



Friday 12th September 2008

SWCC web site www.southwestcycleclub.com.au

POSTAL ADDRESS : PO Box 1208 Bunbury 6231

MEMBERSHIP DETAILS <http://www.wa.cycling.org.au/membership.html>

MEMBERSHIP PAYMENT ADDRESS: 60b Mindalong Close Bunbury 6321

President Jo Moore - Jo.Moore@health.wa.gov.au

Editor John Hanczakowski - jhanza@bigpond.com

General enquiries John Hanczakowski 0424 899 491

SWCC GROUP RIDES

Sat	7.15 am	33-34 km/hr	50 km	Coffee @ The Dome	E Centre	
Sat	7.15 am	28km/hr	44 km	Coffee @ The Dome	E Centre	Leader: Ian Fairlamb
Sat	7.30 am	Hard	50 km	Coffee @ The Dome	E Centre	
Sun	8.00 am	Social	40 km	Coffee @ The Dome	E Centre	
Thurs	6.00 am	35k+ av	40 km	Coffee @ Benesse	E Centre	

For the course route and further info on Saturday's ride, see <http://swcycleclub.4shared.com/>

UPCOMING EVENTS

Sun 14 Sep Long Ride Dome 7.30 am
Sun 21 Sep State Team TT Championships Pinjarra
Sun 12 Oct Long Ride & AGM 85 Dunstan St Bunbury

NOTE

A Ride It Licence will enable riders to participate on any of the SWCC group rides, and it is rider's responsibility obtain a licence from the club.

Club News– by Jo Moore

Dream Team Lives up to Reputation

The Dream Team lived up to its name on Sunday when it claimed victory over the Fitzroy Cycles team by 5 seconds in the club team time trial around the Ferguson Valley. The result tested the Fitzroy team harmony and with strong time trialler John Starr unable to compete in the state event it will be difficult to reverse the result on the Pinjarra course.

Earlier in the day the combination of Harry, Tony and Bradley were first to head off with Tony demonstrating his strength of spirit in riding around the valley in a club event just one year after his accident. This team were not well matched however with Harry powering on the flats and Bradley racing away on the climbs. Bradley attempted to join up with each team that overtook them till in the end Tony and Harry told him to wait for them after the long climb.

The dream team started very conservatively and Fitzroys were able to reduce the minute gap very quickly and catch them before the first climb. It was at this point Fitzroys knew they were in trouble however with Busselton rider Kim Nesbitt dropping a long way back on the climb. This enabled the dream team to move away again. They continued to dangle tantalisingly in front of the Fitzroys team through the valley but unfortunately Kim was struggling every time the road tilted upwards.

Meanwhile Erik riding on his own powered straight past the three teams and tested his fast looking time trial machine and wheels. Probably slightly fatigued from the Saturday group ride he did not replicate his impressive effort at the state time trial, but still posted a respectable time for the 39km hilly course.

Heading for home the teams all enjoyed the downhill run and tail wind although Jo tested the skills of the Fitzroys group when she suggested they should swap off the other way resulting in a lot of confusion in the group and a near collision. Unfortunately Harry's team were also hampered on the way back to Dardanup when a car sprayed an unknown liquid on the riders. Tony and Bradley stopped to clean themselves up and could probably take 5 minutes off their team time. The dream team were well pleased with the final result and will enjoy bragging rights for some time to come. Many thanks to Christine, Bradley's mother who assisted with timekeeping.

Results: E. Mellegers 1hr 02.37; Dream Team 1hr 06.26; Fitzroy Cycles 1hr 06.31; Harry & Co 1hr 18.10

Dardanup Shire Receptive to Cycle Friendly Message

Jo and Linda presented at the Dardanup Shire council meeting this week to promote cycling and discuss strategies to raise road users awareness of cyclists training in the Dardanup area. Pleasingly the Shire Councillors were quite receptive and can see the benefits in being known as a cycle friendly area. A particular cord was struck when Jo suggested cyclists were only asking to be treated with the same respect as the local cows that motorists seem quite happy to slow down for!

The next step will be to meet with the Dardanup Roadwise committee and investigate the possibility of erecting 'share the road' type signage in the Ferguson Valley area.

September Long Ride

See attachment.

Saturday Group Rides

All rides will move 30 mins earlier commencing on **6th October**.

Be Active Cycle Instead Cycleskills Sessions

A reminder that the Monday afternoon Cycleskill sessions are a great way for riders to improve their skills. Meet at 4:30pm at the Dalyellup end of Tuart Walk.

Fitzroys Ride

Tuesdays 6 pm 46 km, finishing at Henry's at 7.20 pm. Average speed approx 35 km/hr. All welcome.

