



SYDNEY CYCLING CLUB

Weekly Newsletter

Thursday 21st August 2008



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Introduction

I'd like to thank the few people that responded to my call for EOI in Mountain Biking. There is certainly an enthusiastic group of off-road riders at the club and I'm hopeful that we can work together to set an agenda for MTB training, racing and touring in 2009. Our AGM is not far away so I'd like to hear from all MTB's with your thoughts on how we can make MTB accessible to as many members as possible. It may be useful for us to meet sometime soon and discuss this at length? If you would like to participate in the early planning process of MTB@SCC please phone or email me this week.



Daniel Healey
Race Secretary
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SIGN UP NOW Black Dog Charity Ride

It's time to enter the Black Dog Charity Ride. Entries received after 30th August will attract a late fee (late entries \$120). The Mittagong RSL Motel has accommodation on Saturday night - to book the phone number is 02 48 71 3133. There is also a Tulip Time Ball on Saturday night to which Charity Challenge riders are invited. Fundraising registration go to: http://www.everydayhero.com.au/event/ride_for_a_reason. See my "Ride for a Reason" fund-raising page. You don't have to donate to get the idea) - http://www.everydayhero.com.au/Armon_Hicks.

Register for the event at www.sydneycyclingclub.org.au

Armon Hicks
Ride Captain SCC

Black Dog Charity Ride TRAINING

Those of us that did this ride last year know that it's tough. After 130km you arrive at Macquarie Pass which is one of the longest climbs most of us will ever do (11km). So to help us get fit Meg Croft has devised a series of training rides that will be done at Touring pace. Meet at the Canons 6.30am:

- 24th August: Waterfall—return via Audley
- 31 August: Audley and back via waterfall (approx 110 km)
- 7 September: Stanwell tops, back via Waterfall (approx 120 km)
- 14 September: Sublime Point (ie top of Bulli Pass) (approx 140 km)
- 21 September: Stanwell Tops back via Waterfall (approx 120 km)
- 27 September: BOWRAL (160 km)

Contact Meg Croft: meg.croft@measurement.gov.au

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BIKEBARBICI





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SCC High Performance Training

Hop into our new 8 week training program commencing Tuesday 26th August (studio – free intro session) and Thursday 28th in the Park! The sessions will prepare racing members for:

- Murrays Craft Brewing Co SCC Criterium Series – from 11th October
- NSW Criterium Championships – October 5th

...and build fitness and strength for non-racing members.

Times/Places

- Thursdays – 6am Centennial Park
- Tuesdays – 6.15am – TBC Gym Fox Studios

OPTIONAL – if you miss or cannot make a core session or want to do more:

- Studio – Friday 6.15am; Tuesday 7pm and Thursdays 6.30pm
- Race – Heffron Pk – team racing from 2pm at Randwick Botany races

Cost: \$10 per week - 8 weeks

Sign-on Bonus – members (or guests) signed on before August 28th will receive a pack of Murrays fine ale! Click [here](#) to register for the training – more info will be sent to you!

