RACING RETURNS TO CLOVERLEA!

After a lengthy break, Warragul Cycling Club has announced the return of Cloverlea as a racing circuit for Spring 2005. The Cloverlea and Gainsborough circuits were host to the 2002 Masters World Championship road races and are renowned for their great handicap racing due to the flat parcours of Parkers Lane and the gentle rolling terrain along Hazeldean Road. However, both courses were unable to be used over the past twelve months thanks to the new Risk Management procedures for road racing, which prohibits racing on circuits that break Victorian road laws. As both circuits featured racing through stop signs, the Warragul CC were forced to look elsewhere for new racing circuits, introducing Buln Buln and Old Sale Road to compensate. The return of racing to Cloverlea is welcome news to both WCC committee members and local race goers. This Saturday, 1st October marks the return to racing, so we hope to see you all at the Cloverlea Primary School by 1.30pm to register.

JUNIOR PROGRAM LAUNCHED

On Saturday, 24th September Warragul Cycling Club held a sign up and free bike safety check for juniors as part of the new Club junior program. To help kick off the spring season, an eight week J Cycle program will be run on Saturday mornings starting on October 8th and focussing on skill development and confidence building for junior riders. Participants in the program receive qualified coaching and a range of experiences intended to provide a strong base for future recreational road riding or competition. The entire eight week program costs just $35. If you know someone who is interested in participating in the program or is looking for a different way to spend their summer, please register your interest with the club via warragulcyclingclub@hotmail.com.

SPECIAL SPRING CALENDAR EDITION

You’ll find there are two September editions this month, so to avoid confusion we’ve dubbed this one the Spring Calendar Edition for obvious reasons. See attached for the latest Recreational and Racing Calendars which provide everyone with plenty to do this spring. Never mind the magpies, they won’t have time to bother anyone with the number of bikes out on the road!

This issue:
- Racing returns to Cloverlea
- Junior program launched
- Special Spring Calendar edition
- Top 7 reasons to get back on your bike
- Join Warragul in 2006
- Ride It contact info
- Spring Calendar

Where is Cloverlea again? Simon Cuckson reminds riders at last Saturday’s race that it’s the flat part under Mt Worth. Take the Darnum exit off the freeway and head south towards Mt Worth along Darnum-Allambee Road. Muster point is at the Cloverlea Primary School.
Join the Warragul Cycling Club in 2006 from October 1st

From October 1st all members will be able to renew their membership for 2006. For new members, joining now gives you 15 months of membership, a stack of racing opportunities, great recreational group rides and insurance cover for the price of 12 months.

Membership renewal will be available online from October 1st for existing members. You can do so by going to the Cycling Australia website, www.cycling.org.au and clicking on the membership link. You will need to log in by using your licence number and password (your surname).

2005/06 Fees

* Ride It Senior: $45  WCC Club fee Senior: $25  Racing Licence  Refer to website for categories
* Ride It Junior: $35  WCC Club fee Junior: $10  Racing Licence  Refer to website for categories
* Ride It Family: $100  WCC Club fee Family: $35  Racing Licence  Refer to website for categories
Race Day Fees Senior: $5  Race Day Fee Junior: $1

*N.B. The recreational Ride It members pay a one-off fee that includes their membership to Warragul CC, Cycling Australia and insurance coverage.

Check the Warragul website for more membership and racing licence category details.

WHERE IS EVERYONE?

Riding numbers are down for all racing events and recreational bunch rides. We’d dearly like to know why and how the club can best suit your needs. Is it something we said? Here are the top seven reasons to get back out on the bike and join in the awesome exercise pursuit of cycling.

7. Cycling is fast, fun, friendly, safe and builds your fitness.
6. Riding in a bunch saves energy, allows for good conversation, and makes the time go quicker.
5. Riding in a bunch makes you more visible to on road traffic.
4. Riding reduces your transport costs ($1.50 per litre? What the..?)
3. Riding in a bunch deters magpies from scratching your ear.
2. Racing at Warragul will help stop Thomas from winning another season trophy.
1. Riding gives you an excuse to shave your legs. And wear lycra. Grrrrr!

Forgotten what it takes to talk like a cyclist? Here are some tips from the Fat Cyclist:

- Let everyone know that “I’m just taking it easy today.” All cyclists know that some days are for going out hard, some days are for resting. When you ride with someone else, tell them you’re just resting. Then ride at 80%. If the group still drops you, well...you were just resting. If you manage to hang with the group, then you’re a strong rider even when you’re resting. And – trust me on this – nobody else has ever used this excuse, so everyone will believe you.
- Learn the fine art of anti-trash-talk. Describe your potential ailments at the beginning of each ride. Be careful not to be too concrete about what’s wrong, because it’s always possible you’ll have a good day and won’t need to refer back to your pre-ride excuse.
  Yes: “We’ll have to see how long I can ride; I’m still recovering from a cold.”
  No: “I may have to break off early; I had a lung removed earlier this week.”
- Corollary to anti-trash-talk rule: All ailments are things that have happened to you, not things you have done to yourself. For example:
  Yes: “My tendonitis is acting up.”
  No: “I failed to stretch and am paying for it now.”

