

South Coast Cycling

EDWARDSTOWN 5 NOVEMBER 2010 NEWSLETTER

Club email

secretary@southcoastcycling.org.au

Web page

southcoastcycling.org.au

Face book

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



Corsa Cycle Centre Series



182 Gouger Street, Adelaide

Phone 08 8221 5068

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corsacyclecentre@bigpond.com

At Corsa Cycle Centre, Michele and Steve realise the perfect ride is not just about the bike.

Component selection, bike position and good health also contribute greatly to the perfect ride.

Corsa Cycle Centre Service workshop uses environmentally friendly products enabling future cyclist enthusiasts to also experience the Perfect Ride.

Opening Times

Monday 9 – 5.30

Tuesday 9 – 5.00

Wednesday 9 – 5.30

Thursday 9 – 5.30

Friday 9 – 6

Saturday 10 – 3

Due to late confirmation from Cycling SA that we SCC could hold racing on the 12 Nov & the threat of rain (again). Prize money will be given out tonight for last weeks Corsa Cycle Centre Series racing (Sr 1- 3 and Jr 1- 2 in each grade).

For this weeks racing – Prize money will be given out next week along with Series Winner Awards

Coming TRACK Cycling Events

- 13 Nov - Central Districts Cycling Track Night
- 19 Nov - South Coast Cycling Club – E/town
- 26 Nov - South Coast Cycling Club – E/town
- 28 Nov – Pt Adelaide Criterium - E/town
- 3 Dec - South Coast Cycling Club – E/town
- 3 Dec - State J19 Elite Masters Track Champ

Built Environs Cyclo Sportif

Starts this weekend Nov 14th Williamstown

The Built Environs 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 max of 9 riders and a min of 5) challenging the clock over set distances of between 44 and 68 kms. 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.

If you want to be included on future information relating to Cyclo Sportif SA email: cyclosportifsa@cyclimg.org.au with the heading 'Cyclo Sportif SA '

Revolution – 25 years on the wheel of cycling in Australia'

Celebrate 25 years of Australian cycling through the lens of Cycling Australia's official photographer, John Veage. This book captures the blood, sweat, tears and triumphs of some of Australia's best loved events and cyclists in a high quality 170-page full colour publication. Order your copy today... Only 3000 copies have been printed so don't miss out on your chance to own this gallery of cycling memories *Buy now for only \$49.95 (plus P&H).* <http://www.cycling.org.au/?ID=39056>

South Coast Cyclina club Sponsors and supporters.



Traffic Marshal Course

CSA are putting on 2 traffic marshal courses. Monday 15th & 29th November at 7pm in the VIP room The courses should run for about ½ hour.

This will give your people accreditation in being a traffic marshal.

For Cyclo Sportif we only require corner marshal's, however this might be an opportunity for people to get accredited as traffic marshals even if they are not helping out at Cyclo Sportif.

If you have anyone that would like to attend can they please either ring the CSA office on 8260 1800 or email Genine on genine.hallandal@cyclimg.org.au

Bike Word Search 3

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D K A I R P R E S S U R E T R A U L
B O O N B I C Y C L E O G Q C A C B
T L F C E E G M J H W Z W D P R E S
H E A D L I G H T Y S L A D E P R G
S S A E K I B N I A T N U O M A E M
I Q N R O H W R S S X E F F B C F E
D S T R E E T W I W E H F E D H L C
E B R A K E S X N D W V L A C A E H
W E B U T R E N N I E D O M S I C A
A G D T S I L C Y C N C R L P N T N
L C R P L V E V O A H E N A G B O I
K U Y I P D V D H F P I D A I Q R C
M Q A X P R T D U A J S N K L S S S
I P E D E S T R I A N S E S I A B P
S P O K E S K R A E I L M G T L B P
V O E M E D N A T I A S N N Z R L M
Y T H E L M E T Z N L A W M K U A A
P S C L E E H W E L L S U U W P E P
    
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AIR PRESSURE	GLOVES	PADS	SPOKES
BALANCE	GRIPS	PEDALS	STOP
BICYCLE	HANDLEBARS	PEDESTRIANS	STREET
BIKE LANE	HEADLIGHT	REFLECTORS	TANDEM
BRAKES	HELMET	REPAIR	TRAIL
CHAIN	HORN	RISE	WHEEL
CHIN STRAP	INNERTUBE	SAFETY	
CYCLIST	MECHANICS	SIDEWALK	
GEAR	MOUNTAIN BIKE	SIGNAL	

Swap Meet

The bike station swap meet on November 28 at the rear of the shop in the car parkring noel to let him know you will be there! 8296 6011

352 Brighton road hove. all welcome bring your own table.....
8 am to 12 pm

Bike Station NEEDS trader to make this really happen so if any one has old bits and pieces they want to offload then please let Tim know and he will have a table for you

ITS A FREE FOR ALL. To attend – traders and buyers HIT facebook VELO SWAP or email to BOOK a table '6 still available' Tim Saunders 0412 301 964

GET ON YOUR BIKE AND RIDE LIKE CRAZY!

Ride Like Crazy is a mass participation cycling event held on Sunday 16 January 2011, to raise funds for nominated charities and promote road safety. With more than 800 riders already registered, why not join them? There will be family fun activities at the finishing area including Police Band, BBQ, Mac Rescue Helicopter and masseuses for the riders! To find out more, and to make a donation online

GEAR UP GIRL SA

Sunday 28 November 2010

9am, Elder Park, Adelaide

"A ride just for women"

