

Spoken Word

February 2007



Sunshine Coast Cycling Club Newsletter

President: Dave Wighton 54506191
Secretary: Simon Hudson 54578989
Treasurer: Jim Denholm 54783939

I hope you all had a safe and Happy New Year and that you are still adhering to those New Years resolutions! Top three resolutions for 2007 are:

- Finding time for family and friends
- Fit in Fitness
- Battle the Bulge

Well I guess we as cyclists and fitness fanatics are well on the way to achieving those goals if we can adhere to these past February!

A sad beginning to 2007 when we said our goodbyes to a great mate and club member Digby Cleaver who passed away on January 1st. Digby's funeral was well attended by well over 100 members as well as 100's of relatives and friends from all walks of life, it was a fitting tribute to a man so loved by so many and the strength shown by his wife and family would have made 'Diggers' proud. The ride for Diggers was also well attended over 130 riders taking part and some great television coverage with "Shuttles" having his few seconds of fame as spokesperson.

Roughly sixteen members headed off to Adelaide to the "Tour Down Under" in January, hopefully a story or two will follow in next months Newsletter.

Not a good start to the year for Mike and Kerrie Patton when fire guttered their prawn trawler, the boat was extensively damaged but thankfully no one was injured, if anyone has some spare time on their hands and would like to give Mick and Kerrie a hand the help would be much appreciated.

Sunshine Coast Tour News

Planning is well under way for the upcoming Tour over the Easter weekend, 6th – 9th April. It is hoped that we will have close to 400 competitors this year and some big improvements with timing are in the pipeline, so that both timing and recording will be much easier than it was last year. Plans are in place to add another stage, which will be a 5.5k Time Trial on the Nambour Connection Road with the Big Pineapple being the start and finish. This will be held on Good Friday afternoon. President Dave is on the look out for some "Podium Girls" to hand out leaders jerseys and flowers (or is that pineapples), so if you know of anyone that may like this position let Dave know. A web site specifically for registering, results and news is also being worked on at present, just awaiting a domain name and there are plans for instant results via mobile phone.

Organ Donation Awareness Ride

On 17th February there is an awareness ride for Organ Donation, which leaves Landsborough Railway station at 5.30am and heads to the PA Hospital in Brisbane, a distance of approximately 100k. There is also a group leaving Caboolture Railway station at approximately 6-6.30am if you don't want that extra distance. No cost to join in as it is purely a ride to gain public awareness of the importance of organ donation. There will be support vehicles and light refreshments along the way. Entries close 10th February.

If you would like further information please contact organised Mary Long at hoghaven@bigpond.net.au

Adults Skills Course

Merv McDonald is holding an adults skill course at the Nambour Showgrounds commencing at **5.30pm on Tuesday 30th January** and running for 8 weeks. For licensed CA Members there is NO charge, for non-CA first time members charge is \$24. At the end of the 8-week course they will have the opportunity of converting their Skills Licence to a full racing licence for an additional \$39. You are also eligible to a backpack with a water bottle, pair of socks and other goodies.

Dates for Skills course for February:

- 30th January
- 6th February
- 13th February
- 20th February
- 27th February

Summer Series

Firstly I must apologize for a typing error in a news article on racing at the Nambour Showgrounds racing on the 5th of January was cancelled due to Digby's funeral and it was incorrectly stated that racing would not be commencing again until 12th February, this should have read 12th January. Profuse apologies if I inconvenienced anyone, rumour has it that one person was thrilled with his win due to lack of numbers on Friday night!

Next race at Nambour will be held on **Friday 2nd February followed by 9th February and the last race will be held on Sunday 18th February at Kunda Park.**

The Road Season is commencing on Sunday 4th March. The calendar is nearing completion and CQ approval and will be posted on the web site and emailed out as soon as it comes to hand.

Junior News

Sounds like the juniors are in for a busy year, once again in the capable hands of Level Two coach Merv McDonald.

A Junior Two Day Tour is proposed for 9-17 year olds on the 28th and 29th July which include a Prologue, two Road Races and a Criterium. There will be cash and prizes up for grabs, including Yellow Jerseys, KOM Jerseys and Sprint Jerseys available for all age divisions as well as Trophies and bike equipment.

The Teams Time Trial is also being prepared for by the juniors who placed 2nd last year hoping to go one better this year and bring home the gold.

The Hamilton Pine Rivers Club have advised they are going to conduct some criterium racing for Juniors at the Nundah Circuit after their sessions are over at 9am on Saturday 17th March

The juniors track racing is also going very well at Caboolture with some juniors already showing such improvement that they are off to Chandler soon.

Track Racing is on every second Saturday at Caboolture commencing at 8am.

Racing at the Nambour Showgrounds is on Thursday's at 5pm. It is proposed to run the twilight racing until March.

For further information on the juniors contact merv@redzone.com.au

Girls Grind

The girls grind has got off to a great start with many new riders of all levels taking part in this comfortable ride from Hot Pipis on the **second Saturday** of every month. Next grind is on the

10th February at 5.30am from Hot Papis, a social 50k ride along the 'coffee grind' route, no one will be left behind, all done at a steady pace according to the abilities of the riders in the group. For further information contact Melissa on 0408 588 061.

Mountain Biking



Ride Info:

First Sunday of each month is our Social ride where riders of ALL abilities are welcome as long as you have a bike in good working order and an approved helmet and water. We ride in all weather (within reason!!)

All riders are welcome to attend all rides, however you can attend two rides after which you are expected to join the club for insurance reasons.

