



Rider Profile

Jessica McGee

U13 Track

Favorite chocolate bar? *Coconut Rough*

Where do you train with your Dad? *On the roads around Robertson*

You have your Dads racing spirit, what do you get from your mum? *Everyone tells me I have the same running style as Mum. So I guess my speed and agility*

What music do you like? *Kesha and Casey Chambers*

Is Dan really your favorite brother? *Well, he's my only brother!*

Best thing about having Craig as an Uncle? *You can muck around with him a lot. He's really goofy a lot of the time.*

How do you like your eggs? *Scrambled*

Is the big Velodrome at Dunc Grey your favorite track? *Yes, definitely. It's very smooth; you just glide along and get lots of speed!*

Are you a city mouse or a country mouse? *Country mouse.*

What's on'

Wednesday	club	MTB Training	U9-u17	Suspended
4 Sep	club	Road	U15-u17	Wombeyan
5 Sep	club	MTB	U9-u17	Welby
11 Sep	club	Road	U9-u17	TT, Sallys Corner
18 Sep	club	Road	U9-u17	Hillclimb
18 Sep	CE	MTB	U15-u17	Rocky Trail
19 Sep	club	MTB	U9-u17	Wingello
25 Sep	interclub	Road	U15-u17	Bundanoon
25 Sep	CE	MTB	U15-u17	Appin
9 Oct	CE	MTB	U15-u17	Scott 24hr
30 Oct	open	MTB	U9-u17	XCC State Champs Bong Bong
30 Oct	open	Track	U9-u17	Coffs Harbour
31 Oct	open	MTB	U9-u17	XCO State Champs Fitzroy Falls
31 Oct	open	Track	U9-u17	Country Champs
31 July	club	Road	U9-u17	Hanging Rock

Check event closing dates.

Not all event information was available at time of publishing. Please check websites for event dates.

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Southern Highlands Cycling Club

Junior Newsletter
September 2010

Canberra Junior Tour

If you didn't make it to Canberra this year you missed another outstanding event. Almost 400 juniors from all over Australia and New Zealand were greeted on the Saturday morning by a thick pea soup fog. It was ridiculously cold all weekend so cold in fact that even the Canberra locals were complaining. Everyone suffered on the bike over the weekend but their pain was only surpassed by their passion as all seven of our champions showed the true grit that is synonymous with SHCC juniors. The Brearley sisters chose the biggest meeting of the year to make their open racing debut, both rode well and gained from the experience. Nic Lockett finally thawed out on Sunday afternoon after resembling an ice cube on Saturday to finish strongly in the TT. Tom Delamont was also feeling the effects of the conditions but soldiered on finishing with a respectable place in the top half of the field. Jese Webb found the road courses to his liking and had an impressive meeting gaining time in the TT. The huge field challenged Alex Delamont all weekend. Alex worked hard and was notably strong in the TT. Caleb Ewan went into the TT with a podium in his sites but was shoved off the rostrum by strong rivals. The club riders came away with no medals but truckloads of experience. They all rode hard for the entire weekend confirming they are all champions.

Junior News

The NSW State MTB Championships are on in the Highlands on 30-31 October. The short course will be held at the Bong Bong track and the cross-country course is Fitzroy Falls. Entries open soon so keep an eye on the club website for more details and get training.

As the open road racing season comes to an end riders look forward to the start of the track season. Anticipation is defiantly building for a big race season on the clubs soon to be resurfaced velodrome. So get ready, the time for sheltering in the security of freewheeling hubs and brakes is coming to an end. The real racing is about to begin. Season starts on the 4th of October.

On the 21st of September, 5pm to 7pm as an event in WSC's Bike Week, the SHCC and the BMF will be staging another Cycling Safety, Education and Awareness Program at the Mittagong RSL

Caleb Ewan has had another awesome road season taking loads of junior tour victories and capping his state season off with two gold and a silver medal at the recent state championships. Next stop is the National championships were Caleb has been selected to ride in the NSW team.

At the recent AGM numerous attempts were made to shoehorn talented ideas man Richard Jefford into a committee position without success. Not all is lost however as Richard did commit to coordinating face painting and other exciting new event ideas. Stay Tuned!

STOP PRESS: Caleb Ewan wins Junior National Road Race Championships at Canberra.

Interview- Alex Delamont

We caught up Alex as he reflects on his first 6 months of open racing and riding with the Illawarra Academy squad. What is your most memorable moment from the winter season? *Racing in the rain at the National championships. Lots of strong riders pulled out or went off the back. It felt great to still be there at the end. Are you doing things different now you ride with the academy? I have learnt how important warm-up and warm-down is for performance. My training is now more focused towards the types of courses that the upcoming races will be held on and more attention to ergo-core work. You got a huge wrap from the head coach after the state championships. I felt really good after that meeting. I wasn't really happy with my final result but at the same time I was looking back and could see how far I had come since the Wagga Tour at the start of the season. I guess it felt like things were really coming together. Are you looking forward to the track season? Yes. I move up to U19's for the track season, which means moving onto the bigger gearing; which I am defiantly looking forward to. Alex's achievements this season signal a big future.*

NSW Junior Country Road Championships

Growing in experience and confidence our juniors were in fine form not afraid of mixing it up with some very quick competition. Nicholas Lockett U13 put on a solo attack mid race, which saw the chase group reap carnage on the field hunting him down. Good try Nic, maybe next time. Buoyed on by the crazy midgets antic's Jese Webb and Tom Delamont U15 showed they too could lead out from the front with the boys getting at the head of the pack driving at a frantic pace. Only the strongest survived with the pair unlucky to get rolled off the podium in the sprint finish. Harry Hearne and Alex Delamont rode well in the big U17 field that was ultimately won by Caleb Ewan. Well done to all riders.

Club AGM report

I really feel proud to be a member of our club and I enjoy the regular comments I hear from members of other clubs around the state about what a great club the Southern Highlands is. Our clubs success to founded on the commitment and involvement of its members. Recently the latest crop of volunteers was elected into the numerous positions that make up your executive and committee. All 20+ positions were filled and we have another great team to continue moving our unique and diverse cycling club forward. Fiona Martin was elected as president, which is great news for the club juniors. Fiona is a keen supported of junior racing and will follow on with the increased junior focus instigated by Steven Foster. Tireless club worker Meg Patey has moved over to MTB. Even more exciting is the news that Harry Hearne was elected club captain for both MTB and Juniors. It is shaping up as another fantastic year for the juniors. Don't forget there are plenty of jobs for all club members to get involved in so please help out where you can.

Cycling Secrets (the stuff that no-one talks about)

I was completely shocked! Following a link to another fictional story claiming to prove how coffee is beneficial to cyclists, I discovered a website www.cyclingsecrets.com I didn't find any true cycling secrets just a lot of forum type ramblings about the stuff that cyclists always talk about such as heart rate and BMI. So considering it would be prejudicial for me to label this phony site masquerading as the vestal of true secrets as merely "coffee house crap" I have decided to be big about this and let our club members make up their own minds.☺