



SOUTH COAST CYCLING

EDWARDSTOWN

Track Racing

Newsletter 23 Nov 2012

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Race Organiser Catherine Braithwaite

10 THINGS I HATE ABOUT CYCLING

- Flat Tyres
- Wet Socks
- Glass in the the bike Lane (Bogan Crumbs)
- Motorcyclist in the bike lane
- Shorts that slide down
- Jerseys that ride up
- Car doors that open from no where
- When the chain comes off
- When I clean my bike & next time I ride – rain buckets down out of nowhere
- When someone passes me & they aren't even puffing

10 THINGS I LOVE ABOUT CYCLING

- Not being stuck in the queue of cars at the traffic lights
- The wind in my face
- The sun on my back
- Riding with a tail wind (like that ever happens !)
- Beating my friends to work & he is driving
- Keeps me fit
- I can eat like a pig & it doesn't matter
- Passing a motorised bicycle
- No petrol taxes from me J. Gillard
- Its FUN!!!!

From Bryan

COMING EVENTS

KING of BLING Series

30 Nov & 7 Dec

Christmas Cup on Wheels & Presentation – Buzz Massage & King of Bling

14 December

BUZZMASSAGE

Renee Hennessy
Remedial Massage Therapist
Based @ O'Halloran Hill

AAMT Member
Private Health Fund Rebates available
Mobile Massage available*

Good Luck to everyone going to Whyalla this weekend



UPFRONT BIKES 



Give Hope this Christmas



Bicycles provide girls with a safe ride to school. A bicycle for a girl - \$100



A bicycle for a girl can help provide her with a safe and speedy ride to school.

Education and training

These gifts support our work to provide children and adults poor communities with opportunities to learn through formal education, as well as vocational and skills training. <http://trans.worldvision.com.au/Gifts/Default.aspx>

Bike SA Gear Up Girl SA

Sunday 25 November 2012

Start: 9.30am Elder Park

<http://www.bikesa.asn.au/gearupgirl>

Tips for track cycling

Never pass on the inside

One of the most important things to remember on the track is not pass on the inside.

Remember the maxim 'inside suicide' to remind you that you should never pass someone on the inside of the track i.e. the rider's left hand side. Always look over your right shoulder before attempting to pull out to overtake.

Australian claims penny-farthing world title Feb 25, 2007

Sean Hennessy was declared king of open- road penny-farthing bicycle racing Sunday after winning the 25th annual championships at Evandale in Tasmania.

Hennessy, 24, a five-time winner, was among 50 competitors ranging in age from eight to 79. The final was between eight cyclists.

The highlight of the three-day event was yesterday afternoon's world championship men's final, in which eight riders raced four laps around the village, totalling a mile, and were cheered on by a crowd lining the track.

Last year's winner, Ryan Sullivan, was ridden down at the finish by Sean Hennessy, of Adelaide, with Darryn Pugh, of Ulverstone, third.

"The win was pretty satisfying," Hennessy said.

"The crowd makes it worthwhile. Thanks to the other riders for making it a good race."

Sullivan said he had raced Hennessy before and it was always a good contest. "Sean was too fast for me in the final kick," he said. "Hopefully next year I will pay him back."

Sean Hennessy was timed at nearly 50kmh . . . **some speed**

Medal Tally

Tally of total medals won from 1983 - 2012

Sean Hennessy	SA	1st - 26	2nd - 3	3rd - 3	Total - 32
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