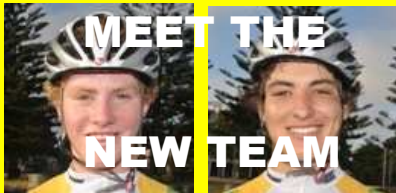




NEWSLETTER

MARCH 2009

INSIDE



REAL AUSSIE KIDS JUNIOR CYCLING PROGRAM NEWSLETTER

LOYAL SPONSORS SUPPORT RAK DESPITE ECONOMIC DOWNTURN

It is in the tough times that the tough get going ... and Real Aussie Kids Cycling is proud to say they are sponsored by the toughest and the strongest sponsors in the game. In 2009, RAK's sponsors have validated the value of their unique Junior Development program by continuing and strengthening their support of the team, despite uncertain economic times.

RAK welcomes back the **LIMAR/REBEL SPORTS** partnership which supplies the high quality and striking team uniforms and Helmets, which make RAK the most easily recognisable team on the circuit. The invaluable support and partnership with **DRAPAC PORSCHE CYCLING** sees the team continuing to move ahead with innovative programs such as the "Team Clean" concept and allows the team to extend its support to athletes. **SHIMANO** has again supplied the team with excellent quality shoes, while **COUNTRY ENERGY**, RAK's longest standing sponsor was quick to keep the power flowing with their continued cash support of the team in 2009. **MORTON ENTERPRISES AND MAGSWITCH TECHNOLOGY** are again, the team sponsors of the US Training Camp.

In 2009, we are proud to welcome back our bike sponsor **FRF SPORTS** who have supplied the team with the new **ARGON 18** Gallium Road Bikes fitted with **SRAM** running gear.

RAK would like to sincerely thank our sponsors and values not only their financial support but also their professional support they offer the team in helping it continue to move to the next level in the sport.

CHECK OUT THE RIDER REVIEW ON THE NEW ARGON 18 Gallium...P4

Kids handle pressure at Team Camp

Dealing with Pressure and Time Management were the themes of the 2009 annual Real Aussie Kids Team Camp which was held in Port Macquarie in January. In an ironically relaxed backdrop in the sleepy coastal town, the team linked up via a live video presentation with Olympic Swim Team Psychologist, Paul Penna, to learn about dealing with the huge pressure that can face an athlete, and using that pressure on a daily basis and in competition to enhance an athlete's performance.

The RAK philosophy recognizes that putting a balance in an athlete's life is the key to ultimate success. In order to manage to keep this balance requires skills in "time management" and setting aside time for all aspects of life including study, relaxation, family commitments and entertainment. The RAK team were amazed when they attended the time management seminar and completed their weekly schedules, just how much they could fit into their lives and avoid conflict if they planned ahead.

It was not all work however, and the team were able to enjoy the beaches and sights of Port Macquarie as well as getting to know each other and ride together for the first time as a team.



MEET THE NEW KIDS ON THE BLOCK!!

With six of the 2008 Team graduating from RAK and moving into the senior ranks, RAK concentrated on identifying younger riders to bring into the team in 2009. We are pleased welcome our six new team members who have settled well into the team culture and are already putting in strong performances early in the season.



EVAN HULL (1st Yr U17)
Hails from Ararat, VIC. Talented track rider as well as road rider. Enjoys motorbike riding, helping out with the Trotting Horse Stud and shooting. Evan recently won a gold and two silver medals at the Australian Track Champs



ETHAN KIMMINCE (1st yr U19). This talented road rider from Inverell has been in RAK's sights for a while, and is proving a valuable team member with some impressive performances at the Bay Classic, earlier this year



BEN FOX (1st Year U17)
Another talent from Inverell, Ben is built to climb mountains! This Year 9 student loves playing the drums and travelling when he is not on the bike. Ben has set himself some realistic goals this year which he is sure to achieve.



DAVID EDWARDS (2nd Yr U17) Nick-named Thorpey, for obvious reasons, David is a quiet achiever with a big future in front of him. David lives in Atherton, in far north QLD. He will be the youngest member on the Colorado Tour this year

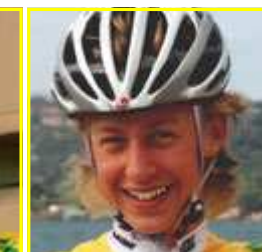


JOSHUA BLICK (1st Yr U17) Has only been on the bike for a year, but has had an exponential development in the sport thus far. Josh joins us from Taree, NSW and has a huge amount of commitment both to his sport and his studies.



