

South Coast Cycling



Summer Program Newsletter

9 January 2009

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WITH YOUR DONATIONS WE DID IT! THANK YOU

Thank you to the generous support of riders and their families, who assisted South Coast Cycling Club, raised enough money to buy a Bicycle Ambulance for communities in Malawi

*South Coast Cycling thanks all riders and spectators who got into the Christmas spirit and donated to the collection taken up on Friday 19 December at the Xmas Cup on Wheels, to raise the money for an **Oxfam Bicycle Ambulance.***

The club, through very generous support, have raised the \$296 needed to provide a gift of a Bicycle Ambulance a for the carers of Malawi. In Malawi, communities can be 30km from the nearest health centre. So families have had to carry sick patients on a bicycle or a wheelbarrow all the way to the hospital, which is both dangerous and slow.

"The bicycle ambulance is a great local innovation. A bicycle ambulance for the Blantyre District Health office will safely transport expectant mothers and chronically ill patients to the nearest health centre.

"By making it possible for many people to access district health services earlier and more easily, [bicycle ambulances] contribute to improved quality of life both for those who need treatment and the volunteer carers who get them there." Bridgette Thorold, Southern Africa Program Coordinator, Oxfam Australia.



South Coast Cycling's Corsa Cycle Centre Series

January 2, 9, 16, & 30

No Racing on the 23rd due to TDU

Edwardstown Velodrome 6.15 start
Enter on the night Juniors \$5 Seniors \$10



Masters & Veterans Series

The three race series is open to all Veteran and Cycling Australia licensed riders (Women over 30 and Men over 35).

Race 1 Sunday 18 January 2009

Mt Barker - Graded Criterium
Start 9:00am

Race 2 Thursday 22 January 2009

Victor Harbor - Graded Scratch Road Race
Start 9:30am

Race 3 Saturday 24 January 2009

"The Range" - "Tom Trowbridge" Time Trial
Start 9:00am

Entry Fee: \$25 per race; or \$60 for all three races
(SA Vets & CA licensed Riders)

(Non SA Vets must purchase a \$20 race permit)

Entries close: 6:00pm Wednesday 31 December 2008



CORSA CYCLE CENTRE

Series – Points

Michael	Young	22	Gemma	Kernich	21
Aimee	Alsbury	20	Tim	McEvoy	27
David	Miller	35	David	Schutz	20
Chris	Spence	23	Luke	Betros	30
Grant	Moffitt	22	Richard	Morton	20
Dave	Gomer	30	Robert	Riebolge	21
Ben	Cheney	28	Tony	Brennand	23
Rob	Laing	27	David	Knight	21
Kira	Mason	20	Robert	Lee	21
Stephen	Haldun	23	Mark	Gregory	24
Bryan	McIntyre	24	Emma	Waldron	23
Dallas	Zimmer	24	Anthony	Braithwaite	20
Scott	Bradley	20	Alex	Bates	27
Gareth	Coffee	33	Renee	Braithwaite	20
Steph	Morton	22	Allan	Yuill	27
Martin	Sprane	27	John	Lockwood	30
Aaron	Draxler	20	Felicity	Laing	24
Alana	Hannsbergan	20	Silvia	Schweininger	20
Ian	Fromentin	33	Renee	Braithwaite	20

Kyle	Franson	27	Bradley	Ward	29
Robert	McCarthy	29	Jeane	Park	35
Alex	Edmondson	35	Lachie	Buchanam	27
Chis	Holmes	30	Kai	Giles	23
Carla	Franson	27	Che	Thomas	30
Samantha	Fromentin	26	Jason	Yuen	35
James	Buchanam	33	Tessa	Manning	26
Griff	Knight	23			

What gears do pros use?

Q: Lance Armstrong and other pros go so fast!

What gears are they pushing?—

COACH: Pros typically use a 55x11-tooth high gear for time trials. On flat or rolling stages they have 53/39T chainrings with an 11-21T cassette. In moderate mountains they switch to a large cog of 23T and usually put on a 25T for very steep, long climbs.

Remember, it's deceptive to compare these gears to your own. Top pros are strong enough to use a high cadence in whatever gear they choose.

When you can generate over 400 watts of power for an hour or more, like Lance can, you can maintain a high cadence in a lot bigger gear than the average recreational bike racer who puts out a little over 200 watts.

Track riders need to be aware of a recently amended rule regarding wearing sunglasses while riding track

The following is a new rule 3.9.19 recently adopted in the Australian Technical Regulations:

3.9.19 The wearing of dark tinted eyeglasses by competitors shall not be permitted on Velodromes during Competition and Training under the following conditions:

- **Indoor Velodromes, at all times**
- **Outdoor Velodromes, after sunset or when velodrome lights are on.**

This regulation does not affect the wearing of eyeglasses for protective reasons, i.e. with clear or coloured light enhancing lenses.

From SA Cycling Web Page

CONGRATULATIONS

Good luck to the squad selected to represent our state at the 2009 Australian Open Track Cycling Championships, to be held at the Adelaide SuperDrome in early February 2009.

ELITE MEN

Jack Bobridge (Norwood CC)
Rohan Dennis (Adelaide CC)
Sean Boyle (Adelaide CC)
David Miller (Port Adelaide CC)
Michael Wellman (South Coast CC)
Benjamin Cheney (South Coast CC)

ELITE WOMEN

Sophie Ootes (Norwood CC)
Aimee Alsbury (Port Adelaide CC)
Rebecca Werner (Port Adelaide CC)
Alexis Rhodes* (Norwood CC)
Amber Halliday* (Norwood CC) (*Subject to Trial in January)
Alana Haansbergen* (South Coast Cycling)
Stephanie Morton* (South Coast Cycling)

JUNIOR MEN U19

Dale Parker (Central Districts CC)
Damien Howson (Central Districts CC)
Scott McPhee (Central Districts CC)
Mathew Benson (Riverland CC)
Rhyse Carpenter (Whyalla CC)
James Glasspool (Central Districts CC)
Mathew Glaetzer (Central Districts CC)
Sam Willoughby* (BMXA)

JUNIOR WOMEN U19

Sinead Noonan (Sturt Holdfast Marion CC)
Annette Edmondson (Norwood CC)
Talia Smith* (BMXA)

ATHLETES WITH A DISABILITY

Felicity Johnston (Kilkenny CC)/Katie Parker (Norwood CC)

(*Riders selection Subject to Trial in January)