



eNews

Blackburn Cycling Club Inc. P.O. Box 43, Blackburn, 3130 Enquiries: 0407 308 755. Website: www.bbn.org.au E-mail: info@bbn.org.au

Welcome to the 4th edition of the Blackburn Cycling Club www.bbn.org.au Newsletter in the format of eNews. The objective of eNews is to provide club members, interested parties and Sponsors long with Corporate Partners informative information surrounding what has occurred and what is being planned in the coming few months at the club.

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Presidents Word – by John Nicholson

“How can we do things better at the Blackburn Cycling Club?”; this is the question that the committee has been pondering quite intensively during November with several strategic meetings.

We have many strong points and, of course, some weaknesses and through these sessions we are developing a better idea of what we need to concentrate on in the future.

We are in a strong position as a result of our junior program which is one of the best around. One of the suggestions to support this program was that we should be sending a team to the National Road Series next year but we will need substantial sponsorship to do this, so we need your assistance for sponsorship leads that you may know. It is important that we continue this program but it was also identified that

we need to deliver more of the J-Cycle programs for beginners in the future.

I would like to welcome Andrew Napier as our new Chairperson of the Racing Committee and thank Richard Stringer for the hard work he put in. Often in voluntary organisations too much is left to too few. There are still vacant positions on the committee and other posts which need to be filled so we need your help.

We have had some very good races over 2011 the RACV Junior being the highlight, the Kew Boulevard and the 1-in-20 time trials has established themselves but the attendance at the Saturday afternoon track races hasn't been as strong as it should be. The lack of a Summer Criterium is a definite weakness in our racing program.

The club is seeking a sponsor for the 2012 Eildon Junior and Women's Tour in July of next year, can anyone assist in sponsorship leads for this please.

The Australia Day Madison looks like being a great event for 2012 with the local Radio Station Eastern FM 98.1 will be broadcasting live from the track during the event, thanks to Brett Curren for the work he is doing here.

In the first few months of 2012 we will finalise the Strategic Review and see if, with your help, we can make 2012 a great year for the Blackburn Cycling Club. I would like to wish the Blackburn Cycling community all the very best for Christmas and the New Year. Thank you to all that have assisted and contributed over the last year.

In the event that an opportunity arises, the club would be interested to know from elite level BBN members, who would be interested in riding for a BBN team to compete in Scody Cup events held in Victoria during 2012. Please send your interest to email raceentry@bbn.org.au.

Safe cycling with many thanks and kind regards
John Nicholson!

Club News – by Andrew Fitzgerald

The club sports bag was a success with 38 bags being ordered. Since the bags have been distributed, more interest for the bag has occurred. A second order will



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be placed as soon as 20 orders are received, so get in quick to place your order.

Fill in the [order form attached](#) or contact Andrew Fitzgerald for further information via email: bbnmarketing@bbn.org.au.

The bag is red and white in colour and its size is 58cm long X 28cm in height and width. There are two options when purchasing the bag:

1. Club logo only - \$32.00
2. Club logo plus your name on top flap - \$35.00.

Delivery is expected within 28 days of order being placed.



Alex Morgan continues his sensational year; -

10 Minutes with Alex Morgan – by Rob Monteath



Alex Morgan has had a sensational year, below are just some of his achievements in the past 12 months.

- Gold Medal & World Record - Junior World Track Cycling Championships (Moscow), Team Pursuit.

- Gold Medal - Australian U19 Road Championships Individual Time-Trial.
- Gold Medal - Commonwealth Youth Games Individual TT, Team TT and Team Road Race. (Isle of Man)
- Gold Medal & (Previous) Australian Record - Australian Track Championships JM19 Team Pursuit
- Gold Medal - Australian Mountain Climbing Champs, JM19 Time-Trial
- 1st Overall, Stage 1, Stage 3 & KOM - Mersey Valley Tour (National Selection Race)
- 1st, RACV Eildon Junior (3 Stage) Tour, JM19
- Silver Medal - Australian Track Championships JM19 Individual Pursuit
- Silver Medal - Australian Mountain Climbing Champs, JM19 Road Race
- 2nd at this year's Tour of Bright (riding A Grade)
- Bronze Medal - Oceania Road Champs, JM19 Time-Trial (only 4 weeks after breaking his wrist after a training accident)
- Fourth - Junior World Track Cycling Championships (Moscow), Individual Pursuit

Q: Hi Alex, how did you first get into cycling?

