

Spoken Word

April 2007



Sunshine Coast Cycling Club Newsletter

President: Dave Wighton	54506191
Secretary: Simon Hudson	54578989
Treasurer: Simon Hudson	54578989
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The 2007 road season got off to a great start on Sunday 4th March with the Lake Weyba Prologue and Scratch Race. Tony Mann challenged the course record of 3.27 held by Leighton Jefferson finishing in a time of 3.29. The children enjoyed the family fun day organised by Lyn Ross participating in "Rookie Riders" events with over ten children taking part. Races held so far have attracted many members both old and new and the duty roster is being adhered to making the courses safe for all those that are racing. Remember that your name must be on the Duty Roster before you can race.

Dave and the Tour Committee have worked tirelessly preparing for the Coast Cyclery Tour de Sunshine Coast, which is being held over the Easter weekend. If you have a spare moment and are not racing your help in any way would be very much appreciated. So far over 330 riders have entered, state of the art electronic timing is in place, great random draw prizes which include a week at the Tour de France, lets hope the weather is kind.

Coast Cyclery Tour de Sunshine Coast

Stage Sponsors Random Draw Prizes

Stage 1 Mudjimba Prologue

Griffin Solicitors

\$1000 worth of legal work on wills, trusts, company's or property sales

Stage 2 Tinbeerwah Road Race

Smart Kiwi Tours

1 week at the Tour de France value \$2500

Stage 3 Montville Climb

Live Now Financial Services

2 x \$500 worth of Financial Planning

Stage 4 Yandina Road Race

Pandanas Mooloolaba

Accommodation Package to the value of \$1000

Stage 5 Eumundi Road Race

The Sebel Maroochydore

Accommodation Package to the value of \$1000

Special Awards

Outstanding Effort during the Tour

Boost Juice

2 x 52 weeks of juices

Random Draw Prizes so far

\$100 worth of Hair and Beauty from Sassy D's Mudjimba

\$200 worth of Mechanical Services from Kawana Automotive

Full Breakfast for 2 at Eats Eumundi

Yellow Jerseys are in place and will be awarded to the leader of each category at the end of each stage

Electronic Timing will be in place, we believe, for the first time in Australia for an open race. Each bike will be fitted with a transponder. *Sport Timing* has done triathlons and mountain bike races in Australia but no bike races. They have timed the *Tour de France*.

Main Roads have given us a *road closure* on the Montville stage this year. The Prologue at Mudjimba Beach will also be run with a road closure thanks to Maroochy Shire.

Commissaires were are a concern earlier but we now have sufficient.

Masters Women will have separate prizemoney for the winner of each age category at the end of the tour. Masters men have 4 different categories but the women only have one. This will give the more mature girls a chance against the young 35 year olds. We are doing what we can to encourage womens participation and are always open to suggestions in this regard

David Wighton
Race Director
Tour de Sunshine Coast

Junior News by Merv McDonald

QUEENSLAND JUNIOR TRACK CHAMPIONSHIPS

Congratulations to Sean Grimes - Under.13 Division for winning Silver (Sprint) and Bronze (500m Time Trial) Medals in the State Junior Track Championships, recently held at the Chandler Velodrome

Sean was the only junior from our Club who participated in the Championships.

THURSDAY AFTERNOON JUNIOR DEVELOPMENT - NAMBOUR SHOWGROUND

Racing/Skills/Training on Indoor Trainers - these will continue for another few weeks whilst enough daylight continues - Start time 5.00pm.

SATURDAY MORNING JUNIOR DEVELOPMENT - SKILLS/RACING - 8.30AM

Subject to Police approval these will commence on Saturday Morning 14 APRIL
The location is at Radar Hill Road on the Northern end of Nambour. Most people I believe will come from the South - travel along the M1 - past the Nambour/Bli Bli Interchange and take the Parklands turnoff - turn right - then right again over the Highway overpass and immediately turn right into immediately Radar Hill Road.

ADULT SKILLS COURSE

This 8-week course has now been completed. Those who completed the course agree that they improved the bicycle handling skills many times over.

