

South Coast Cycling

Summer Program Newsletter

14 November 2008



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Web page southcoastcycling.org.au
Face book www.facebook.com/group.php?gid=19152478395

South Coast Cycling Bicycle Express Series



David	Miller	38	Carly	Light	34
Chris	Spence	26	Robert	Riebolge	23
Michael	Young	24	Tony	Brennand	24
James	Goldsmith	31	Alex	Bates	24
Nigel	Knowles	33	Anthony	Braithwaite	26
Rob	Laing	27	Mark	Gregory	28
Grant	Moffitt	29	Peter	Szegedi	28
Jeremy	Smith	27	Robyn	Vast	21
Michael	Ward	25	Heath	Pillen	24
Bryan	McIntyre	26	Allan	Yuill	21
David	Slater	34	Patrick	Page	27
Alan	Hincks	34	John	Lockwood	30
Aaron	Draxler	27	Richard	Morton	24
Gemma	Kernich	32	Felicity	Laing	23
Tim	McEvoy	27	Kain	Gardner	32
Ian	Pedler	30	Renee	Braithwaite	20
Andrew	Giles	27			

Kyle	Franson	29	Sam	Richardson	34
Fraser	Northey	30	Kai	Giles	36
Thomas	Morton	28	Joe	Higgison	31
Carla	Franson	30	James	Higgison	27
Samantha	Fromentin	31	Peter	Pedler	30
Scott	Hallandal	30	Bradley	Ward	30
Chis	Holmes	33			

SA Cycling Coming Events November

- 13 – 15 Oceania Track Championships – Adelaide Superdrome
- 19 Summer Track Series – Kilkenny
- 21 Bicycle Express South Coast Cycling Track Racing Edwardstown
- 23 Port Adelaide Indv Time Trails
- 27 SAPSASA Cycling Champs – E/town

Cycling SA AGM

Monday 24 November 2008

Further details www.sa.cycling.org.au

Track Etiquette & Safety

Riding safely should be the rider's first priority. Track riders should try to be polite, friendly and always aware of others. Here are some common rules and advice to keep in mind while riding on the track

- The faster rider is responsible for passing safely.
- **Don't let gaps occur between riders.**
- Slow riders are responsible for riding straight and allowing faster riders to pass predictably.
- Never get out of the way of a faster rider. Maintain a straight line.
- Never ride more than two abreast while going slow.
- Turn your head in the direction you want to move, and glance back as you gradually move up or down the track, paying attention to where you're going and over-taking traffic at the same time. Do not rely wholly on your peripheral vision.
- As you approach a slower rider with their heads turned in the direction you want to pass, sound-off with the command "STAY DOWN" in order to keep the slower rider from moving into your passing lane.
- If you hear "STAY DOWN," ride straight. If you are maneuvering and hear "STAY DOWN," correct your line so you're riding straight.
- If you are going to practice standing starts with someone, ask permission from everyone at the track. Obviously, this is not recommended during busy times.
- Do not hook the handlebars on the fence. This creates a dangerous situation.

NEWS from the SA Cycling web page 11/11/2008

Criterion Circuit proposed for Adelaide's Victoria Park

Adelaide City Council today released its master plan for the 72 ha parklands site at Victoria Park - and in good news for Cycling SA members the plans include a purpose-built criterium circuit.

Tipped to cost up to \$8 million, the master plan involves four precincts including walking and bike trails, wetlands, community recreation, 14 sports fields for football, hockey, soccer and cricket, a new plaza and refurbishes the heritage grandstand. The proposed criterium circuit uses the "Pits Straight" section of the Clipsal 500 Circuit, and a new section of criterium loop road that will allow racing events to be held without having to close off Wakefield Street.

Cycling SA will continue to work with Adelaide City Council, State Government and other stakeholders to gain access to a safe, traffic-free criterium circuit for our members' use.

