



Summer, bring it on...

Paul Nixon hitting the trails at the Coondoo 5hr Marathon

Welcome to the final issue of SCUM News for 2016. The Christmas carols are being played in shops and all of the 'kids' are dreaming about that new Bike that's been cleverly wrapped under the Christmas tree.

It's again been a busy three months for the club with the Coondoo 5Hr Marathon, The Club AGM, 2 Flow Cross events (Flow X 2), plus the final XC Series event for 2016 – the \$891.00 Pink Wheel fundraiser for Cancer Council. Details & pictures of all are inside this issue of SCUM News.

It was good to see some new faces at our AGM. Huge thanks to **Mason Mawer** and **Scott Woods** who put their hands up to facilitate junior/novice rides. The aim of these is to promote MTB riding to those not quite ready to enter a standard event. Read about our first Novice Ride at the Pink Wheel event (XC Round 5), it was loads of fun.

Also at the AGM we decided our Club committee needed a **female members** perspective. The aim being to help us promote our club activities to female riders & families more. If this sounds like you, let me know. Give me a call on 0405 502 866 or via president@scum.asn.au.

What's in this issue?

- **Event News / Results & Pictures –**
 - **Coondoo 5Hr Marathon; Flow X 2; Dusk to Dark (Sep edition); XC Round 5 (Pink Wheel) – with \$891.25 raised to help Cancer Council**
 - **Upcoming events – Flow X 3 & the Social Coondoo**
- **Rider profiles – Astley Magic and Go Go Gomez**
- **A touch of Kowalski with Matt Rodrigues**
- **Tav to the Top – Kissing Goodbye to MS + more ...**

We also catch up with a few members and hear about what they've been doing and where they've been riding, we feature **Mark Astley** as well as the **Gomez family**. There's also a piece on the **Kowalski Classic** (thanks **Matt Rodrigues**), plus we can read about the adventures & achievements of a few club members in the '**Tav to the Top**', a ride of epic proportions raising funds for Multiple Sclerosis. Yee Haa ...

We also highlight the benefits of cabbage and how it might just be the best thing to

indulge in 'socially' on a Friday night ☺.

It's been a huge year for the Club & our two event series are coming to a close. It's not over yet though with Flow X 3 & our Social Events still on the calendar. I hope to see you all at our final FREEBIE Social event on **December 3**. No doubt there'll still be some additional Social Rides over the break, keep an eye out.

Getting in early, I'd like to wish you all a Merry Christmas & Happy New Year.

Grant – Club President



Event News – Coondoo 5hr Marathon

The **Coondoo 5 Hour Marathon** was a great success for the club, not only was it a superb day out riding but it was a good fund raiser for the club. Funds will go toward new equipment & additional infrastructure for ongoing trails maintenance and improvements.

126 riders took to the Coondoo trails on Sunday August 28 in what were fantastic riding conditions. The sun was out, there was no rain to be seen and hardly any wind. Solo riders, pairs and threes blasted around the superb singletrack, all with HUGE smiles on their dials ...

Mark Astley took the lead from the start and seemed unchallenged by the course or fellow riders throughout the event. Mark went out to complete lap 11 with a little over 30 seconds left on the clock; his final time, after his **11th**, was **5Hrs 32mins and 21secs**. Huge effort Mark & congratulations.

Pippa Lyon took out the Solo Senior Female category taking full control over the Coondoo trails completing 9 laps of the approximate 11km circuit – well done Pippa. **Marisa Bertoia** came in a solid second one lap down with a solid 8 laps.

Also in the Solo Senior Female Category we saw some great efforts from some *junior riders* contending with their older counterparts.

Amelia Cafe (16) and **Seren Johnson (15)** coming in 5th & 6th respectively, both relishing the condition of the superb Coondoo singletrack.

Overall there were 50 solo riders, 27 pairs and 7 threes, who combined completed a total of 670 laps (or approximately 7370km). A huge effort by all on a great day.

Mark Astley taking the lead from the start

The fastest lap (male) was completed in 28mins and 5secs by **Craig Gordon** former 24 Hour Solo World Champ (part of a Male Pairing). The fastest lap (female) was **Fiona Dick**, part of the Chocolate Foot crew & part of a mixed pairing. **Fi's** second lap was her quickest, a hot 34mins & 9secs.

Full results and more pictures are available on the SCUM Website <http://www.scum.asn.au/index.html>

SCUM Crew



Dubbo rider **Simone Grounds** - 'Two Treks No Kids' on her way to the podium in the Pairs Senior Mixed



Event News – Flow X2

Numbers were not as high as with previous events, but that did not stop the enthusiasm of the 31 riders that shredded the trails during **FlowX2**. A slightly cool start to the day quickly turned into a spectacular day of riding on the expertly polished Superbowl Trails (thanks Trail Crew).

In the Elite Category, **Rhys Flahive** and **Peter Tarasenko** battled it out for 1st and 2nd places, with Rhys gaining top spot 21sec ahead of Peter.

Chris Allan, Gregory James and **George Klapsis** took out the top 3 in the Masters Male with only 12 seconds separating them. In the Super Masters it was **Nick Skee, Val Gomez** and **Simon Curron** that took our the 1, 2 & 3.