A: My Uncle is Hugh Schulz and he is the President of Preston Cycling Club so there was always an interest in cycling in our family. I joined Blackburn started with Alan Barnes riding in his Thursday Night Skills/Novice training sessions and absolutely loved it.

Q: I remember your first race at the BBN track, you broke away from the group with about 15 laps to go & stayed out in front all the way & nearly got beaten on the line. But what made you want to take the next step?

A: I really enjoyed racing and wanted to get better, Simon Quick became my coach and taught



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me a lot. At the start he worked on my general cycling fitness, did Ergo sessions, long road rides & lots of racing all gave me more experience.

Q: Did you play any other sports?

A: I did Karate for 10 years & played Aussie Rules football for 5½ years. But I gave footy away when I got serious with cycling.

Q: What is a typical Training week for you?

A: I ride everyday & normally train for 2 hours minimum, my training is a mixture of road riding, track sessions and ergo sessions.

Q: Are you on any sort of strict diet?

A: I have a general healthy diet, but stay away from fast foods like McDonalds and KFC.

Q: Who do you admire or do you have any sporting mentors?

A: I am huge fan of Yens Voight, I admire the way he rides, he gives everything he has and is a good honest bike rider. I also admire Bradley Wiggins, I am hoping to follow in his footsteps, going from track to road racing.

Q: What are your long term goals?

A: I want to win the Individual Pursuit and Team Pursuit at the Junior Track World Champs in New Zealand in August 2012. I also want to ride win the Road Time-Trial at the Junior Road World Champs in Holland in September 2012. Long term I would like to get into the AIS, ride for Australia in the 2016 Olympic Games and hopefully one day ride in the Tour de France.

Q: What sort of advice would you give to some of our younger members?

A: Don't just ride or specialize in one event, its best to try as many as possible, but most importantly you need to enjoy it and have fun.

Thanks for your time Alex and all the best for the future.

Bicycle Victoria – by Andrew Fitzgerald

Bicycle Recall – A popular road bike in the Australian market, the Giant Defy, has seen a number of models recalled because of fork failure. [More >>](#)

Bikes and Biofeedback Research – A new research group at RMIT University is looking to make exercise

more fun and more effective by using technology to generate a sense of game and play - and they are looking for bike riders as research subjects.

[More >>](#)

Online Grabs 16% of Bikes Biz – The Australian bike industry says a playing field tilted in favour of international bike retailers is threatening the health of the local industry and the government is moving too slowly to fix the problem. [More >>](#)

Closure Deferred for Holidays – The closure of the trail along the Ring Road from Merlynston Creek to Sydney Road has been postponed until early 2012 to allow the path to be used over the Christmas break.

[More >>](#)

Carnival to Impact Birraung Marr Rout – The Midsumma Carnival in January will hinder access along the Yarra Trail through Birraung Marr for more than a week. [More >>](#)

Climate Report Pumps Bikes – Improving the design of cities and towns to make it easier to get around on foot and bike has the potential for substantial benefits to our health, economy and greenhouse gas emissions, according to the latest Climate Commission report. [More >>](#)

Counting Co2 Savings – New analysis indicates that getting people on bikes at the levels achieved in Copenhagen would massively cut Co2 emissions around the globe. [More >>](#)

Breaking News & Special Offers For Club Members – by Andrew Fitzgerald

THRIVE HEALTH & FITNESS – Tally Ho Business Park Great Offer to Club Members: Coming from a personal training background, the gym staff at THRIVE Health & Fitness have a passion for helping our members achieve results and get the most out of life!

We offer a variety of training options to meet each members individual goals, needs and interests – you can choose from Personal Training, Group Fitness Classes, a gym program, Ladies Express Circuit, Boot Camps and Clinical Pilates.

In addition, we have a range of Health professionals on site to offer you a complete, well rounded service, whereby every aspect of your health and well being is



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covered. These include Massage, Osteopathy, Physiotherapy, Naturopathy, Podiatry and Hypnotherapy.

We'd love to build a relationship with the Blackburn Cycling Club whereby we can assist you with the specific requirements of your training to enable you to perform at your optimum level.

With this in mind, we have a special offer for your members of \$19.95/fortnight, as well as a discounted rate of between 10 – 15% off all consultations with our team of health professionals.

We think you'll love the friendly, relaxed environment, the regular attention and the great range of programs and services that THRIVE offer.

