



Department of
Sport and Recreation

'The state government through the Department of Sport and Recreation and Lotterywest is a major sponsor of South West Cycle Club. Sport and recreation builds stronger, healthier, happier and safer communities'

Friday 18th December 2009

SWCC web site www.southwestcycleclub.com.au

POSTAL ADDRESS : PO Box 1208 Bunbury 6231

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

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. rides start at the Entertainment Centre and finish with coffee @ Dome

Sat 6.30 Christmas Social Ride

Thurs 6.00 am Medium E Centre 40 km Coffee @ Benesse

UPCOMING EVENTS

Social Christmas Ride

The Inaugural Social Christmas Ride is Saturday 19 December at 6.30am. Remember your Christmas Spirit and dress for the occasion. Breakfast and coffee will be supplied at the end of the ride at a nominal cost of \$10. Ride starts at the Entertainment Centre and finishes at the park near the boat ramp on Stirling St. The usual 50km distance will be covered and we will be waiting for all riders. Father Christmas will be making a special guest appearance. The jolly man has already been practicing his ho, ho, ho. In order for catering, please RSVP at your earliest to I.mcnaughton@imagingthesouth.com.au or Sue.Della@premiercoal.com.au. The usual Saturday rides will return the following week, on Boxing Day.

Sun 8.30 am TT Dardanup

Christmas Day Ride– E Centre 40 km (Thursday route) social pace 7 am

MEMBERSHIP

A Recreational Licence will enable riders to participate in any of the SWCC group rides, and it is the rider's responsibility to obtain a licence from the club. Join ON LINE now!!! Membership is required to participate in all of the club's TT's and other races on the calendar.

Club news– by Jo Moore

New Ride Leaders

Lorrie, Tara, Donna, Dudley, Graham Blackwell and David Kwiewit all attended the ride leader session on Saturday and it is great to have a few more to help out. Well done to Kim who has made up some great Welcome Cards for new riders that Russell was keen to put into use straight away in 'welcoming' a new female rider.

Novice Series a Huge Success

Around 25 riders took part in the first novice session on Sunday which was fantastic to see. Well done to Donna on her efforts in promoting, assisted by the flier put together by Liz. Four groups were formed and all comfortably completed a 20km ride out to the cut and back practising a couple of different ways of swapping turns and the skills of riding in a group. Many thanks to John Hanczakowski, Tony Nash, Liz and Sue, Lorrie, Donna and Andrew Lanigan for helping out as ride leaders.

This weekend the novices have been encouraged to come out to Dardanup where there is a longer TT event scheduled and there will be the option of riding 20-24km and work further on skills and confidence in riding in a group. Once again it would be appreciated if a couple of people could help out on the day as ride leaders.

Longer TT 8:30am Sunday Dardanup Hall

This Sunday there will be the option of riding 24 or 39km as an individual or as a team. Good training hit out for those planning to go across to the TDU or to complete some longer ATTA time trials. There will be a group riding out from the entertainment centre at 7:30am.

CYCLIST PROFILE

Russell has been involved in cycling as well as triathlon for many years now, and has been on the committee of both clubs. Not only is Russell a hard working person for the club, who is instrumental in promoting club membership in his usual quiet but efficient way, but he has also completed an Ironman as well as making big improvements in his cycling.

NAME: Russell Horlin

BIRTH PLACE: Perth

OCCUPATION: Self Employed

FAVOURITE CLOTHES: Shorts and Singlet

FAVOURITE FOOD: Thai Food

FAVOURITE DRINK: Corona

FAVOURITE MUSIC: Foo Fighters, Cold Play, Robbie Williams, AC/DC, etc.

WHAT I WOULD CHANGE IN THE WORLD: Negative people, Greedy Politician

PET HATES: Smoking & Littering

REASON FOR GETTING INTO CYCLING: Fitness and Friends

FAVOURITE EVENT: Ironman

MOST ENJOYABLE ASPECT OF THE SPORT:

Coffee and a chat

ANY EMBARRASSING MOMENTS IN TRAINING/

RACES: Nah, I can't remember any.

TRAINING PARTNERS Big Kel, Chris Kiley and Group 1,2, & 3

HOBBIES/INTERESTS Triathlon

SPORTING BACKGROUND: Played Footy, Cricket, Tennis and had a go at just about everything else.

FAVOURITE TRAINING AREA: The Valley

FAVOURITE TRAINING SESSION: Saturday Ride

SPORTING HERO: Craig Alexander.

BIGGEST INFLUENCE OF SPORTING CAREER

George Terpou, an old Football Coach

WEEKLY TRAINING: A bit of everything SBR

GOALS THIS SEASON Sub 5 Half Ironman and to flog

Tess and Big Kel the same day

LONG TERM GOALS: Ironman WA 2010

BIGGEST ACCOMPLISHMENT: Becoming a Dad and Finishing an Ironman,

ANY OTHER COMMENTS: Nah!



TT Report-Linda Evans

Strong Southerly winds once again greeted the time triallists on the last Wednesday evening for 2009. Despite conditions being tough for some a few still managed to post PB's. Rob Astromsky took 1 sec off his best and Adrian was 17 sec faster than his previous time! The two mountain bikers James and Logan continue with yet another great ride with their 3rd consecutive PB. Erik continued with his consistent times no matter what conditions are thrown at him. There was a close competition between 2 – 5th with only 24 seconds separating them.

Many thanks once again to our timers Margaret (who looks great in the club shirt) and Kate. Ours starter Brian Kennedy donned in his safety clothing and looking very official and our spectators who clapped and cheered. The next Wednesday TT will be on 13th Jan 1010.

Merry Christmas to you all and have a safe new year.

Movember

Well done to Paul Kelly who raised \$700.00 in Movember, raising funds and awareness for mens health.

Calendar Change

On 7th February, the club event has been changed from a time trial to a short road race at Sratham.

Early Bird Membership Incentive

Join up now and be eligible to win a \$150.00 voucher from the SWCC and Fitzroy Cycles. A reminder of the Fitzroys ride 6 pm on Tuesdays leaves from the shop. Approx 48 km

Introductory Cycling Series

Do you want to improve your fitness, increase your skills and confidence at cycling on the road? South West Cycle Club is offering a 9 week introductory program where you will be supported by ride leaders to gradually increase your cycling distance riding in a small group.

The rest of the Sunday program is:

20 December	8:30am	Dardanup Hall	24km
27 December	7.30am	Entertainment Centre	20km
3 January	7:30am	Entertainment Centre	30km
10 January	7:30am	Entertainment Centre	30km
24 January	8:30am	Dardanup Hall	24km/39km
31 January	7:30am	Entertainment Centre	40km
7 February	8:30am	Dardanup Hall	24km/39km
14 February	7:00am	Fitzroy Cycles	30km/50km/80km followed by a celebratory brunch!!

Cost: All participants are required to join the South West Cycle Club and purchase a Recreational Licence for the cost of \$77.00. This membership is valid for 12 months and includes public liability, professional indemnity and personal accident insurance.

To join the SWCC, log onto

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

For more information please contact Donna Gellard on mobile 0438 218 600 or visit her at Fitzroy Cycles.