Special thanks to http://spaces.msn.com/members/fatcyclist/

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<thead>
<tr>
<th>October</th>
<th>Venue</th>
<th>Event</th>
<th>Marshall/Ride Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 1st</td>
<td>2pm Cloverlea</td>
<td>Scratch Race</td>
<td>T. Sandner; P. Kennedy</td>
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<tr>
<td>Saturday 8th</td>
<td>2pm Shady Creek</td>
<td>Scratch Race</td>
<td>D. Axford; B. Murphy</td>
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<tr>
<td>Wednesday 5th</td>
<td>all day Workplace</td>
<td>Ride to Work Day</td>
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<tr>
<td>Sunday 9th</td>
<td>9am Trafalgar</td>
<td>RideIt — Willow Grove &amp; Return</td>
<td>TBC</td>
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<tr>
<td>Saturday 15th</td>
<td>1.30pm Warragul Velodrome</td>
<td>RideIt — Elinbank &amp; Return</td>
<td>TBC</td>
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<tr>
<td>Saturday 15th</td>
<td>2pm Cloverlea</td>
<td>Handicap</td>
<td>B. Miller; H. Korab</td>
</tr>
<tr>
<td>Sunday 16th</td>
<td>5.30am Port Melbourne</td>
<td>Round the Bay in a Day</td>
<td>Enter online at <a href="http://www.bv.com.au">www.bv.com.au</a></td>
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<tr>
<td>Saturday 22nd</td>
<td>2pm Lillico</td>
<td>Scratch Race</td>
<td>P. Bailey; M. Oakley-Browne; T. Lee</td>
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<tr>
<td>Sunday 23rd</td>
<td>9am Warragul Velodrome</td>
<td>RideIt — Darnum &amp; Return</td>
<td>Craig Stuchbery</td>
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<td>Saturday 29th</td>
<td>2pm Buln Buln</td>
<td>Scratch Race</td>
<td>G. Pridmore; T. Kelly</td>
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<td>November</td>
<td>Venue</td>
<td>Event</td>
<td>Marshall/Ride Coordinator</td>
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<tr>
<td>Saturday 5th</td>
<td>2pm Cloverlea</td>
<td>Scratch Race</td>
<td>P. Rowse; R. Bell</td>
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<tr>
<td>Sunday 6th</td>
<td>9am Warragul Velodrome</td>
<td>RideIt — Drouin &amp; Return</td>
<td>Roy Hammond</td>
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<tr>
<td>Saturday 12th</td>
<td>1.30pm Warragul Velodrome</td>
<td>RideIt — Drouin &amp; Return</td>
<td>TBC</td>
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<tr>
<td>Saturday 12th</td>
<td>2pm Old Sale Road</td>
<td>Scratch Race</td>
<td>G. Donnelly; S. Jackson</td>
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<td>Saturday 19th</td>
<td>2pm Cloverlea</td>
<td>Handicap</td>
<td>G. Gatt; C. Beales</td>
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<tr>
<td>Sunday 20th</td>
<td>9.30am Burke Street Park, Warragul</td>
<td>Commonwealth Games Warm Up Day</td>
<td>Roy Hammond</td>
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<tr>
<td>Saturday 25th</td>
<td>2pm Fishers Road</td>
<td>Scratch Race</td>
<td>C. Hunt; C. Brown; A. Hauxwell; B. Hoskins</td>
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<tr>
<td>26th Nov— 4th Dec</td>
<td>Swan Hill—Melb</td>
<td>Great Victorian Bike Ride (570km)</td>
<td>Enter online at <a href="http://www.bv.com.au">www.bv.com.au</a></td>
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<tr>
<td>December</td>
<td>Venue</td>
<td>Event</td>
<td>Marshall/Ride Coordinator</td>
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<tr>
<td>Saturday 3rd</td>
<td>2pm Shady Creek</td>
<td>Scratch Race</td>
<td>S. Twining; N. Mason</td>
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<tr>
<td>Sunday 4th</td>
<td>8am Warragul Velodrome</td>
<td>Ride It—Melbourne Bike Trails</td>
<td>TBC</td>
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<tr>
<td>Saturday 10th</td>
<td>1.30pm Warragul Velodrome</td>
<td>Ride It—Warragul Loops</td>
<td>Craig Stuchbery</td>
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<tr>
<td>Saturday 10th</td>
<td>2pm Cloverlea</td>
<td>Scratch Race</td>
<td>P. Finlayson; P. Yeatman</td>
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<tr>
<td>Saturday 17th</td>
<td>2pm Lillico</td>
<td>Individual Time Trial</td>
<td>C. Jones; J. Hilder; B. Serpell</td>
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<tr>
<td>Saturday 17th</td>
<td>6pm Warragul Velodrome</td>
<td>Spring Series Presentation and Race/Ride It Christmas Breakup</td>
<td>All welcome</td>
</tr>
<tr>
<td>Sunday 18th</td>
<td>9am Warragul Velodrome</td>
<td>Ride It—Warragul Loops</td>
<td>Roy Hammond</td>
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**Notes**

Please refer to the Club website for any changes to calendar.

Ride It Contact Roy Hammond 5622 0919

If you are unable to marshall please contact Danny 0400 338 115 Call Phil to locate the Trailer 5623 2398