The Veteran Male category saw **Dallas Warner** take the number 1 spot with **Adam Cook** coming in second and **Todd Marion** third.

Justin Turner, Dave Tuckerman and **Duncan Miller** battled it out for line honours in the Expert Male taking first, second and third respectively.

The largest field was the Junior Under 15 category with 10 riders. No surprises to see **Jarrod James** taking the top spot with a very impressive 17mins 16secs overall. In fact **Jarrod's** time was equal quickest for the day sharing it with **Rhys Flahive** in the Elite Male category – fantastic effort **Jarrod**; well done. **Aiden Adams** came in a solid second with **Thomas Maxted** securing third.

Zach Klapsis and **Sam Moore** also both had solid days in the Under 17 male categories; gaining first and second respectively.

Readers might note a lack of female names in this mix ... sadly there were no female entries on the day; we hope to see more next round.

Full results and again more pictures are available on the SCUM Website and Facebook page.

<http://www.scum.asn.au/index.html>

SCUM Crew



Ready to roll



Peter Tarasenko floating along the trail

Event News – Dusk to Dark

Superbowl was host for the Dusk to Dark in September and 41 riders hit the trails for 3hrs of adventure on some superb singletrack that is Superbowl. Whilst teams of 2 or 3 were on offer only 3 paired teams participated, with the remaining 35 riders deciding to tackle the ride solo.

There had been some decent rain in the week / days prior to the event but the course was predominantly dry and in good shape so the event went ahead. It was a beautiful sunny and clear day but there was a slight chance of rain for later that evening, possibly even a storm.

The Senior Female category was taken out by **Liz Smith**, 2016 24Hr World Champion, but not without some stiff competition by 20yr old **Rachel Cook** from Choccy Foot who competed in her first Solo multi-lap event. Both finished 8 laps, with **Liz** bringing it home in 3:05:04 and **Rachel** only 11 minutes behind in 3:16:23.



Dusk to Dark 3 Hrs of Superbowl



Amelia Cafe also had a solid ride in the **Solo Junior Female** category, completing 6 laps in 2:33:49, why only 2 ½ hrs for **Amelia** – she was probably just very smart ☺. The forecast showers for later that evening came to visit the forest with a boom and multiple buckets. The rain was so heavy that the timing tent was in danger of being flooded from the sagging roof. Whilst the rain did increase the slipperiness of the track & reduce the race time & distance for some of the riders, many soldiered on, doing their bit to keep the local bike shop economy healthy for bike maintenance and replacement parts ☺.

Luke Harden took out the **Solo Male** category, completing 9 laps in 3:05:10 followed very closely by **Jarrod James** (who recently turned 14) completing his 9

laps just 3mins later in 3:08:34. **Dave ‘Bike Shack’ Tuckerman** came in 3rd a further 5 minutes behind **Jarrod**. Three other senior riders also completed 9 laps (**Elvio Fernandes**, **Geoff Lockhart** and **Edward Baird**). Well done to all riders.

Notable mentions also go to all the junior riders that competed solo ... **Matt Rodrigues**, **Zach Klapsis**, **Liam Gomez**, **Aiden Adams**, **Max Moore** to name a few that entered solo. Then there was **Jordan James** and **Solomon Johnson** who both had a good hit out in their pairs on what was not doubt a memorable ride.

Full results are available on the SCUM Website, sadly not to many pictures (it was dark ☺), see over for a few ...



Clockwise (from Top left): Max Moore (#49) leading the train; Gary Sheehy (#41) holding off a challenge; Rachel Cook (#19) doing her drought breaking thing; and Liz Smith, closely followed by Tom Cowley (#38) fully composed on her way to a #1 podium in the Senior Females.

Despite the slight wet tail left for most, the **Dusk to Dark** was another great fun event that left riders with huge grins—albeit slightly wet ones.

Rachel Cook from Chocolate Foot's Women's MTB Team was one rider that had an absolute blast ...

"It was super cool seeing other riders' lights weaving in and out of the course"

Read all about Rachel's time on the trails in the *Chocolate blog* on the **Chocolate Foot website**. From all accounts Rachel had a great ride and loads of fun. Unfortunately she failed at one thing ... to keep her bike clean ☺.

Read **Rachel's** full account of the **Dusk to Dark 3hr** here:
<http://www.chocolatefoot.com.au/women-mtb-team/blog/487-scum-3hr-dusk-to-dark>

Huge thanks again to the **SCUM event crew** and all the other helpers for setting up and putting on once again a fantastic event. Packing up was no doubt a little bit of a chore but well done to all ... another grand event ☺

SCUM Crew





Event News: Pink Wheel (XC Round 5) & Novice Ride

For the last few years, to coincide with the **Cancer Council's Pink Ribbon appeal**, SCUM has held a Pink Wheel event to help Cancer Council to raise vital funds to beat breast and gynaecological cancers.

The 2016 **Pink Wheel** event was held on Sunday 16 October. The event doubled as Round 5 of the clubs popular XC series, and as a triple treat we trialed a Novice Ride on the same day. It was a superb day of sensational singletrack, the weather was great (albeit a bit of a cold start) but 60 riders took to the trails and had a ball.

