All Cycling SA members are being offered the same price as BSA members at \$75.00. We urge all CSA members to get behind this project and help in raising funds for the Amy Gillett Foundation.

First 3,000 to register will receive the Amy's Ride "A Metre Matters" jersey with 3/4 zip

**Ride the Expressway
Challenge Yourself
Raise Money for the Amy Gillett Foundation**

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**South Coast Cycling club Sponsors and supporters.**

