

South Coast Cycling



Summer Program Newsletter
24 October 2008

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



South Coast Cycling's Glenelg Cycles Series October 10, 17, 24, 31

Aimee	Alsburry	46	Rob	Laing	24
Alex	Bates	44	Robert	Lee	43
Vicki / Felicity	Birks / Johnson	26	Kira	Mason	40
Anthony	Braithwaite	47	Tim	McEvoy	55
Tony	Brennand	40	Bryan	McIntyre	20
Steve	Buchanam	20	David	Miller	72
Ben	Cheney	27	Grant	Moffitt	47
Stu	Clement	45	Kerran	Oates	24
Aaron	Draxler	42	Ian	Pedler	46
Ian	Fromentin	47	Heath	Pillen	26
David	Fromentin	60	Martin	Refermat	24
Andrew	Giles	23	Luke	Retros	26
Mark	Glowacki	28	David	Schutz	54
Andrew	Grant	40	David	Slater	20
Mark	Gregory	53	Jeremy	Smith	44
Stephen	Haldun	23	Chris	Spence	21
Kevin	Harnett	20	Steven	Spurling	27
Sean	Hennessy	24	Peter	Szegedi	49
Tristan	Jones	50	Kim	Thomas	27
Liz	Jones	20	Robyn	Vast	23
Damien	Keirl	36	Michael	Ward	51
Gemma	Kernich	41	Michael	Young	40
Paul	King	64	Allan	Yuill	24
Nigel	Knowles	71	Dallas	Zimmer	25

Lachie	Buchanam	20	Fraser	Northey	36
C	Thomas	23	Bonnie	Grant	43
Tessa	Manning	24	Chis	Holmes	46
Carla	Franson	25	James	Higgison	47
James	Buchanam	26	Alex	Schumacher	50
Griff	Knight	26	Kai	Giles	50
Kyle	Franson	28	Sam	Richardson	51
Bradley	Ward	29	Ben	Grant	55
Hugo	Pedler	30	Samantha	Fromentin	58
Alex	King	33	Peter	Pedler	58

Glenelg Cycles Series Presentation
to be held in the Football club rooms after
racing on October 31
Everyone welcome

Bike Maintenance Workshop

Saturday 25th October
3.30 – 5.30 pm
Cost \$5.00

Edwardstown Memorial
Community Hall
East Tce, Sth Plympton

Bring your bike/helmet / shoes and any bike
tools you already have.

Instructors – Sean & Renee

See Catherine Braithwaite tonight to RSVP or
Inquiries – 718646582 or cawaite@bigpond.com

Amy's Ride 2 November 10am

100km / 60km / 30km Adelaide to McLaren
Vale along the Southern Expressway

<http://www.bikesa.asn.au/>



SAPSASA – Cycling Championships
27 November Edwardstown Velodrome
For further details see Catherine /Ken
Nominations close 14 November

SA Cycling Coming Events

26 Norwood Open Graded Criterium
Rendition Home Team Series
29 Kilkenny Summer Track Series
31 South Coast Cycling – Glenelg Cycles Series
Further details www.sa.cycling.org.au
Cycling SA 2007-08 AGM Monday 24 November 2008



EDWARDSTOWN TRACK

General Information

WARM UP -Riders position on the track during warm up – faster riders, down the bottom of the track and slow riders at the top of the track

NOVICE RIDERS – to wear yellow high visible jacket

Volunteers are always welcome to help on and off the track – with jobs such as judging, lap scoring, bbq cook, sweeping the track – please see Ken or Catherine from South Coast Cycling if you are able to assist.

EDWARDSTOWN TRACK

General event information

Scratch Race -a mass start event, it is a race in which riders start from scratch (on equal terms) and all riders cover the same distance. Scratch races can be over various distances with the winner being the first rider to cross the finish line at the end of the distance.

Points Race - is a mass start event, points are awarded to the top placing riders in a series of sprints contested at various intervals during the race on designated laps. The race distance various from 5 km to 40 km depending on the competition and age group. Sprint laps are indicated by a whistle being blown on the proceeding lap. The winner of a Points race is not necessarily the first to cross the finish line, but rather the rider who has accumulated the most points during the race.

Handicap -usual run over 2000 metres (at Edwardstown events vary from 1 - 3 laps). Depending on the grading and past performances riders are allocated a handicap mark around the track. At Edwardstown riders take up their handicap mark position and start from holding on to the fence with one hand on pushing off when the whistle is blown.

Elimination- this event is a mass start race sometimes the event is called miss - and - out because the last rider to cross the line after each lap at Edwardstown is taken out of the race. The field diminishes rapidly until there are only a few riders left to contest the final sprint. This is always and exciting event where the crowd like to get involved.

Madison -a track event where two riders (one racing at a time) compete as a team. Similar to a relay but the riders make multiple changes throughout the event, which can be over various distances.

Motor Pace - mass start event, riders taking turns behind a derney until the derney pulls off the track. Races can be over various distances with the winner being the first rider to cross the finish line at the end of the distance. Edwardstown -At Edwardstown riders to sit behind the scooter for a Maximum ½ lap, scooter will pull off on to the oval with 1 lap to go.

Time Trial- This event is an individual race against the clock over 500 or 1000 metres.(at Edwardstown often a 1 lap 485mt TT)

Individual Pursuit - Two riders start on opposite sides of the track and attempt to catch one another and to record the best time they can, the pursuit is held over distances from 2000 - 4000 metres.

Team pursuit-Same as the individual pursuit but races in teams of 4 riders (number of riders may vary at Edwardstown club racing). Through the advantage of sitting on behind another rider and each rider doing a turn of pace at the front, a team will travel faster than an individual. The team time is based on the third rider to cross the finish line (this may be differ at Edwardstown club racing depending on the number of riders and ability of riders in the teams)

Kerin- held on the Edwardstown track - Max 8 riders, jockey for position behind a motorcycle and with 1 lap to go the motorcycle pulls off the track and the riders sprint to the line.

Team Sprint/ Olympic Sprint -timed sprint event, 3 riders line up one behind the other, each riders does a ½ lap and then pulls up allowing the following rider to do their effort until the last rider finishes and a team time is recorded. The number of riders per team may differ at Edwardstown Club racing due to nominations.

Sprint - The event is between 2 riders (one on one) over 1 & ½ laps of Edwardstown velodrome. Riders often play a tactical game of "cat and mouse" over the first part of the event in an attempt to keep the actual sprint down to 200 - 300 metres.