

Hello All

A final Update for the year to wish you all Merry Xmas and lots of adventures in 2009. The Fling of Beauty has been Flung and the BMC Mountains To Beach will come around very quickly.....

BMC MOUNTAINS TO BEACH – 1-6 MARCH 2009



Entries for the BMC Mountains To Beach have been open for two months and it's great to see it's already half full. We ran a free entry prize draw from all those who entered on the first day, and the lucky winner was David Cummins.

On a recent field trip to the Snowies we finalised many sections of the route (between hail and snow showers!!) which we think you'll love. The riding and scenery is so varied, and a highlight will definitely be the new purpose built singletrack at Lake Crackenback Resort, not to mention the luxury accommodation there if you are opting for that! Our website is currently being updated with more detailed route description and a video clip of some of the riding you'll enjoy. Check back later this week for all of that!

We have already mentioned that All In Packages are limited, and indeed 75% of riders are taking this option. However, we have managed to make an extra 50 beds available. The limiting factor for our All In Package accommodation is at Buckenderra Resort, where riders already booked on the All In Package will stay in cabins. The next night's accommodation for everyone is at Cobargo in "Tent City". So, what we are doing to continue to meet the demand for All In Packages, is set up Tent City at Buckenderra. Tent City will provide tents, mattress, chair and bedding, with access to the Resort amenities blocks. All other accommodation along the way will be the same as for the original All In Package. So, we now have approx. 95 All In Packages remaining, and depending on how soon you book you'll either get cabin accommodation or Tent City at Buckenderra. All In Package cost remains the same (before you ask it costs us more per head for the tent option!).

As always, we are looking for enthusiastic individuals to join the Dark Side for the week (or part of it). We hope to offer you a great experience – we'll feed and accommodate you, give you an event Berghaus SoftShell jacket, a pair of event boardshorts, and hopefully a great week away. If you'd like to join the Dark Side, please visit www.wildhorizons.com.au/mountaintobeach/VOLUNTEERS.html and fill out the online form.

2008 HIGHLAND FLING



For the fourth year running the mountain bike gods smiled upon the Fling riders and supporters, delivering a perfect dawn and a fantastic day for riding. Over 1500 riders participated on the weekend, in the Half Fling (55km), Full Fling (110km), Flinging Threesomes, 100Mile Fling, Casual Fling, Bundanoon Dash, and not to forget the Kids Fling. Full results and Wrap Up are on the website. Check out the photos on www.cycle-photos.com.

Thanks to all those who helped make the Highland Fling a success; thanks to Ground Effect, Specialized, Virgin Blue, Gu, Vaude, and Forests NSW – Major Sponsors of the 08 Highland Fling.

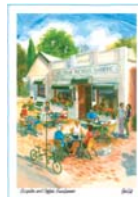
Thanks to those of you who completed the Highland Fling survey. 400 responses were received and we very much value your feedback and look forward to reviewing the survey results. We are pleased to announce that the winner of the prize draw, a set of Ay Up lights worth \$489, is Seb Dunne. Congratulations!

Put 7-8 November in your diary for the 2009 version, entries will open in July and given this year's event sold out in just over two weeks, make sure you get in early!



YE OLDE BICYCLE SHOPPE - APRÈS VÉLO CLOTHING

When you're next in Bundanoon, be sure to drop into Ye Olde Bicycle Shoppe for that caffeine fix, post ride feed, and check out the great range of Après Vélo clothing. This range blends heritage graphics with a quirky sense of humour to create stylish, unique gear. We also have their great 2009 Calendar in stock too.



WINGELLO MTB TRAILS - WORKING BEES AND MAP



The trail fairies are preparing to head back to the Wingello trails to work their magic. With the longer summer evenings, they are running working bees on some Wednesday evenings through summer. These will be from 5.45-7.45pm on 17 Dec, 14 Jan, 28 Jan and 11 Feb. If you're keen to help out, please see www.wildhorizons.com.au/highlandfling/trackbuilding.html for more info and rsvp details.

The new MTB Trails of the Southern Highlands Map we've just produced shows the current trails and is available to purchase online at www.wildhorizons.com.au/gear/mapgear.html



MTB HIMACHAL – GO THE ROO-STAR!

