

South Coast Cycling

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EDWARDSTOWN 26 FEBRUARY 2010 NEWSLETTER

ENTER TONIGHT

Interclub Championships
featuring the
Adelaide Cup Wheelrace.....

Monday March 8th 10 am
Seniors \$15 Juniors \$10

Proposed events 1 lap time trial
Club Team Sprint

Sr Team Pursuit / Scratch Race Handicap

Clubs need to organise their Junior and Senior teams for the team sprint and senior team pursuit teams prior to the start of the event

Proposed program – events & team combinations maybe changed

All subject to entries and time permitting

If the weather is not in favour of racing on the track we will have a roller derby and cycling quiz in the football club rooms



Coming Events ...

- 7 Mar - IGA Cyclo Sportif
- 7 Mar - Norwood CC Club Criteriums
- 8 Mar - South Coast Cycling Interclub Champs & Adelaide Cup on Wheels
- 10 Mar - Port Adelaide Cycling Club Track
- 12 Mar - Cycling SA Elite, Masters & U19 Track Championships
- 19 Mar - South Coast Cycling Track Racing

Be Active Bag full of goodies

If you have not completed a SCC registration form and received your free Be Active Bag please see Catherine

Standish Cycles Unley Series

Friday February 26, March 5, 19, 26



Standish Cycles Unley is today a specialist cycling store, with all staff having extensive experience within the industry. They offer the complete range of Specialist Mountain, BMX, triathlon and road bikes, plus an extensive range of accessories and clothing, supported by after sale service and repairs.

Shop 1, 290 Unley Rd, Hyde Pk
82719733 scu@senet.com.au



Are you Australia's next cycling champion?

The National Talent Identification Program (NTID) of the Australian Sports Commission have recently released a YouTube video to provide information for interested applicants. NTID is responsible for the development and implementation of talent identification and development initiatives in a number of sports, including cycling. Australia has a rich history of producing talented cyclists in road, track, mountain bike and BMX. The Athens Olympics saw Australia bring home 6 gold, 2 silver and 3 bronze medals resulting in their best Olympic Games ever.

Further information contact. Tammie Ebert
Senior Coordinator @ Cycling Australia



Level 1 Road and Track Cycling Coach
Training Program
Adelaide – Cycling SA
10-11 April 2010



Interclub Championships featuring the Adelaide Cup Wheelrace.....

Name

Club Category

Email address

I will be attending the Interclub Championships & Adelaide Cup on Wheels
Interclub Championships & Adelaide Cup Wheelrace - fee pd

☐
☐

South Coast Cycling Weekend Away Everyone Welcome May 7 – 9

Camp Willochre Melrose @ the base of Mount Remarkable

Come along and enjoy the fresh air, start your road season training, relax next to the pool or join in mountain bike rides, bush walk along the various trails take part in the activities that will be organised for the entire family. The weekend away is open to Cycling SA members, families and friends to attend. Fully catered and transport can be arranged from Adelaide. Melrose is located approx 2 ½ hours north of Adelaide, via Clare (Main North Road), or up highway 1, and turning at Port Germein to cross the ranges. COST - adults \$75 U18 \$60 If you would like to register or have any questions, please email cawaite@bigpond.com



TRACK CYCLING SAFETY:

The safety of track riding relies upon riders knowing where to be on the track and not making any sudden movements that are unexpected..

1. Always ride a straight line. Be aware that other riders may be overlapping your wheel, especially when you are getting tired and a sudden sideways movement may take out their front wheel.
2. If you wish to finish your turn at the front do so at the end of the straight. This is the expected place for a rider to swing up the track. Also if you are the second rider take care not to overlap the front riders wheel at this point or you had better be prepared to go up with him!
3. The exception to this is in the Italian pursuit and Olympic sprint where laps are taken in mid- straight.
4. Once the sprint has started hold your line and don't go up the track! Other riders will be trying to get to the front and will be coming around the outside fast. In handicap races where the slower riders start ahead of the faster ones the slower riders should stay on the pole line even if they are getting tired. The faster riders will ride around the slower ones but they have to have confidence that the slower ones are going to hold their line and stay on the pole line.
5. Sometimes when you are coming to the last half lap and you are exhausted you must remember to keep trying. You never sit up in a sprint! You must remember that there could be a rider immediately behind you that is not expecting you to slow down at this critical place in the race.
6. The leading rider when finishing a race must ride the last 100meters parallel to the inside of the track.

The simple principles are: Be predictable in bunch races, ride straight, never go up the track in the last 200metres or if the sprint has started

From http://www.ridestrong.org.nz/RS/wikis/getting_started/track-cycling.aspx

