



FAT CHAT

REDEMPTION

Edition 1: 17th June 2019

EDITORS NOTE

Guess what's back... Back again... The FatChat (Redemption)! Two pretty awesome things happened in August 1987, the birth of your much loved (I assume) current editor and also that of the AMBC FatChat and club in it's official capacity. Thirty-Two years later they collide to bring you the popular paper newsletter in its new digital format. See page 5 "From the Vault" for the retro cover page from the first edition. Also keep reading for an XCM Race wrap up, member interviews and some new info on what to expect from the Adelaide Mountain Bike Club this season. With the aim of using this platform to make the AMBC community even stronger, see our current social media links on page 7 and tag your race, dirt & social pics to get the stoke factor happening for future editions.

Read On then On Yer Bikes.
Nikki (Editor in Lycra)

WORD FROM OUR PRESIDENT

Hi All.

Welcome to the first instalment of "Fat Chat Redemption", the Adelaide MTB Club's current affairs rag.

For those unfamiliar with the format, Fat Chat, as a hard copy newsletter, dates back to the early days of AMBC, before the internet, before camera phones and around the time that a DH rig had a whopping 60mm of plush elastomer travel. In 2015/16 Chelsea picked up the mantle and started publishing some digital mags but then she up and left us to travel the world.

Massive thanks to Nikki Martin for coming on to the AMBC committee to help out with creating media like this, I'm sure you'll all agree that its been greatly missed.

Read on for some info on the new "Zero Friction Cycling Super Mega Club Championship" and E-Bikes! Yep, from the Eagle MTB park round onward, we're going to be offering racing for assisted bicycles!

Catch you at Eagle

The Pres

XCM RACE WRAPUP

The 2019 XCM Enduro series finished strong with Rounds 2 & 3 delivering very different courses and events. The weather gods provided the rays where it was needed, providing a great day of racing out at Prospect Hill. The much loved "Flowy Forest" made for a fast course enjoyed by competitors at all levels, where the long single track and fireroad combo favouring those who brought their climbing legs on the day (over 4 hours = hello hurt locker!). As usual the tight squeeze between some trees acted as a firm reminder to keep



eyes up with more than a few clipped bars separating the field, heard some great stories and laughs post-race from those ones! The finish of the day was a tie between crowd favourite Griff Knight's scooter style entry with a busted chain (got it done) and the battle for A-Grade men's supremacy between club President Matthew Ackland and fellow endurance champ Chris Crocker, both finishing on a whooping 9 laps with Acko taking line honours.

Not wanting to follow the weather trend, the 4hour at Craighburn Farm was a wet and wild one that proved to be just as much fun as Prospect. A technical rider's paradise, the climb up Sticks and Stones was a tactical one for all with some great overtaking and moments for the spectators on course. What was a grippy course for the first few hours challenged riders to keep it rubber side down as fatigue came creeping in. With the word

Meet Your Members – Race Review

How long have you been riding dirt? What got you started?

Tim Klein (“Keeps coming back” Veteran) - Wow, it's been a while, me being a 'veteran' and all 😊 I started riding MTB in Adelaide about 12 years ago, on a alloy hardtail, riding at primarily Eagle MTB Park. I have always ridden bikes since I was younger, but MTB is great fun with great mates, I had housemates that I would ride with and it was great exercise to be out in the hills, always pushing that bit harder, with bigger jumps, faster descents on the trails, always great fun with many laughs along the way.



Lisa Wright (“Lady Shredder”) - I've been riding dirt for about 4 years. My brother in law got me hooked, as he wanted me to give it a go as my sister was riding MTB. My favourite part of riding is being out doors with nature. Biggest challenge is trusting my bike to get me over obstacles and believing in myself to do so.

Tom Williams (“Up & Coming” Junior) – For 2 years and I started with Dad and my friends.

Describe the Prospect Hill & Craighburn Courses

Tim – (PH) The course was very smooth and fast, the descents were well groomed and flowed beautifully for a great fun track to ride.

(CB) Wow, what a course, it had a great mix of ups and downs, the trail conditions were perfect for a race,

“sloshfest” been thrown around, you could be mistaken for thinking it wasn't an ideal race day. However you mountain bikers are a hardy bunch with grins seen everywhere (post race that is!).

Let's hear from member's below to see how their races played out, plus what got them out there in the first place...

overnight rain had settled the dust and loose dirt, there was heaps of traction in the tight fast flowing sections, perfect for good fast lap times for the elite riders (i wish i could go as fast as them).

Lisa – (PH) Was a nice flowing forest trail, pine needles. Lots of twists and turns tree roots a tough single track climb.

