



Rider Profile

Oisin Wernick

U13 XC MTB, Track

Favorite cheese? *Cheddar*

Do you prefer your eggs fried or scrambled?
Scrambled

Worst colour for a bike? *Black*

Best thing about having Ryan for a brother?
Playing together

Do you play any other sports? *I play soccer at school*

Favorite movie you have seen? *Mama Mia*

Favorite chip flavour? *Salt and Vinegar*

What are you planning on getting your mum for Christmas? *I'm making her a book*

What track do you enjoy the most? *Bowral Velodrome*

Any big career plans for the future? *I'm going to be a bike rider*

What vegetable is so disgusting it should be banned from sale? *Broccoli*

What's on'

	club	MTB Training	U9-u17	Bong Bong
Monday Thursday	club	Track	U9-u17	Eridge Park
4 Dec	open	Track	U13-u17	Bowral Cup
4 Dec	CE	MTB	U15-u17	WSMTB 4hr
7 Dec	club	Road	U15-u17	Greenhills
11 Dec	open	Track	U9-u17	Sthn Cross
12 Dec	club	MTB	U9-u17	Fitzroy Falls
12 Dec	open	Road	U15-u17	Cronulla
14 Dec	club	Road	U9-u17	Hanging Rock
18 Dec	open	Track	U9-u17	Illawarra
21 Dec	club	Road	U15-u17	Medway
28 Dec - 2 Jan	open	Track	U17	Christmas Carnivals
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
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	U15-u17	Hanging Rock
26 Jan	open	Road	U9-u17	Heffron Park

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
December 2010

MTB Club series

Round one: A good turn out for the opening round at the Welby XCO course saw a heap of juniors figuring in the results. Charlton Durie returned from his sabbatical to produce a sub 18-minute lap to take out A grade. Alex Macdonald, Zoe Binder and Tom Delamont were quick in C grade. Jese Webb was victorious in D grade. The U13's little champions put on the best show of the day with all 6 riders bunched like sardines at half race distance. The field was very close at the finish with XCO State champ Ryan Wernick winning the sprint finish from Nicholas Lockett by under a bike length. Hot on their heels Darcy Longworth came home third closely followed by Murphy Carr, Tearloch Carr and Jared Campbell. The sub juniors did a great job with Oisin making it a Wernick quinella taking victory over Chloe Johnson, Harry Johnson and Matilda Longworth. Well done to all the kids.

Round two: at Bong Bong was unfortunately cancelled due to rain. **Round three** Sunday 12th December is at Fitzroy Falls so bring your best riding skills with you as the fast technical layout always produces some great racing.

Junior News

Its time to get your entries in for the Southern Division Track Cycling Championships, 9th January 2011 at Goulburn. Entries close soon.

The Bowral Cup track carnival is on 4 Dec at Dunc Grey. Get along to this exciting event and help cheer on our local riders.

Don't miss the last MTB club race meeting of the year and MTB Christmas party at Fitzroy Falls on 12 Dec. Rumours are MTB Santa may be riding on the day.

With the rave reviews the Pirtek MTB State Championships have received talk is that the events may head back to the Highlands in 2011. Watch this space for updates.

Resurfacing of our beloved velodrome has moved a step closer with an engineering survey being completed during November.

Plans to develop a Downhill MTB track in the Highlands are progressing well and expect some good news on this in the New Year.

Riders interested to trial for the 2011 Illawarra Academy of Sport Squad should keep an eye on the website for updates and information in the new year.

Are you training for the MTB National Championships in February? Talk to Rod or Brendan if you need help with training programs or assistance at the championships.

Track training has commenced Monday nights at 6pm.

You are only as good as your competition

To see victory only when it is within the ken of the common herd is not the acme of excellence. **Sun Tzu** What the heck does this crazy old warrior philosopher mean by this? What he is saying is that you are only as good as your competition. The warrior racer need not shy away from strong competitors. If you are riding U17M with elite aspirations what value is in defeating U13 girls or weary old masters. Champions don't covert victories over anyone and everyone. For the warrior racer true victory is found in the excellence of challenging yourself against your peers and striving for personal growth and improvement. **If ignorant both of your enemy and yourself, you are certain to be in peril. Sun Tzu** Knowing your peers and obtaining an understanding of where you fit into the scope of competitors is vital for the warrior racer. Victory without excellence is not the pathway to personal growth.

Cyclecover Track Open

It would be great to talk about someone other than Nic Lockett at this event but he was the only SHCC junior racing. Nic had a blinder stating **"something has just clicked and I am feeling faster than ever"**. Nic finished on the podium in every event. The wheel race saw Nic off a mark just ahead of the state's two best u13 riders Lachlan Scott (wagga) and Thomas Cornish (southern cross). Nic surged past the five riders ahead of him to lead out by turn three and the train formed up behind him. The back markers never crossed the gap with the front pack five wide in the sprint. Nic paid for his long leadout but didn't care. Happy with his third and confident that he can run with the states best this season.

Clarence St Track Open

Jese Webb had his front wheel chopped in the start of the kerin, which took his cool head not to bring the pack down. This brought about a false start, and a warning to the perpetrator. Jese didn't do as well in the restart finding him at the back but stayed the distance to finish with the pack. By the scratch race Jese was loosened up and looking smooth and fast powering around the banks to finish just outside the placing's. Just when Jese was finding momentum his parents hustled him off to some fancy Christmas party bringing his race meeting to a premature end. Parents? They have the weirdest priorities. Nic Lockett was in attack mode in the U13 with a win and three 2nd's from the scratch races and derby's. The wheelrace saw Nic off 30m; unable to avoid a fallen rider at the start, Nic's attempt to BMX bunny hop over the top resulted in him hitting the deck also. At the restart moved back to the 15m mark by the commissaire in the reshuffle to reduce the congestion the crazy midget put the hammer down right from the start. Surging his way through the twelve-rider field the commentator was already calling Nic as the eventual winner whilst in fourth as they past the strike with one to go. However Nic was carted high in turn one and never reestablished his momentum coming across the line in the four wide sprint out of a place.

Tech Secrets (the stuff that no-one understands)

Are lighter wheels faster?
To accelerate a wheel, total wheel mass matters less than the moment of inertia, which describes the inertial effect of the mass resisting acceleration (inertia) based on its location with respect to the axis of rotation (the center of the wheel hub/axle) Therefore it is easier to accelerate a small wheel because the mass is closer to the hub. Rotational inertia is only a factor during acceleration (and deceleration/braking). At constant speed, aerodynamics are a significant factor. For climbing, total mass remains important.

