



# SYDNEY CYCLING CLUB

## Weekly Newsletter

Thursday 6th August 2008



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### Black Dog Charity Ride

Remember to enter the Black Dog Charity Ride. Register at

[www.sydneycyclingclub.org.au](http://www.sydneycyclingclub.org.au)

before 30th August (late entries \$120). Apart from raising money for a good cause your entry includes an exclusive cycle jersey with a unique Chase the Black Dog Charity Challenge design, thanks to sponsors St George Bank, the Steyne Hotel, Manly, and Capitol Research.

### Lost & Found

Did anyone lose a bike light battery in Paddington last week? If so contact [Daniel@fusionhm.com.au](mailto:Daniel@fusionhm.com.au)

Hello SCC,

Thank you to all club members that provided feedback on the look and feel of the NEW Weekly Newsletter. Your suggestions have been incorporated in this 2nd edition. Remember the deadline for your submissions is **Wednesday 6pm** each week. The final draft will be emailed to you (via George Schneller) every Thursday afternoon and items that miss the Wednesday deadline will be carried forward to next week. You can contact me at: [Daniel@fusionhm.com.au](mailto:Daniel@fusionhm.com.au)



Regards

Daniel Healey—Race Secretary SCC  
Mobile: 0438 322 267

### Ride For Life—Sunday 17th August Centennial Park

Adrian Atherton, Barry Doosey and myself attended the presentation of this event last week. There were 300+ guests at Parliament House. This years event will certainly be the biggest in the events 5 year history. So hurry and get your entries in. Enter online at: <http://www.nsw.cycling.org.au/>

### Kate's Surgery Success

One of the club's very popular members, Kate Roberts, underwent successful surgery at Prince of Wales Hospital Randwick today to remove a malignant tumour from her abdomen. The tumour was diagnosed several weeks ago following a routine visit by Kate to her GP. Her oncology surgeon told me this afternoon that the tumour removal was extremely successful and the mass - which was not attached to any organs - was totally extracted. He says Kate's high level of fitness will contribute greatly to her recovery from surgery and he expects to be able to release her from hospital within probably five days. It will take some seven or eight days before the full range of testing is completed on the mass and he will then decide on the next stage of his strategy to get Kate back on her bike!

Obviously, it is not practical for scores of visitors at this stage - there has been a mountain of good wishes for her many friends and acquaintances. We will advise when she is ready to see visitors and when she is back at home.

Feel free to email [des.sullivan@gmail.com](mailto:des.sullivan@gmail.com) - or call 0401 151 826 if you want to check any further detail.

Des Sullivan

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### Luke Youngman

#### A Young SCC Rider Going Places...

Luke Youngman has been SCC's quiet achiever in 2008. He was recently awarded the Western Sydney Academy of Sport - Athlete of the month award for July. The award includes \$400 worth of Skins products. He is also eligible for the WSAS Annual Sports Person of the Year Award. The award is not specific to cycling, it covers all 8 sports and 160+ athletes in the Academy. Luke has shown great courage and determination to recover from some serious bike accidents whilst always performing with maximum effort at Academy training sessions. This weekend Luke is competing in the State Junior Championships.

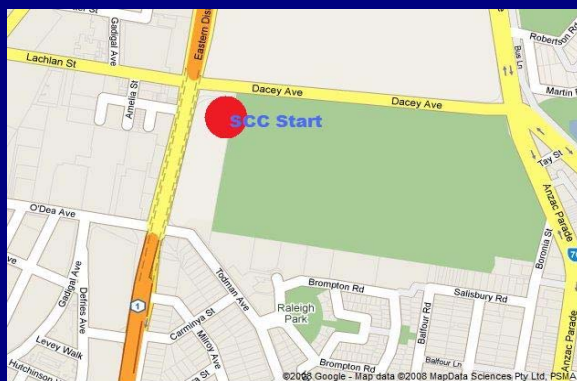
### Club Ride Change of Venue – Sunday 17 August

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



### Race Results

#### Southern Cross at Waratah Park Sunday 3rd August

**1st** Youngman, Luke Jnr HCap Road Race off scratch

**1st** Youngman, Luke Jnr TT

**4th** Youngman, Luke Snr B Grade Scratch Road Race

#### NSW State Road Titles Sunday 3rd August

**6th** Elliott, Ben U19.

### 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

**Baz D**



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