



Rider Profile

Daniel Mikic

U17 DH MTB

When did you start racing? I started XC at 10yrs and downhill at 13yrs old

What made you switch to Downhill? *Seemed more fun and appealing. Its faster, rougher and more challenging*

What do you eat before training? *anything*

Best thing about staring down a mountain? *Excitement, before you ride a track you get really excited*

Who is your favorite rider? *Greg Minaar*

Other interests : *no, not really just biking*

What do you think about the Downhill track proposed for Mittagong? *It's a good thing as there are no legal downhill tracks locally at the moment. It will be good for the future of Downhill racing in the Highlands*

Dream bike? *Specialised Demo 8*

Favorite dinner your mum cooks? *It's all good*

Any career thoughts? *Something fun*

Worst song you have heard recently? *Everything recent out of the pop industry*

What's on'

Wednesday	club	MTB Training	U9-u17	Bong Bong
Monday Thursday	club	Track	U9-u17	Suspended
2 Apr	open	Road	U13-u17	Kermese
9 Apr	CE	MTB	U15-u17	Mont
9 Apr	open	Road	U15-u17	Hillclimb
9-10 Apr	open	Road	U9-u17	Bathurst
16 Apr	inter	Road	U15-u17	Goulburn
16 Apr	inter	MTB	U9-u17	Kangaroo Valley
17 Apr	CE	MTB	U15-u17	Choc Foot
23 Apr	club	Road	U9-u17	Sallys Cnr
30 Apr	club	Road	U15-u17	Canyonleigh
1 May	club	MTB	U9-u17	Mayfair Bong Bong
7 May	club	Road	U15-u17	Bundanoon
14 May	club	Road	U9-u17	Hanging Rock
14-15 May	open	Road	U9-u17	Wagga Jnr Tour
15 May	club	MTB	U9-u17	Wingello
21 May	club	Road	U15-u17	Green hills
28-29 May	open	Road	U9-u17	Goulburn Jnr Tour
28 May	club	Road	U15-u17	Wombeyan
29 May	CE	MTB	U15-u17	Choc Foot

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

www.southernhighlandsc.com.au

President-Fiona Martin 0411 442 529

Jnr Development-Darren Lockett 0447 649 713

Southern Highlands Cycling Club

Junior Newsletter
April 2011

All Hail the Queen

We all knew Ella Scanlon Bloor was awesome on an XC bike now so does the rest of Australia.

There is something quite distinct about the way true champions conduct themselves. Training, preparing, racing; they seem to step through these tough challenges with a self-assured confidence, somehow projecting an easy that is both enviable and at the same time a little un-nerving. Ella's steps have more recently grown into strides as her dedication, commitment and passion for MTB racing have delivered this young athlete to the top of her sport. Over the past few months Ella has clocked up some serious travel kilometers and brought home some big trophies. Crowned U17 Women's XC National series Champion, U17 Women's XC National Champion and U17 Women's XC Oceania Champion there is little doubt. Ella is the new queen of MTB. So send word throughout the land. From this time on let all address Miss Scanlon-Bloor as **Queen Ella** or **Your Majesty**. A warning though be careful not to tease or be disrespectful let ye not have the queen order 'off with his head'. We are assured there are many young knights who would be only too grateful for the chance to prove their worth championing Her Majesties orders.

Concratulations Queen Ella. All hail the Queen

Junior News

Congratulations to Tom Delamont and Ella Scanlon-Bloor who have been selected into the Illawarra Academy of Sport Cycling Scholarship program

Jamie Sell still only a pup is starting to leave his mark in the endurance MTB racing scene taking a class victory in the Capital punishment Rd1 of the national enduro series.

Meg Patey is fast gaining a reputation as the best MTB event manager in the business after the amazingly successful James Williamson Enduro Challenge, which had a huge turn out and was profiled on SBS cycling central. Remember the old days before Meg was a high profile TV celebrity?

The winter MTB calendar is up on the club website including dates for the state and club championships.

Jese Webb and Rob Kell are headed to Bathurst after being selected for a 5 day talent development camp with the NSWIS coaches

Entries are now open for the Mayfair MTB challenge on the 1st May at Bong Bong

The Jetblack NSW All Schools XC MTB Championships are on 19th June at Yellomundee Regional Park. Talk to your school sports master about entering a team

Spare a thought for Peter McKellar Stewart who has had a fantastic year at the national level in the rough and tumble world of XC. Unfortunately Peter missed the final round due to injury putting a series podium out of reach. Defiantly a rider to watch in the future

Coping with the elderly

Lesson two: " I could have been a champion! You must listen to me." Ah the dreaded couda. Don't be fooled these polarized figures can be potentially hazardous to junior cyclists. There are lots of champions that never achieved the dizzying heights of Cadel or Robbie, life just sometimes gets in the way. Work, study, family, there are a myriad of reasons why some riders potential is cut short. These riders are not couda's. Effectively banned from positions of influence in state and national coaching programs by the recruitment of actual champions the couda's are left to run rampant within clubs seemingly unfettered and unregulated. So what's the problem? I heard you ask. So what if some elderly rider is running around regaling claims and myths of bygone years, pumped up and propagated with the intoxicating effects of time, coffee and self adulation. All the time sheltered within the sanctuary of the impossibility of independent fact checking. So what. Are they hurting anyone? The answer is yes. For any junior that aspires to improve on the bike listening to a couda means you are actually learning what doesn't work. So the lesson is become a cycling scientist. Investigate everything but remember something's are correct and some of the elderly are couda's. Next month "Your handicap mark is!"

Caleb Ewan Fundraiser

If you are not already a member of the Caleb Ewan fan club then now is the perfect time to get involved. Caleb has recently been selected to represent Australia at the World Championships in Russia later this year. This is a monumental achievement for such a young cyclist and an important progression towards his dreams of becoming a professional cyclist. The club is holding a fundraising dinner to help support Caleb's aspirations. It will be a fantastic night to look back on a stellar junior career, and for the whole club to share in the excitement of being part of launching our very own superstar towards the unbounded pathways of his own cycling future. So mark down Saturday Night 21st May in your calendars. Moss Vale RSL Club Function Room. Tickets are available from Cycliste in Moss Vale and McGee's Cycling Store in Bowral. More details are on the club website. See you all there.

Projects Update

Recently the club committee successfully presented a number of proposed projects to council and the response was very supportive. The velodrome lighting project, the Ironmines MTB park, and the MT Alexandra Downhill track have all received support to proceed to Land Use Development applications. Council is supportive of the idea of the continued development of relations in view to identify and evaluate local MTB trail networks. Concept plans were presented with regard to developing a criterium circuit with the idea receiving in principle support.

Tech Secrets (the stuff that no-one understands)

Tyre weight v size. Competitive pressures have often led to inaccuracy in width measurement. Suppose you are in the market for a high performance 700 x 25 tire; you might investigate product websites to try to find the lightest 700-25 available. If Tire Company A and Tire Company B had tires of equal quality and technology, but the Company A 700-25 was actually a 700-24 marked as a 25, the Company A tire would be lighter than the accurately-marked Company B 700-25. This would put them at a competitive advantage. Company B would retaliate by marketing an even lighter 700-23 labeled as a 700-25. **Damn those grams!**