We started the day started with the **Novice Ride**. The 3km short course used took in some singletrack, some fire road, then more singletrack. It was 'marathon style' where riders were free to do as many laps as they liked or could in the allocated time.

Whilst mostly Juniors participated,

the event was geared for anyone who wanted to have a go but did not feel comfortable to ride the main event. Hopefully we'll get some mums and dads (or grandmas & grandpas) at our planned future Novice Rides.

Kian Mawer, Mitchell & Trent Tipping, Hunter Woods, Josh Miller, Callum Mawer, Iden Wilson and Noah Lachlan all tackled the trails showing off their bike handling skills.

Some of the riders had trouble getting past some of the trees as their smiles were so wide they almost came unstuck. Congrats to all Novice riders, the full results of are available on the SCUM Website. A similar Novice Ride is part of the end of year Social Extravaganza and keep an eye open for future Novice Rides at SCUM events for 2017.

The main Pink Wheel event kicked



Callum Mawer sporting #13, showing all his style



off with 52 riders at the start line. It wasn't long before they too were off, soaking up the trails and enjoying what Coondoo had to offer.

Seren Johnson took line honors in the Elite Female category, riding 26.8km over 4 laps in 2:03:58. Well done Seren, unchallenged in the category as fellow rider **Ellyse Turner** had to retire with mechanical issues.

Helen McMullen took out the podium in the Expert Female category with 3 laps in a little over 1hr 30mins. **Mandy Notley** and **Ali Johnson** took on the Master Female category and achieved first and second respectively. Whilst **Katie Lahodny**, **Joanne Warren** and **Jill Tuckerman** gained podiums places in the Super-Master Female category.

Kathryn Hopkins and **Kerrin Ireland** gained first and second in the Veteran Females whilst **Arielle Gomez** performed well in the mixed under 13's, **Zoe Cooper** was unchallenged in the Under 15 Females and **Rhianna Tuckerman** had a solid ride in the Under 19 Female Category. Huge congratulations to all of the female riders. **Jill** and **Rhianna Tuckerman** get extra Kudos for their pink accompaniments and adornments worn on the day – sadly we didn't capture this pair in pictures.

Zach Klapsis went the whole shebang, the only rider to enter the Elite Male category – finishing his five laps in 2hrs 17min. A tremendous effort – well done **Zach**.

Jarrod James, **Dave Tuckerman** & **Matt Pandelus** took out 1, 2 & 3 in the Expert Male category with **Jarrod** pulling well away from the rest of the

field to take first by almost 4 mins. Well done **Jarrod**.

Brad Stein and **Nick Smee** had an epic battle in the Master Male category, swapping the lead throughout the event with **Brad** taking top podium by 26 seconds over **Nick** in the end.

David Babis came in with a solid third place.

The real battle occurred in the Super-Master Male category with **Jon Schol** and **Val Gomez** head to head for most of the event, **Jon** may have lead nearly the entire time however **Val** was on his tail testing both himself and **Jon**, the difference between the two barely exceeded 5secs the entire time with **Jon** coming in just that, 5 seconds in front of **Val**. Well done both.

Gary Sheehy was unchallenged for 3rd completing his 3 laps in just over 1hr 22mins.

Isaac Ellis secured #1 in the Veteran Male with **Dallas Warner** and **Chris Morris** securing second and third respectively.

Thomas Maxted, **Harper Hancox** and **Jordan James** took out the Under 13 Mixed category, with **Aiden Adams** being unchallenged in the Under 15 Male category strongly securing the #1 podium spot with **Liam Gomez** coming in a strong second and

Lachlan Kirk securing third. **Zane Wilson** also had a solid ride in the Under 17 Male category.

The **Pink Wheel** event wasn't all about riding, it was also about fund raising for Cancer Council. The best result of the day was that thanks to everyone the club raised **\$891.25**. HUGE thanks to all the donated & thanks too to Forests NSW for waiving our normal forest usage fees to help us get to this total.

SCUM Crew

\$891.25
raised



**SOUTH COAST UNITED
MOUNTAINBIKERS INC**



Next & Future Events

FLOW X 3

XC Stage Race – Superfly

Butterfly Road, off Forest Road, South Nowra

Sunday 13 November 2016

Further info: www.scum.asn.au



 forests

 forests

Coondoo Social Spectacular

Up to 3 hrs of riding: Teams, Pairs or Solo ...

Sat 3 December - two different Marathon style rides

Two tracks (a Shorter 'Novice' course OR Longer 'Full On' course).

No timing just riding ... and it's all **FREE** (even the BBQ)

All Welcome - FREE Entry (*optional Recreational Permits available to non-MTBA members \$10 Senior / \$7 Junior*)

Rego from 3:00pm, Ride from 3:30pm up to 6:30pm (*Ride for as long or short as you like*).

Club Presentation plus a Free Sausage Sizzle BBQ to follow. More detail on the SCUM Website.

Rider Update: 2016 with Mark Astley

Mark Astley is a long term member of SCUM; a regular competitor in our XC and Marathon events, a Dad and a husband. When he's not riding his bikes Mark sometimes works in the Navy at HMAS Albatross.

As you'll read Mark is pretty handy on the bike, but it's not all MTB, there's a bit of Road in there as well. We asked Mark to give us a bit of a summary of what he's been up to this year. Here's what he had to say ...