(CB) AMBC held a 4hr enduro race at a very wet and cold Craighburn Farm. The 11km lap course had a mix of rocky, muddy trails with a small amount of fire road. Some climbing with plenty of down hills with good twists and turns.

Tom – (PH) I think that the prospect hill race course was a fun and challenging I liked how the course went up and down a lot.

(CB) The course was challenging on all the ups but it was fun and good to know that I had the reward of a downhill or a rest at the top.

Favourite Parts?

Tim – (PH) How great was going



down the 'escalator', but I still have my favourite of coming down 'no more bumps' into the 'fairy forest' a great flowy trail, with some technical sections and some jumps to boot, awesome fun.

(CB) I mentioned before the race i wanted it to rain, and it did, several showers came through, it gives the race a different dynamic, everything that was smooth and

grippy the previous lap goes chunky and muddy, zero traction in some clay spots, great fun and great skills practice for the riders. It does separate the skilled riders and the straight line flat out riders.

Lisa – (PH) The Climbing.

(CB) Hard to pick a favourite part as I enjoyed the course, though the big berms were fun, and jumping over a rock formation on one of the single tracks were great.



Also that the race 3 categories to choose from.... solo, duo, or mixed duo, so something for every rider

Tom – My favourite part of riding is the flow trails. (CB) M favourite part was probably going down Craigberms after a long uphill. I liked the fenceline aswell.

Biggest Challenge?

Tim - (PH) The climbs around the 3 hr mark as my legs begin to fade, so riding a easier gear up always helps, and then blasting down the descents keeps the head in the game.

(CB) When it rains 3+ hours into a enduro, the body is drained, the mind is tired, but you keep pushing on, as you calculate lap times on the fly that you can complete before the end.

Lisa – (PH) Squeezing in between trees that don't give much room for error.

(CB) Definitely the most challenging part of the course, was climbing up sticks and stones. Extremely rocky with not much room for error due to the wet conditions that made this part of the course very slippery. Other parts were muddy which turned out to be a slosh fest, so one had to be careful not to wash out the back wheel. I would rate this course as definitely a race to visit again. Great variety and a well mapped out course.

Tom – (CB) The fireroad at the end of cow bones.

Goals for next race/2019 season?

Lisa - My next goal is the race at Eagle, and to be able to ride strong and nail every aspect of the course.

Tim – Now we go into the XCO season, so a goal for the remainder of the year would be to get out and ride with great people and learn as much as i can from the more experienced and stronger riders, and ENJOY my racing.

Tom – To keep on going and not give up. To try my best.

What would you like to see from AMBC?

Tim - A barbecue after a race, I was craving bbq, but there was none 😞

AMBC created another two great events, a BIG Congratulations to the Club Committee and Volunteers that created and run the event. It doesn't happen with out them. Thank you.

Lisa - I think AMBC do a great racing format and do a great job.





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Zero Friction Cycling

Super Mega Club Championships

	SENIOR MALE LEAGUE TABLE		SENIOR FEMALE LEAGUE TABLE	
RANKING	RIDER	POINTS	RIDER	POINTS
1	Leo Simmonds	900	Natalie Redmond	1000
2	Matthew Ackland	890	Julie Shaw	760
3	Adam Kerin	870	Theresa Rhodes	500
4	Tim Klein	750	Tessa Manning	450
5	Jeremy Child	740	Aurelia Strozick	450
6	Jarrod Clarke	700	Leah Wright	450
7	Richard Stevens	696	Sonja Wight	400
8	Luka Moase	690	Julia Massey	336
9	Rob Wood	690	Ngairé Key	320
10	Nick Aitken	680		

DIRT SQUIRTS

Hi all,
As many are aware, for the past 3 years Adelaide MTB Club has been working with PACC to deliver a Junior Dirt Skills program to kids aged 4-12yrs old, first year we ran this we had 3 kids registered thru to last year selling out a 60 places.

We have had a huge waiting list to be part of this amazing program which was somewhat disappointing to see kids missing out on the classes, after many months of planning and recruiting more amazing volunteer MTBA coaches we were able to deliver our first restructure class at O'Halloran Hill on May 19th.



The outcome was something we never expected.... 101 registered kids taking part in the program!! Amazing to see an entire trail network taken over with laughing/smiling kids just enjoying being out on the trails.

None of this would be possible without the amazing support I receive from the amazing volunteers from both AMBC and PACC allowing us to deliver Skills classes on this scale.

Our next class takes place at Fox Creek on June 23rd and it is already looking at being just as busy.

