



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 31st 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

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SWCC GROUP RIDES

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

Fri 1 Jan E Centre New Years Day Lap of the Valley see below

Sat 6.45 am Grp 1 Ride av.spd 35-36km/hr (39-40km/hr on the flat) 50 km

Sat 6.45am Grp 2 Ride av.spd 31km/hr (33-34km/hr on the flat) 50 km Leaders: Jo/David Kiewiet

Sat 6.45 am Grp 3 Ride av.spd 26km/hr (28km/hr on the flat) 44 km Leader; Greg Della

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

Thurs 6.00 am Medium E Centre 40 km Coffee @ Benesse

Sun 10 Jan 7.00 am 75-80 km Monthly long ride Details to be advised next week (hosted)

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.

NEW YEARS DAY RIDE/S

Option 1

EXTRA KM RIDE, Starts Entertainment Centre 6.00am, same route but will go to Lowden and return. This ride is planned to join up with the 7.00am ride for the sprint back to town for a coffee. Already 5-6 starters, ring Kim on 0408 877 022 if you need some motivation.

Option 2

Lap of the Valley - Starts Entertainment centre 7.00am

Novices Tested with Hill Repeats

The Sunday novice group were tested with repeats on the hospital hill last week practicing in and out of the saddle climbing techniques. This week the program entails an increase in distance up to 30km. Many thanks to John H., Tony, Lorrie, Tara, Liz, Sue and Greg for helping out. Please let Jo or Donna know if you are able to assist as a ride leader for one of these Sunday rides.

Traffic Related Complaints

Road rage against cyclists appears to be an increasing trend in recent years. Instead of just hurling back abuse at the motorist, pro-active action can be taken to make drivers aware of cyclists' rights.

Traffic-related complaints can be made to the WA Police via the following link:

<https://ebusiness.police.wa.gov.au/PAC/TCF/Default.aspx> This link will be listed on our web site.

Early Bird Membership Incentive- CLOSING TODAY!!!!

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

Cyclists call for patience, respect

THERE needs to be greater respect and patience for cyclists using Bunbury roads, according to the South West Cycling Club.

The call comes after the State Government announced it would chip in \$30,000 for the city of Bunbury to develop a cycle plan.

Club vice-president John Hanczakowski said there was a lack of cycling facilities in Bunbury.

"If the city of Bunbury wants to cater for the growing population they also need to cater for an increasing number of cyclists and make the appropriate provisions for them," he said.

Mr Hanczakowski said the city should move away from shared facilities for pedestrians and cyclists.

"Shared facilities might be fine for recreational cyclists but for many road cyclists shared facilities are just not appropriate," he said.

This meant the majority of professional and amateur cyclists used roads.

"Generally the motorists here aren't very patient with cyclists particularly compared to Europe," Mr Hanczakowski said.

Club president Jo Wilson said improved cycling infrastructure was badly needed in Bunbury particularly after the Back Beach upgrade failed to adequately cater to cyclists.

"I think what Bunbury is doing is good though it is probably a bit late," she said.



The South West Cycling Club's John Hanczakowski and Jo Moore are hoping for better facilities for cyclists in Bunbury. PICTURE: DAVID BAILEY

From: South Western Times 31st December 2009

South West Bike Week 2nd-8th Nov 2009— by Brian Kennedy

A very big thank you to all the members of the South West Cycle Club for their financial and physical support for this very worthy cause.

The week was a huge success in terms of being the first official ride, the total number of cyclists involved during the week as well Sunday 8th Nov and the total funds raised.

The funds raised was beyond my expectations because the more firms and companies I approached, the more I learnt that there is only so many charity dollars available that had already been committed, I had to lower my hopes of raising a reasonable amount for Balya.

However several club members and members of the over 40 club plus workers from Worsley, Annie from Natural Temptation Café and Bunbury City Councillors, RCR Engineers, Scott Park Homes, Crankn Cycles, Harvey Fresh, John Castrill and several other donations stepped up and we raised \$17663.

This is truly a wonderful effort and on behalf of Balya Cancer Retreat I thank you all very much. Please contact me personally if any family or friend needs some financial support to attend a retreat.

Cancer is a challenge, and thank you for accepting the challenge to ride and raise funds for Balya,

A special mention to Gary Brennan, Sue and Greg Della and Paul Kelly. Your efforts were outstanding and I am very grateful. I filled up a bit but when presented with \$406 from Child Side Primary School these funds came out of their own pocket money. These children will be very good citizens. Happy and healthy cycling, Always– All Ways. Thank you. Brian Brun

Introductory Cycling Series

The rest of the Sunday program is:

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	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

Inform Riders

Plenty of riders are obviously putting in the extra k's which is paying off on the road. **Mike van Duijnhoven** has quickly got back into form after his sojourn over east and riding strongly with group 1 on Saturdays. And let's not forget that Mike is also 62!!.... **Ian Fairlamb** is also heading the group 1 riders through the hills on Saturdays and riding strongly, getting ready for the Karri Cup (maybe).....**Susan du Plessis** is always at the front through the hills during the Saturday rides recently.....**Paul Falloon** has been seen to be riding strongly with the Thursday group. New member **Carl Tisley**, who is Graham Hemson's brother in law, has obviously been getting some tips from him as he has slotted in nicely in the Tuesday am ride...**Franz van Zyl** is rumoured to be putting in 20 hours a week as he prepares for the Karri Cup, plus a multi day MTB event over east next year....**Sue Della** was seen to be powering up the hills on last Sunday's novice series ride.....**Denny Teede**, who is nudging 40 km/hr in the time trials, is also in great form at the moment....**Ryan Rowlandson** has stepped up nicely to group 2 on Saturdays, while fellow skater **Mat Reynolds** has the makings of a promising cyclist with his efforts.