MATT FORTUNATO (1st Yr U19) Another rider identified by the Drapac Porsche Team coach, Matt lives in Melbourne where he comes from a background of AFL, Basket ball and Cross Country Running before turning to Road Cycling.

RAK also welcomes back veterans Sam Spokes, Lachlan Morton and Kevin Hawes, who are looking forward to their fourth year with the team as well as Matt Connelly, Patrick Drapac and Jared Triggs who have also re-signed with the team this year.



SAM SPOKES

PAT DRAPAC

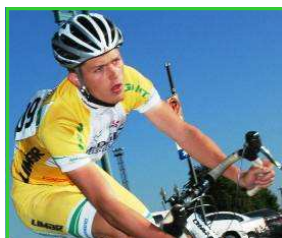
MATT CONNELLY

JARED TRIGGS

LACHLAN MORTON

KEVIN HAWES

RESULTS—December to March '09



Velodrome plays part in Sam's bronze



CRONULLA INTERNATIONAL CRITERIUM, SYDNEY 14th Dec `08

Jared Triggs - 1st U17 Criterium
David Edwards—2nd U17 Criterium
Sam Spokes—3rd B Grade/U19's
Lachlan Morton—5th B Grade/U19's
Ethan Kimmince—6th B Grade/U19's
Pat Drapac—7th (won bunch sprint)

JAYCO BAY CLASSIC, GEELONG 2nd—6th Jan `09

MEN'S SUPPORT RACE

Stage 1 :

- Sam Spokes— 6th
- Lachlan Morton—9th

Stage 2:

- Patrick Drapac—3rd

Stage 4:

- Sam Spokes—7th
- Ethan Kimmince 10th

Stage 5:

- Sam Spokes—5th
- Ethan Kimmince—10th

OVERALL:

- Sam Spokes 9th
- Ethan Kimmince 19th
- Lachlan Morton 22nd

Check out the RAK website for latest news and results
www.realaussiekids.com

AUSTRALIAN YOUTH OLYMPICS, SYDNEY

Sam Spokes—Bronze Medal - Scratch Race

AUSTRALIAN U19 TRACK CHAMPIONSHIPS, ADELAIDE

Sam Spokes— Silver Medal Men's Team Pursuit
Pat Drapac— Bronze Medal Men's Team Pursuit

AUSTRALIAN OPEN MADDISON CHAMPIONSHIPS

Sam Spokes & Pat Drapac—Silver U19 Madison Championships (5th overall open championship)

AUSTRALIAN JUNIOR TRACK CHAMPIONSHIPS

Evan Hull— Gold Medal U17 Team Sprint (Australian Record)
Evan Hull—Silver Medal U17 Individual Pursuit
Evan Hull—Silver Medal U17 Team Pursuit
David Edwards—4th Team Pursuit
David Edwards—11th Individual Pursuit

AUSTRALIA DAY AWARDS—PORT MACQUARIE HASTINGS

Real Aussie Kids—Sports Team of the Year

"Success means doing the best we can... with what we have. Success is in the doing... not the getting; in the trying... not the triumph. Success is a personal standard - reaching for the highest that is in all of us -becoming all that we can be. If we do our best, we are a success."

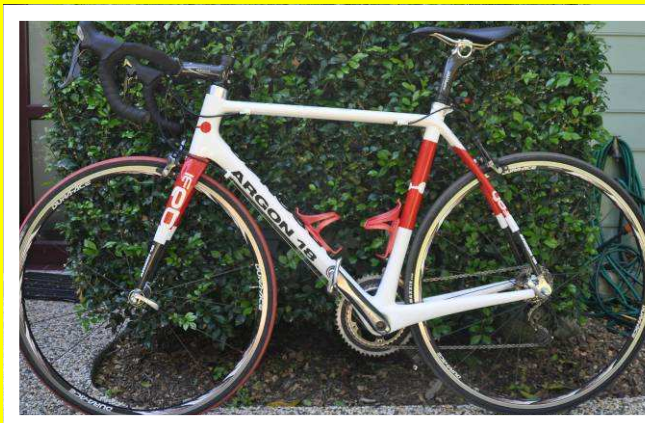
(Mark Carnegie)

