



MEMBERSHIP

The SWCC conducts a range of training activities and group rides and club events over the Summer. All participants are strongly encouraged to take out club membership. Riders can have a go at 3 group or training rides (not club races) prior to becoming a member but membership is required prior to taking part in club races including time trials. Full details of membership categories and costs can be found at- <http://www.wa.cycling.org.au/membership.html>

CLUB GROUP RIDES -Summer

Sat 6.45 am Hard (40km/hr) 50 km Coffee @ The Dome E Centre
Sat 6.45 am Medium (33-34 km/hr) 50 km Coffee @ The Dome E Centre
Sat 6.45 am Easy (28km/hr) 44 km Coffee @ The Dome E Centre
Sun 6.30 am 30 km/hr 100 km Picton School site Contact Kim 0408877022
Sun 7.30 am Social 40 km Coffee @ The Dome E Centre
Thurs 6.00 am 33-35k av 40 km Coffee @ Benesse E Centre

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

LONG RIDES (approx 75-150km)

Long rides are held on the second Sunday of each month. Check the newsletter for start time. Further details about each ride will be e-mailed 1-2 weeks prior to the date. Refreshments are held at the host venue after group rides that are less than 100 km and families & non riders are welcome. Rides longer than 100 km are not necessarily hosted however refreshment stops will be factored into these rides.

Riders should have a reasonable level of fitness to complete the ride. (i.e. be able to average 30 km/hr on flats). For further details contact Long Ride Coordinator-Kim Overington 0408877022

Dates- 8 Nov (Brian Kennedy's ride), 12 Dec, 10 Jan, 14 Feb, 14 March

CONTACT DETAILS

The SWCC Club web site is www.southwestcycleclub.com.au If you would like to receive our weekly newsletter, which provides details of our weekly rides, long rides and general news, write to John Hanczakowski at jhanza@bigpond.com or phone 0424 899 491

The SWCC president is Jo Moore Jo.Moore@health.wa.gov.au The postal address is PO Box 1208 Bunbury 6231

SUMMER PROGRAM

TIME TRIAL SERIES- WEDNESDAYS

DATES - 11 Nov, 25 Nov, 9 Dec, 16 Dec, 13 Jan, 10 Feb, 24 Feb, 10 March

All events start on Recreation Drive, Dardanup, opposite the car park. Distances are 8 or 16 km. TT's commence at 6.00 pm. SHARP. **Nominations**- Close at 5.45 pm Cost : \$ 2 seniors & juniors and includes a free cool drink for riders and helpers after the event.

TT COURSE

Start Recreation Drive, proceed in an anti-clockwise direction, turn left at all intersections 8.4 km per lap

Points System for Midweek Time Trials

3 points for taking part plus an additional 2 points for achieving a PB. PB times will be compared to times held in club records.

TIME TRIAL SERIES- SUNDAYS

Two Ups or longer individual TT

DATES - 15 Nov, 20 Dec, 24 Jan (Busselton - tbc), 7 Feb, 21 Feb

All events start at the Dardanup Hall, Ferguson Rd. Distance options are 25 or 39km and riders can select to do individual, 2, 3 or 4 person teams. TT's commence at 8.30 am. **Nominations**- Close at 8.15 am Cost : \$ 2 seniors & juniors and includes a free coffee for riders and helpers back at the Dome.

RULES for TT's

1. Road rules must be obeyed at all times, keeping left at all times
2. Australian approved helmets must be worn
3. Drafting is not permitted. A minimum of 2 bike lengths to the leading rider is allowed.

All participants are required to have a minimum of a Recreation License.

Have a Go CRITERIUM EVENTS

The club will be conducting Have a Go Criterium Events including a skills session followed by a short 'race'. The first event is scheduled for Wednesday 18/11 with the skills starting at 5pm and racing from 5:30pm. For course details please see the club newsletter.

Short Summer Road Races

The club will also be conducting short summer road races on the 8km Stratham Circuit. The first event is scheduled for Sunday 29/11 commencing at 8:30am with the option of 16km or 24km. Entry fee is \$2 with free post event drinks at the Stratham Road House.

**For further information about any of the SWCC events please contact Jo Moore ph 97924907
jo.moore@health.wa.gov.au