

SCBTC Summer Newsletter

Exciting year ahead!

We have so many great rides, activities and weekends away to look forward to in 2025. We hope you can join in, meet new friends and keep those New Year fitness resolutions on track.



Welcome to our new members

Great to see new members join our club. Warm welcome to Joanna, Jim, Murray, Brian and Raymond.



Stretching exercises for riders

Keep strong and flexible with these guides to stretching for cyclists.

[Read more](#)



Spotlight on...

Our Saturday groups had a great start to the year with good turn ups on every ride.

Sunday rides are longer and well worth the effort. Paul McGuire shares his favorite Sunday rides.

[Read more.](#)



Are you sitting comfortably?

Cycling Weekly completed a detailed 'ridden and reviewed' of a wide range of bicycle seats to help you find the right seat for your body shape.

[Read more.](#)

Featured posts



Esk Country Blues and Rock Concert

March 21-23

Have you have registered for this great weekend away?

[Read → Esk Camp and Jam](#)



Sunshine Coast BUGS

Our club will take a lead role in the Sunshine Coast Bicycle User Group (BUG). Your support is needed in this exciting opportunity to improve cycling conditions locally.

[Read → About our Sunshine Coast BUG](#)



Improve your overall health

Feeling a little run down after Christmas? Annie Brealey is a nutritional medicine practitioner who supports people to improve their metabolic health and in turn their energy levels and overall health.

[Read → Improve your metabolic health](#)

1. www.scbtc.net/	3234
2. www.scbtc.net/calendar/	875
3. www.scbtc.net/ride-leaders	181

Website updates

Over 4000 views to our website since we launched on 1 December. Thanks to all for your support.

Did you know you can:

- join online
- order jerseys
- update your contact details
- fill in a form to lead a ride
- advertise your bikes and gear in the shop.

We have 10 members who can edit our new calendar.

Most riders are using the SCBTC calendar app.

Visit → SCBTC.net

Have your say!

What features would you like to see in our quarterly newsletters?

Please share your feedback and ideas for our newsletter.

[Go to the newsletter survey.](#)

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