



SOUTH COAST CYCLING

EDWARDSTOWN Track Racing Newsletter 26 Oct 2012

Club email
Web page

secretary@southcoastcycling.org.au
southcoastcycling.org.au

REMINDERS

RIDERS MUST SIGN ON BEFORE WARMING UP

WARM UP:

Fast riders to warm up down the
bottom of the track

Slower riders to warm up at the
top of the track

Please be watchful of new track
riders & tandem bike/s

PRESENTATION TONIGHT

UpFront Bikes Series TOWNIES BAR

COMING EVENTS

BUZZ Massage Series 9 & 12
November

22 Nov SAPSSA Cycling
Championships – E/town
contact: Dave
dgomer@optusnet.com.au

24 & 25 Nov Whyalla CC Two day
event Sat – Junior & Senior
Track Racing and Sun – State
Junior Criterium

UPFRONT BIKES



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

Service and upgrade all bikes and wheel chairs (even the old ones-steel is real!).

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



UPFRONT BIKES



When man invented the bicycle he reached the peak of his attainments. Here was a machine of precision and balance for the convenience of man. And (unlike subsequent inventions for man's convenience) the more he used it, the fitter his body became. Here, for once, was a product of man's brain that was entirely beneficial to those who used it, and of no harm or irritation to others. Progress should have stopped when man invented the bicycle."

Elizabeth West, 'Hovel in the Hills'

THE TOUR DE WORK

<http://www.tourdework.com.au/home>



Adelaide SuperDrome Track Training State Sports Park - Gepps Cross

MONDAYS

6:00pm Junior Development Night

WEDNESDAY

6:30pm - Endurance Training (when racing not on the calendar)

THURSDAYS

7:30pm - Sprint/Power

FRIDAYS

6:00pm - Novice Session*

SATURDAY/SUNDAY

3:00pm-5:00pm - Women's Track**

**For further information refer to SA Cycling web page for details

*Non-members are welcome to the Novice and Women's Sessions

<http://www.sa.cycling.org.au/>

Cycling SA Junior Development Program

Friday Novice Track Adelaide SuperDrome

- Friday Novice Track Nights - Come to the SuperDrome at 6pm, pay \$25 which gets you bike hire and coaching from a nationally-accredited coach! Call 08 8260 1800 for more information.

General Track Training for our Junior Members, as part of the Junior Development Program

A focus on skills development, teamwork, general speed and endurance as well as fun! Caters for juniors J11-J19 who have already acquired basic track craft. Kids new to track should 'graduate' to this session after learning to become safe track riders either through the Friday night sessions or the Cycling SA/SASI Talent sessions

Monday Junior Development Track Adelaide Superdrome

Kerran Oates is currently running two junior development sessions on Monday nights which all our junior members are invited to attend.

Session 1: 6.30-7.30pm: for U13's & B grade jrs

Session 2: 7.30 -8.30pm: for riders in A grade & U19 riders. This session will be run with a sprint/time trial group & endurance group.

If you are new and unsure of what session you should attend please contact Kerran Oates by phone or email and discuss it with her.

She also can prepare a training program for kids of all ages to suit their abilities and goals in the sport.

Session Cost: \$12.00 (Track bike hire also available for an extra \$10 per session)

Coach: Kerran Oates ph:0438243214
kerran@physicaledgetrainers.com.au



Racing Wayville Showgrounds 1941