



SOUTH COAST CYCLING

Newsletter 17 February 2012

Club email secretary@southcoastcycling.org.au
Web page southcoastcycling.org.au

Coming SCC events

24 February SCC Racing +
Upfront Bikes Series, King of Bling
& Buzz Massage Presentation
UpFront Bikes Series Points - refer to SCC
Facebook page

2 March Corsa Cycle Centre Series

9 March Corsa Cycle Centre Series

**13 March – Interclub Track
Championships**

A bit about UPFRONT Bikes

Mic is a qualified mechanic and electrician with a back ground in heavy diesel engines, he then moved on to performance car and motorcycle modification. He has now turned his interest towards his passion-bicycles. He is collecting bikes and odd bits all the time and see him @ SCC Track. Racing

Nicole is an ultra-keen rider with a collection of bikes. Nic is always happy to assist you with getting your bike booked in and up to spec, she also knows all the prices better than Mic who is still dealing in shillings and thinks tax give you flat tyres. See Nic race at PACC CX events

Kev would be happy to help you with your every cycling need. Kev rode the Kona Dirty weekend SOLO to raise some cash for cute as a button babies who are born a bit early and need a bit of extra help getting bigger, stronger and out of the hospital and home to Mum and Dad.

UpFront bikes can even help you build your dream bike if you wish, and can give you advice on parts and service. With their help you can make the best choices for your style of riding be it road, mountain, BMX, trials, fitness or commuter. They will even assess and fit parts you bought elsewhere without making you feel like you have done something unspeakable to their grandmothers.

Their concern is ensuring your bike (or bikes) run as well (or better) than you do. They provide the best servicing and will give your bike that extra bit of love.

Plus if required they will ensure you and your bike fit together as you should, this gives you the best power output as comfort + fun = a cranking good time!! Bike fits are available for all levels of riders and are customised to your ability and desires, male and female fitters are available if you're a bit shy.

UP FRONT Bikes

- *Service and upgrade all bikes and wheel chairs (even the old ones-steel is real!).
- *Service all major brands of Fork and shock.
- *Offer a frame and fork (re)aligning service.
- *Build/repair and true wheels.
- *Replace/upgrade bearings in wheels, bottom brackets, and frames.
- *Fit tubeless tyre kits.
- *Do bike fits-we fit you to your bike-for you, not some formula, book or computer program
- * Sell, use and recommend quality products from. Come and see the range and you might even consider giving that faithful old steed a well earned rest an trying a new model on for size.

If you are out of town, or just think O'Halloran Hill is a bridge too far, you can email them for a price, post your parts to them for repair and they will post them straight back ASAP.

You can even BUY bits from UPFRONT Bikes by checking current stock www.upfrontbikes.com and we can have your dream bits delivered.

UPFRONT BIKES



Shop 7-47-67 Main South Rd
O'Halloran Hill
www.upfrontbikes.com/page3.php

182 GOUGER STREET ADELAIDE

•8221 5068

WWW.CORSACYCLECENTRE.COM


CORSA CYCLE CENTRE

UPFRONT BIKES



Here's a February Special for you

Refer a new client and you'll both get \$20 off when you both book in. You must mention this add and applies to 60min massages only.

To make an appointment please either give me a call or send me email.

Give Renee a call and make Massage Therapy a part of your healthy living lifestyle

Buzz Massage - Renee Braithwaite

0402 045 237

buzzmassage@bigpond.com



- Congratulations to South Aussies Felicity Johnson and Stephanie Morton for winning TWO Gold Medals! Felicity and Steph took Gold in the B Tandem Sprint and then set a new World Record on their way to winning Gold in the 1km Time Trial!
- Gold medals and a World Record



COMING EVENTS

2012 Specialized Australian MTB Championships

22 - 26 February 2012, Eagle MTB Park, URGENT CALL FOR VOLUNTEERS

Call for Volunteers at 2012 Nationals Feb – 25th/26th Feb 2012

AMBC needs assistance with spectator traffic, XC course marshals and downhill marshals if you are interested in volunteering please find contact details below. You will be provided with an Event T-shirt and food. We are not looking for a full day commitment but half days will make the event run smoothly without being tiresome and freeing you up to enjoy other activities at the event. Volunteer here - <http://www.nationalseries.com.au/national-news/1695-call-for-volunteers-at-2012-nationals>

RIDES in Adelaide – 18th March

Free Family Fun Ride

Ride through the Parklands and along the river with your family and friends for FREE on the Family Fun Ride in support of the Prostate Cancer Foundation of Australia. Rides from 5KM to 20KM. For further information <http://www.bikesa.asn.au/VeloAdelaide-FamilyFunride>

Mt Lofty Challenge - Get Sponsored for the Smith Family

On Sunday 18 March, you can ride up the South Eastern Freeway on the Mt Lofty Challenge, get sponsored for The Smith Family and complete the 50km, 80km or 110km loop or start from Summertown for a 30km/60km ride back to the event village in the city. For further information <http://www.bikesa.asn.au/VeloAdelaide-MountLoftyChallenge>