

# MEMBERSHIP

Whether you ride competitively or for recreation, membership of a Cycling Australia affiliated cycling club offers a wide array of benefits, including personal accident and public liability insurance.

To join the Gold Coast Goldstars Cycling Club, visit [www.membership.cycling.org.au](http://www.membership.cycling.org.au) and choose from the range of recreational and racing licences on offer.

Please note that all cyclists wishing to compete in any type of racing must have a full open racing licence (Gold Licence). Recreational licences (Silver Licence) start from as little as around \$30 per year.

Goldstars junior training sessions are held at the Gold Coast Cycle Centre, 1 Hope Street, Nerang QLD 4211, Tuesdays and Thursdays from 4pm.

Please contact our club coaches or see our website for further details.

[www.goldstarscyclingclub.com](http://www.goldstarscyclingclub.com)



# RACING

Whether you were born to race or you're thinking about competitive cycling for the first time, racing with your local club is a great place to start.

Gold Coast Goldstars conduct weekly racing and support the regional racing scene in both road and track disciplines. Our members also compete in open events across Queensland and beyond.

Compete as an individual or as part of a team.

For our current racing calendar, please visit our events calendar at:

<http://goldstarscyclingclub.com/race-calendar/>



## Welcome to the Gold Coast Goldstars Cycling Club

*Racing on the Gold Coast since 1993*



Promoting competitive cycling &  
home to the Gold Coast's leading  
junior development program

### CONTACT

*Coaching:* Malcolm, 0411 647 592

*Weekly Rides:* Tim, 0407 747 988

*Racing:* Andre, 0412 434 323

*President:* Damien, 0400 586 047

[www.goldstarscyclingclub.com](http://www.goldstarscyclingclub.com)  
email: [goldstarscyclingclub@gmail.com](mailto:goldstarscyclingclub@gmail.com)



*Club spirit through cycling*

**What you need to get started...**

**Bike:** Preferably a road bike. Make sure your bike is well maintained and safe. For children, the club has bikes that allow them to try out the sport before buying.

**Helmet:** (compulsory) A good helmet means that it is an Australian Standards approved helmet with no cracks or damage. An Australian Standards Approved helmet will have a sticker inside with 5 ticks and an AS/NZS number.

**Other Gear:** Cycling gloves help protect your hands. Closed in shoes are a must and cycling shoes in particular can make cycling much more enjoyable. A water bottle is always important for any exercise on the Gold Coast. Check out your local bike store for help with your bike and equipment.

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# GET ON YOUR BIKE!!

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The Gold Coast is made for cycling, with wide flat roads, dedicated bike lanes along the coast and twisting tracks climbing up into the mountains. There's no better place to ride your bike!

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## JUNIORS

Catering for children aged 7 through to 18 years, the Goldstars is home to one of Queensland's leading junior development programs, regularly producing state champions both on the road and track, and junior cyclists who go on to represent Queensland at national championships. The junior development program has been



designed not only to produce elite athletes; it caters for the needs of all juniors, introducing them to the enjoyment of bicycle racing and providing them with the skills and confidence to ride and race safely. Junior training programs are developed, conducted and supervised by our nationally accredited coaches with the aim of making cycling a life-long passion for you and your family.



## 19 - 34

Some of our 19 to 34 year olds have been with the Goldstars since they were little kids, others have come to the club from mountain biking and triathlon, and some are new to cycling altogether. Whether racing at a regional, state, national or international level, our elite members benefit from the being part of the Goldstars team.



## MASTERS

Masters (35+) form the core of our club. Our active master members compete at state and national level and many give their time back to the sport, mentoring juniors and those new to cycling.

***If you love to ride your bike, Goldstars membership has much to offer: friendship and camaraderie, bunch rides, racing, training and mentoring - on the road and the track. Become a member today and expand your cycling and exercise experience.***