



Department of
Sport and Recreation

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Friday 5th February 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

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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: Brad or Kim

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

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

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

Mon 5.00 pm Cycleskills Dalyellup– end of Tuart Walk

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 7 Feb 8.30am Road Race Stratham

Sun 14 Feb Long ride Details to be advised next week

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

24km Stratham Event Sunday 8:30am

The club will be hosting another club event this weekend on the Stratham circuit off Fisheries Rd. All levels of rider will be catered for from novice upward and these events are always conducted in good spirits. The event will start at 8:30am, and riders are asked to register 15 mins prior. There will be a group leaving from Hastie St car park at 7:30am to ride out.

A couple of marshals and timekeeper are required for this event, so please let Jo know if you can help out.

Cycleskills to re-commence

Monday afternoon cycleskills sessions will re-commence this week at 5pm at the Dalyellup end of Tuart Walk. These sessions are particularly aimed at juniors and novices but great for anyone to improve their handling and confidence plus have some fun. Please see Jo for more information.

Membership Draw

The membership draw will take place after the Fitzroys Long Ride next Sunday. Membership numbers continue to grow but there are still some regular riders who are yet to join up, so please make the effort to do the right thing.

Be Active Cycle Instead Pemberton Classic

Held on the long weekend in March on picturesque circuits around Pemberton, the Be Active Cycle Instead Pemberton Classic is one of the friendliest events on the cycling calendar. There will once again be criteriums held on the Saturday and road race events on the Sunday catering for all levels of rider from a 40km novice ride through to 100km A grade mens. For more information click on www.pembertonclassic.org.au. Entries close Tuesday 23rd February.

BUG Meeting

The next Bicycle User Group Meeting will be held at Bunbury Community Health Centre, Hudson Rd at 7:30pm on Thursday 11th February. People who are interested in promoting cycling and in advocating for an environment that supports more people cycling are encouraged to come along.

SWCC Time Triallers Perform Well at Wandi *by Deb Visentin*

Last Sunday six SWCC riders travelled to Wandi, just south of Perth to compete in a 40k time trial. Whilst the weather conditions were not expected to be conducive to recording personal best times Chris Visentin (1:00:56), Denny Teede (1:03:01) and Deb Visentin (33:41) were able to achieve improved times over the 40km and 20km distances. Deb managed an 18sec gain on her previous best over 20km whilst Chris and Denny recorded very impressive gains of 2min22secs and 1min11secs respectively over the 40k circuit. Chris puts his recent gains down to the rigid training program provided by Jo, while Denny just keeps getting faster! The jury is out on both riders until ASADA has completed the urine testing.

Frank Stoffers (1:03:54), looking very trim taut and terrific and Mark Swansen (1:03:45) both rode very strongly recording times close to their PB's. John Starr, sporting a new sleek skinsuit and using the event to try a new ride strategy, recorded the fastest time of the SWCC riders, completing the 40k circuit in 1:00:41. Full results can be viewed by clicking on results at: www.atta.asn.au

It was great to see the Stoffers Cheer Squad supporting the riders along with Mark's Dad and Kim Nesbitt, who enjoyed the event and no doubt was casing the competition for his return to cycling.

The next event to be held at Wandi is the State 40k Time Trial Championships in March. As in the past, SWCC will be strongly represented and all riders intending to compete are reminded to register as soon as possible to avoid missing out on getting a start. If you are thinking about having a go...get on line and register.... ATTA run a very professional, yet friendly event, catering for riders of all levels.

Rowan Brown in Top Form *by Jenny Brown*

Rowan came 6th out of 31 in the MTB champs held in Adelaide. He was second fastest "first year" under 19. In the short course race (like an MTB criterium), he came 5th after a bad start missing his shoe clip in, then getting caught up in the bunch. Handlebars got caught on another bike & he went around a corner with no front wheel on the ground! Managed to regroup & catch up. Was one of only 9 left on the course at the end (you get taken out of race if you get lapped).



Above: Chris is in great TT form. File photo

He competed in the National Round held at Shepparton the next weekend. It was apparently a terrible course and some very strong complaints made (one elite lady rider very explicit at the rego table wanting her money back!). Nonetheless Rowan managed a bronze medal in the long course race on Saturday. He said it was the hardest race he has ever done (esp. mentally I think) and people were "dropping like flies". A race of attrition. Next day was the short course race. This time there was no specific U19 category, just one called "Sport", in which all non elite male riders raced. Rowan came second in a sprint finish, with only 5 riders left on the track at the end - all the others got lapped. .

Saturday Groups

The new format seems to be running smoothly judging by the feedback received. A reminder to choose the group that is commensurate with your ability. If you are in the faster group 2 ride, there is an expectation that you will contribute to the pace line throughout the ride and be reasonably proficient through the hills. The rides all work better if the group members are fairly similar in ability.

Introductory Cycling Series

The rest of the Sunday program is:

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.

Neuromuscular Fatigue & Kinematics during Constant Workload High-Intensity Endurance Exercise

Amanda Overton is a principal researcher for a research project aimed at understanding how an individual's cycling technique changes with fatigue during high-intensity, endurance cycling exercise, and whether or not it is beneficial to use different techniques under these fatiguing conditions. We are looking for participants to be involved in three studies for this research project. If you meet the following criteria you may be able to participate in this project.

Are you.....

- A male cyclist aged between 18 and 45 years?
- Healthy and free from any major injury or illness?
- Cycling at least 250 km/week currently and have been over at least the past year?

By participating in this project you will receive numerous measures of your current physiological status, including your maximal knee extensor strength, maximal oxygen consumption ($VO_{2\ max}$), maximal heart rate ($HR_{\ max}$), peak power output and ventilatory thresholds. You will also be provided with specific information about your cycling technique and how it changes with fatigue, via a full biomechanical 3D analysis.

If you are interested in this project please contact Amanda and she can provide you with an information sheet with more detailed information about the project, or answer any questions you may have.

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