



Spin Cycle

Message from club president Vanessa Knee



Hello bike fans.

Thank you all so much for being a part of our great club. It's a privilege to take the reins and I hope I can bring some new ideas and help to grow the club further.

I'd like to thank outgoing President **Craig Trevallion** for his work as he has implemented

some valuable ideas and events within the club and propelled us towards great financial growth.

A big thanks goes out to **Steve Molloy** who has been our Treasurer the last two years and has been a very active and important member of the committee. Even though both are taking a step back from the committee, both Craig and Steve are a huge presence in our cycling club.

Welcome to **Lee Eisele** who is our new Treasurer; we are very pleased to have her on the committee. Lee has come a long way in a short time and is the epitome of what our club represents. Having no experience with biking only two years ago, she has ridden many kms on the road to compete in her first event, The Ultimate Snowy Challenge. Considering she had a broken leg within this time, she's gone from strength to strength.

On the subject of the Snowy Challenge, we are so lucky to have its creator, **Gary Pearson**, once more taking on the road cycling role in our club. Gary has a long association with road racing and riding and has been a successful triathlete. He has also built cycling clubs on the south coast, so he brings loads of experience to the role. It's great to have you with us, Gary.

This year **Claire McDonnell** will continue to do great things for the club in her role as mountain bike representative. One of her first tasks on our behalf this year will be to manage the Dirt

Maidens Challenge on 29 November; more about that later; thanks for being such an important part of the team Claire.

Cal Goodman has taken on the crucial new role of juniors' program manager; thanks Cal, this is a wonderful addition to the services we can provide to members; great to have you with us.

I'd also like to make a special mention to our Secretary, **John Castellari**, who has been instrumental in gaining a government grant of \$9000.00 for the development of women and kids on bikes. John has been a major part of the club's growth and we are delighted to have him stay in his position as Secretary.

The road ahead

Jindabyne is now being recognised as a bike destination. Riders who visit the area are amazed at the great trail network on offer, such as Mill Creek, Bungarra, Lake Crackenback and the Thredbo Valley Trail.

The feedback from riders I have had the pleasure to guide or ride with is always so positive, it makes me proud to be part of this beautiful area. With continued growth of the club and the trail network it seems we are on a forward trajectory towards more events and national recognition as the perfect bike destination for not only experienced riders, but riders and families of all abilities.

The Jindabyne Cycling Club will continue supporting the growth of women and children on bikes. With a \$9000.00 grant to create a series of clinics for women and kids at a subsidized rate to locals, we will see more locals riding our trails with more skills, less hesitation and find this a part of their regular routine. Males won't be left out either so keep watching as we roll out our programs this year.

We are in a great financial position and would like to offer financial support to our competitive young riders with the inception of a junior

program. We would also like to build community bike racks around town.

With the success of the Ultimate Snowy Challenge, we are now on the way to running more events and regular training and races over the summer period. We are intending to train level 1 mountain bike coaches through the MTBA nationally recognised coaching course, and will also train road bike coaches, as well as qualifying volunteers to manage traffic for road events. This will enable us to run regular training sessions for road and mountain bikers, and 'serious fun' races on a regular basis.

Jindabyne Cycling Club will continue to have a positive presence in our region and represent cycling as a healthy activity for all members of our community. It will be my pleasure to represent the club and have the opportunity to liaise with other bike clubs within our region.

As winter winds down and spring beckons, we look forward to launching some clinics and training. Meanwhile, enjoy the snow, and remember skiing and boarding will keep the legs strong for the bike season.

Happy trail blazing.

Vee





From the Secretary John Castellari

Hi fellow club members. This year we have some exciting programs and activities made possible by the grant money we received from the NSW Government, and the surplus generated by the Ultimate Snowy Challenge. The increase in members has also meant we have more money available through annual subscriptions.

Our policy is to provide as many benefits to members as possible, while also growing the club financially, so that it can keep providing member benefits. You'll see this policy reflected in the programs we are planning for you and the financial strategies we are adopting.

The successful Ultimate Snowy Challenge model, introduced by our road riding representative Gary Pearson will shape our income generation strategy this year. In essence, the model involves the club partnering and/or managing local riding events wherever possible, and using any profits for member development, services and facilities.

In taking on this challenge we accept that there is a financial risk, so you can be assured we will not involve ourselves in events that have tenuous financial viability; we will work primarily with local and proven events.

