

South Coast Cycling

Summer Program Newsletter

31 October 2008



Club email
Web page
Face book

secretary@southcoastcycling.org.au
southcoastcycling.org.au
www.facebook.com/group.php?gid=19152478395

Glenelg Cycles Series

Aimee	Alsbury	66	Jamie	Lemira	21
Tristan	Jones	50	Aaron	Draxler	62
Damien	Keirl	36	Ian	Fromentin	47
David	Miller	103	Gemma	Kernich	65
Chris	Spence	41	Tim	McEvoy	87
Michael	Young	64	Kerran	Oates	24
Martin	Refermat	24	Ian	Pedler	69
Kevin	Harnett	20	David	Schutz	74
Mark	Glowacki	57	Steven	Spurling	27
Kim	Thomas	47	Allan	Yuill	48
James	Kelly	24	Luke	Retros	26
James	Goldsmith	26	Dallas	Zimmer	25
V. Birks	F. Johnson	26	Andrew	Giles	23
Tony	Brennand	60	Carly	Light	30
Ben	Cheney	53	Robert	Riebolge	21
Andrew	Grant	60	Rebecca	Werner	32
Nigel	Knowles	91	Alex	Bates	64
Rob	Laing	24	Anthony	Braithwaite	70
Robert	Lee	43	Stu	Clement	72
Kira	Mason	40	David	Fromentin	60
Grant	Moffitt	77	Mark	Gregory	80
Jeremy	Smith	69	Paul	King	84
Michael	Ward	51	Peter	Szegedi	73
Stephen	Haldun	23	Robyn	Vast	52
Bryan	McIntyre	40	Heath	Pillen	47
David	Slater	44	Steve	Buchanam	43
Sean	Hennessy	24	Liz	Jones	40
Warwick	Phillips	27	Patrick	Page	20

Kyle	Franson	28	Alex	Schumacher	71
Ben	Grant	78	James	Buchanam	57
Alex	King	33	Kai	Giles	80
Hugo	Pedler	30	Bonnie	Grant	66
Fraser	Northey	36	James	Higgison	75
Thomas	Morton	34	Joe	Higgison	86
Carla	Franson	25	Griff	Knight	26
Samantha	Fromentin	82	Peter	Pedler	91
Scott	Hallandil	63	Bradley	Ward	29
Chis	Holmes	72	Lachie	Buchanam	52
Sam	Richardson	81	Che	Thomas	49
Tessa	Manning	54			



Glenelg Cycles Series

Presentation

Tonight after racing @ the
Football club rooms
Everyone welcome

TRY TRACK CYCLING

7 Nov 5 – 6 pm

Loan Bikes Available

@Edwardstown Velodrome

Bicycle Express Series

Starts Friday 7 November

Start 6.15

All the Best to everyone who
will be participating in the
Amy's Ride – Nov 2nd
<http://www.bikesa.asn.au/>



SA Cycling Coming Events November

- 2 Port Adelaide Graded Criterium
- 4 Open Graded Criterium – RHTS #2
- 5 Summer Track Series – Kilkenny CC
- 7 Bicycle Express South Coast Cycling
Track Racing Edwardstown
- 9 Port Adelaide Indv Time Trail
- 11 Open Graded Criterium – RHTS #3
- 14 Bicycle Express South Coast Cycling
Track Racing Edwardstown
- 13 – 15 Oceania Track Championships –
Adelaide Superdrome

Cycling SA AGM

Monday 24 November 2008



Welcome to the FAT Boys

South Coast Cycling wishes to extend a welcome to the FAT Boys who have officially joined Cycling SA.



The FAT Boys members are well known for their work with various charities in SA and its aims will be to improve cycling awareness and safety on our roads as well as continuing to grow its racing arm for Masters Riders.

2009 SA Cycling Licence

For current and lapsed Cycling SA members, online renewal of your membership is now available.

On-line membership renewal for 2009 is now available.

Proceed to the 'Log-in' screen [Link to CA Log-On screen](#)

Complete the Online transaction section. The fee is [09 licence fee](#) for that category PLUS the applicable club fee. Fee is payable by credit card (Bankcard, Mastercard or Visa).

Download and print a receipt: will enable participation until you receive your licence card - via mail approximately 1 week after completion of above steps.

Coming Event

**South Coast Cycling
City of Holdfast Bay Criterium
26 December
GLENELG 9am start**

Entry Fees: Open \$25 Junior \$15 Late Entries Accepted with +50% of entry fee. No late entries accepted on day. Incorporates the Women's Mayoral Trophy and Graded Criteriums
Nomination closing date 16/12/2008

TRACK EQUIPMENT

A track bike has just one gear and the pedaling is fixed (no free-wheeling). Placing pressure on the pedals backwards reduces speed, no handbrakes are permitted on the bike. Gear selection depends on age, ability and type of event.

TRACK SKILL REQUIREMENT

Riding a "fixed wheel" track bike: As mentioned earlier a track bike uses a "fixed wheel system", for this reason it takes a little getting used to. With the fixed wheel system, stopping is achieved by placing pressure backwards on the pedals which reduces speed gradually. The fixed wheel system takes far more time and effort than a bike with hand brakes..

Riding a Velodrome/Track: Velodromes in Australia vary in length from 250m – 500m, the smaller the track the greater the banking that is required on the bends. Banking on a velodrome can be as steep as 45 degrees.

Given these facts, an important track cycling skill is to be able to ride on a velodrome safely and in control. Short steep velodromes at speed can be easier to ride than longer flatter tracks, neither of which are that difficult to ride but do require a little coaching guidance, practice and confidence.

Turns of Pace and Bunch Riding: Turns of pace and bunch etiquette vary slightly for Track events. Turns are done by using the banking of the velodrome. Riders "swing" / "ride" up the bank to allow the next rider in the bunch to take their turn at the front. Track bunches are usually single file for the majority of a race. Towards the end of a Track race the bunch will "fan out" with cyclists riding up to 5 abreast as they race to the finish line.

From Queensland Web Page