

In this newsletter:

- Bike week entry forms now available
- Women's MTB Skills Weekend - 25/26 March 2006
- Upcoming Adult Cycling Course - 25/26 March 2006
- Cadence Award nominations now open
- Oz by Bike departure ride
- Help get kids active

=====

**- BIKE WEEK ENTRY FORMS NOW AVAILABLE - DISCOUNTS FOR EARLY ENTRY**

Entry forms have been printed and will be in bike shops next week, or you can download one at <http://www.gcc.tas.gov.au/webdata/resources/files/bikeWeek2006.pdf>

Rides include Tour De Femme, Mt Wellington Challenge, Century Ride and Round the River Fun Ride. For a full list of events see

[http://www.cyclingsouth.org/index.php?option=com\\_content&task=view&id=24&Itemid=48](http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=24&Itemid=48)

We would like to acknowledge a few of our sponsors and supporters - Fairbrother Pty Ltd, Fernwood Women's Fitness, WIN Television, Specialized, Cycling Promotion Fund, Endorphin Gym, Ultra106Five, YMCA

=====

**- WOMEN'S MTB SKILLS WEEKEND - 25/26 MARCH 2006**

A course designed especially for women - covers descending, climbing, steps n jumps, cornering, drop offs and bunny hops with experienced coaches. Includes lunch on both days plus BBQ dinner, massage and t-shirt. Venue: Glenorchy MTB Park. Cost: \$60.

For entry form visit bike shops or email [cmdesign@netspace.net.au](mailto:cmdesign@netspace.net.au) . For more info call Eleanor on 0438 208 648, Sam on 0417 119 880 or Cath on 6231 9791

=====

**- CYCLING SOUTH'S ADULT CYCLING SKILLS COURSE - 25/26 MARCH 2006**

If you missed out on our January course in Hobart we are running another one in March. There are still 4 places available. The course is aimed at people who want to increase their confidence, understand how their gears work and improve their riding skills. There will also be a Launceston course on 5 & 12 March.

See [http://www.cyclingsouth.org/index.php?option=com\\_content&task=view&id=49&Itemid=34](http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=49&Itemid=34) for more.

=====

**- CADENCE AWARD NOMINATIONS NOW OPEN**

Do you know of someone who has given time, enthusiasm and effort to encourage or advance any type of non-competitive cycling in the municipalities of Brighton, Clarence, Glenorchy, Hobart and Kingborough over the past 12 months? Give them the opportunity to be recognised for their efforts by filling in a Cadence Award nomination form before 3 March 2006. See

[http://www.cyclingsouth.org/index.php?option=com\\_content&task=view&id=47&Itemid=0](http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=47&Itemid=0) to download a nomination form.

=====

**- OZ BY BIKE FAREWELL RIDE - SUNDAY 19 FEBRUARY 2006 (5KM)**

Anthony Mann is about to undertake a 30,000 bike ride around Australia to promote cycling and will be leaving Hobart this Sunday 19 February with a farewell ride from the Cenotaph along the Intercity Cycleway. Join Anthony on a short section of his journey which will take him to the southernmost, easternmost, northernmost and westernmost corners of Australia, the highest and lowest points, and the very centre. Leaving at 10am from the Cenotaph. For more see [www.ozbybike.com](http://www.ozbybike.com)

=====

**- HELP GET KIDS ACTIVE (AND BE PAID FOR IT)**

The Australian Sports Commission is getting kids active in the after-school timeslot and are currently looking for people to be trained as Program Deliverers in the Active After-school Communities (AASC) program. Are you interested in physical activity? Do you have a recreational passion or are you a sports minded person? Do you enjoy working with kids? No formal coaching experience is required - all training and resources provided FREE of CHARGE. Contact the AASC Regional Coordinator in your local area or visit [www.ausport.gov.au/aasc](http://www.ausport.gov.au/aasc). Regional coordinators: South: Aaron Roberts 6224 8264 Neil Connell: 6224 8274; John Klug : Community Liaison Officer - Brighton Council 62 687035

=====

Mary McParland  
Executive Officer  
Cycling South

[www.cyclingsouth.org](http://www.cyclingsouth.org)

Tel: (03) 6273-4463

Email: [info@cyclingsouth.org](mailto:info@cyclingsouth.org)

Postal Address: PO Box 708, Glenorchy, Tas 7010

Street Address: Glenorchy Swimming Pool, Anfield St, Glenorchy

If you do not want to receive any future emails from CyclingSouth please reply to this email with 'unsubscribe' in the subject line.