For 2016 I was going to concentrate on my road riding and short course XC, as 2015 was a big year riding Endurance MTB rides, with several 7hr races (I finished off with a solo at the Bright 24hr).

My early plan was too contend the National XCO Championships in Bright Vic in March, sadly this did not eventuate. So I decided to race the NSW Masters Road

Race. I had fun at this but didn't perform very well, so it was back to training.

The next big goal was the ADF Cycling Carnival in October 2016. So to get there I put a training program together with my coach Damian Mason from FTP Training, and The Watts Factory, this guy is amazing with any type of coaching for riding. This plan included competing in as many of the SCUM rounds and the Nowra Velo races that I could get too. It was on ...

I really love the atmosphere of SCUM races, as they are great fun to ride, either as an Elite rider or as a first timer. A great thing about SCUM is that the club caters for all types of rider, including young kids as well as the rest of the family.

In 2016 I managed to get in one of the 3hr events, the Coondoo 5hr Marathon and a couple of XC races. I had some good results.

After winning the Coondoo 5hr Marathon I new I was in good form for the ADF Cycling Carnival. The Carnival was held in Canberra; with a week full of racing. My schedule included XCO and ITT on the Wednesday, Thursday was the Road Crit Race as well as a down hill sprint race, Friday was the XCC followed by a Tri Service race, rounded out by the Road Race on the Saturday.

I managed to win the XCO race followed by a win in the ITT in the afternoon. I had a very close 2nd in the Crit race the next day. The Friday bought another win in the XCC followed by another win on the Saturday in the Road Race. With these wins I managed to score the title of overall ADF Cycling Road Champion.

Huge Congrats Mark, it sounds & looks like you need a new trophy cabinet. We can't wait to see what happens in 2017.

SCUM Crew

Background Above: Mark riding the Stromlo trails on his way to a win; **Below,** tackling the Superbowl trail plus that Trophy Hall ... congratulations Mark.





Go for it: Gomez

The **Gomez family**, or the Gomez Clan as they are sometimes affectionately called is a family of four; Arielle (10), Liam (12), Katie (Lahodney) and Val (Gomez) both of whom have recent hit the magic 50's. They are all keen riders and regularly attend SCUM events, we asked them a few questions to find out what they like about riding Mountain Bikes ...

When did biking start as a family thing?

Biking began while living in Alice Springs many years ago. We (Katie & Val) started going to the local races. They were small scale, sometimes only six riders on the start line. When the local club started a downhill event, one rider had a fully sprung bike, a couple with sprung forks and the rest of us had fully rigid bikes ... fun days. That led to many adventures exploring the surrounding country and later exploring other remote areas of Australia.

The kids started with balance bikes in the house before they could walk and there are fond memories of them skidding around the kitchen and dining room in a figure 8 circuit.

Where do you ride & who's the main instigator?

These days any one of us might suggest a ride and we ride as often as our busy lives allow. Generally we ride locally and we try to incorporate riding into our holidays away.

We live on a small rural property with lots of single track. When the kids were younger we would often play chasing games on our bikes. This doesn't happen so much these days however Liam now keeps busy putting in small jumps on the trails. Hopefully soon we might start work on a small pump track.

What is your favourite SCUM Trail?

This question started a lengthy discussion. The consensus: they are all fun, however if

we were to vote, Butterfly may just come in as a first.

How about other favourite trails?

More recently we have ridden the Thredbo flow trail, Thredbo Trail and the Jindabyne Tyrolean track. More locally, Liam has been enjoying visiting Greenvalleys' of late and his favourites are Big Foot, Plantation and Sir Bishop (and Thredbo Flow).

In the past we have enjoyed the two day Polaris events, Stromlo 24hr, Tassie east coast and Maria Isl, S.A. Flinders Ranges, W.A. Bibbulum track.

What about other interests?

We all love the outdoors, that or a good read.

Four riders in the family must mean you've a few bikes.

We are a mountain biking clan of hard-tails, dualies and now a single speed too!

The number of bikes seems to have grown in recent times and currently sits at eight with the addition of the single speed ... and there is that 96'er project that I (Val) want to complete one day.



What do you see as Benefits of the whole family riding, are there any drawbacks?

We can't think of any drawback except perhaps the race for the shower after a muddy ride!

The benefits are aplenty and we share the love of exploring the bush on bikes.

However, it probably won't be too long before the kids will be waiting for us at the top of a big climb.

When the kids were very young we wanted to encourage them to enjoy riding. Despite their enthusiasm, we found we could get further with the help of Trail-gater tow bars. On one memorable outing we set off for a ride after there'd been a few days of decent rainfall. We rode a muddy fire trail and came upon some road works where huge piles of earth ended in what looked like mini dams after the rain. What do you get when you combine 2 small kids, 2 big ones and a lot of mud?

What advice do you have to others wanting to get into riding?

Go for it! What's to lose and so much to gain. You can extend yourself in ways you may not have imagined and there really is a style for everyone from competition to exploration (or both simultaneously). Riding opens up a variety of opportunities and you can share it with family or like minded people that rapidly become friends. Riding in the bush provides opportunities to observe nature in a way that's not possible from a car, yet gets you from 'a' to 'b' a little faster than a hike. We are pleased to see an ever growing number of kids turning up to SCUM events keen as mustard to give it a go.