HAMILTON-PINE WHEELERS - RACING FOR JUNIORS AT NUNDAH - 17 MARCH

Five of the Clubs Juniors travelled to Nundah to be part of the Junior Challenge with considerable success Rory Bown was 1str in the Under 11 - Brendan Hill 1st in the Under.15 Division - Daniel Fitter 4th in the Under.13 and Ryan Cavanagh 5th also in the U.13 Division - This weekend several of the Juniors will be travelling to Brisbane to participate in the JETS Selection Trials.

Regards Merv McDonald

merv@redzone.com.au

2007 Cystic Fibrosis Queensland Charity Ride.

Enjoy all the fun of the great outdoors as you undertake a 10km ride around Kawana Waters in the **Tour de Kawana Charity Bike Ride**. This fun-filled event is encouraging families from all over South East Queensland to participate in the 10km ride on April 29; to raise much needed funds for Cystic Fibrosis Queensland.

In 2006, the Tour de Kawana Island raised much needed funds for Cystic Fibrosis Queensland, as it encouraged participants to *Take a Breath for CF*. Approximately 400 participants attended the bike ride, and this year it is expected that this number could grow to 800!

And if you're worried that a 10km circuit isn't enough to challenge your physical abilities, a 30km criterium is also being offered for the more serious cyclist amongst us.

The afternoon will end with the Sunshine Coast Cycling Club undertaking it's Men and Women's A Grade criteriums, whilst other attendees enjoy jumping castles, face painting, old MacDonald's farm and other activities supplied by Hot91 FM. A coaching clinic will also be available for enthusiastic cyclist.

We welcome ANZ back from last year's event as a Platinum Sponsor for the 2007 Bike Ride. All of the Tour de Kawana's other generous sponsors can also be viewed by clicking [here](#).

To purchase your entry to the Tour de Kawana Charity Cycle online click [here](#)

The Knicks and Jersey's have arrived for the 2007 Cystic Fibrosis Queensland Charity Ride and under arrangements made with CFQ Travis Shultz of Shultz Toomey O'Brien has bought all of the knicks and jerseys and will be able to sell them to us for a **cash only price** of \$50.00 per piece, they cost CFQ \$68.00 per piece.

If you would like a jersey or knicks please let Travis know tschultz@stolawyers.com.au or phone: 5413 8925

The jerseys are available for \$79.95 through CFQ so if you want one from Travis please let him know how many and the size so that he can order it.

SEQ Tour

The closing date for registration to the SEQ Tour is fast approaching. If you have not already registered, you will need to do so by the 5th of April.

To register, simply select the Online Entries menu option on Cycling Queensland's website.

To enter the competition is as simple as entering a race. Simply select your grade from the list and continue to the payment screen. The cost is \$22 for a season long competition. The more people that register the better the competition will be.

Personal Training Studio

A new personal training studio has opened in Mooloolaba consisting of seven great trainers.

For further information you can email Nick at: gotraining@optusnet.com.au introductory letter below:

Hello to everyone at the Sunshine Coast Cycling Club,

Our team of Health and Fitness professionals here at GO Training Studios would like to congratulate you on taking the time to sit down and read this possibly **life changing** letter!

Our superb team of professionals inclusive of 10 master trainers and a masseuse are ready to help change your lives for the better. The most recent statistics show that over 50% of Australians are overweight or obese. **NOW THAT'S SCARY!!!** Our team is rapidly growing and thanks to our amazing trainers we have recently evolved into one of the largest personal training organizations on the Sunshine Coast.

The facilities we have here at GO are unmatched, not only do you get to workout in a first class studio with a first class trainer, but you also have access to the heated swimming pool, the sauna and changing rooms with showers. Then why not treat yourself with a relaxing massage with our fantastic onsite masseuse.

All our trainers are passionate and committed to empowering people to live healthier, stronger and fitter lifestyles. We here at GO want to help people reach their goals and that is why we are offering you your first session absolutely **FREE!** So give us a call on **1300 GO TRAINING**, to book your self in for an amazing session and see first hand what all the fuss is about.

Look forward to hearing from you,
The GO team

Cotton Tree Tonnes

Meeting Place: Cotton Tree Swimming Pool car park
Time: 6am, first Sunday of every month.
Contact: Trevor 0404 095491, Julian 0413 867 073
Ride Type: Mid-paced longer group ride to challenge newcomers and put some ks in the legs of the experienced. Mid-way coffee break puts the accent on the social.
Distance: 100km (approx).
Route: A different route every time, taking in the best scenery the Sunshine Coast hinterland has to offer.