Classes offered:
4-7yrs (40 Positions) 9-10am
7-12yrs (60 Positions) 10.30-12pm
13-16yrs (10 Positions) 10:30-12pm

I couldn't be happy with the outcome of the Junior Dirt Skills program, it provided an outlet and amazing community for both clubs junior members to meet and enjoy time out on the trails. Both clubs have seen big increases in junior event categories as well.

Thanks to all the parents and committees for supporting this great program and am looking forward to seeing more and more members of both clubs out

Cheers
Kevin Pullen
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FROM THE VAULT

FAT CHAT

AUGUST
1987

This is the first of what I hope will be a regular news sheet for Adelaide's mountain bike enthusiasts.

PAST RIDES

Why does it always rain on Sunday mornings?

Since the last time I wrote to you we've had 6 rides and 5 of those have been rained on.

All these rides have been of a hard standard and in the future easier rides will be organised if desired.

CLUB FORMATION

So far this group has been very informal and I now feel that the time is right to create a more organised group.

There are several ways in which we can go about this and I'd now like to put these options to you.

I recently approached the committee of the S.A. Touring Cyclists Association Inc. asking whether they would be prepared to accept a mountain bike group as part of that association.

The answer was yes, with the only minor reservation being the use of MTBs in conservation parks etc.

I don't think this is a major problem at this stage.

I feel the forming of a SATCA MTB group would be a sensible move with many benefits to us.

Besides the SATCA option there are two others and all three are set out below with their relative pros and cons.

Please give these some thought and decide which you would like to see adopted.

Option 1

Remain as an informal group with no meetings or committee.

The only contact between members would be a news sheet listing coming rides.

Option 2

Form a separate MTB club which would be incorporated, have its own committee, membership fees, administration costs etc.

Option 3

Become a special interest group attached to the S.A. Touring Cyclist's Association Inc.

This option would have the advantages of:

- * no administrative hassels such as incorporation, insurance, etc.
- * full programme of on-road rides and tours.
- * quarterly newsletter.
- * hire of camping equipment, bike beaks, panniers and racks.
- * use of equipment such as an 18 bike carrying trailer, typewriter, catering equipment, etc.

The disadvantages as I see them are:

- * limited separate identity for MTB group.
- * possible conflict of interest if competitive MTB events are pursued; SATCA being a recreational cycling body.
- * existing SATCA members may have unreasonable views on the use of MTBs and the environment.



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LOOKING FORWARD


Ebikes, they live among us! And now, so does E-bike racing in Adelaide. Hot off the press from the latest committee meeting, due to the increasing enquiries and level of interest from current and prospective members, AMBC will launch an E-Bike category for the 2019 XCO races supported by Will Ride.

The E-Bike category (or technically speaking, a Class 1 pedal-assist e-mtb specific category, ssssnorrrre) will race the same track format as all others with lap numbers to be determined in line with each course. This single category will support the growth of E-Bikes and the desire for a racing format. Through 2019 we will be surveying and taking feedback from entrants to improve and create the 2020 series format, working closely with MTBA and the UCI e-mountain bike racing standards committee.

As a club we know we need to constantly balance the traditional with looking forward; and E-Bikes are one of those topics that brings a wide spectrum of opinions. In line with our core goals, 'more people riding and racing bikes in Adelaide', we're happy to support the local and national growth of E-Bike racing (sorry, 'Class 1 pedal-assist e-mtb specific category').

Thanks to local E-Bike experts Will Ride for the guidance and support in establishing this category.



 <https://www.facebook.com/willridestirling/>

WILD WILD WEB

In addition to the awesome AMBC social media pages, here are a few others to help... Don't forget to hashtag #adelaidentbclub for reposts, see what other members are shredding and potentially feature at upcoming editions of your new favourite newsletter. #winning



Adelaide Mountain Bike Club – AMBC
@adelaidentbclub



Adelaide MTB Rides – Great forum if you have a Q and need an A. Also for all things Adelaide trails, lost items, conditions etc.



Mountain Bike Touring Adelaide – Great open community for longer rides and/or gravel grinds.



@rideadelaide – Local legend turned personal blogger. Great source of reviews, info & MTB adventures of all varieties.



@hardtailparty – New venture highlighting the hardtail revival, community and some sweet trails too.



@bikebox_sa – See what our awesome sponsors have on offer outside of race day.



Dusty Betty – International Lady Shredder & full time MTB Lifestyler. Some really cool tutorials, particularly in her earlier work from a beginner's perspective.



Global Mountain Bike Network – Great series of "How To" pretty much anything MTB. Great for teaching yourself some new skills or bike maintenance direct from your lounge.