Team Motto 2009

TEAM BIKES

...THE ARGON 18 GALLIUM

It was with great excitement the Scholarship Riders took possession of their new Argon 18 Gallium Road Bikes... and they were every bit as exciting to ride as expected. The Team Argons, generously supplied by sponsors FRF Sports, are fitted with Dura-Ace Wheels and RAV-X Seat, Handlebars and accessories. Some lucky riders have the new sensation of SRAM running gear which they have mastered quickly and are loving, whilst others are on the ever popular Dura-ace group sets. In early feedback, the riders have found the carbon frames particularly light but sturdy. The whole package makes the bike responsive out of corners and handle well into corners and on descents. The riders have found them very comfortable even after many hours in the seat. They team are looking forward to their first real work out at the Mersey Valley Tour and U19 Selection Races in Tasmania next week.



Where to from RAK??

Real Aussie Kids had five team members graduate from their program last year and move on to the next stage of their careers both on and off the bikes.

Junior World Champion Tom Palmer made a smooth transition into the Drapac Porsche Cycling Team, and has already competed several times nationally and overseas. Tom is also a member of the Australian Olympic Track Cycling Development Squad.

Fellow World Champion, Sarah Kent took up a position with the Plan B/WAIS Cycling Team and has commenced her University degree in Perth.

Lauren Kitchen, graduated from high school with a UAI in the 90's which has been an incentive to the younger members of the team and proves you can do both—be an elite athlete and achieve academically, if you are organised and focused. Lauren is now studying Town Planning at the University of NSW, whilst training and racing with the AIS Women's team.

Camille Pallett has decided to put her studies first and will not compete on the bike for 2009, while Joe Northey is slowly making a comeback from illness whilst studying at the Australian University in Canberra. Robert McElligott has chosen to pursue a his work in the automotive industry.

Graham Seers



Hi all,

A quick overview of RAK's 2009 Season ...

TRACK SEASON

The recent months have been full on for all our team members. Riders with a track focus have done many events. Sam, Evan, Pat and David, represented their states at the National Track Champs. Evan won Gold and 2 silver medals, and was also selected in the National Training Squad and now has an opportunity to experience training with the U/19 National Worlds Team as they prepare for Russia. Sam won silver in T/P also had some fantastic rides in National Madison events in Melbourne and Bendigo. Pat won a Bronze in the T/P and teamed with Sam in the National Madison to win silver. He also teamed with former Team member Tom Palmer in Bendigo, the race of races as far as Madison's go in Australia. David, learnt more about himself at Nats, as we discussed his races in Adelaide we realized how hard he can still go and continue on in races.

The track I consider is a necessary part of Junior Development. The ability to increase leg speed, skills and handling assists riders even if they do have a future road focus, its also a fun experience with mates.

ROAD SEASON

For our road focused riders the road season is all but on us. The recent Oceania Champs in Geelong demonstrated that the speed will be on from the gun, in the coming U/19 NRS and selection events. Mersey Valley Tour [MVT] will have the U/19s together as a team for the 1st time this season, if the 08 event is anything to go by, skill, handling and the ability to be involved in the race and still look after yourself, will be a key to being successful. The pre season's work of fitness, strength and power, now become entwined into a race phase of preparation. When we race in MVT we will be able to assess our preparation and readjust if needed in the 3 weeks prior to Nats in Murwillumbah.

For U/17s the season begins with the Hill climb and B2B weekend in April. However, for them the season is long, State Champs in August and Nats in September mean the build up can be more gradual, come off the busy track season with a short break and now prepare for the road season.

COLORADO

Plans are in full swing with the Colorado Training Camp. The team leaves Australia on the 17th June to spend five weeks in the Rocky Mountains. This year, there will be some exciting new experiences in stall as the team will have access to the expertise of the Sports Medicine Physiologist from the University of Colorado.

FUTURE

Our year is only just beginning yet we have already done so much.

It is going to be exciting and full on, most importantly it is going to a fun experience.

Congratulations on the year so far and good luck to us all for the year ahead.

See you on the road,

Seersy