

South Coast Cycling

EDWARDSTOWN 30 OCTOBER 2009 NEWSLETTER

Club email
Web page
Face book

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www.facebook.com/group.php?gid=19152478395



South Coast Cycling Club Track Results 5/10/2010

Heart Starter Junior 3		Senior C Handicap	
Dan	Tattersall	Chris	Holmes
Lewis	Walker	Tony	Brennand
Naomi	Hallandal	Danyl	Smith
Leanne	Ward	Michael	Ward
Heart Starter Junior 2		Senior B Handicap	
Derek	Radzikiewicz	Mark	Gregory
Tessa	Manning	Logan	Squires
Heart Starter Junior 1		Dallas	Zimmer
Bradley	Ward	Don	Angus
Carla	Franson	Senior A Handicap	
Lachlan	Buchanam	David	Miller
Bonnie	Grant	Ben	Grant
Heart Starter Senior D		Michael	Young
Vicki	Birks	Kyle	Franson
Paul	Zalkaeskai	Scratch Race Junior 3	
Amanda	Steele	Derek	Radzikiewicz
Heart Starter Senior C		Tessa	Manning
Andrew	Grant	Che	Thomas
Kira	Mason	Dan	Tattersall
Anthony	Founti	Scratch Race Junior 1/2	
Michael	Ward	Carla	Franson
Heart Starter Senior B		Bradley	Ward
Peter	Lechelt	Lachlan	Buchanam
Don	Angus	Bonnie	Grant
Logan	Squires	Scratch Race D Grade	
Heart Starter Senior A		Amanda	Steele
Kyle	Franson	Paul	Zalkaeskai
David	Miller	Lee	Fleming
Kain	Gardner	Scratch Race C Grade	
Junior Handicap 1/2		Anthony	Founti
Tessa	Manning	Stu	Clement
Che	Thomas	Andrew	Grant
Bonnie	Grant	Tony	Brennand
Carla	Franson	Scratch Race B Grade	
Junior Handicap 3		Peter	Lechelt
Naomi	Hallandal	Paul	King
Lewis	Walker	Dallas	Zimmer
Dan	Tattersall	Michael	Ward
Leanne	Ward	Scratch Race A Grade	
Senior D Handicap		Kyle	Franson
Vicki	Birks	Alex	King
Paul	Zalkaeskai	Kain	Gardner
Lee	Fleming	Ben	Grant
Amanda	Steele		

Coming Events

Ride For Adelaide's Future

Sunday the 17th of October

The Bicycle Institute of South Australia (BISA) will be conducting a community ride for Adelaide's future. The event will be held at Whitmore Square, starting at 11am with a 50 min tour of Adelaide's CBD and will finish with a BYO picnic at Botanic Park.

Further details - flyer & map is available on the Cycling SA web page

Amy's Ride 2010

Sunday 7 November 2010

100KM / 60KM / 30KM / 25KM ADELAIDE TO MCLAREN VALE ALONG THE SOUTHERN EXPRESSWAY

Start: 8:30am Flinders University, 9:15am O'Halloran Hill - 25km ride only

Further details - www.amygillett.org.au/events

SA Cycling Events

- 🚴 14 October Pt Adelaide Summer Track
- 🚴 15 October SCC Track Cycling Edwardstown Start 6.15pm
- 🚴 17 Junior Criterium Victoria Park 8.30am
- 🚴 17 Norwood Criterium Series
- 🚴 17 Ride for Adelaide Future
- 🚴 21 October Pt Adelaide Summer Track
- 🚴 22 October Corsa Cycles Centre – SCC Track Cycling Edwardstown Start 6.15pm
- 🚴 29 October Corsa Cycles Centre – SCC Track Cycling Edwardstown Start 6.15pm



South Coast Cycling club Sponsors and supporters.



Helpers needed

If you are able to help out on Friday nights - there are many jobs that need doing and you are always welcome to assist.

A great help for the coming season would be if I could put you or any one of your family or friends down on a roster to do the BBQ - that would be of great help.

Other jobs are: registration, lap scoring, judging, race programming/handicapping, setting up new cyclist on bikes, helping out the new comers with racing.

Please let me know when you are available

ROAD RACING TERMINOLOGY

This fact sheet has been developed by Ian Melvin for the Cycling Promotion Fund working to make Australia more bicycle friendly.

Attack

An aggressive race tactic used by single riders or small groups to escape either from the main bunch of riders or from another group. To attack is to try to put yourself in with a better chance of winning a race

Bridge the Gap

When a single rider or group of riders attempts to catch up with a group riding in front of them, they are known to be bridging the gap, moving across the time difference that was once between them.

Drop

When a rider falls behind the group of cyclists they are currently riding with, be it the main bunch or a break away, they are known to have been 'dropped'

Field

This is another word for the group of riders within a race. Also known as a bunch or peloton.

Field Sprint

At the end of a race, if no rider or break away has been able to escape from the bunch, a field sprint is the result. In this instance, the whole field will attempt to win the race with a sprint to the finish line. These sprints will often begin with 500m to go until the line although it is common to see the speed of the field increasing with 10km to go to discourage any possible breakaways.

Lead out

In the final kilometres before a bunch sprint, the teammates of a sprinter will set a high pace to deter any attempted breakaways. The aim of this lead out is to shelter their sprinter until almost the finish line, helping them to save as much energy before the finish.

Pace Line

When riders draft, they often do so in a pace line. Having ridden at the front of the group of riders for between 30 seconds to a few minutes, that rider will swing to the side, allowing the rider behind to move forward and take over the pace setting. The rider who has just finished their work will drift to the back of the group before retaking their place in it and again slowly moving forward towards the front as other riders finish their turns setting the pace.

Sitting In

When a rider sits in the peloton, choosing not to work within the pace line, they are known to be 'sitting in'. Riders often do this to preserve energy or if they are tired.

Sprint

A moment in a race, often a prime or at the finish, when riders pedal as hard and as fast as possible to beat the other riders. Sprints can occur either in the peloton or from a breakaway.

