

# South Coast Cycling

Club email      [secretary@southcoastcycling.org.au](mailto:secretary@southcoastcycling.org.au)  
Web page      [southcoastcycling.org.au](http://southcoastcycling.org.au)  
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## EDWARDSTOWN 7 JANUARY 2011 NEWSLETTER



### Exact Mining Services Australia Day Open

26 January 2011

10 am start

Nom by 14 Jan Senior's \$20 Junior's \$15

Enter online Cycling Australia or see at  
SCC Club racing tonight

\*\*\*Late nominations close 21 Senior's \$30 Junior's \$25

Enquiries - [email@southcoastcycling.org.au](mailto:email@southcoastcycling.org.au)



#### Australia Day Sponsors needed:

If you wish to come on board as a sponsor to boost the prize money  
for Australia Day event please see Catherine or send an email

[cawaite@bigpond.com](mailto:cawaite@bigpond.com)

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### South Coast Cycling Club Clothing

Please see Catherine if you  
wish to purchase or order club  
clothing



### COMING Events

- 13 Jan - Junior Track
- 14 Jan - South Coast  
Cycling Club Track
- 19 Jan - Unley Classic
- 23 Jan - PACC Breakfast  
Club Summer TT
- 26 Jan - South Coast  
Cycling Australia Day
- 29 Jan - State Junior Track  
Championships
- 4 Feb - South Coast  
Cycling Club Track



## Money raised from tonight's Lucky number envelope will be put towards the South Coast Cycling Club Fundraising for Bicycle Ambulance for Malawi

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.

### 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

## Be prepared for the Exact Mining Services Australia Day Open events:

### THE HANDICAP RACE/WHEEL RACE

The major race of just about every track meet in Australia is the Handicap, or 'Wheelrace.' The Handicap race is generally run over 1, 2, or 3000m, although the major events are generally 2000m or 3000m. The race consists of a number of riders starting at the same time, but at various different points on the track! The 'Scratchmen,' starting at the 0 meter line, are the only riders who actually ride the entire distance. The 'Out-markers' are the riders who start at various distances away from the 0 meter line, and they can start at up to 250m out for a 2000m event!

**All riders are held up at the start, and they're pushed (the bigger the better) until they get going.**

The race generally consists of a number of heats, where the first few riders in each heat make the final. The beauty of the race is that it gives every rider an equal chance of winning the event, and thus attracts a large field. Also, it tends towards close race finishes, where the Out-markers are hanging on for dear life, and the Back-markers are storming home.

### The Wheels of Life

