



Department of
Sport and Recreation

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Friday 29th January 2010

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 6.45 am Grp 1 Ride average ride speed 36-37km/hr 50 km Leader:

Sat 6.45 am Grp 2 Ride average ride speed approx 34km/hr 50 km Leader: Jo

Sat 6.45 am Grp 2 Ride average ride speed approx 31km/hr 50 km Leader: Paul

Sat 6.45 am Grp 3 average ride speed 26km/hr 44 km Leader: Graeme

Sun 6.30 am 100 km Vittoria St Picton Contact Kim to get on the txt list 0408877022

Tues 5.45 am Hastie St car park av spd 31km/hr (33 km/hr on the flat) 40km Coffee @ Benesse

Thurs 6.00 am Medium E Centre 40 km Coffee @ Benesse

EVENTS

Sun 31 Jan TT Wandi

Sun 31 Jan Criterium Peel CC 8:30 at Smeaton Way Rockingham.

Sun 7 Feb Road Race Stratham

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

Membership Draw

The early bird membership draw will be conducted after the long ride on Sunday February 14th at Fitzroy Cycles in conjunction with a brunch celebrating the conclusion of the Sunday morning novice series. Long ride and novice ride details will be in next week's newsletter.

Many thanks to Fitzroys for once again supporting the club with the early bird prize sponsorship. If you are yet to renew your membership please do so asap or expect a gentle tap on the shoulder from your friendly committee members....

Stratham Race

On Sunday 7th February the club will be hosting another short club event of 3 laps (24km) around the Stratham circuit. The previous event won by Jose was extremely popular and the Stratham circuit is testing but enjoyable. Previous comments about handicaps and 'intensity levels' have been noted and appropriate adjustments will be made!

If you are able to help out with timing or marshalling please let Jo know.

Novice Series report– by Sue Della

Last Sunday we had 20 plus riders turn up for the ride from Dardanup Hall to Burekup. Donna Gellard organised the riders into three groups and headed towards Burekup for a 30km ride. The faster group was lead out by Greg and Tess, but the temptation on the way home to ride pass the "Y" was too much. So Greg, Tess, Sue, Stewart and Jeff all took a detour up towards the "Y" for some extra training.

On returning to the Dardanup Hall we were all in for a treat, not only did Sylvia Griffin manage to ride in the fast group, she catered for morning tea, well done Sylvia. We had a new

member join SWCC, Gearold McGrath, (the boy with the Irish Accent) who rode strong for his first ride with the club.

Its great to see SWCC ride leaders giving up their Sunday morning to help out with the Novices. They all appreciate the skills being given to them and they are all improving each week (watch out group 1). There are three more rides left so all the support for these rides is appreciated.

CYCLIST PROFILE

Liz's made an immediate impact as a committee member this season, with the introduction of the social Christmas ride which was very successful. She also developed some new promotional material for the Club which looks really impressive. Contrary to her claims of being hopeless on the hills, Liz has shown glimpses of good form through the hills.

NAME: Liz McNaughton

BIRTH PLACE: Adelaide, South Australia

OCCUPATION: Operations Manager, Imaging the South. Diagnostic Imaging Specialists

FAVOURITE CLOTHES: My new ones!

FAVOURITE FOOD: Teriyaki Fish

FAVOURITE DRINK: Shaw and Smith SSB

FAVOURITE MUSIC: Has to be David Bowie. But like lots of different genres.

WHAT I WOULD CHANGE IN THE WORLD:

Stop population explosion

PET HATES: Hmmm don't really have any Pet Hates

REASON FOR GETTING INTO CYCLING: Sick of my brother regaling all his exploits (or so called)

FAVOURITE EVENT: 2-up time trials

MOST ENJOYABLE ASPECT OF THE SPORT: Social interaction with my fellow SWCC members (yeah right!!!)

ANY EMBARRASSING MOMENTS IN

TRAINING/RACES: The usual of course – when I didn't get out of the cleats quick enough – but that was when I first started riding

TRAINING PARTNERS: Sue and Greg and my Captain Stirling mates when I get to ride in Perth

HOBBIES/INTERESTS: Cycling of course – but love spending time with friends and the movies

SPORTING BACKGROUND: No sporting background, just keeping fit

FAVOURITE TRAINING AREA: Kalamunda and Ferguson Valley – shame I'm hopeless on hills, but I do like riding in the country.

FAVOURITE TRAINING SESSION: Sprint sessions

SPORTING HERO: Cadel (sorry Allen!)

BIGGEST INFLUENCE OF SPORTING CAREER: What sporting career!!!

WEEKLY TRAINING: Far too much work to get out too much. But when I do I like to mix cycling with running and now rowing.

GOALS THIS SEASON: Hmmm stop working so much so I can ride with Group 2

LONG TERM GOALS: Long term is not on the radar at the moment. Short term goal is training for Italy in June.

BIGGEST ACCOMPLISHMENT: Get through the last 2 years.



Saturday Group 2

In the past we decided not to split this group until our numbers reached 30. However last Saturday we trialled splitting the group 2 ride into two different groups and having a faster group as well as the normal paced ride, even with smaller groups. Previously we have had significant problems where group 2 has had large numbers and the prevailing weather conditions have highlighted the differences in ability within the group. This has resulted in the group splitting up.

Ride leaders Chris and John reported that the format worked well, with the faster group riding at about 36-37km/hr on the flat, (ride av approx 34) while the second group rode at the usual 33km/hr. (ride average approx 31km/hr) This worked well and the smaller numbers in each group made for a good ride. This trial will continue and riders who ride with the faster group 2 ride are asked to **all participate** in the pace-line, and not sit on. The group will wait for a maximum of 2 minutes at the regroup point at the end of the hills. Riders who cannot keep up with this group can drop back to be picked up by the next group. **Ideally, know your ability, be realistic and choose the correct group.** Don't overestimate your ability. If in doubt, choose an easier group. The two groups leave at separate times and do not join up. Riders who exceed these speeds will be asked to slow down. Please be realistic in regards to your ability and choose the correct group on the day.

The average speed and speed on the flat is not fixed, it is a guide, due to the weather which is a major factor at this time of the year. It is up to each ride leader to ensure that ride speeds are appropriate for their group. Riders need to heed the instructions of the ride leader.

Bicycle Users Group (B.U.G.)

A meeting of this group was held on Thursday 28th January. This group has been set up to look at cycling issues in the greater Bunbury Area. Membership of the group is quite broad, from serious cyclists to recreational cyclists and will focus on the promotion of improving cycling facilities in our region. By having a presence within the community, ideally the group will be able to influence decisions that are made at council level that are in the best interests of cyclists in our community. The next meeting will be held on 11th February at the Community Recreation Centre, Hudson Rd.

Thanks to our club members who attended the meeting:

Chris Visentin
Andrew Lanigan
Jo Moore
John Hanczakowski

Introductory Cycling Series

The rest of the Sunday program is:

31 January	7:30am	Entertainment Centre	40km
7 February	8:30am	Stratham	24km/39km
14 February	7:00am	Fitzroy Cycles	30km/50km/80km

followed by a celebratory brunch!!

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