

South Coast Cycling

Club email
Web page
Face book

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



NEWSLETTER SEPTEMBER 2009

Words from the President...

Overheard: "It's getting from the 'just going for a nice ride' to the 'starting to make you tired' stage." -- **Cadel Evans**, 2007 Tour de France runner-up saying his training for the '08 Tour has already begun. I hope your training is going as well as you prepare for our Summer Track season. Thanks to our sponsors who have come on board to assist our Friday nights.

See you out there on the 9th October!

South Coast Cycling Track Racing E/town

**Commences 9 October Enter on the night by 6pm
Racing starts @ 6.15**

Juniors \$5.00 and Seniors \$10

ALSO Come and Try Track Cycling Sessions

1st Friday of Nov. Dec, Jan Feb, March 5pm – 6pm

Club Loan bikes available

All inquiries contact Catherine email /ph 83829042

Register to receive a FREEBIE

** By completing and returning a SCC Summer Track Cycling registration form and entering a Friday night SCC Club Track racing event SA Cycling members will receive

****FREE – “Be Active” bag, Polar Drink bottle, discount voucher from pursuit performance, KFC voucher and other various promotional products and information leaflets. **get in quick limited numbers**

Coming events

September

20 Red Devils Hill Climb – Kilkenny CC
27 Victoria Pk Criterium – Norwood CC

October

7 PACC Track Racing – Adelaide Superdrome
9 **South Coast Cycling Track Racing – E/town**
10 RHTS Rd 1
13 Norwood Open Criterium
14 Kilkenny Track Racing Superdrome
16 **South Coast Cycling ‘BE Active “Series – E/town**
17-18 Sprint Track
18 Junior Criterium
20 Norwood Open Criterium
21 Kilkenny Track Racing Superdrome
23 **South Coast Cycling ‘BE Active “Series – E/town**
27 Norwood Open Criterium
28 PACC Track Racing – Superdrome
30 **South Coast Cycling ‘BE Active “Series – E/town**

Club Loan Track Bikes....

Wanted for the coming Track season – a volunteer/s who will help set up new riders on the club Track bikes @ Edwardstown on Friday nights. As the bike will be stored at Edwardstown we will also need helpers to bring in/out the bikes each week. If you are able to assist in helping out with this please come and see Catherine /Renee at the Track or email cawaite@bigpond.com.

Roller Frenzy

**SCC & PACC will be holding a Roller Derby
9 October straight after SCC Track Racing**

WHERE: Townies Bar upstairs @ E/town Velodrome

TIME: 7.30 pm

COST: CA members \$8 seniors /juniors \$5
non members \$12 seniors/\$8 juniors

Pre – enter or enquire via email rollers@pacc.org.au

Summer Track Program

Our track program commences on the 9 October @ Edwardstown Thank you to those who have already responded to say they will help, however we still need volunteers to help out on the BBQ. So if you or your family members are able to assist please contact Catherine cawaite@bigpond.com.

Try Track Cycling....

First Friday of each month from Oct – March SCC will hold come and try track cycling session @ Edwardstown velodrome from 5 – 6 . Cost \$5, loan bike available

Club Clothing

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

**Short sleeve jersey \$65.00
Bib n brace knicks \$85.00
Skin suits \$125.00**



South Coast Cycling club Sponsors and supporters.



South Coast Cycling Summer Program Sponsors ...



**Please support the business that support the
our Summer Program of Track Racing**

Club Ride 27 Sept ...

Everyone welcome - Meet at Southgate Plaza 8.30 am
If raining no ride, distance and level of ride dependent on
the riders that turn up.

Cyclo-Sportif News

The City of Charles Sturt is the first local council to sign up for a leg of the IGA Cyclo Sportif. The City of Charles Sturt will host the timed team event of Sunday 17 January 2010 as part of the Tour Down Under build up and associated events. Other proposed, yet to be confirmed, dates are as follows:

- Round 1: Sun 6 Dec 2009 (Williamstown)
- Round 2: Sun 20 Dec 2009 (Snapper Point)
- Round 3: Sun 17 Jan 2010 West Lakes **Confirmed**
- Round 4: Sun 7 Feb 2010 (Willunga)
- Round 5: Sun 7 March 2010 (Williamstown)
- Round 6: Sun 11 April 2010 (Willunga)

SCC Weekend Away

ADVANCED NOTICE

WHEN: May 7- 9 2010

WHERE : Camp Willochra – Melrose

COST: TBA Come along and enjoy
Mountain Biking, Walking and various other activities
for the entire family. Open to Cycling SA members
and families.

Further details to follow in months to come



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.

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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.

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

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CycleSafe Courses in Sep with Charles Sturt Council

Sign up for one of Charles Sturt's FREE four week courses to build your confidence on the road and get the skills you need to get out on your bike and reduce your reliance on the car. Bikes and helmets are available for use if you are unable to bring your own. Topics covered include road rules, journey planning and bike maintenance. Save time, save money, stay healthy and help the environment! Bookings are essential and places limited.

For more details or to book call 8408 1333.

Thursday September 3, 10, 17, 24

4pm - 6pm Athol Park Neighbourhood House

Friday September 4, 11, 18, 25

12.15pm - 2.15pm Findon Community Centre

Friday September 4, 11, 18, 25

9.00am - 11.00am Cheltenham Community Centre

Friday September 4, 11, 18, 25

3.30pm - 5.30pm Bower Community Centre

Saturday September 5, 12, 19, 26

10am - 12pm Hindmarsh Library

Saturday September 5, 12, 19, 26

1.00pm - 3.00pm Henley Library

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### Spots Medicine Australia SA Branch Cycling Conference

#### Sun 17 Jan 2010

Sports Medicine Australia SA Branch invites health care professionals or people with an interest in cycling and sports medicine to attend the 2010 State Conference. A number of world renowned specialists in the area of cycling will be speaking. For more information visit the Sports Medicine Australia SA Branch website <http://www.smasa.asn.au/>

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