

Newsletter 14 October 2011

Club email Web page secretary@southcoastcycling.org.au

southcoastcycling.org.au

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

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

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-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

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

安東尼 & 和安東尼 Beijing to Shanghai

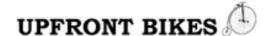
Shop 7-47-67 Main South Rd O'Halloran Hill

www.upfrontbikes.com/page3.php

UPFRONT BIKES













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.

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