



Rider Profile

Darcy Longworth

U13 MTB XC

How did you get into cycling? *A friend invited me to come and watch racing*

Do you prefer short course or cross country? *XC*

Steak or sausages? *A bit of both is good*

Do you like riding in sand? *Yeh no problem*

Best way to eat cheese? *On a biscuit*

Other sports I like : *Hockey*

Favorite brand of shoes? *Slazenger*

Who washes your bike ? *I do, after every race*

Best advice you have ever got from a grandparent? *How best to ride a toboggan*

Cereal mum wont let you eat? *We have nutrigrain on special occasions*

Worst movie ever? *Happy Feet was really bad*

What's on'

Monday	club	MTB Training	U9-u17	Bong Bong
Monday Thursday	club	Track	U9-u17	Suspended
4 Jan	club	Road	U15-u17	Wombeyan
7 Jan	club	MTB	U9-u17	Welby
8 Jan	open	Track	U9-u17	Goulburn
9 Jan	open	Track	U9-u17	Stn Division
11 Jan	club	Road	U15-u17	Medway
15 Jan	open	Track	U13-u17	Southern Highlands
16 Jan	CE	MTB	U15-u17	WSMTB 4hr
18 Jan	open	Road	U15-u17	Greenhills
21 Jan	club	MTB	U9-u17	Bong Bong
22 Jan	open	Track	U9-u17	Southern Highlands
25 Jan	club	Road	U9-u17	Hanging Rock
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

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

www.southernhighlandsc.com.au

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Southern Highlands Cycling Club

Junior Newsletter
January 2011

MTB National Series Rd2

Ella Scanlan Bloor was a sensation at the second round of the National MTB XC series. No stranger to success the 2010 NSW MTB Champion has been training hard this summer and has recently clocked up some big km's in preparation for the 2011 race season. Her training regime paid instant dividends with Ella taking victory in Glenorchy, Tasmania at the second round of the national series. The 7km course is renowned for its loose rocky terrain and hilly profile. There are few places to rest and the fields get stretched out quickly as the talent shake off the ungrounded enthusiastic. "The weather was all over the place perfect one minute then thunderstorms and hail, then sunshine again" Ella told us. "I have been doing a lot of cross training on the road and Charlton and I have been doing skills training together which has made a huge difference to my race times". Ella took the lead at the end of lap one building her gap all race finishing three minutes ahead of her nearest rival. Peter McKellar Stewart has also started the season well with two fourths in the opening two national rounds. Peter always trains and prepares in a calculated way and will be building to peak at the National Championships in March. Both riders have been knocking at the national title door over the past year. In the hectic world of top level MTB there is little room for pretenders. Ella and Peter are defiantly demonstrating they have the stuff of champions.

Junior News

Our club headed by Peter Tomlinson is hosting a second open track carnival this summer 15 January at Dunc Grey. With classes for juniors and masters it should be another great days racing . Make sure you get your entries in now. Entries close soon.

On the same weekend of the Southern Highlands Track Open there is a junior training camp being held at Dunc Grey. Cycling NSW is hosting the training sessions on the 15-16 January with the chance to train under the top NSW Elite coaches .

MTB training is on every Wednesday afternoon at Bong Bong 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.

Come along and help out at the working bee 6pm 14th January at Bong Bong MTB track. The short course has suffered a bit from all the rain and hot weather so steal Dads whipper snipper and help get this back in shape. See Rod McGee for more details.

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.

Riders interested to trial for the 2011 Illawarra Academy of Sport Squad should keep an eye on the website for updates and information as it becomes available.

Track Development stuff

After more than ten years of effort to get the Bowral Velodrome upgraded the perseverance of Peter Tomlinson has finally come to fruition with the resurfacing project in progress during this month. The new track surface should be ready to ride by early February. A lighting project will follow on and planned to be completed before the end of daylight savings.

MTB riders are also set for a boost with the club receiving a State government grant to develop a MTB short course and MTB skills park at Ironmines Oval in Mittagong. A design is being developed and the project will be completed during 2011.

There is also exciting news about Downhill. During December a group of club juniors meet with council and a track designer to assess the viability of building a Downhill track at Mt Alexander in Mittagong. A concept design is being developed in partnership with club juniors.

Southern Cross Junior Track Open

Nic Lockett and Jese Webb fronted up on a stinking hot day at the Tempe outdoor Velodrome. The meeting saw big fields as many riders had headed in from the country clubs for the meeting and the following days Cronulla Crits. Tempe has a different shape to it with long high banks and very little straight. This gives the track an unfamiliar rhythm to riders more accustomed to conventional designs. Nicholas admitted to not liking the venue finding the surface "bumpy and feeling heavy". He still managed a 2nd place in the wheelrace behind local star and 2010 NSW rider of the year Thomas Cornish. Jese Webb rode well in the scratch races despite clearly not enjoy the scorching heat.

Bowral Cup

Awesome is the only word than can attempt to describe the efforts of the club juniors at the Bowral Cup. Debutant Ryan Wernick was super impressive up against the older U15 riders and is improving quickly as he gains experience. Jese Webb was smooth and strong as is his style. Jese powered through for a podium in the U17 feature Ben Mikic Memorial Wheelrace. Dan McGee is always dangerous off the front. Dan took the pack by surprise and took victory in the U13 wheelrace. Jessica McGee likes riding Dunc Grey and it showed, although she was the youngest rider in her group Jess rode extremely well surprising many including her older and bigger competitors. Based on the author's definition of success Lucy Brearly was the most successful club rider at the meeting. Lucy is never shy to jump in the deep end and chose this meeting as her first ever race on a track bike. Her final tally on the day was one crash in practice; one badge of honor bandaged elbow, and two 3rd place results against a host of experienced and academy riders. Just like Ryan Wernick, Lucy looked relaxed and comfortable on the bike right from the start and both these rookies have exciting futures in track racing. Ah' and Nic was there but he gets enough mentions so I wont bother. Another fantastic run meeting by Peter Tomlinson and loads of other SHCC volunteers.

Tech Secrets (the stuff that no-one understands)

Athletic performance is all about oxygen. Muscle cells need oxygen to burn sugar or fat to produce ATP, the chemical that causes the muscle contractions that move your bones. The more oxygen your muscles receive, and the quicker they can dump carbon dioxide, the better your performance. That's one reason why the performance capacity of endurance athletes is often measured in "VO₂ max," the maximum volume of oxygen taken into the blood per minute. Researchers have long questioned if oxygen volume is the limit to endurance performance as riders are able to increase their oxygen intake for short periods. They concluded that training your body to breath more with no increase in breathing effort reduces carbon dioxide levels and blood acidity. ***Train to reduce the feeling of breathlessness and you can go faster.***