.....

HUGE thanks to the whole Gomez family for answering our questions and sharing their story. They have captured so much about what riding is all about to all of us ... having fun.

We look forward to seeing you all out on the trails, either at Coondoo, Superbowl OR Butterfly ☺.

SCUM Crew





A Kowalski Touch with Matt Rodrigues

Sunday 18 September, the original date set for the **Kowalski Classic** was a bit of a wet one so the event was rescheduled to Sunday 16 October. Sadly this clashed with SCUM XC Pink Wheel event ... damn. Of course, both events went ahead but with a few less riders than expected.

Matt Rodrigues, a regular SCUM junior rider was one of the many members at the Kowalski, here **Matt** tells us how he went...

With the re-scheduled Kowalski Classic, a number of riders were unable to compete – one of them being Elvio Fernandes who kindly offered me his entry. With this last minute opportunity I decided to have a crack at my first 100km race. I felt excited, yet worried due to the recent lack of riding.

Recently I decided to cut my hair into a mullet, which never fails to intrigue people. Walking into the 'Box O' Bikes' bike shop for registration was no different – a few strange looks and a couple of giggles. Headed back to the race centre to set-up camp.

Woke up bright and early the next morning and headed for the start line. Was greeted by Brett Bellchambers, who happened to be in Box O' Bikes at the same time as us. He congratulated me on my mullet just before we took off. Little did I know he wasn't the only one who noticed at that shop.

I took off with old mate Cory Dimmer and we ended up riding together almost the whole race (at the 76km feed station Cory put the hammer down and was gone). Being my first 100km race I wasn't too sure what pace I could hold, so I decided to follow Cory and see how long I lasted.

When we jumped into the first single track it felt great. The sweet Kowen trails never fail to disappoint – flowy, undulating descents and climbs just hard enough to hurt. The tracks are so well-made with not a trail in the whole 100km repeated.

I felt reasonably good for the first 30km, before stopping at a feed station. While filling up my water bottle

I was cheered on by the marshals – "go the mullet!". Turns out they were all the workers from the bike shop.

Re-fuelled and amped-up I tackled to next 20km without too much struggle. The legs were starting to hurt, but I still felt good.

After the 50km feed station was when I really felt it. I began to feel drained and fatigued. At around 60km, all I was focused on was all the delicious food at the 75km feed station. I kept riding, watching every kilometre tick by on my GPS. I knew I was getting closer, and just as my hopes began to rise, there was a mammoth fire trail climb. Slowly but surely I made it to the top, only to find another mammoth climb, even longer than the first.

When I reached the top of this climb I was buggered, only to find ANOTHER climb. There's nothing more demoralising than riding up such terrible hills, puffing your lungs out, while some bloke is walking beside you at the same speed (Mr Bean movie).



THE MAJURA PARK
KOWALSKI CLASSIC
AN ICONIC RACE ON THE BEST SINGLETRACK IN EAST KOWEN & SPARROW HILL (ACT).

16 OCT 2016

DISTANCES
FULL 100KM
HALF 50KM
QRTR 25KM

THE KOWALSKI CLASSIC



I was relieved to finally see the feed station at the top of the hill, where I had a bit of a feast.

The last 25km was pretty slow going, reserving myself for the notorious 'Stairway to Heaven' – a nasty single trail climb, full of switchbacks and step-ups. It was my first time tackling it, and it felt as though it went forever. After around 6hr 10mins of riding I finally made it back. I was flogged, but felt accomplished. We sat around waiting for the others to finish, while podiums were being announced. To my surprise I heard my name called out. I walked up in disbelief and stood on the top rung, I couldn't believe I took out the 18-29 Open category! A great start to my 100km adventures.

Overall, an awesome weekend was had camping out with the bestest of friends and family, great trails and the super Kowalski vibe!

Massive congratulations Matt. A fantastic achievement. We looked a bit closer at the results and not only did you win in the age based category, you came home 34th overall and 27th in all males...a tremendous effort amongst some steep competition. You look fully pumped too, "**Go the mullet**".

Congratulations to all of the other SCUM regulars that entered the Kowalski ... let's hope next years event doesn't clash with OR is rescheduled so to coincide with a SCUM event.

SCUM Crew

Split Name	Time	Time From Prev Leg	TOD	▲	O Pos	C Pos	G Pos	Dist Done
Start			08:03:22		46	3	39	
32km	01:57:12	01:57:12	10:00:34		40	2	34	32
50km	02:47:47	00:50:35	10:51:10		42	1	35	18
76km	04:41:33	01:53:45	12:44:55		32	1	25	26
Finish	06:11:42	01:30:09	14:15:05		34	1	27	24

Trail Crew Update . . . Dig & Ride days

Using your best David Attenborough voice...

"The best time to see the little known SCUM Trail Crew is the second Sunday of each month. They can usually be found scuttling around the Nowra State Forest or Currambene Forests at locations called Coondoo, Superbowl or Butterfly."

