



Newsletter 14 October 2011

Club email  
Web page

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[southcoastcycling.org.au](http://southcoastcycling.org.au)

## SOUTH COAST CYCLING

### South Coast Cycling Club 2011- 2012 Summer Track Season OCTOBER EVENTS

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**AFTER TONIGHT'S RACING**  
ROLLER FRENZY IV+FOCUS CX & TRACK  
SERIES PRESSO

#### COMING EVENTS

**28/10 5 pm Come & Try cycling**  
Help needed to set up cyclist on bikes  
-Please see Catherine  
**UpFront Bikes Series +  
Presentation @ Townies Bar**

**4/11** Bicycling Australia Series

**11/11** Bicycling Australia Series

Track Racing Friday nights sign on 5.30 - 6pm  
Racing starts @ 6.15pm Seniors \$10 Juniors \$5

**Come n Try Track Cycling** - last Friday of each  
month (except Jan) - 5 - 6pm

**Edwardstown Club Rooms open** - last Friday of  
each month (except Jan)

### South Coast Cycling Edwardstown Roster

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- 21/10 – BBQ Keith & Pauline  
– Sign on Ken  
– Commentator – Anthony  
– Commissaire –  
– Helpers – Chris & David S
- 28/10 – BBQ  
– Sign on Kym  
– Commentator – Anthony  
– Commissaire – Ken  
– Helpers – Chris & David
- 04/11 – BBQ  
– Sign on Kym  
– Commentator – David M  
– Commissaire – Ken  
– Helpers – Chris & David

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**Shop 7-47-67 Main South Rd  
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[www.upfrontbikes.com/page3.php](http://www.upfrontbikes.com/page3.php)

**UPFRONT BIKES**



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# WHY WEAR an UNDERSHIRT

You may wonder why many pro riders wear an undershirt when it's a scorching 35C outside. Doesn't it seem intuitive that a base layer make you feel even warmer? A good base layer is one of the most underrated pieces of kit. It's obvious why layering will keep you warm when it's cold outside, but why would a good undershirt keep you cool when the mercury rises? A thin base layer will wick the moisture from your body to the outside of the garment which will evaporate as the wind hits it. Evaporative cooling is a wonderful thing. The other benefit to wearing a base layer in the heat is **comfort**. An undershirt will wick away the moisture from your skin reduce that wet, clammy feeling which will make you much more comfortable during your ride.

**Having an undershirt will help to minimise the effect of the ranging temperatures. Undershirts also provide the skin with protection should I be unfortunate enough to come off - you can get "lycra" burn.**

## GRAVEL RASH

This is the term used to describe the large swathes of missing skin that occur when you go tumbling over the pavement with no protective gear. For a better visual it is similar to starting up a belt sander and pressing it over your flesh until it is nice, pink and bleeding, then pouring gravel and small rocks all over the wound.

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## CYCLING QUOTE:

**Life is like riding a bicycle. To keep your balance you must keep moving"** *Albert Einstein quotes*

### UPFRONT BIKES

Service and upgrade all bikes and wheel chairs (even the old ones-steel is real!).  
Service all major brands of Fork and shock (except Specialized Futureshock).  
Offer a frame and fork (re)aligning service.  
Build/repair and true wheels.  
Replace/upgrade bearings in wheels, bottom brackets, & frames.  
Fit tubeless tyre kits.  
Do bike fits-we fit you to your bike-for you, not some formula, book or computer program



Renee – A Qualified and professional Remedial Massage Therapist, specialists in Remedial, Sports, Deep Tissue and Relaxation Massage. Private Health Fund Rebates available Ring 0402045237 for appointment