

South Coast Cycling

Club email
Web page
Face book

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APRIL 2010 NEWSLETTER

CONGRATULATIONS

To riders who competed at the SA Cycling State Time Trial Championships

Jr Men 13 5km – Griff Knight (Bronze)
Jr Men 15 10km – Matthew Holmes (Silver)
Jr Women 17 - Samantha Fromentin (Gold)
Jr Men 17 15km - Jamie Rose & Richard Lam
Jr Women 19 15km - Kelly Rose (Bronze)
Master Men 4 20km - Bryan McIntyre
Master Men 3 20km - David Knight, Ian Fromentin & Robin Parsons
U23 Men 40km - David Parsons
Elite Men 40km - Ben Cheney & Dimitri Vlavianos



Bryan McIntyre



Ian Fromentin



David Knight

Road & Track Coaching Course

The Level 1 Road & Track Coach Training Program is for the coach who assists club and state level cyclists to develop their fitness and hone their racing skills for road and track riding.

Level 1 Road and Track Coaching Course 1st & 2nd May, 8am until 5.30pm @ Adelaide Superdrome in the Ron O'Donnell Room. Cost \$360.00 you must have completed and passed the Cycle Skill course to be able to take part. All course enquires can be made at the Cycling South Australia office on 8260 1800 or via email at genine.hallandal@cycling.org.au. Applications close on Saturday the 24th April.

Coming Events

- ✦ 24 Apr - Alphutte Classic 77km Handicap
- ✦ 25 Apr - Port Adelaide Graded Scratch Race
- ✦ 29 Apr - Australian J19 Road Championships
- ✦ 1 May - Norwood Sr Graded Scratch Races
- ✦ 8 May - Mt Gambier - Alex Roberts 100
- ✦ 8 May - Port Adelaide Graded Scratch Race
- ✦ 9 May - Mt Gambier Blue Lake Cup



Aussie Butt Cream:: Chamois Cream

For comfort down under try Aussie Butt Cream give you comfort and protection where you want it. The cream aims to prevent and reduce abrasions and prevents bacterial and fungal infections.

Aussie Butt cream will be sponsoring the South Coast Cycling clubs Open Road race the John Venturi on 19 June and the club will have a number of 100ml tubes and sachets of Aussie Butt Cream for all senior riders who enter the race.



www.aussiebutcream.com



Race Etiquette & Bunch Riding Tips

For those taking part in their first cycle race on the road or are new to group training there are a few points to be aware of to avoid galls and to gain the confidence of others around you.

1. Be predictable with all actions. Maintain a steady straight line and avoid braking or changing direction suddenly, especially if contesting a sprint. Remember that there are riders following closely behind. To slow down gradually, move out into the wind and slot back into position in the bunch.
2. Point and call out any road hazards ahead. These include pot-holes, drain grates, stray animals, opening car doors, parked cars, etc.
3. Don't overlap wheels. A slight direction change or gust of wind could easily cause a touch of wheels.
4. Pedal down hill when at the front of a bunch. Cyclists dislike having to ride constantly under brakes.
5. Stay to the left when in front to allow room for others to pass safely on the right, particularly in traffic. Pass other riders on their right hand side whenever possible.
6. Be smooth with turns at the front of a group. Avoid surges unless trying to break from the bunch. A group will travel quicker when turns are completed smoothly.
7. Avoid leaving gaps when following wheels. Cyclists save about 30% of their energy at high speed by following a wheel. Each time a gap is left, riding is so much more difficult. Also, riders behind you will become annoyed and ride around you, especially if the bunch is working together to break away or catch a break-away group.
8. When climbing hills avoid following a wheel too closely. Many riders often lose their momentum when rising out of the seat in a hill which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touching.
9. Don't panic if contact is made with other riders. Try to stay relaxed in the upper body to absorb any bumps. Contact is a part of cycle racing in close bunches and is quite safe provided riders do not panic, brake or change direction suddenly.

Road Race

Road racing is an endurance event conducted over varying distances. Depending on the cyclists age, ability and category, road races vary from 5km to 260km and road courses also vary from hilly, flat, mountainous or a combination of these.

Road races are conducted as massed start or handicap events. Because of the distinct advantage gained from sitting-on/drafting, bunches form. The number of bunches in a race will vary on how the race evolves. In many cases there is one big bunch.

The numbers of participants in an event vary on the popularity of a given event with some open category races attracting up to 200 participants. Throughout the duration of an event any number of bunches may be formed with competitors taking turns of pace to improve their efficiency in order to ride faster.

FROM the Cycling QLD web page