Please feel free to contact us to discuss your goals in more detail or if you require additional information.

DON'T JUST LIVE..... THRIVE!!!

9886 3222 www.thrivehealthandfitness.com.au



Mt Waverley; Sean VanCuylenberg and Rob Mucci, the **BOQ Mount Waverley** manager / owners are offering the following benefits to club members:

- Waiver of Home Loan Application Fee for club members & persons referred by the club who finalise their loan with Mount Waverley BOQ branch, a SAVINGS of \$495.00;
- Low Competitive Interest Rates
- Waiver of Package Fee for the first year, a SAVINGS of \$395.00

The Club will receive a donation of .2% for every deal settled by a club member or person referred by the club, *example* - \$300,000 loan – the club will receive a donation of \$600.00.

Call Sean to make an appointment, Ph: 0423 857 460 or 9802 0011 for all your banking needs, Suit 5 & 6, 407 Blackburn Road, Pinewood Shopping Centre, Mt Waverley. They are a service focused bank and will look after all your business and personal banking.

Support your club by supporting BOQ Mt Waverley.

Welcome & Thankyou Fletchers!!

FLETCHERS

For over 90 years Fletchers has supported our community in the eastern suburbs with involvement in a range of sporting and community groups.

Fletchers live by our values of integrity, quality service and commitment and are extremely proud to have been acknowledged with 3 of the most prestigious accolades by the real estate industry's peak body, the REIV. In particular, we are thrilled to be recognised as the Best Large Agency in Victoria.

As a parent member of the Blackburn Cycling Club I am pleased to offer to all members, parents and friends of the club, a competitive discount on the negotiated commission, PLUS a \$300 donation to our club when you exclusively list and sell your property through myself and Fletchers.

If you are considering buying, selling or simply need some real estate advice I would be delighted to assist you.

Please contact me directly.

Adam Parrott
General Manager
0411 501 882

adam.parrott@fletchers.net.au



fletchers.net.au



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Secretary Report – by Rob Monteath

Hello! – In last e-newsletter I mentioned that Cycling Australia were now looking after all types of cycling memberships. At the start of October Cycling Australia moved over to a new computer system and have had a few teething problems.

You all by now should have received an email from Cycling Australia giving you your username & password and log in details to renew your membership for the 2012 season. There seems to be a few members that still have not received this email. If you are one of these people, please email me at info@blackburncycling.org.au and I can give you your username & password so you can go on-line and renew your membership. We are trying to encourage you to renew on-line as Cycling Australia are charging an additional fee for each membership that is done manually.

Cycling Australia's new system has a few really nice features, one of these is to accept on-line entry & payment for certain events. BBN will look at this for next Year's Time Trial series, where our aim is to make the whole pre-entry, payment, results & prize money distribution as quick and as smooth as possible.....more information on this soon.

Racing – by Paul Parlevliet

Congratulations to all Blackburn members that contested the Metro championships last weekend especially to the juniors. Blackburn once again punched above its weight with Senior's, Junior's and Elite riders taking out Medals across all disciplines.

Gold Medals went to:

Conor Rowley – JM15 Time Trial
 Emily Apolito – JW17 Time Trial
 James Dann – JM17 Time Trial
 Caitlin Ward – JW19 Time Trail
 Kerry Fitzgerald – WMAS4/5 Time Trial
 Dino Apolito – MMAS4 Time Trial
 Emerson Harwood - JM19 Time Trial
 Chloe Baggs – JW19 Pursuit
 Kerry Fitzgerald - WMAS4/5 Pursuit
 Alex Morgan – JM19 Pursuit
 Martin Lama – MMAS3 Pursuit
 Cameron Parlevliet – Elite Men Pursuit
 John Cochrane – JM17 Sprint

There were also a lot of PB's and other medals positions to by Blackburn riders, congratulations to all.

Congratulations to club riders who recently competed in the State Track Championships.

Results

Men's Elite:

Pursuit: Tyler Spurrell – 1st
 Time Trial: Cameron Parlevliet – 4th
 Points Race: Tyler Spurrell – 2nd & Liam Dove – 5th

JW19:

Time Trial: Caitlin Ward – 1st
 Sprint: Caitlin Ward – 1st

JM19:

Pursuit: Alex Morgan – 1st
 Time Trial: Alex Morgan – 3rd & Michelle Barry 6th
 Points Race: Alex Morgan 1st, Michelle Barry 4th & Alistair Donohoe 6th.

