

Newsletter 28 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

UpFront Bikes Series PRESENTATION

28/10

UpFront Bikes Series + Presentation @ Townies Bar

4/11

Bicycling Australia Series

11/11

Bicycling Australia Series

18/11

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)

INQUIRIES

email@southcoastcycling.org.au

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

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

ww.upfrontbikes.com/page3.php



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











