



Rider Profile

Harry Hearne

U 15 Road, Track, XC MTB, BMX .

Fav Bike: Trek 8500 MTB

Best ride: Mont 24hr

Pre race secret: Relax with music

If I could race anyone in history:
Julian Absalon

Biggest crash: Welby, one week
before the 2009 MTB nationals.
Not a great day!

Wish list race: World 24hr Solo
Championships

Fav saying: 'Go hard or go home'

What my mum don't know? No
comment

What's on'

3 Oct	Club Champs	MTB	U9-u17	Fitzroy Falls
23 Oct	club	MTB	U9-u17	Bong Bong
24 Oct	open	Road	U15-u17	Sydney Criterium
31 Oct	open	Track	U9-u17	Central Coast
Starts Oct.	club	Track	U9-u17	Bowral
1 Nov	open	Track	U9-u17	Country Champs
6 Nov	club	MTB	U9-u17	Welby
7-8 Nov	open	Track	U9-u17	Wagga
14 Nov	open	Track	U13-u17	Sydney Cup
17 Nov	club	Road	U9-u17	Hanging Rock
20 Nov	club	MTB	U9-u17	Bong Bong
21 Nov	open	Track	U9-u17	Dubbo
28 Nov	open	Track	U13-u17	Clarence St
5 Dec	open	Track	U13-u17	Bowral Cup

For more information see SHCC and Cycling NSW websites. Check closing date for entries. Information based on draft calendar and subject to change.

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Southern Highlands Cycling Club

Junior Newsletter
October 2009



Junior News

Congratulation to Caleb Ewan 2nd NSW U17 Crit championship, 3rd NSW U17 Road Race championship who then followed up his state performance with a silver medal in the under 17 Australian National Road Race Championships and Bronze in the Criterium in Canberra. *More next issue*

Charlton Durie was selected to ride in the u19 Australian XC MTB team at the World Championships, in Canberra, *Full report next issue*

Peter McKeller –Stewart is the NSW XC MTB state champion after winning the u15 race at Springwood

Well done to Ella Bloor Silver medal u15 Women NSW XC MTB state championships

Club track racing will move to Thursday nights this season. Categories for both track and road bikes. So dust off your bikes and pump up your tires, the real racing is about to begin!

Think you have the power and speed to become a track sprint star? Then Cycling NSW wants to hear from you. Check out www.ausport.gov.au/participating/got_talent/sports/cycling No previous cycling experience necessary

Tech Stuff- *Don't trust your thirst!*

Relying on your body's thirst mechanism to tell you when to rehydrate is not a good system. By the time your brain gets the message you are thirsty and you drink fluids and those fluids are absorbed into your system you will already be partially dehydrated. And while you are on the bike it is difficult to catch up until you take a break. So stay ahead of your thirst mechanism. Drink before you ride. Drink frequently while you ride. Drink more in hot weather and windy conditions.



Got some idea's.....

Interested in contributing to the newsletter, writing race reports, got some ideas to share. Let us know The more junior members involved the better.

Send your ideas and info to lockett@hinet.net.au

All-Schools Cup, MTB

Canberra, ACT

It was a fine day for racing out at Mt Majura today for the ACT Schools Mountain Bike Championships. In total, there were 408 riders from 38 different schools. They managed to squeeze in 1234 laps to equal a total of 6538 kilometers all up. Oxley mixed senior placed 2nd and Chevalier senior males placed 3rd at the ACT Schools Cross Country Mountain Bike Championships