Their sole purpose is to maintain and groom the Club's trails so that they are in pristine condition for future club events. Rumour has it that anyone can join in on the fun, all that is needed is a pair of gloves, some appropriate tools and a sense of adventure..."

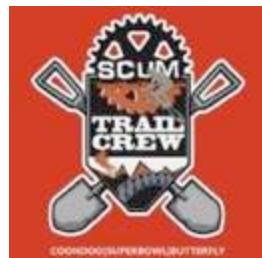
Following the recent Club AGM, **Tony (The Trail Guru) Conroy** has relinquished his coordination role, figuratively handing his gloves (rake, mattock & chainsaw) over to **Matt Kidd**. **HUGE thanks to Tony Conroy** for putting in a sterling effort over the last few years ... we hope you enjoy the pleasures of your previous labours by getting out to ride the trails even more.

The SCUM Trail Crew, now coordinated by **Matt Kidd** continue to work hard to maintain our trails. As our friend David Attenborough suggests, anyone can join in but it is very important that "**All Trail Work is coordinated & sanctioned by the Trail Crew coordinator**", particularly so that we meet our Forestry obligations.

In the last few months regular work has been done on all three trails to improve riding conditions for all of us.

If you are keen to assist there are a number of ways to find out when and where the next **Dig & Ride day** will be and that elusive **SCUM Trail Crew** can be found. Check the Club's Facebook page or contact **Matt Kidd** our current Trails Coordinator via e-mail on trails@scum.asn.au. Riders can also see the Club Website for more details http://www.scum.asn.au/trail_crew.html.

SCUM Crew



Coondoo (Morocco Mole) getting a clean up prior to the Pink Wheel event ...



That Social Scene ...

★ Cabbage

Ride Segment Longreach, NSW, Australia

6.5km 0% 76m 94m 18m
Distance Avg Grade Lowest Elev Highest Elev Elev Difference

2,368 Attempts By 266 People



Everyone knows how healthy a good serving of Cabbage is ... I can picture people drooling at the thought of all that healthy green and purple bliss ...

It's particularly healthy on a Friday night and especially the **Cabbage Tree Lane** variety. Typically there will be 20 to 30 riders hitting the Cabbage Tree Lane trails (affectionately known as **Cabbage**) from around 6:00pm until it gets too dark to ride. Earlier riders kick off at 5:30, some even before that, but it's a huge blast of fun around either the shorter 6km loop (pictured above right) or an approximate 10 km extended loop.

Cabbage is not an official SCUM trail but many a member and local rider blast around the trail on a regular basis. Therefore Cabbage is a Social Ride mecca that anyone can get along to. Rides at Cabbage are FREE and anyone can attend, Club membership is not required however riders are recommended to consider some form of insurance for any cycling mishap (see the purple 'Not So Fine Print' on this page).

Friday nights have become a staple. Whole families get out and have a ride, usually followed by a BBQ and few of their favourite beverages. These nights are BYO affairs, but if you do not have a portable BBQ, no doubt someone will happily share ☺. Oh, and if you

thought we were kidding about the Health Benefits of cabbage – think again, here's 23 delicious, easy to make, and incredibly healthy (apparently) recipes ...

<http://www.health.com/health/gallery/0,,20684235,00.html> (although we're sure they'd not be as good as the Friday night BBQ and Beer recipe).

For more info on this & other Social Rides, or if you are planning a ride and want someone to join you head to the **"South Coast Pedalers"** Facebook page and join in the fun.

SCUM is holding a specific **Social Extravaganza** in early December at Coondoo (**Saturday 3rd December**). This will be a marathon style social ride of up to 3hrs (it's up to you). The ride will end with a FREE BBQ & a Club presentation to finish off what has been a great year. Two courses will be in use, one for Novice riders the other 'Full On'. Full details are available on the **SCUM Facebook Page** and **Website**. It will be a blast

There's bound to be other rides of a Social Nature in the coming months, keep your eyes, ears & wheels ready ...

SCUM Crew



Lewy & Thomas loving some Cabbage.

The 'Not So Fine Print':

Participants of Social Rides do so at their own risk. SCUM recommends that riders consider insurance coverage for any 'cycling mishaps' & advise riders they can join MTBA* or Bicycle NSW. Both organisations provide riders with 24/7 cover, including Personal Accident; Public Liability & Loss of Income benefits.

*MTBA cover is preferred as it includes SCUM Club Membership & covers riders for races; Bicycle NSW does not.



Cake & Cabbage: Healthy? YES (Happy 9th Birthday Trent & Mitch).

Kissing Goodbye to MS ... ‘Tav to the Top’ Style



Who would have thought that a couple of mates sitting around having a few beers would raise almost **\$70,000** for the Multiple Sclerosis Society?

It was over these few beers in 2015 that the idea to ride from The Tav North Nowra to the top of Mt Kosciusko was born; a bunch of mates helping out a friend who has MS by raising funds to Kiss Goodbye to MS.

After the odd training ride, a trivia night and a few more beers, some funds were raised & the amount started to climb. Just like the planned ride, things were going up and up and up.

On Tuesday October 25, 2016 after a hearty breakfast at the Tav, this bunch of mates, three of which are SCUM members, jumped on their bikes to start off what was to be a spectacular five days of riding. We asked them for some words and a few pics so here are some highlights of the **Tav to the Top**.

