



## Rider Profile

### Dan McGee

U11 XC MTB, Road and Track.

What is the best thing about having Craig for an uncle? *He is completely crazy*

You do a bit of Judo what other sports are you involved in? *Soccer and Touch Football.*

Do you like riding the bigger open race meetings? *Yes, It's fun racing with lots of riders your own age.*

Favorite ice-cream flavor: *Chocolate*

What is the worst thing about having two big sisters? *They beat me up a lot!*

Who do you think would be harder to beat in a match race Thomas the tank engine or Fireman Sam? *Thomas, defiantly Thomas.*

What smells worst old socks or girls perfume? *Girls perfume for sure!*

When I grow up I'd like to try: *Playing Rugby*

What is the second best thing about having Craig as an uncle? *He is fun, he's a big kid.*

The highlands best town is: *Not Robertson, I guess Bowral, I actually like Campbelltown best.*

## What's on'

Mondays Thursdays	club	Track	U9-u17	Bowral
Wednesday	club	MTB Training	U9-u17	Bong Bong
5 Mar	club	MTB	U9-u17	Bong Bong
6 Mar	open	Road	U15-u17	Token 12hr
6 Mar	open	Track	U9-u13	NSW Jnr Champs
6 Mar	open	Track	U9-u17	Dubbo
13 Mar	CE	MTB	U15-u17	Mt Buller
16 Mar	club	Road	U9-u17	Hanging Rock
21 Mar	club	MTB	U9-u17	Wingello 5hr
27 Mar	CE	MTB	U15-u17	Mont 24hr
28 Mar	open	Road	U9-u17	Southern Division Road Champs
10 Apr	open	Road	U9-u17	Bathurst Crit
10 Apr	open	Road	U15-u17	Bathurst Hillclimb
10 Apr	CE	MTB	U15-u17	Wagga
18 Apr	inter	MTB	U9-u17	Kangaroo Valley
18 Apr	open	Road	U15-u17	Sydney Grand Prix
24 Apr	club	Road	U9-u17	TT, Sallys Corner

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  
 March 2010

## Reflections on Adelaide

Peter McKellar-Stewart U15 reflects on this years MTB Nationals in Adelaide. How did practice go? *The first day of practice I rode 3 laps at full pace, which was too much. I only managed 1 lap the second day. Later on I went for a swim, which helped me unwind before the race. Did you feel ready for race day? I was very nervous in the morning, had some weetbix for breakfast, I remember thinking that I should have done more training. What happened during the race? The start was very fast. There was a lot of pushing and shoving during the first half a lap. Early on I settled into 11<sup>th</sup> and moved into 10<sup>th</sup> place on the last lap. Of the three laps my 2<sup>nd</sup> was the slowest. Looking back on race day, would you change anything? I didn't drink or eat enough. What state's seemed to have the strongest riders? The Tasmanian and Victorian riders were strong on the hills. Queensland and SA were strong. There weren't a lot of NSW riders. What did you learn? I will spend the next year working on strength and fitness training to improve my endurance. Peter was the youngest rider in a big field, his top ten finish made him the highest placed NSW rider and amongst the best of the first year riders.*

# Junior News

Entries are open for the Southern Division Road Championships 28 March. The Mont 24hr MTB race is on the same weekend. So if your not riding the Mont why not represent the club at the Southern Division Championships. Entries close 10 March.

The SHCC Winter Road racing calendar is due out soon with junior racing dates included. Keep an eye on the club website.

Don't forget the Token 12hr endurance event 6 March at the Penrith Regatta Centre.

The SHCC will again host a round of the MTB state series with rumors that the club may be awarded the NSW State Championships. Stay tuned for more news.

Do you like to go up hills? The NSW Hillclimb Championships are on 10 April at Bathurst. The event is held on a closed circuit access road that winds it way from the start line to the top of the mountain at the famous Mount Panorama racetrack and is open to u15-u17 riders. There are also criterium races for U9-u17 riders on the day.

The annual SHCC 60 lapper handicap road bike race will this year be preceded by a much more prestigious event. The inaugural SHCC 20 lap Junior Handicap road bike race. All the best juniors will vie for glory and possibly free fizzy drink. So get along to the Bowral velodrome to see all the action.

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Caleb Ewan wins three gold medals at the NSW Track State Championships.

## more from- The Art of War – by Sun Tzu

“I defeat my enemies by making no mistakes”. Now before you get all ‘wimpy’, the quote is from a famous 6<sup>th</sup> century BC text that continues to influence strategic thinking all over the world. The translation is somewhat coarse with western thinking so replace enemies with combatants. So what’s it got to do with cycling? What the writer is saying is your greatest opponent is yourself. Performance on the bike is connected to self-regulation. And mistakes don’t just happen on the bike during a race. Improving your performance has a lot to do with preparation. Training properly. Learning the importance of rest. Eating and drinking properly. Getting a good nights sleep before a race. Taking responsibility for your bike prep. Arriving with all your gear, a clean bike, focused on what you want to achieve. The result is not about who wins and who comes second. The real result for the warrior racer is to understand what actually happened. Being honest with yourself about what went wrong. Learning to minimize mistakes. Knowledge is power and power increases personal performance. So look inward and challenge yourself to learn maximum output with self-control.

## MTB story

Can you help me? I am a mountain bike story looking for an author. Every month I struggle to find my voice. I am covered in mud and dirt. There is chain lube mixed with sand and grit all caught up in my delicacies by the time my tale has come to an end. Please help me tell the world my story. It often a fascinating journey as I recall the sweat, the pain, the tears. Oh yes there are tears, and the screaming, It’s the screaming that keeps me awake, dreaming of the day when an author will free my expression, so everyone will know my story. And the newsletter editor, he is searching. He is always searching. He never stops searching for my story. So please help me find my author so everyone can find out what is happening with the SHCC juniors in the MTB racing scene. Help me.....

## Southern Cross Junior Track Open

A change of venue and a later start time had the junior track rider's edgier than normal as the usual suspects amassed at Dunc Grey for the Southern Cross Junior Track Open. Finally the weary looking masters that had booked the track for a training session succumb to fatigue and the hoard of eager juniors ready to tear up the boards. But as the meeting started, 'where was Caleb' was the question the u17 riders were asking each other. Their collective reprieve from the familiar hosing was not to be however as the Moss Vale maestro himself appeared from the entrance tunnel. Caleb went on to dominate the meeting including an against the odds victory in the wheelrace from the back mark. He would have ridden the card except for a dropped chain on the final stages of the 20 lap scratch race. We can only assume that the wrench man was severely disciplined for that one. Jese Webb was also having a blinder with his best result of the season. Jese was one of four riders that smashed the field to pieces in the 16 lap scratch race and he then went on to a well earned third in what was the toughest of the elimination races at the event. Nicholas Lockett continued his season long clashing of horns with the Lidcombe crew splitting the foursome in every race and taking victory in the feature race group handicap.

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

Does your head get really sweaty on a ride? How often do you wash your helmet? It’s easy to remember to throw your cycling clothes in the washing basket. Even your gloves get the occasional holiday to the washing machine. What about your helmet? The easiest way to clean your helmet is to take it in the shower with you and give it a detail when you shampoo your hair. It’s also a great time to give your helmet a quick safety check to make sure there are no cracks or damage and the straps are OK. Then hang it on the end of mums towel rail to drip dry ☺