This year you'll notice that from time to time we will offer more club merchandise for you, such as jerseys, hoodies, tees and possibly other cycling related gear. Our policy here is to provide good value to members and to cover costs while also generating some small surplus so we can gradually expand the range of merchandise we offer. If you have ideas or requests for merchandising contact me on 0413869733 or email secretary@jindabynectmc.com.au ☺

Speaking of volunteers....

A huge thanks to all of you who volunteer for club supported activities. Last year's volunteer work was outstanding and has contributed to better trails, better and more affordable riding events, and more riding facilities.

A special mention to Adam Robinson who initiated a clean up of the town trails; constructive action of this kind makes us all proud to be part of our community of generous, and socially responsible riders.

We want to reward you for all the work you do on our and the community's behalf, so this year we will have a new volunteer reward program.

Anyone who takes part in club approved voluntary activity, will be eligible to go into the draw for the end of summer prize, a weekend of family accommodation at Pambula on the South Coast. The more times you volunteer, the more tickets you will be allocated, improving your chances of winning. The link below will take you to the property, which can accommodate family groups and friends.

<http://www.stayz.com.au/accommodation/nsw/south-coast/pambula-beach/113096> ☺ ☺☺☺

There will also be random prizes awarded throughout the year, so anyone who volunteers can be rewarded.

You will find there are many ways to volunteer, such as attending trail maintenance days, volunteering to support events (marshaling, track preparation, traffic management etc) and other ad hoc activities that require your assistance.

There are two events on the horizon right now that need volunteers and we'll soon be asking for your help. The first is the **Triple Trail** the second the **Dirt Maidens' Challenge**. There will also be trail work to do as we prepare for a spring, summer and autumn of outstanding riding.



Memorandum Of Understanding with Council

The club is currently discussing signing an MOU with the Council concerning trail maintenance.

Increasingly, it will be necessary for riders to put in voluntary labor to keep trails in good order. The more we are able to do, the more support we will have within Council to expand and improve trail networks within the Shire.

The Executive Committee is in favour of this, as it will recognize the club's already strong commitment and contribution to trail development and maintenance and clarify the responsibilities of the various stakeholders.

Road riding



This year we will be training road cycling coaches, so we can conduct road cycling training and be covered by insurance. Our intention is to train Level 1 road cycling coaches, under the Cycling Australia coaching system. If you would like to be supported by the club to undertake this role, please contact Gary Pearson on 0412804659 to discuss requirements and eligibility.

Once we have coaches, we can run road specific activities such as regular time trials, race strategy and skills development. With the increased level of interest this year in the Southern Division club races, we hope to in time build a strong cohort of

racers to represent our club. Ian Brandon in particular has represented us strongly in the past year in the Southern Division race series and we hope to have him riding for us again this year, possibly with a few other regulars.



Ian in JCC kit this year at the start of the B2B with good friend Owen Turner

The Ultimate Snowy Challenge has been a huge success for the club and we would like to strengthen the club's capacity to run road events by qualifying members as traffic controllers. If you are willing to take on this role and would be able to commit three years to it, we will pay for your training, which you can use commercially if you wish, so long as you volunteer for club run or endorsed road cycling events. Currently this is solely the Ultimate Snowy Challenge, a two-day event. Contact Gary on 0412804659 to discuss.



The Sunday Social ride has continued through winter and come spring will revert to the 9.00 a.m. schedule. We'll email you and post on Facebook as soon as spring is declared! Everyone is welcome, including those new to riding; the Sunday ride has a no drop policy. Come along and learn to road ride in a safe and supportive group.

Jindabyne is an ideal place to road ride; we tend to stick to secondary roads during the ski season, but in summer even the highways to Thredbo and Perisher have little motor traffic to concern us; how lucky are we to live in this superb alpine environment. ☺

We have also been running Saturday Presidential rides during winter, which have attracted good numbers. It must be an indication of just how popular our President is, because she certainly draws a crowd, even in cold weather!



The initial Presidential Saturday ride attracted good numbers despite the cold weather

Bike Maintenance

Want to know how to maintain or fix your bike? Me too!! We will be organising a basics of bike maintenance session later this year!