WELL DONE TO ALL BBN RIDERS!!

Women's News – by Laura Parlevliet

It's been great to see Blackburn Women (and Girls), competing in a wide range of events over the last few months. From the Tour of Bright to St Kilda Women's Crit's, ABOC Sprint Series, Blackburn Track Racing and the National Junior Track Series (Emily Apolito and Chloe Baggs both represented the club, and did a brilliant job!). The State Senior Track Championships last weekend saw Caitlin Ward winning Gold in both the Time Trial and the Sprints. There have been many more achievement by our women (too many to list here!), but if you wish to keep on top of the Women's racing scene, you are welcome to join our weekly newsletter, simply email BBNBlackbirds@gmail.com

Exciting news is the re-introduction of the Australia Day Women's Madison. So start looking for your Madison partner now! Also the CykleEvents Women's GP series is about to start, a Women only Crit Series, with four rounds and great prizes. For more info see www.cykleevents.com.au/page/womensgp

We have also been trying to build the Sunday Club ride, and would love to see more women turning up!



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FUNDRAISING – by Andrew Fitzgerald

The recent club presentation night at Colombos Family Restaurant on 5th November raised over \$1000.00 for the club. Six items of memorabilia were sold. Thank you to all that attended and those you actively contributed to its running; Brett Curren, John and Katherine Presley, Brian Harwood, John Nicholson, Rob Monteath and (me) Andrew Fitzgerald.

Juniors Corner

Novice Skill Sessions – The turnout at BBN Track on a Thursday night has been very pleasing. Alan Barnes continues to develop the ability of new riders each week so they can ride competitively and confidently on a Saturday and enjoy track cycling.

Junior Development Program – by Paul Parlevliet

Proudly Supporting by BOQ Mt Waverley – Junior Sub-Committee: A Junior Sub-committee is to be formed to support the development pathway and associated programs for junior riders within the Blackburn Cycling Club. A kick off meeting will occur early in 2012 with the aim to establish a sub-committee and identify the scope of this committee; identify programs and events to be managed by the sub-committee (*i.e.* Eildon Camp), identify issues and recommendations to be taken to the General Committee. If you are interested in participating in this sub-committee please call Paul Parlevliet 0411 076 285.

Elite Junior Training Squad: Blackburn Cycling Club is working towards creating a development pathway to assist supporting their efforts of elite junior riders. It is proposed that an Elite Junior Training Squad of up to 10 riders, of under 15 and under 17 be established. The aim of this squad is to support riders in achieving representation at the State and National levels. A sponsor is being sought to help us realise this squad by contributing to this program and a coach will be engaged by the club to deliver the program. Entry into the squad will be by invitation and a number of requirements will be placed upon the rider including wearing of squad apparel, adherence to the provided program and coach's instructions and participation at nominated club events. It is hoped that 4 riders will be on the squad for the 2012 road season with the

numbers increasing as riders come through the development program. If you would like to assist or are able to contribute to this program in any way please call (either Paul Parlevliet on 0411 076 285 or Andrew Fitzgerald on 0425 785 099).

Junior Development Program (JETS): James Sgardelis was awarded a Junior Participation Award at the recent presentation night at Colombo's in Balwyn. Our thanks go to Sean at the Bank of Queensland (BOQ), Mt Waverley for providing this award and also supporting the riders representing Blackburn at the National Junior Track Series. Blackburn riders participating in the NJTS and also the Metropolitan Championships demonstrated superb race craft and dedication to training with club riders included in most results across all age groups. There is now a quorum of 15+ junior riders participating in the Junior Development Program with Sunday rides regularly including Glenvale with a few extra Km's thrown in.

A club ride is being organised to ride the Road Championships course near Ballarat and then staying around to watch the race, details will be on the junior blog (below).

There are a plethora of opportunities for juniors to participate in club activities over summer, a Cycling Australia license must be held by all participants.

DAY	Activity	Location	Time	Cost
Monday	Group Ergo	BBN Club Rooms	6:30pm	\$5
Tuesday	Race Craft Session (intermediate)	BBN Track	5:30pm	\$5
Thursday	Race Skills Session (Novice)	BBN Track	6:00pm	\$5
Friday	Race Craft Session (intermediate)	DISC	6:30pm	\$15
Saturday	Club Racing	BBN Track	2:00pm	\$10
Sunday	Club Ride	Departing BBN Club Rooms	8:00am	free

For more information go to the Junior Blog: <http://bbn-juniors.blogspot.com>.