Day 1: 75km North Nowra Tavern to Nerriga

Bodies fully fuelled, tyres pumped, families hugged and kissed, support crew ready... we're off. Great to get the wheels rolling after just a little planning.

We didn't have to wait long for one of the first highlights – the Support from the local Community. On our

way out of Nowra we were greeted by a sea of red. We rode past Nowra Hill Public School where it seemed like *thousands* of kids, all wearing red were at the side of the road cheering us on. Despite having only just started our first part of the ride it was a great boost that helped push us up the road toward Nerriga. The Nerriga Pub was the other draw card for later that afternoon.



Day 2: 80km Nerriga to Majors Creek

After a great breakfast at Nerriga Pub (*and a packed lunch*) we were off to Majors Creek.

Without our fantastic support crew of Damien, Dazza and Phil we might not have made it. Not only did they make sure we all got up in the morning, they expertly piloted our support vehicles and supplied us with food and drinks along the way.



Outside the Nerriga Pub – ready to roll out for Day 2



Above: The quiet back roads on the way to Majors Creek

Below: The Penthouse Suite style accommodation at Majors Creek





We could not have done this without our Support Crew – huge thanks Damien, Dazza and Phil

Day 3: 130km Majors Creek to Cooma (1700m of climbing)

More spectacular scenery but a tough day in the saddle, early rain and riding into the wind; it was a hard slog, and there was that hill. 'Pikes Saddle' an apt name, only 60km or so to Cooma.

The Alpine Hotel was a very welcome sight ... they looked after us too (thanks Alpine Hotel staff) ☺

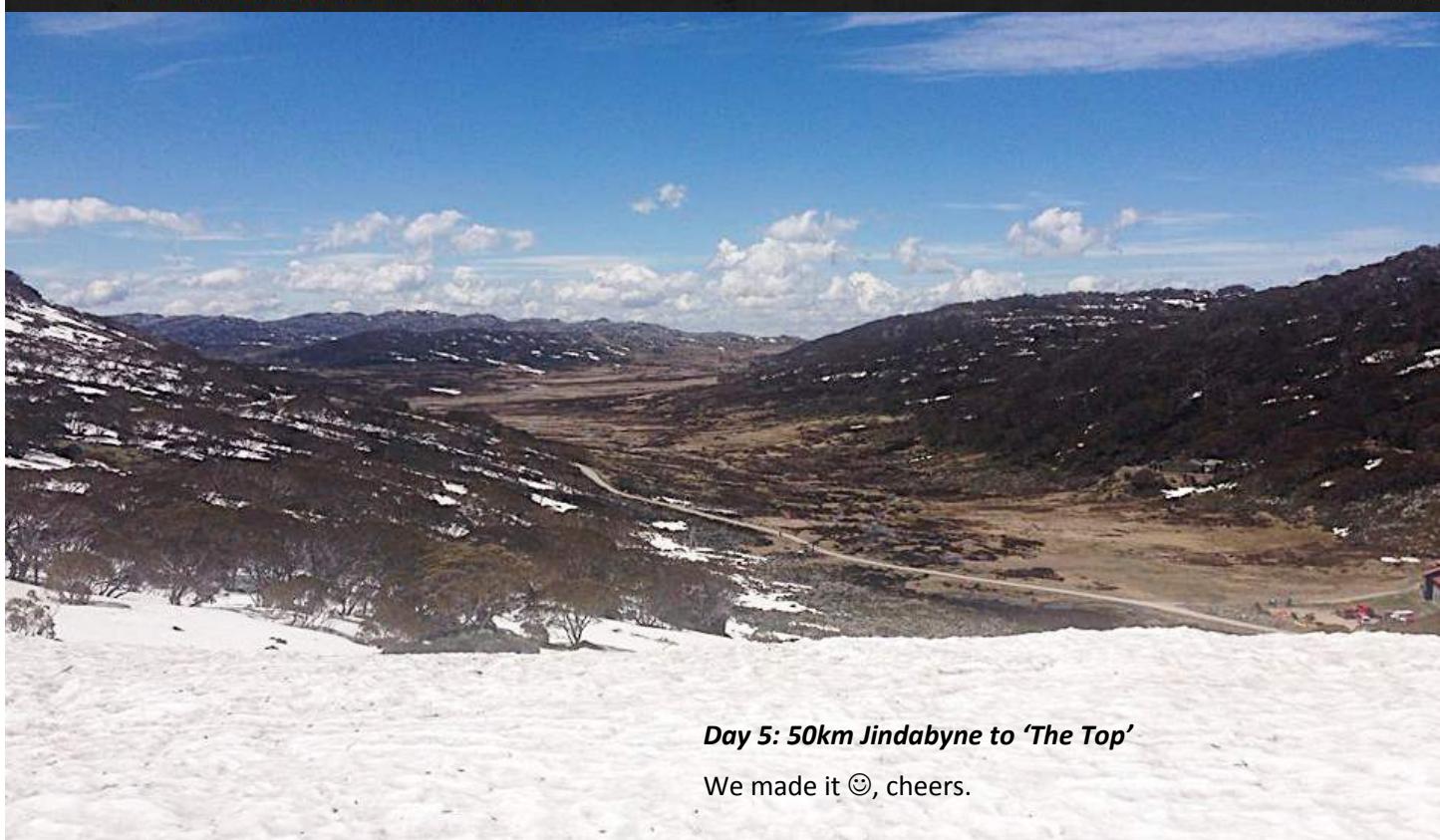


Day 4: 90km Cooma to Jindabyne

What was going to be a much easier 70km day turned into a slightly longer but still much easier day of 90km due us finding some locked gates ...

