



SYDNEY CYCLING CLUB

Weekly Newsletter

Thursday 14th August 2008



MTB at SCC in 2009?

On the subject of MTB I have received numerous requests for the inclusion of Mountain Bike Riding/Racing at SCC. From the conversations I've had with some passionate MTB members I think it could be a very exciting addition to the training and racing activities of the club. **Now I'd like to hear from those of you that think MTB is something we should support in 2009?** If there is enough interest I will put MTB on the agenda at our next AGM. Over to you SCC MTB's! You can email me your thoughts at: Daniel@fusionhm.com.au

or phone me on
0438 322 267.

Daniel Healey
Race Secretary

RIDE FOR LIFE—THIS SUNDAY 17th August Centennial Park



It's on this Sunday! SCC will have a Marquee near the finish line so come along and help us promote a great cause. Good luck to all that are racing.

Black Dog Charity Ride

Remember to enter the Black Dog Charity Ride before 30th August (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.



Fund-raising Website: To register 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

SCC Has Another World Champion Jeff Linder

News from the 2008 24 Hours of Adrenalin World Solo (MTB) Championships held on 27 July Canmore, Alberta. SCC's favourite Bike riding 747 Captain; **Jeff Linder** won his 60+ age division. Congratulations Jeff! Check the full results www.24hoursofadenalin.com



Race Results

Tamworth 2 Day Tour
15th Hourigan, Wayne (Div 2)

State Junior Championships JM15yrs
Sat 9 August Time Trial: 9th Youngman, L
Sat 9 August Road Race: 11th Youngman, L
Sun 10 August Criterium: 10th Youngman, L

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Spin Classes Tuesday + Friday

Baz D has kicked off his new series of Spin Classes at TBC Gymnasium. Tuesday morning is a 60min high performance ride while Friday is more a tempo/endurance workout. The new August/September program is \$80 for singles; \$40 for partners; \$8 casual

Your local gym charges \$20 for a spin class which is generally run by a non cyclist, the Club charges about \$50 for 8 or so visits.

It's a bargain and its fun. So what are you all waiting for?

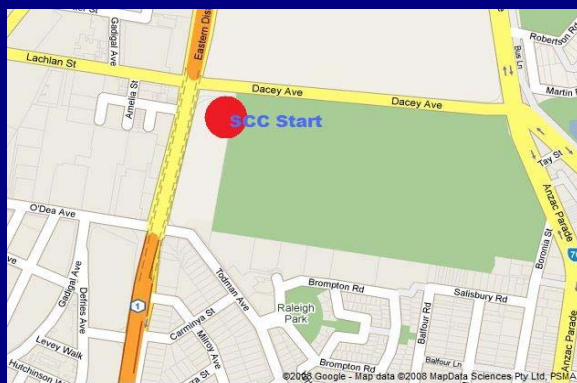
Club Ride Change of Venue – Sunday 17 August

On Sunday 17 August due to the **2008 Ride for Life** event the SCC bunches will start from the northern car park of the SupaCentre, corner of South Dowling St and Dacey Ave. The traditional assembly point at the Cannons is within the **Ride for Life** race course. *Bunches will depart as usual at 6:30am sharp.*

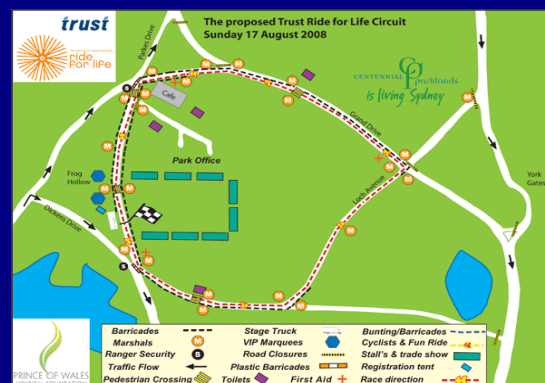
Please be careful when returning to the Park after rides as the roads will be busy and there is likely to be many pedestrians. SCC racers will appreciate any cheers I'm sure so stop by.

Armon Hicks
Road Captain

Meeting Point: SupaCentre Car Park



Return: Ride For Life Course



TDF Tipping Competition

Congratulations to **Nigel Healey** who is the winner of our 2008 Tour de France tipping competition. He takes home a selection of fine French wines generously donated by The Ultimo Wine Centre. Nigel won by just half a point from our runner up Toby Shingleton who collects an SCC gillet.

Unfortunately, as with Le Tour we had a bit of controversy. Eight people finished equal third with the same answers. Cheating is suspected and on advice from WADA all have been suspended subject to the results of their 'B' samples. Therefore no third place prizes have been awarded.

We would like to thank everyone who entered our competition and look forward to your support next year.

Cheers,
George Schneller
Secretary SCC

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