Following Huw's glorious podium in the 2007 version of this 9 day MTB race through the Indian Himalaya he took a group over for the 2008 race in October. The Roo-Stars (so named to compete with India's only professional cycle team, Red Rooster) went, rode and conquered. 4 out of 7 came back loaded with huge trophies and a few hundred thousand rupees in prizemoney. Alison Curtin as the womens winner, Lissanthea Taylor as 2nd placed women, Gwyn Taverner-Smith as 2nd placed Master and honorary Aussie, Andy Kervell, 4th overall and 3rd placed Open Male. Reports coming soon on our website under the Tours section.

OTWAY ODYSSEY – 21 FEBRUARY 2009

Need a MTB marathon fix before the BMC Mountains To Beach? Our friends at Rapid Ascent in Victoria have that 'tough mother' of a race, The Otway Odyssey, taking place on 21 February. Entries are still available so head to www.rapidascent.com.au/OtwayOdyssey/Default.aspx

UPCOMING EVENTS



Good luck to all competing in the Urban Polaris in Canberra this weekend. It's sure to be a great event and a fantastic fundraiser for the Mental Health Foundation.

On 6 December the Southern Highlands Cycling Club are holding the Wingello 4 Hour endurance event at Wingello State Forest. See www.southernhighlandsccl.com.au for more info. Could be a great option for those heading to the Urban from Sydney!



VEROFIT SPORTS NUTRITION SPECIAL OFFER



VEROFIT Sports Nutrition is our nutrition partner for the first BMC Mountains To Beach stage MTB event. We will be supplying all of you with their very complete Isotonic Electrolyte Drink (6 minerals, 10 vitamins, Taurine and Glutamine). This means the VEROFIT isotonic drink will replenish everything you lose when riding and sweating and help avoid dehydration and its effects. They also have a protein recovery drink and a great energy gel with the right mix of carbs, caffeine, sodium and a neutral flavour. The recovery drink will supply the protein needed for your muscles to mend and to be able to keep training and riding. The Energy Gel is designed to supply you with all the energy needed for long endurance exercises.



In order for you to get to know their products better, they have a very special **offer now** for all of you:

- 1 Isotonic Electrolyte Drink canister
- 1 box Regeneration Drink
- 4 Energy Gel 2+1 **all for \$40.00**

That's the best way to try the products at a great price before the ride. All you have to do is visit www.verofit.com.au/product.php?productid=16195&cat=251 to place your order online and there are no delivery costs.

GROUND EFFECT



The latest creations from the Ground Effect skunk works have landed at www.groundeffect.co.nz

Most Intercool riding tops come in new colour combinations. The Rock Lobster, ZZ Top, women's Ricochet and Starfish all greet summer with a make over. Circus elephants and balancing chain ring graphics grace the TT2 and Hip Hop Intercool performance T-shirts. Our core women's products – the Ice Queen, Starfish, Witches Britches and Martinis – are now available in Women's XL to match the needs of more women riders.

In Australia we've reduced the price of about a third of our range – with most shellwear and summer tops around ten bucks cheaper.

If we've previously mailed you a catalogue then a fresh Summer edition is already on its way to your letterbox. There's no need to request another. If you'd like to receive your own free full colour copy of our catalogue let us know at www.groundeffect.co.nz/subscribe.php

SO CATCH A WAVE TO www.groundeffect.co.nz FOR A GANDER.

Have a great Xmas all of you and fun in 2009
Cheers..... Huw, Fi, Wendy, Wayne, Kaz
and all the Wild Horizons team

It's all downhill from here!*

Beach down here somewhere

5 days of mountain bike stage racing from the roof of Australia to the surf

Sunday 1st March to Friday 6th March 2009
www.wildhorizons.com.au
Email: bmcmtb@wildhorizons.com.au Tel: 02 4883 6509

Thredbo Top Station, Perisher Blue, Kosciuszko NP, Lake Crackenback Resort, Buckenderra Resort, Cooma, Cobargo, Bermagui, Narooma

Sponsors

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*Not Guaranteed!