



**SOUTH COAST CYCLING**

# EDWARDSTOWN

## Track Racing

**Newsletter 16 Nov 2012**

Club email [secretary@southcoastcycling.org.au](mailto:secretary@southcoastcycling.org.au)  
Web page [southcoastcycling.org.au](http://southcoastcycling.org.au)  
Newsletter editor Catherine Braithwaite

### CONGRATULATIONS

#### Jayco 2012 Australian Cyclist of the Year Awards

##### Elite Female Para-cyclist of the Year

Felicity Johnson (PACC) and pilot Stephanie Morton (SCC)

Felicity Johnson & pilot Stephanie Morton set the track alight in 2012 first in Los Angeles at the Para-cycling track worlds where they won the sprint and grabbed gold in the time trial with a world record ride. They headed to London as favourites for the Paralympic Games time trial and didn't let the pressure phase them producing a thrilling ride to win gold. The pair also set the flying 200m tandem world record this season

##### Australian Sports Commission Volunteers of the Year Awards

South Australia - Ken Gooding (SCC)

SA Cycling Technical Commission Secretary  
SA Cycling Race Commission member

### COMING EVENTS

SCC - BUZZ Massage Series  
16 Nov

PACC SPRINT Series  
21 Nov

Whyalla CC Track Carnival & Crits  
24 & 25 Nov

KING of BLING Series  
30 Nov & 7 Dec

### BUZZ MASSAGE

Renee Hennessy  
Remedial Massage Therapist  
Based @ O'Halloran Hill

AAMT Member  
Private Health Fund Rebates  
available  
Mobile Massage available\*

Cupping Therapy Coming



Soon to Buzz Massage



UPFRONT BIKES 



# Roseneath Product Order

Reneé will be placing an order with Roseneath Organics on **Monday 26<sup>th</sup> November**  
Orders will be available to collect on **Friday 30<sup>th</sup> November** @ Edwardstown



*Totally Natural Products That Work ... Naturally!*

Check out their product range @ [www.roseneathorganics.com](http://www.roseneathorganics.com)

Email your Orders to [buzzmassage@bigpond.com](mailto:buzzmassage@bigpond.com) or see Reneé at Racing

I can personally recommend the following products  
Slow Release Rub, Fast Acting Spray, Deep Relief Oil  
Emerging World Soft Face Wash, Dream State Insomnia Spray  
Equine Shield Analgesic Wound Gel & Mobility Tissue Repair Performance Supplement



(used on our Sled Dogs)

*Roseneath Organics makes all products from scratch*



## REMINDER

PLEASE make sure you have  
completed an emergency contact form  
(see Liz at sign on for a form)  
Parents must be present when their  
children are racing.

***Do you want to Race @  
E/town on 23 Nov?***

***We had not listed this  
date on our flyer but we  
are asking YOU the riders  
if you still want to race***

***If you wish to race @ E/town  
on the 23 Nov - please like  
the Facebook status or email  
[cawaite@bigpond.com](mailto:cawaite@bigpond.com)***

## Christmas gift ideas from Edwardstown

### Racing Sponsors

- Buzz massage – Gift Voucher
- Roseneath Products
- Corsa Cycles – Cervelo T1 Frameset 2012 \$1500
- Upfront Bikes – Bike Service

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. In later life he returned to University and is now also a Clinical Nurse at the Royal Adelaide Hospital Intensive Care Unit. So rest assured Mic cares about you and your bike and he knows what happens (to you and your bike) when it's not built or set up correctly.

- **Bicycling Australia- subscription**  
(1 yr \$64.95)

