

South Coast Cycling

EDWARDSTOWN 19 NOVEMBER 2010 NEWSLETTER

Club email
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Corsa Cycle Centre Series



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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

Prize money will be given out tonight for last weeks
Corsa Cycle Centre Series racing

**Congratulation to the series Corsa
Cycles Centre Winners**

RESULTS - SCC Corsa Cycles Racing 12 Nov

Jr Heart Starter - Tess Bryce Che Naomi

Sr 1 Heart Starter - Scott, Chris, Alex, Gordon

Sr 2 Heart Starter – Anthony, Paul, Chris H, Bruce

Jr Handicap Leanne, J. Higginson, Bradley, Bryce

Sr1 Handicap – M. Ward, A. King, M. Young, I. Cox

Sr 2 Handicap – D. Milne, R. Liam, C. Holmes,
D. Smith

Team Sprint Jr Winners N. Hallandal, J. Higginson,
B. Gassner, C. Thomas, M. Gassner

Team Sprint Sr 1 Winners Don, Ian, Mick Y, Alex

Team Sprint Sr 3 Winners Paul, Bruce, David,
Anthony

Reverse Scratch Race Jrs- J. Higginson, T. Manning,
B. Gassner, C. Thomas

Reverse Scratch Race Sr 1- S. Hallandal, G. Knight,
D. Angus, C. Spence,

Reverse Scratch Race Sr 2 - C. Holmes, D. Milne,
A. Fondas, B. Cox

Junior Scratch Race - J. Higginson, M. Gassner,
C. Thomas, B. Gassner

Senior All in Scratch Race - A. King, S. Hallandal,
B. Ward, D. Angus

**Corsa Cycles Centre Series
Winners – Congratulations
And Thanks to Steve and Michele for
support SCC Edwardstown club racing**

**ALSO Thanks to Michael Winter for providing the
Tour of Langkawi mustettes**

South Coast Cycling club Sponsors and supporters.



Traffic Marshal Course

CSA traffic marshal courses. 29th November at 7pm in the VIP room The courses should run for about ½ hour.

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

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

Coming Cycling SA Events

- 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
- 17 Dec - South Coast Cycling Club – E/town
- 26 Dec – SCC City of Holdfast Bay Criterium Championship and Straight Line Sprints - GLENELG

**LIFE IS LIKE A
TEN SPEED BICYCLE.
MOST OF US HAVE
GEARS WE NEVER USE.**

Charles M. Schulz

CYCLING QUOTES

If you worried about falling off the bike, you'd never get on. **Lance Armstrong**

I have always struggled to achieve excellence. One thing that cycling has taught me is that if you can achieve something without a struggle it's not going to be satisfying. **Greg LeMond**

Ride your bike, ride your bike, ride your bike
Fausto Coppi *When a reporter asked him what it takes to become such a great champion.*

Change to Bicycle Helmet Safety Standards

Change to Bicycle Helmet Safety Standards – The original Australian consumer product safety standard for bicycle helmets of AS2063: 1996 has been updated to AS2063: 2008. It is important to note that both versions will be legal to use on or off road. For Cycling Australia sanctioned events a helmet must be undamaged and unaltered and have a certification sticker affixed showing the helmet is approved. There are a few companies approved to certify helmets to this standard so the sticker may vary in appearance but the important thing is that it has “AS 2063” marked on it.

It's not enough to simply buy a bicycle helmet – it should be properly fitted, adjusted, and worn each time you ride

Cycling Australia recommends that you ensure before you buy a new helmet, either through a bike shop or internet, that the helmet has the certification affixed to it. NO APPROVED HELMET = NO RIDE. The proper wearing of safety approved helmets is an Australian Road Rule enforceable by the Police.

A bicycle helmet can protect your head and brain ONLY if you wear it each time you ride!