The club is affiliated with MTBA who provides insurance cover for the club and it's members on gazetted rides and races.

To join the club go to our website and look for Join Us link, or see Justin, Jayne, Dave or Andrew on a ride.

All new Club Members receive a cool Bushrangers Sticker and a chance to purchase our unique club Jerseys – THE coolest in town!!

Regular Club Rides:

Parklands Training rides – Weds Afternoons @ 3 pm Atkinson Rd West. Get outa work get into Parklands and get Sweaty!!

Downhill Rides:

Sunday Mornings at Delicia Rd Mapleton – contact mtbpete@hotmail.com

Contacts:

www.bushrangers.org Check us out!!

Club President – Justin Whelan justinwhelan@dodo.com.au

Phone – 0417 619 360

Secretary – Jayne Ryeland

Phone - 54507504

Tres – Andrew Seeley

Liaison – Dave Lalik

Calendar Feb March April 2007

Feb 4 Sunday

Social Ride Mapleton
Meet Lily Ponds Park
Delicia Rd (just round
from the pub) 7.30am
ALL ABILITIES
WELCOME!!

Feb 9 Friday Evening Gutter Bash

Hit the Cycle ways of
Maroochy Kawana and
Buderim 6pm from Alex
Skate Park (bring ya lites)

Feb 11 Sunday

Cruise Ewan Maddock
Dam/Landsborough Area
Meet Dam Wall 7am
Swim After

Feb 16 Friday Nite Ride

Parklands better bring ya lites and look out for Yabbies! Atkinson Rd 6pm

Feb 18 Sunday

Noosa Enduro Course Either Half or Full (cmon you can do it!!) Meet Tewartin Netball Courts 6am

Feb 25 Parklands Tour

Do some laps in Parklands – or out to Wappa and back...Atkinson Rd 7am

March 3 Karapoti Classic Wellington NZ – only if your keen!!**March 4 Sunday**

Social Ride Mapleton Meet Lily Ponds Park Delicia Rd (just round from the pub) 7.30am ALL ABILITIES WELCOME!!

March 11 Sunday

Parklands – Race Pace handicap start – Bring \$2 to back yourself. Winner takes ALL. Atkinson Rd

March 16 Friday

Nite ride in Parklands 6pm Atkinson Rd (lites or nitevision required)

March 18 Sunday

Wooroi Day use area meet 7am **Sunshine Series XC Rd 1**

March 25

Brissy Ride – Magical Bus Tour –Daisy Hill, etc...

April 1 Sunday Mapleton

Social Ride/SPECIAL EVENT Meet Lily Ponds (just round from the pub) 7.30am
“ROADIES IN THE BUSH”
Shaved V. Hairy – Sprint races - \$2 entry winner takes ALL!!!
ALL ABILITIES WELCOME!!
Sunshine Series DH Rd 1

April 8 Sunday

Charlie Moreland/Mt Allan meet Charlie Mooreland Day use area 7am (6am for extra hard loop)

April 6 Friday evening

Bike Path Bash Maroochy Buderim Kawana Alex Skate Park 6pm (lites if you please)

April 15 Wooroi Day

Use area meet 7AM
Sunshine Series XC Rd 2

April 22 Sunday

Parklands Single tracks or out to Wappa and back 7AM

April 27 Friday Nite Out

– Meet Coolum Surf Club 6pm – Dinner after Somewhere in Coolum (that accept sweaty MTBers)

April 29 Sunday

Parklands Handicap Races \$2 entry Atkinson Rd 7am

May 6th Sunday

Social Ride Mapleton Meet Lily Ponds Park Delicia Rd (just round from the pub) 7.30am ALL ABILITIES WELCOME!!

**** Denotes race events on that day**



MOUNTAIN BIKE AUSTRALIA

Tour Down Under

Sounds like the Tour Down Under was enjoyed by all that made the trek down south to participate in this yearly event. Conditions were typical of southern weather patterns for this time of year, stinking hot one day, pouring rain and freezing the next. A few unlucky ones managed to pick up a nasty virus that kept them from doing too many kilometres. Jeff Liddell lived up to his name 'Legs Liddell' and won the 128k Community ride in a time of 3 hours 15min along with 3700 other riders.

Paul Clarke put his rides down into Bikely and can be viewed at <http://www.bikely.com/listpaths/srchkey/scc/country/14> and said to mention 'check out the elevation!!

For full results of the Tour Down Under

<http://www.tourdownunder.com.au/>

Happy Birthday

Birthday wishes to the following Aquarians and Pisceans that turn another year older this year:

Ruby Bowyer	3 rd February
Elicia Pretorius	4 th February
Norman Wooster	9 th February
Julie Bonar	9 th February
Robert Thompson	18 th February
Jack Robinson	25 th February

And to any new or old members that are celebrating their birthdays and that I have missed have a Happy Birthday!

Club Meeting

The next club meeting will be held this **Thursday 1st February** at 7pm at Pandanus Mooloolaba.

Items on the Agenda include discussion of the duty roster and Tour De Sunshine Coast.

Desperately Seeking Club Treasurer

Our Treasurer Jim Denholm is stepping down from his position and taking a well-earned break from racing; the club is currently seeking the services of someone to take over this position. If you are interested contact **Dave on 54506191 or Jim on 54783939**

We would like to take this opportunity to thank Jim for his services to the club as Treasurer.

License Renewals

Don't forget that your licence can now be renewed on line, you will need your last years licence number and a credit card. To be able to race your licence must be renewed for the 2007 season. No licence = No racing.

<http://www.cycling.org.au/AM/Template.cfm?Section=Membership>