"Er, I said basic maintenance"

Junior development program



Cal Goodman is currently developing the juniors' program, with assistance from Vanessa Knee and Claire McDonnell. The program will focus on fun and skills days, as well as more serious training for juniors who would like to race.

For those who would like to push it harder with racing, we are considering gym work and other non-bike activity, to complement bike training.

Cal is keen to encourage juniors to mountain bike and road ride, so we can expect the program this year to cover all interests.

If you would like your child to be involved in any aspect of the programs we will be offering, please contact Cal on 64564100 for more information.

Scheduled junior events (by Cal Goodman)

This is shaping up to be a great year for juniors of all levels with the amount of new trails we have and a program, soon to be announced, of fun riding days and training days. The program of regular junior rides at Bungarra combining fun and skills development, will resume in mid-October, following the attendance of several adult

club members at the MTBA coaching course. Watch this space! Road riders will also be accommodated, so keep tuned.

Juniors' representative events and development

A Jindabyne Central School Junior team comprising Tanika Goodman, Callum Ryenhardt and Sam Bylett will compete at Mt Stromlo on the 29th August in the ACT MTB Interschools four-hour enduro championship. This is a huge event with riders coming from all over NSW and ACT.

In September the team will be riding in the Coondoo Classic four-hour enduro interschools event in Nowra.

MTBA is running the second leg of the state based 2014 Junior Development Camps during September in Bright Victoria, the home of the National Championships for the following two years. Jindy club rider Tanika Goodman has managed to secure a spot in this camp, which aims to develop talented young riders and prepare them for State, National and UCI World MTBA competition.

In October, MTBA will announce the dates of a second juniors' training camp, which may be AIS based in Canberra later this year.

Local events for juniors

There are many races coming up for junior boys and girls and anyone who is interested can contact Cal for more information. Some of the next local races worth looking at for juniors who want to have a go:

- Dirt Maidens at Bungarra for the junior girls (Saturday 29 November)
- Lake Crackenback kids race in the Tre-Ex dirt Triathlon
- Thredbo Interschools.



Rotorua Rolling – a feature article by Vanessa Knee



Rotorua is the kind of place you will fall in love with right away, not only for the amazing mountain biking on endless single track, but also for the incredible beauty and the great kiwi hospitality. Rotorua, on the North Island of New Zealand, is certainly a must on the mountain bike bucket list and with cheap flights and easy transfers, this trip can be ticked off again and again.

Three intrepid female riders, Jules, Jane and I, set off recently to ride Rotorua's famed single track network. We were not disappointed.



"Hey about that sign back there – what does Jurassic mean?"

Our accommodation was a great little bach (holiday home) with a hot tub and lock up bike storage only five minutes ride from the trailhead. Nestled in the towering Redwoods on the outskirts of town, the Whakarewarewa Forrest is home to the most incredible single track I have ever ridden.

Rotorua offers riders over 130km of trail designed for every level of biker. The clever matrix of trail is impressive and built on a base of

well draining volcanic soil. These master crafted trails are pretty amazing without being too extreme, although, if you are up for it, you can take the expert and double expert trails and huck your way down some pretty steep and confronting lines.



"No, no, I'm sure it was this way, past the big tree."

The trails we rode are classified as intermediate to advanced; they were flowy and fun on a surprisingly smooth surface for the end of season. The trails are so well marked and the 'manky' maps (a cloth map that you can buy and carry in your pocket) explain a whole lot, so it's pretty easy to get around after a few days.

We met so many friendly kiwis on the trails wanting to show us around, help us out, give us directions, and point us to the cream of the crop trails like, "Be Rude Not To", "Split Enz" and "A Dragons Tail". We came out of every trail with huge smiles, full of adrenaline and wanting more. We did earn our turns as the end of every single track spills out onto a fire road, so it's fairly easy to pedal your way back up to the trailhead and off you go again.

There are some great single-track climbs in the mix or you can take a shuttle bus to the top for a small fee. The fire roads to the very top were only 30-45 minute climbs that had some granny ring gradients, but for the most part very manageable. So we opted to ride to the top most

of the time with plenty of smaller climbs to fantastic tracks.



"One more time - wahahaha"

Our favorite trail was called "Corners", which was a descent of about fifty perfectly manicured berms through beautiful forest. We hooted the whole way down. It was amazing! Riding six out of our seven days, five to seven hours a day and clocking up over 220kms of mostly single track, this holiday was one of the best bike trips I've had. I'll be going back for sure!