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Australia Day Madison: Brad Robins will be running Madison training at Blackburn on Monday nights from January 2 for the four weeks leading up to Australia Day. Any team with a junior rider (under 15/17) must attend at least 1 of these training sessions and be given a sign off by him before their entry will be accepted. These sessions are free and designed to enhance rider safety, all questions regarding team entry should be directed to Brett Curran.

Rider Profile – John Cochrane

Q. What is the VSS, who is involved and where do you train/race?

A. The VSS is the Victorian Sprint Squad Hilton Clarke is the head coach and Carl Brewer is assistant coach and coaches the J17s.

Q. How did you get started in cycling?

A. I was originally looking for a recreational group/ amateur racing so I came to Blackburn, raced a season at seamen's and loved it so did the J-Cycle track programme and loved it.

Q. Who did you ride/ train / race with?

A. I was training with the Quick cycle group and had a lot of fun training with a good groups of people, I started racing opens at top age JM15 and did both the road and track season and was relatively successful at both with a 9th at the state road title but saw more enjoyment and talent at the track so at bottom age JM17 decided to focus on track sprinting.

Q. Did you have to be selected/ invited into the VSS? What was this process?

A. I was invited to try out at the Saturday afternoon track sessions and Hilton was happy with me so I went on the two moth trial with the program and showed good improvement so when the next issues of contracts were offered I received one and signed the contract, so as of March 2011 I am part of the program.

Q. What type of training & racing do you do?

A. At the moment for training I am doing two sessions at the DISC velodrome and two sessions with Carl Brewer at the ABOC PowerHaus Strength & Conditioning gym with a road recovery ride. Last July I

went to Adelaide for a racing camp of match sprinting and keirins, we also race at the Saturday night Blackburn sprint races.

Q. Are you involved in other sports or hobbies?

A. I play the drums but besides that and a bit of Xbox and hanging out with mates there's not a lot of time.

Q. What kinds of goals do you have in the cycling field? And at school/ or for Uni/ or work?

A. I would like to finish in the top 4 at next year's track nationals in the sprint events and to get selected for junior worlds as an U19 and with school to finish year 12 and after that get an apprenticeship as an electrician.

Q. Have your goals changed over time? Why?

A. As I have progressed with my cycling my goals have changed, for example my last goal was to get into the VSS but now Im there I am aiming for higher things that weren't previously on my horizon.

Q. What do you love/hate most/ worst, and why?

A. I just like riding my bike and going fast and I particularly like doing motor paced sprints on the track, but there's nothing really I dislike or hate.

Q. What are you looking forward to on the immediate horizon? ie where can we look out for you!?

A. The next big racing events for me will be the Christmas carnivals and the metropolitan track titles.

Q. Any thankyou's?

A. I would like to thank my parents and family for driving me everywhere, my former coach Simon Quick for helping me get to where I am now and my current coaches Hilton Clarke and Carl Brewer with all my training partners.

A little idea of what it used to be!! – by Doug Reith

Up until the later part of the 20th century, amateur and professional riders were kept well apart. An amateur was a person who never used his sport to make a livelihood. They were awarded trophies or



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trophy orders and if they turned these into cash they were immediately determined to be a professional. The amateur rules in 1962 were different to today. They accepted only males as members. Membership was divided into three classifications - Senior (over 18), Junior (16-18) and sub-junior (under 16). You only changed category when you reached your birthday. A bit different from the situation nowadays. Licences in those days were seniors \$1.00, juniors 50c and sub-juniors 30c per year. For the senior road championships run over 200km, first prize was a sash and badge valued at least at \$8.40; second a trophy order valued at not less than \$6.30 and third a trophy order of not less than \$3.05. For the junior road championships of 40km, first place earned the winner a sash and a badge of not less than \$8.40, second place a trophy order of not less than \$3.05 and third place a trophy of not less than \$2.10.

The chief commissaire went under the less attractive title of referee and commissaries were called umpires. The velodromes of yesterday were a little different too. Coburg had a dirt track, Maryborough and Ararat were grass tracks on the edge of the local football ovals. The only board track in Melbourne was at North Essendon and unlike the present tracks it had the boards running vertically which gave off a lot more noise than those of today. Entry to a race on the track was 15c and 20c for a road entry. Road races invariably had a good percentage of dirt roads. Dress standards were rather strong and inflexible. Knicks had to be black, of a heavy texture and almost down to the knees. Sweaters-fit close to the neck and sleeves down almost to the elbow. Leather shoes and white socks.

