



Supporter Profile

Kasey Ewan

Crew Chief for Caleb

You are the only member of your family that has never raced a bike. Is that because you are too fast and don't want to show the rest up? *Yes that is true. Caleb gets all this ability from me. Plus I don't have a bike and the helmet hair just wouldn't suit my look!*

What is Calebs favorite pre race dinner? *Pasta with Bolognese sauce slow cooked with fresh tomatoes and lots of love.*

Most miserable days racing as a spectator? *Actually this years nationals; although Goulburn has had its moments over the years.*

Do you prefer to watch track or road? *I prefer the track but I watch with my eyes closed!*

Is Caleb fussy about his diet? *He is a delight to cook for as he has a wide palate. We both love Korean food but I avoid feeding him it before racing as it give him wind. Lol.*

Any advice for other mums with junior riders? *Have fun. Try not to be too serious or too competitive. Just support the kids and let their level of interest in training and racing guide you. Listening to the kids themselves is the most important thing for parents of junior riders.*

CEO's Reflection

I recall seeing Caleb come along and train and race at the Dunc Gray Velodrome, probably around five years ago. He immediately caught my eye as a rider who could spin the pedals tucking in behind the older, taller and faster riders, who back then were riding bigger gears. His made up for his size through his ability to read a race and grab the wheel of the faster riders anticipating their every move. He displayed a never say die attitude in races and was rarely out of the placings. Winning events initially alluded him, largely because of his age and size. Not one to be deterred he persevered and through the guidance and mentoring of Coach Mick Kejda, Grant Law, Jacko Law and others, he gained the confidence to hit out earlier in events which earned him many victories including championships. Caleb has the potential to follow in the footsteps of other great NSW Champions and it will only be a matter of time before we see him competing successfully on the international cycling stage.

*Kevin Young
Chief Executive Officer / Cycling NSW*



www.southernhighlandsccl.com.au

President-Fiona Martin 0411 442 529
Jnr Development-Darren Lockett 0447 649 713

Southern Highlands Cycling Club

Junior Newsletter
Special edition 2010

Caleb Ewan Superstar edition

Welcome to the Caleb Ewan Superstar edition of the Southern Highland Cycling Club Junior newsletter. Well seasons change and with the end of another race season comes the time for young Caleb to become a man and move into the senior ranks as his junior career comes to an end. After several seasons of demolishing his junior counterparts. And the demoralizing trouncing that the collective of SHCC oldies have received with increasing regularity over the recent years at club level. It is now time for Caleb to be unleashed on the open racing scene. A huge stage undoubtedly, but one that this highly dedicated athlete has been preparing himself for, in a most professional way, for many race seasons. I am sure Caleb harbors no illusions of being an overnight success and will apply all the patience wisdom and fortitude that he is well known for towards a program of calculated increments of continuous improvement. It is time for Caleb to do what he does best. Quietly go about his business of putting on the grindstone and wearing down his competition.

So best wishes to one of the clubs most successful and beloved juniors this newsletter is all about Caleb. The SHCC junior that became a superstar.

Caleb News

There is a little known fact that Caleb has a remarkable talent usually only perfected by blondes at the beach. Caleb can completely change into his bike shorts, in public, in 5 seconds flat, using only a towel. Very clever!



I have often pondered the economics of signing a sponsorship arrangement with

an emerging superstar athlete. Our club is not short on coffee club investors. I wonder if any will look back in the near future and reflect on the thought that they could have signed Caleb for a dime only a few years back. He defiantly wouldn't be as economical now and may move right out of reach in the near future!

"Yeah Caleb, he is like so hot"
Unidentified teenage girl



A few years back Caleb finished 5th at the National XC MTB Championships, crashing 5 times in the process. Imagine if he was able to stay on the bike a little more!

"Caleb is amazing. He has gone from being the worlds best wheel sucker to not needing a wheel at all." *Peter Tomlinson SHCC & UCI Commissaire*

Junior National Road Championships 2010

Caleb recently returned from the nationals with the road race title and gold medal. Amazing achievement no doubt, but the way in which he achieved it was nothing short of phenomenal. The tactical plan was always to go out strong and hit the big pack of 90 riders on the first big climb to see who was up for a serious joust and try and break up some of the stronger interstate teams. As the race got underway in what could only be described as atrocious conditions the weather saw Caleb starting to fine-tune his tactics in his mind. The wind and the rain were making for risky conditions. Several crashes in the first ten km's of what would be a long 70km race distance had everyone fighting for a spot at the front. Caleb's race almost ended early when he narrowly avoided riders crashing in front of him. That's when he hatched the plan that would be a masterstroke. He wasn't going to just hit the pack on the big climb; he was going to obliterate it. There was to be few survivors and there was no guarantee he would be one of them. In the conditions the big pack spelt Russian roulette. By contrast if it was the hill that was going to knock him for a six at least he could see it arriving. It was going to be on big time.

The pack never saw it coming. Caleb hit them, then hit them again, and again, and again, until only 6 other riders were near his rear wheel. They dropped another rider on the decent; he crashed due to fatigue as the climb had expired him. The rest struggled on trying to recover. The course profile was against them however as Caleb sighted the second climb of the day. Still only 20km into the race he was in no mood to take it easy. He had packed the winning boys magic, he could feel it and if anyone wanted to take it away they best be ready for a fight. Caleb led the group up the climb and by the summit there was only one other rider between himself and daylight. The next 40 odd km were a true suffer feast. A power grind of the highest order. Slowly in what seemed like an eternity the last climb of the day came into view. Caleb's lone companion had long since stopped rolling through to share the load with an effort. Maybe he was foxing. The hill would reveal the truth. The tow was ended, Caleb jumped away with a burst of acceleration. If his challenger was going to match him on the climb he was going to have to do it for himself. By the summit it was all over. He was heading for the line solo. No one could remember seeing such a feat at that level for a long time. Over those last few km's, heart pounding like a drum, Caleb could hardly believe it himself. It was a dream come true, he was National Champion, and he was trashed!

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

Caleb tells me that he doesn't have any cycling secrets just a simple philosophy. Sleep is important you need to make sure you get enough. It is essential for performance. You need a good diet. You need to know your own body and find the balance between eating enough good food and not eating too much chips and chocolate but not denying yourself treats either. Always eat before you train. Never train on an empty stomach and take food with you on training rides. Most important of all is managing your hydration. ☺

Law family's admiration expressed in two images



1st national title, for "the pocket sized powerhouse". U15s pairs time trial that he rode with Jackson Law. Biggest and the smallest riders in that age group