"Tree huggers wanted"

Scaredy Cat Clinics to run in October and November



The popular Scaredy Cat clinics are back just in time to prepare our new female riders for the Triple Trail and the Dirt Maidens Challenge. The first will be Oct Sat 18th, 9:30am - 12:30pm. This clinic will be designed for ladies who are very new to mountain biking and aren't even familiar with riding on dirt.

The clinic will cover the basics of bike set up, riding position, gears, brakes, and venture into the skills course and finish with some easy single track downhill and uphill.

Our next date will be Sat 15th November, where we will take ladies more familiar with biking; those that feel more confident riding single track but are still a bit nervous about speed and corners. We call this an advanced beginners course. For this you must be familiar with gears, brakes, level pedal position and feel comfortable riding green trails.

The instructors for these clinics will be Vanessa Knee and/or Claire McDonnell, MBTA qualified and well known for their enthusiasm for getting more women involved in bike riding. The instructor to student ratio will be capped at 1:7, so if there are more than seven students to a group, we will have an additional instructor.

At a subsidised rate of \$30pp for 3 hours, this is a fantastic deal. There will also be refreshments provided for participants, so you can take some time to talk with each other, reflect on your learning, and enjoy being outside with a group of like-minded people.

We'll be advertising the clinics widely in the next few weeks, with preference going to Club members. We'll be emailing all members and posting on Facebook. We'll also be advertising the clinics in local papers. So keep an eye out and be ready to sign up when enrolments open.



In the meantime you can call Vanessa on 0416682344 or Claire on 0402587653 to discuss the program.



Triple Trail is on again: 1 – 2 November

It's back - the third "Snowy Triple Trail" will run November 1-2, 2014.



There will be only 150 entries available. Entries open 1st of September at www.rollingground.com and the cost is \$129 total (for all 3 races).

The Snowy Triple Trail runs over 2 days on 3 separate MTB Trail Networks: Tyrolean Village (10km Time Trial), Bungarra (24km two lap bunch race) and Lake Crackenback Resort (45km three lap bunch race).

This year's race will be a little more challenging with a bit more climbing at Bungarra. If you want to be challenged on some of the country's best MTB trails get your entry in by September 1st.



This is one of the country's true hardcore rider events, right here in the Snowies on our superb local trails – get on it!

The Dirt Maidens Challenge – 29 November (by Claire McDonnell)

The inaugural Dirt Maidens Challenge (DMC) was run in December 2013 by a small team of dedicated women who wanted to create an event just for females, where they could socialise, challenge themselves by competing in a safe and fun environment, and meet new friends. It was a great success, with over seventy-five girls of all ages, backgrounds and levels of experience lining up at the starting gate.



This year's DMC has been crafted through feedback from last year's event, with an emphasis on fun. This year's theme, 'Into the Wild' will see creatures of the land, sea and sky gather to race in a new and improved format. Each year we will aim to vary the race course and/or format in response to feedback, and to change the theme to create a completely different experience for returning riders.

The Jindabyne Cycling Club has shown great leadership and innovation, with the successful Ultimate Snowy Challenge road cycling event, so it was the obvious choice for partnering to run this year's Dirt Maidens Challenge.

Money raised from this event will go back into the club, specifically to fund junior development programs for girls.

The Dirt Maidens Challenge cannot succeed without the generosity of our sponsors and volunteers. Our thanks to **Lake Crackenback Resort**, who have already taken up a Gold sponsorship of this event, and to **Synergy Massage, Sundance Bakery, Jindabyne Sports** and **Travel Play Live** magazine who are also sponsoring the event.

Check out details on the Facebook page <https://www.facebook.com/DirtMaidens>, and the Dirt Maidens website <http://www.dirtmaidens.com>

Hoodies and other goodies

Wow! The club hoodies and tees look and feel great! Contact Claire on our Facebook page to order or email secretary@jindabynectmc.com.au and we'll pass your request on.



They look happy with their purchase ☺

Congratulations Tegan Molloy Junior UCI Downhill Mountain Bike World Cup Champion



Five wins from seven races – exceptional effort from our local athlete and JCC member.

Spin Cycle welcomes contributions. Contact secretary@jindabynectmc.com.au or phone John on 0413869733

Go Juniors at Mt Stromlo on 29 August