Organized schools for riders were introduced as a result of a fall in the last meeting of 1948 at the North Essendon velodrome in which eleven of the thirteen man field fell.

Pre-entry of one week was common for club races. Things were definitely different in the GOOD old days.

Social Events

If you have an idea about social occasion, please contact Brett Current by sending an email to raceentry@bbn.org.au

Facebook – Our Club Site



Don't forget to check out the clubs Facebook site which includes up to date information about current issues involving the club which are happening right now. Become a member and join in, everyone is welcome to contribute. Just remember, if you wish to be respected for your contribution on the site or even on other individual's sites, be respectful of others and always remember that others may take offence to what you say.

Editors Report – by Andrew Fitzgerald

Thank you to everyone who has provided material / content and ideas to improve the publication. I think as time goes by each edition will only improve and members will receive something of true value which benefits its existence. We have attempted to accommodate everyone, so I apologise if your article was not published, we will endeavour to publish it in the next edition.

The next edition is due in middle of March 2012. Contributions to the next edition should be provided no later than Saturday 3rd March 2012.

To the businesses that have supported the club by advertising in this edition, thank you and we look forward to continuing this partnership during 2012.

To the sponsors of the club, thank you for all your support and contribution, the club appreciates and thanks you for your generosity and continued support.

In closing, I wish everyone a Merry Christmas and a Safe & Happy New Year for 2012. To those travelling on our roads during this festive period, whether riding or driving, be alert and considerate of other.

If you have comments about this edition, positive or negative, please feel free to forward your comments to newsletter@bbn.org.au. If any mistakes have been overlooked, I apologise.

“Your feedback is greatly appreciated”



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Classified Section

FOR SALE

FOR SALE – FOR SALE BRAND NEW, NEVER USED (Just too big!) Planet X Anatomic Road Bar Strada 7075 Now available in triple butted 7075-T6 alloy that can be machined thinner than the 6061-T6 alloy used on our original Strada bar resulting in lighter weight and increased strength. 0.2mm shotpeened finish in beautiful polished black, hi polished silver or white complete with laser etched logos. Also features a new anatomic drop to reduce fatigue during long rides.

Weight: Approx. 250g
Drop: 144mm
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FOR SALE – Price: \$950 o.n.o. Track Bike. Kennedy Alloy Frame 54cm top tube, 52cm seat tube, 56cm down tube (was custom made), Dura Ace cranks, Carbon seat post, Selle Italia seat, Sugino 48T chain ring, 16 or 17 T cog, Rear wheel – ARAYA with Vittoria Rubino Pro Stick tyre, Front wheel – Velocity Razor with Kenda tyre. Great to ride, smooth running, a few frame scratches. (Possible to have a pair of Race Inc deep rim wheels instead – talk to Jonathon.) Call JONATHON or ANTHONY DENT – 9808 9772 for further information.



FOR SALE – Caitlin Ward is selling her Teschner Track Pro Frameset - 53cm TT 2009 model. \$1600.00 Contact Caitlin Ward M: 0413 654 502.

FOR SALE – Men's size 42 Diadora Bike Shoes \$80 Excellent Condition (brand new \$240); contact Andrew Fitzgerald M: 0425 785 009.

Goods and Services



Advertising Space Available

Promote your Business by
Advertising in the Club
Newsletter.

It is free to club members!

newsletter@bbn.org.au.

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Club and Event Sponsors



[Mount Waverley Branch](#)





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GOODS & SERVICES



INCREDIBLE DEALS ON TWO WHEELS SEE AVANTIPLUS CROYON FOR ALL YOU BICYCLE REQUIREMENT.

We stock of some of the finest bicycles and bike equipment available. Bicycle brands include- Avanti, Scott, Raleigh & Tarini.

We also stock some of the world's best components including - Shimano, SRAM, Campagnolo (Campagnolo Pro Service Centre).

See **ANDREW STEELE**, a **MEMBER** and **SUPPORTER OF THE BLACKBURN CYCLING CLUB**.

(Follow the link for all your Bicycle Needs)

<http://www.avantiplus.com.au/pluszone/title/guide/content/incredible-deals>

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http://www.bikeexchange.com.au/bike_shop/vermont-south/vic/adrenaline-cycles/2609

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