



***SOUTH COAST CYCLING***

**Newsletter 16 December 2012**

Club email  
Web page

[secretary@southcoastcycling.org.au](mailto:secretary@southcoastcycling.org.au)  
[southcoastcycling.org.au](http://southcoastcycling.org.au)

**Everyone is welcome to  
join us for Pizza,  
refreshments &  
Presentations for  
King of Bling &  
Buzz Massage  
track racing nights &  
Best Christmas  
decorated bike / rider  
in the club rooms  
after racing tonight**



**May you all be reminded  
of all the most important  
things in your life's this  
Christmas .**

**Merry Christmas and  
Happy New Year to  
everyone from South  
Coast Cycling**



## **Buzz Massage** Remedial Therapist

Based @ O'Halloran Hill

Specialising in:

Sports and Deep Tissue Massage

Work with **Port Power Football Club** to assist players with post-game massage therapy.

I have been involved in cycling for 16 years.

I know the benefits that massage can give as a former elite athlete and now as an active participant in a range of sports.

Call Reneé - 0402 045 237

30min - \$40      60min - \$65  
Private Health Fund Rebates available  
Gift Certificates available  
\*Mobile Massage available

**Buzz Massage**

Modalities

- Sports - pre and post
- Deep Tissue
- Trigger Point
- Relaxation
- Aromatherapy



Shop 7-47-67 Main South Rd  
O'Halloran Hill

[www.upfrontbikes.com/page3.php](http://www.upfrontbikes.com/page3.php)

## UPFRONT BIKES



**182 GOUGER STREET ADELAIDE •8221  
5068**

**WWW.CORSACYCLECENTRE.COM**

**C&C**  
**CORSA CYCLE CENTRE**

**WANTED – SPONSORS FOR  
SCC 2012 Australia Day Track  
Carnival**

**Please send contacts or offers to  
[cawaite@bigpond.com](mailto:cawaite@bigpond.com)**

## **Bicycling Australia**

**Subscription - 1 Year plus 2 Free issues**  
[www.bicyclingaustralia.com/magazines](http://www.bicyclingaustralia.com/magazines)



REMEMBER to enter early for the Australia Day Track Racing @ see club web page for details

Keep Safe over the Christmas New Year Break and will see you all on 6Jan 2012