For further information contact Julian Porter at julianporter@mail.com

Wanted

Road bike complete or frame and fork only, Colnago or similar, around 3 years old
 Ph Albert 54459681 or email shazzyjold@dodo.com.au

Avanti Women's Ride

Thank you to Mel for helping Terry Bourne with the Avanti Women's Ride which was held on the 10th March in conjunction with Bike Week. It was a great morning with almost 20 women participating. Pat Oxenham was the winner of the Sub Zero women's racing bike, which was the 'lucky door prize'. Mel has been instrumental in organising the Girls Grind, which leaves Hot Pips at 6.00am on the second Saturday of each month. The primary objective and the purpose of the Girls Grind is to encourage women's cycling on the Sunshine Coast with a focus on maintaining enjoyment of exercise and fitness.

For further information on the Girls Grind contact Melissa melgaudart@hotmail.com

PAGE 12 Sunshine Coast ☀ Sunday

One week life cycle



WELL EARNED BREAK: Melissa Gaudart and Sue Wheeler take a breather after a 55km ride to launch Bike Week yesterday. PHOTO: CHRIS MCCORMACK/CMR369

By ROXANNE MCCARTY-O'XAME

Riding events push women towards fitness

THE flash of bright riding shirts was hard to miss yesterday morning as women took to the streets to show everyone how it's done for the launch of Bike Week.

Women of all ages and ranging from seasoned cyclists to the occasional recreationalists put their tushies on their pushies for the 6.30am start in Mooloolaba.

The Avanti Women's Ride saw 30 women undertake a 55km trek – a journey beginner cyclist Sue Wheeler said was the longest she had tackled. "I am really pleased that I made it as I had requested a breakdown van ... for me, not the bike," she laughed.

"It's a great thing to do. It makes you feel good and I got to meet a lot of people. "I felt like I was the slowest there, but it didn't matter as it wasn't a speed thing."

Seasoned cyclist and ride organiser Melissa Gaudart said riding with other people was a great way to make exercise enjoyable.

"Women need not to be embarrassed about being unfit, it's not an excuse not to cycle," she said.

"You just need to get out there and doing it socially makes it more fun."

Melissa organised Bike Week events in Brisbane last year and hopes one day the Sunshine Coast will match up with greater numbers joining the environmentally-friendly activities.

Bike Week activities will continue throughout the Coast this week with seniors mountain bike riding in Noosaville Lions Park at 9am Monday and Ride To Work Days in Maroochy Shire on Wednesday, Caloundra on Thursday and Noosa Friday.

Next Saturday will see bike safety checks at Noosa Aquatic Centre from 2.30-4.30pm and a family ride will leave Noosaville Lions Park at 10am next Sunday.

Organ Donation Charity Ride

Mary Long would like me to pass on her thanks to all members that participated in the Charity Ride in February.

CERTIFICATE OF APPRECIATION

AWARDED TO: **Sunshine Coast Cycling Club**

**WITH A SPECIAL THANK YOU FOR YOUR
GENEROUS SUPPORT!**

MARY LONG
ORGANISER
ORGAN AND TISSUE DONATION AWARENESS RIDE
“CYCLE OF GIVING”
2007

SCCC Minutes of March Meeting

Present: David Wighton, Simon Hudson, Peter Chrimes, Paul Clarke, Ross Blumel, Merv McDonald, Gwen McDonald, Phil McFarlane, Rigby Doherty.

Apologies:, Julie Bonar, Ron Boyle, P Chrimes

Meeting Opened at 7.07pm

Minutes of the previous meeting read and accepted

1. Paul Clarke,
 2. Ross Blumel
- Passed

Treasurers Report:

Cash in bank \$12179as at 08/03/2007. \$2043 is junior development grant money. Plus \$6329.85 term deposit is re-invested for 4 months at 6.35% in BOQ Mooloolaba.

Inward mail: Nil.

Outward Mail: **Nil**

GENERAL BUSINESS

Track

Ross Blumel advised that 7 of the 20 new lights were still not operational but the electrician seemed to think it would not be major. He is attending track next Wednesday to investigate and hopefully repair.

Juniors:

Junior Development is due to start on 15/04/2007. Merv will confirm the new venue when all permits are in place.

