



Rider Profile

Tom Delamont

U15 XC MTB, Road and Track.

Most of your family is involved in racing. How did you get into cycling? *My brother Alex was the first to get into racing.*

You are hard to beat on a MTB is that your favorite discipline? *Yes, I love it.*

You're currently riding a Carbon Giant MTB. Did going to the lighter bike make a big difference? *It's faster. The lighter bike is easier to move around obstacles and jump.*

If you were stuck on a deserted island with only one DVD to watch: *School of Rock.*

Favorite pasta sauce? *Anything with Tomato*

What dog breed best describes your riding style? *Golden Retriever, they're fast.*

What's in your racing bideon? *Lemon cordial*

Any big plans for the future? *Maybe a pro racer, that would be good.*

Best part about being a SHCC member? *Getting to know people, nice environment.*

Do you think your mum will get involved in racing? *Yes, defiantly.*

What's on'

| Mondays Thursdays | club | Track | U9-u17 | Bowral |
|-------------------|------|-------|---------|-------------------------------|
| 5 Feb | club | MTB | U9-u17 | Bong Bong |
| 6 Feb | CE | MTB | U15-u17 | Jet Black |
| 6 Feb | open | Track | U9-u17 | Southern Cross |
| 13 Feb | open | Track | U9-u17 | Wagga |
| 14 Feb | CE | MTB | U15-u17 | Husky |
| 16 Feb | club | Road | U9-u17 | Hanging Rock |
| 20 Feb | open | Track | U15-u17 | NSW Champs |
| 21 Feb | club | MTB | U9-u17 | Fitzroy Falls |
| 27 Feb | open | Track | U9-u17 | CNSW |
| 5 Mar | club | MTB | U9-u17 | Bong Bong |
| 6 Mar | open | Road | U15-u17 | Token 12hr |
| 6 Mar | open | Track | U9-u13 | NSW 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 |
| 27 Mar | CE | MTB | U15-u17 | Mont 24hr |
| 28 Mar | open | Road | U9-u17 | Southern Division Road Champs |

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

Southern Highlands Cycling Club
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Southern Highlands Cycling Club

Junior Newsletter
 February 2010

Southern Division- *The Real Stories*

The recent news reports highlighted the clubs awesome performance at the championships, but overlooked the real stories. Jessica McGee was the gutsiest rider on the day. Despite the heat and many bigger more experienced rivals she raced all day at 110%. How she didn't vomit after the scratch race is anyone's guess.

We can only assume that Josh Sell had a great day but it's hard to tell because he is always smiling. Maybe we need to get his big brother Jamie to give him a



dead arm for future reference. Nicholas *Oliver Twist* Lockett is obviously not being feed enough at home and was forced to scrounge food from the other families. Nic's little sister clearly doesn't know what she wants. Charlotte began the day enthusiastically cheering for her man emerging powerhouse Jese Webb, by lunch had left him and was head over heels in love with Dan McGee, finishing the day having abandoned the both of them for a dummy and a bottle. Best headlock goes to Dan McGee on Nic Lockett. Best shoulder charge; Rod McGee during the sprint final on his Illawarra counterpart. Most spoilt; Richard Vollebregt being hand feed lollies by his crew chief. Never give up award; Rob Buchanan for his solo surge from the back of the pack in the scratch race. And the 'who is this guy' award goes to Alex Delamont who exploded onto the open racing scene over the weekend.

Junior News

Weather permitting the SHCC club track championships will be held on the 4th of February at the Bowral Velodrome. There are categories for road and track bikes. Bragging rites last for the whole year. See you there.

The 2010 Schools Cup will be held at Shepparton, Victoria in March with racing in a range of disciplines including Road, MTB and BMX. For more information follow the link on the club website.

SHCC will once again host the Token 12hr endurance event in March at the Penrith Regatta Centre. The event is now a state title. U15-U17 riders can enter as part of a team. Check the event website for more details.

MTB Training and skills development is on Wednesday mornings 7-8am at Bong Bong.

Cycling NSW has released the dates for this years junior road tours. See their website for more information.

Considering SHCC juniors outnumbered the seniors by 3 to 1 at the Southern Division Track Championships the question is where are all the mums and dads. Don't they have bikes? Surely they're not too soft!

MTB racing continues to grow. Santa must have been busy with lots of new members and plenty of new bikes at the January race meetings.

Entries are open for the Southern Division Road Championships 28 March. See the flyer on the SHCC website for all the details

Some people just wont understand

Racing isn't supposed to make sense. Growing up I was fortunate to have a great uncle. He had flown on a bomber crew in ww2, played representative cricket, was a tireless worker for his local sporting clubs and always gave good advice. Many years ago I was fitting a new set of tyres to go racing. My wise old uncle ask me 'How long do the tyres last' 'about 400km depending on the track' I replied. 'Don't go so fast around the corners' was his advice. He broke into a smile as the words came out, for him the whole thing just didn't make sense. Racing is not about making sense. There is nothing sensible about spending hours on your bike in the heat and rain. Traveling long distances to compete in a few sprint events. Punishing your body to the point where you can hardly walk the next day. I'm not exactly sure what sensible people do but they don't race bikes. There is too much risk involved. In a race riders are often confronted with challenges that force them to look way down deep inside themselves. To find a way to keep going. Sensible people don't explore the limits of their own physical and psychological capacity because anything can happen. Ordinary people tend to see things as either success or failure. Warriors see only challenges and embrace all outcomes as learning experiences. Racing is for warriors, the rest just wont understand.

National MTB Championships

Four SHCC riders made the long haul to Adelaide last month for the National MTB Championships. With the growing popularity of MTB racing the event was billed as the biggest ever and it didn't disappoint with huge fields, tough courses and excitement a plenty. Regular SHCC rider Richard Braithwaite (XCC-U19M) put in a strong effort and was 8th on the track early in the short course event before, like many others, succumbing to the frantic pace which resulting in only six riders finishing on the lead lap. The highly competitive U17 category always attracts big fields and a lot of attention, with riders aware many pro team managers are keen spectators eager to spot new talent. Already an established junior Ella Scanlan-Bloor (XCO-U17W) did an outstanding job finishing just off the podium with a solid 4th place. Ella steps it up with every event and continues to show she is a real contender at the highest levels of the sport.



Another rider that left their mark at the nationals was Peter McKellar-Stewart (XCO-U17M) who gained a well-earned top ten result. Peter was the highest placed rookie and one of only a few first year up riders in the top twenty. There is no doubt that his 'unknown' status is over, and Peter can expect to be closely marked by his rivals from this point on after sending a clear message he is ready to run with the serious guys. National junior XC Champion Charlton Durie (DH-Elite) found the switch to the hectic world of downhill both exhilarating and challenging. Committed to his shift of disciplines Charlton ignored the sportsman class and entered the top category, elite. A heavy fall in the seeding round didn't dampen his determination and he was able to produce a good time on race day giving Charlton a mid field result and only trailing the winning time by 12 seconds. After only three months downhill experience and confident he knows where to trim the time expect to see big improvements. Congratulations to all riders for their dedication and effort.

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

Ever wondered why babies make those happy goo-goo sounds? The answer is bum cream. Babies spend a lot of time sitting around in big sweaty pants which can be uncomfortable, irritating, cause chaffing, create rashes, and lead to skin infections. Sound familiar? So this months cycling secret is that good hygiene and a good anti bacterial bum cream is essential for babies and for cyclists. So get yourself along to the baby aisle at the supermarket. Don't be afraid of your friends spotting your purchase at the checkout; tell them your buying the cream for your grandma's new tattoo. It also works wonders on fresh ink!©