

South Coast Cycling

EDWARDSTOWN 10 DECEMBER 2010 NEWSLETTER

Club email
Web page
Face book

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



For great Christmas
presents – shop at the
SCC Edwardstown Track
Sponsors ...



Standish Cycles Unley
scu@senet.com.au
www.standishcyclesunley.com.au
Shop 1, 290 Unley Road
Hyde Park, SA 5061
Tel: (08) 8271-9733



182 Gouger Street, Adelaide
Phone 08 8221 5068
Fax 08 8221 5086
corsacyclecentre@bigpond.com



Everyone is welcome to join us
for Pizza & refreshments &
presentations
in the club rooms
after racing tonight



Coming Cycling SA Events

- 17 Dec - South Coast Cycling Club Track
- 18 Dec - State J19 Elite Masters Track Championships
- 26 Dec - The City of Holdfast Bay Cycling Championships - GLENELG
- 7 Jan - South Coast Cycling Club Track

REMEMBER -----

Entries close 14 Dec

South Coast Cycling Club

City of Holdfast Bay Cycling Championships
Senior Straight line 26 Dec –GLENELG



Money raised from tonight's
RAFFLE – will go towards buying a
Bicycle Ambulance

South Coast Cycling club Sponsors and supporters.



In Malawi, communities can be 30km from the nearest health centre. Families have to carry sick patients on a bicycle or a wheelbarrow all the way to the hospital, which is both dangerous and slow. Your gift of a bicycle ambulance for the Blantyre District Health Office will safely transport expectant mothers and chronically ill patients to the nearest health centre.

"The bicycle ambulance is helping us a lot, especially when it comes to pregnant women. Before we received this bicycle ambulance, some pregnant women delivered on the way to the hospital, and such a thing is dangerous as complications can arise." Grace Lihembe, Community-Based Child Care Centre Chairperson, Malawi.

Cycling SA are looking for volunteers to help out at the state track championships. This is a good way to see the racing and help out at the same time. Ideal for partners or friends if you are racing yourself.

* * * * 18th and 19th December * * * *

If you are able to help out, please let Genine know:
genine.hallandal@cycling.org.au

The Feb 2011 **Bright Boot Camp** is booking fast. If you want to get some serious training in before your 2011 year of racing or your overseas trip to the Alps in Europe then the February Bright Boot Camp is a great place to do it.

Don't forget about the informative evening training lectures where you'll learn how to ride, climb and train better than ever before. It's all part of this cycling training package...

Enjoy four great days of cycling bliss in Australia's best alpine cycling region. Wide open roads, no traffic lights, little traffic and great mountain scenery....

Taking part in one of Australia's most scenic Alpine areas, the Bright Boot Camp will give you the chance to climb Mt Buffalo, Mt Hotham, Tawonga Gap and Falls Creek during four days of intense cycling heaven.

For more information and to book your place online
<http://www.brightbootcamp.com>.

2011 Australian Mountain Bike Champs

The National MTB Champs are fast approaching, and they are calling for Volunteers to help with this event. Volunteers are the most important part in running a successful event. In the run up to the 2011 Australian Mountain Bike Championships, we need around 300 volunteers spread over Tue 22nd – Sat 26th Feb 2011 to help make the event even more of a success than ever before and we want you to be a part of our team.

Along with a t-shirt you will receive:- A volunteer pack- Food- Many new friends- Memories- The feeling of accomplishment- May get on the telly or in a few Mags!

Areas of operation we require volunteers for are below.- Registration- Track Marshals- Spectator traffic Management- Information- Village Assistance- Timing

If your able to help for any amount of time – a few hrs to a day, contact Sandra sach101@internode.on.net

WOMEN ON BIKES

Over 600 women rode their bikes as part of Gear Up Girl SA 2010. Joining Olympic Gold Medallist Anna Meares were Katie Sarah (SA's first woman to scale Mt Everest) and Rachel Sanderson (State MP for Adelaide), who shared the road with women from all over Adelaide and South Australia, taking on the challenge of a 50km Hill Ride, 35km Beach Ride or a 15km River Ride.

New bicycle helmet standard

All cycling helmets sold after 13 December 2010 must meet the new standard, known as AS/NZS 2063:2008 'Bicycle Helmets'. The new standard is designed to improve the safety of helmets in three ways: (1) using a softer polystyrene in the shell providing more cushioning for the brain; (2) having straps that will stretch sufficiently in an accident to allow the helmet to come off a rider's head, after absorbing the initial impact; and (3) ensuring that sun visors do not twist the head excessively when they hit the road.

