



Rider Profile

Charlotte Lockett

U4 Jittabug rider

When did you start racing? *No, Not really. I'm too little to do bike racing*

You seem to like giving Dan McGee knuckleheads is he your boyfriend? *No, Thomas*

What do you like for breakfast? *Chocolate*

Who is your favorite rider? *Jessica (McGee)*

Other interests : *Ballons*

What are you doing today? *Grandma Grandpa are coming*

What color is your bike? *Pink*

Favorite DVD? *Nemo*

Do you like to ride fast or slowly? *Slowly*

Any comment on this interview? *Yes my lazy Dad should plan better and not interview his daughter at the last minute because he forgot to organize to interview one of our awesome club juniors. Get your act together Dad before you get the sack. This is your last chance.*

What's on'

Monday	club	MTB Training	U9-u17	Bong Bong
Monday Thursday	club	Track	U9-u17	Suspended
1 Feb	club	Road	U15-u17	Medway
4 Feb	club	MTB	U9-u17	Welby
8 Feb	club	Road	U15-u17	Wombeyan
12-13 Feb	open	Track	U9-u17	Wagga
15 Feb	club	Road	U9-u17	Hanging Rock
18 Feb	club	MTB	U9-u17	Bong Bong
22-27 Feb	open	MTB	U15-u17	National Champs
22 Feb	club	Road	U15-u17	Greenhills
26 Feb	open	Track	U13-u17	Cycling NSW
1 Mar	club	Road	U15-u17	Medway
4 Mar	club	MTB	U9-u17	Bong Bong
5-6 Mar	CE	MTB	U15-u17	Buller
5-6 Mar	open	Track	U9-u13	NSW Chps
5 Mar	open	Track	U15-17	Dubbo
8 Mar	club	Road	U15-u17	Wombeyan
13 Mar	open	MTB	U15-u17	James Williamson Enduro
15 Mar	club	Road	U9-u17	Hanging Rock
17-20 Mar	open	Track	U15-u17	National Champs
22 Mar	club	Road	U9-u17	Velodrome
25 Mar	club	MTB	U9-u17	Bong Bong

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

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Southern Highlands Cycling Club

Junior Newsletter
February 2011

Southern Highlands Open

Without a doubt the Southern Highland Open was the best meeting of the season. Over one hundred riders were on hand to enjoy another jam-packed Peter Tomlinson track carnival. Steven Foster plays a big role in these meetings and as per script performed his deputy role with the clock work precision necessary to keep pace with the fast flowing culture under Tomo's direction. But it was Peters day, head commissaire, commentator, real time handicapper, it is days like these when he is multi tasking at such a efficient level with consummate ease that as an observer you realize just why Peter is held in such high regard nationally and internationally.

Jese Webb rode well in all his events including a run in the NSW scratch race championships, which was a concurrent event on the day. With 25 U17 entries on the day such big fields mean that in reality Jese faces big challenges including some well-organized teams and clubs. It is a credit to his passion for racing and personal drive that Jese never shy's away from this very competitive age bracket. Following a familiar theme for the year Nicholas Lockett was the other club rider at the meet. Nic wasn't done any favors by the handicapper unable to sneak onto the wheelrace podium. He had to settle for a scratch podium and he came away with a brilliant ride in the group handicap riding the A group onto the tail of the lead group. A big ride under the circumstance

Junior News

Don't forget to get your entries in for the James Williamson Enduro Challenge. Numbers are limited so get your entries in now! Details on the club website.

After 6 rounds Harry Hearne is leading the club points score. Ryan Wernick holds the lead in the juniors with Darcy Longworth and Murphy Carr tied for second and Tearloch Carr just three points behind. Oisin Wernick is the clear leader in the sub juniors.

MTB training is on every Wednesday afternoon at Welby 6-7pm.

The club has been awarded a round of the Chocolate Foot Single Track Minded MTB enduro series. We are hosting Rd4 at Wingello on the 21st August 2011.

The velodrome resurfacing is well underway. If the weather holds out the track should be ready to ride again in early March.

A big team of SHCC riders is headed to Adelaide for the National MTB Championships. 22-27 Feb. You can watch their progress at the MTBA website

The Illawarra academy trials are on this month. There are quite a few riders keen to trial this year and we wish them the best with their endeavors.

Good luck to Dan McGee and Nicholas Lockett who are headed to Dubbo for the NSW Track Championships 5-6 March

Coping with the elderly

The first in our lesson series for juniors on dealing with older riders. **Lesson one: Slow down Stop surging.** You have heard it before; some elderly rider starts ordering you around. It doesn't make sense. You have watched the tour on TV. Road racing is all about surging. Isn't it? Yes you are right but the question is how to cope with the elderly rider. The first thing is to look around at the group you are in. If there is the waft of cheese and fresh bread, and all the other bikes have lovely baskets mounted on the handlebars spilling over with lunch then you need to stop surging. If however everyone is clad in the latest racing lycra and riding bikes ready for the tour what then? Ignoring them wont work. Complaining or getting annoyed is no good. Nobody likes a disrespectful junior. You must use the situation to your advantage. The elderly rider is being tactical. They have no hope of keeping up with you unless they employ some strategy to their advantage. Smart riders win races. Don't be conned. You need to out smart the elderly. It's not cruel. Its just practice for when you come up against competitors at open racing. Try different approaches. Enjoy playing with their aging minds. Remember it's not cruel. You are learning to be a smarter racer.

Next month "I could have been a champion! You must listen to me"

Junior rider of the decade

As the decade ticks over and we take time to reflect one thing is obvious. SHCC is the winner. We have the undisputed junior rider of the decade, Caleb Ewan. A decade ago Caleb was just six, just off training wheels and already dreaming of riding for Australia as a spectator at the Sydney Olympics. Now aged sixteen he has developed into the most exciting and tenacious emerging talent in the country. With National road and track titles in his debut year in U19 and his recent selection in the Australian track team to compete at the world championships in Russia in August there is little doubt. Caleb is the junior rider of the decade at the very least for Australia and probably the world.

MTB National series Rd 3

Round three of the national series was held at Mt Buller. Mother nature was having a bad day and took it out on the riders with cold temperatures, fog and lots of rain. This made for slow muddy boggy conditions for the riders. Well prepared for the conditions it was just another day in the office for our club juniors who adapted well. Peter McKellar Stewart didn't have everything go his way but persevered with the set backs to finish sixth. Earning valuable points Peter remains fourth overall in the series and well within striking distance of a series podium. Ella Scanlon Bloor continued her form from the previous round taking another round victory and closing the gap on the series leader. Not quite juniors Robert Kell rode well in U19 enjoying his first ride at national level. Charlton Durie U23 showed that his preparations are on track finishing a strong third with still a bit left in the tank by race end. The crew will next head to Adelaide for the National Championships.

Tech Secrets (the stuff that no-one understands)

Does crank length matter? There is data showing that the **shorter the crank**, the higher the cadence that is possible. An **increase in crank length** leads to an increase in the lever arm and the ability to more force. Longer crank arms have long been touted as superior for hard steady efforts such as hill climbing and mountain biking. But studies have shown that while they change torque, power is unchanged and they require the rider to pedal a larger circle. **So if you feel more comfortable turning big gears at lower cadences, you'll like your crank arms a little longer. But if you prefer to spin at a higher cadence go with shorter crank arms.**