Constitution:

Merv expressed some concern that our constitution was not in line with CQ's with regard to the Financial Year. Ours ends 31/10 and CQ's ends 31/12 each year.

Simon to speak to CQ to see if we need to do anything.

Commissaires:

Phil McFarlane reported that at this stage he needs 8 commissaires for the Tour de Sunshine Coast. To date he is the only one and if we cant secure the seven more required we wont be able to race. There is a shortage of Commissaires at Club and State level and Phil urged the committee to recruit some ASAP to ensure the future of racing. The club reimburses the cost of the course once the participant has finished it.

If you know of anyone who may be interested in doing the course contact someone on the committee or Phil McFarlane.

Julie Bonar to put a request on our site.

Caboolture Cycle Club:

Rigby Doherty advised that he will audit the clubs books and lodge the necessary forms to the Office of Fair Trading to wind up the club. At this point we can get the money they have in their account as previously arranged.

A motion was moved by Dave Wighton and 2nd by Ross Blumel " That the S.C.C.C. authorize Rigby Doherty to proceed with voluntary winding up of the C.C.C.C. (via Tony Russell) a previous Caboolture committee member."

Motion was passed unanimously.

The committee would also like to express their appreciation of Rigby's work.

Uniforms:

The 2007 uniform design has been finalised and we are waiting on a mock-up with the sponsors logo's in place. Once we receive that we will circulate it on the website. Members will be able to place orders and the club will order a quantity of stock also.

The committee will offer a discount to members who place orders and deposits once the final price is known.

Duty Roster:

Ross reported that the duty roster has worked well so far. Paul Clarke is to adjust the sign on forms so that we know which members have nominated a race to volunteer for.

Tour de Sunshine Coast:

The club has increased to allowance paid to commissaries in an attempt to attract more.

Posters and Flyers done. Permits are in place with police, council and main roads approval.

Dave has done a great job again to get things to this stage and hopefully we can get enough commissaries in time.

Tour de Kawana:

All progressing well. Dave has attended the race committee's meetings regularly and things are on track for another successful race on the new course at Innovation Parkway.

Junior Tour:

Merv reported progress so far.

Set down for 28/29th July. Draft programme is 28th TT morning RR a' noon
29th Crit morning 2nd RR a'noon.

Meeting Closed 8.45pm

Next meeting 12/04/2007.

This is 2nd Thursday for April due to Tour de Sunshine Coast.

HPRW Racing

HPRW Winter Road Program racing this Saturday (7th April) will be at **LAKESIDE**. 8am start for all grades (**Please note - 8am start!**)

* **Full Road Racing Program** is at www.hamiltonwheelers.com/index_page3.html

Race Results

Great results from Julia Emblin, Ron Boyle and Don Jaenke who have just returned from competing in Melbourne on the 26th March in the 2007 Australian Masters Road and Track Championships.

Ron Boyle: Gold Derby
Gold Time Trial
Gold Scratch Race

Don Jaenke Silver Time Trial
Bronze Criterium
4th Road Race

Julia Emblin Gold Road Race
Gold Criterium
Gold Time Trial

Full results can be viewed at

<http://www.vic.cycling.org.au/2007AustralianMasters/07masters.htm>

Ron and Julia are now off to the World Masters in Austria, we wish you both all the best.

The Mooloolaba Triathlon Festive was held on the 24th and 25th with the Elite Criterium held on the Saturday afternoon, featuring Tony Mann and Craig Gibbs. Both Tony and Craig rode strongly, unfortunately Craig crashed mid way through the race on the roundabout, which had previously claimed many, and had to withdraw.

Triathlon Results

Ben Holland	2 nd	1.54.16
Matt Wolstencroft	5 th	2.00.34
Mark Gardiner	1 st	2.08.45
Chase Young		2.13.50
David Chick		2.15.07
Oscar Boulton		2.15.20
Ross McNally		2.40.12

Teams

Spin City Retros	1 st	2.08.37	Mick Jones
Super Ultra Premium Light	2 nd	1.53.48	Danny Wishaw
Pilchard Militalia	4 th	2.00.16	Jack Hudson
Shultz Toomey O'Brien		2.01.46	Travis Schultz?

Wishing everyone a Safe, Happy Easter and good luck to all those members racing in the Tour.