On the plus side it was extra time to soak in the great scenery ☺





Five days of riding, not without some thrills, some spills and some struggle (both mental and physical) but most of all it was loads of fun with a great bunch of mates.

You can still help us **Kiss Goodbye to MS** by donating – it's easy simply head to the 'Tav to the Top' fundraising page and hit the donate button – as a bonus it's fully tax deductible
<https://kissgoodbyetoms.org/fundraiser/tav-to-the-top/>



Diary Dates ...

**13 November
(Sunday):
Flow X 3**

**3 December
(Saturday):
Social Ride & Club
Presentation
Coondoo**

**25 December:
Christmas Day
(time to unwrap
that new bike ☺)**

**Boxing Day?:
Social post Xmas
ride anyone?**



Contribute to our Newsletter!

Have you enjoyed reading this Newsletter?

Do you have a SCUM or Ride related tale that's worth telling?

Maybe your family are sick of hearing about everything MTB & you need a more enthusiastic & bigger audience?

If you have a 'trail tale' send us some words & pictures and we'll include it in a future Newsletter (*subject to editing rules etc.*) If you have a tale but are not keen to put words to paper, we can have a chat and do it for you ... interview style ☺

Simply e-mail SCUM at:
info@scum.asn.au

Positions Vacant...

Marketing Manager

Do you have a knack with the vernacular? Perhaps handy with a camera? Are you a whizz at the keyboard and can manipulate your own Mac or PC to do wondrous things with words & pictures? If this sounds like you then SCUM needs your help.

We need someone to help us with our Club Marketing and Newsletter production. If this is you send SCUM a note to info@scum.asn.au [Excellent Pay* and Conditions]

Trail Crew Members

If you're handy with either a rake, a shovel, or simply some secateurs, then you can join the trail crew.

Under the skillful guidance of Matt Kidd - Trail Coordinator, you can do great things & assist the club on trail work days.

Contact Matt for more details trails@scum.asn.au or check out Facebook for updates [Fantastic remuneration options* for this one too ☺]

* I'm sure somewhere it is mentioned that 'All SCUM'ers are Volunteers' ... ☺

2016 Event Calendar – what a year!

Date	Event	Track	Details
21/02/16	XC Round 1 + Mud Flickers*	Coondoo	http://www.scum.asn.au/results.html
19/03/16	3hr Dusk to Dark Enduro 1	Coondoo	http://www.scum.asn.au/results.html
17/04/16	XC Round 2 + Mud Flickers*	Butterfly	http://www.scum.asn.au/results.html
22/05/16	XC Round 3 + Mud Flickers*	Superbowl	http://www.scum.asn.au/results.html
15 & 16/06/16	Coondoo Classic (South East State Schools event)	Coondoo	Coondoo trail closed for this special Schools event
26/06/16	Flow X Round 1-Rescheduled	Superbowl	http://www.scum.asn.au/results.html
17/07/16 (Sun)	XC Round 4 + Mud Flickers (Y/ Jr Series Round 4)	Coondoo	Results: http://www.scum.asn.au/results.html
28/08/16 (Sun)	5 Hour Enduro Gold Coast	Coondoo	Results: http://www.scum.asn.au/results.html
11/09/16 (Sun)	Flow X Round 2	Butterfly	Results: http://www.scum.asn.au/results.html
24/09/16 (Sat)	3hr Dusk to Dark Enduro 2	Superbowl	Results: http://www.scum.asn.au/results.html
16/10/16 (Sun)	XC Round 5 + Mud Flickers* + Novice Ride# Pink Wheel Fundraiser	Coondoo	Results: http://www.scum.asn.au/results.html
13/11/16 (Sun)	Flow X Round 3	Superbowl / Butterfly	Rego from: 8:00am Ride from: 10:30am
03/12/16 (Sat)	Social Extravaganza: 3Hr Ride, Novice Ride#, Mud Flickers* & Club Presentation	Coondoo	Rego from 3:00pm; Ride from 3:30pm Laze, Ride, Blast around Coondoo. Followed by a FREE BBQ Sausage sizzle

* 'Mud Flickers' targets kids under 11 years. The course is short & flat & usually less than 200m long. It's a whole lot of fun for your 'want to be' World Champion. Mud Flicker events usually run between 10-15 minutes prior to the main event, so bring the kids along.

'Novice Rides' are for anyone of any age, mostly those that are not confident to ride in the main event. The course is shorter & usually held over a fixed time rather than a number of laps. It's a whole lot of fun for the entire family, yes even grandma. Novice rides are a progression from mud flickers.

Please note:

All events are dependent on weather / track condition; therefore details can change (sometimes at short notice). Please check the [SCUM Website](#) & [Facebook](#) for updates.