



Newsletter 14 October 2011

Club email
Web page

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southcoastcycling.org.au

SOUTH COAST CYCLING

South Coast Cycling Club 2011- 2012 Summer Track Season OCTOBER EVENTS

14/10

UpFront Bikes Series

21/10

UpFront Bikes Series + IV PACC
Roller Frenzy @ Townies Bar

28/10

UpFront Bikes Series +
Presentation @ Townies Bar

Track Racing Friday nights sign on 5.30 - 6pm
Racing starts @ 6.15pm Seniors \$10 Juniors \$5

Come n Try Track Cycling - last Friday of each
month (except Jan) - 5 - 6pm

Edwardstown Club Rooms open - last Friday of
each month (except Jan)

SCC Needs You

Do you enjoy watching the fantastic racing or enjoy the social aspect? If so we need YOU! We need more people volunteer their time to help SCC run the Friday night racing - if you can help out please put your hand up! Oh and you don't need to be a SCC member to help out - anyone can chip in and give a hand!

If you are able to help please see
Renee Catherine or Ken

- 14/10 - BBQ – Bron & Tracey
 - Sign on Ken/Kym
 - Commentator – Anthony
 - Commissaire – Renee /Roger
 - Helpers – JIM & David
- 21/10 – BBQ Bron & Chris S
 - Sign on
 - Commentator – Anthony
 - Commissaire – Roger
 - Helpers – JIM & David

Shop 7-47-67 Main South Rd
O'Halloran Hill

www.upfrontbikes.com/page3.php

UPFRONT BIKES



ROLLER FRENZY IV+FOCUS CX & TRACK SERIES PRESSO

Friday 21 Oct @ Townies Bar

Entries open, email rollers at [pacc dot org dot au](mailto:pacc.dot.org.dot.au) pay the \$10 on
the night



UPFRONT BIKES



EDWARDSTOWN TRACK RACING EVENTS

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. *SCC club racing @ E/town there are often to grades of scratch races on the track at the one time – riders MUST stay up the top of the track once they have finished their race.*

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. Sprint laps are indicated by a whistle being blown on the proceeding lap. The winner of a Points race is the rider who has accumulated the most points during the race.

Handicap –. Depending on the grading and past performances riders are allocated a handicap mark around the track. *SCC club racing @ E/town 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. Distances vary from 1 – 4 laps.*

Time Trial- This event is an individual race against the clock over 500 or 1000 metres. *SCC club racing @ E/town for convenience we usually run a Time trials over 1 lap 485mt.*

Team pursuit-Same as the individual pursuit but races in teams of 4 riders 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. *SCC club racing @ E/town the number of riders may vary from the normal 4 riders, depending on the number of riders and ability of riders in the teams.*

Elimination- this event is a mass start race sometimes the event is called miss – and – out because the last rider to cross the line. *SCC club racing @ E/town riders are eliminated every lap after the initial laps are completed a whistle is blow to indicate the first elimination lap.* The field diminishes rapidly until there are only a few riders left to contest the final sprint. This is always an exciting event where the crowd like to get involved.

Kirin- *SCC club racing @ E/town 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, team of riders line up one behind the other, each rider 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. *SCC club racing @ E/town the number of riders per team may vary from the norm due to riders nominated.*

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.

Motor Pace *SCC club racing @ Edwardstown – RIDERS TO TAKE ½ LAP TURNS behind the scooter and the rider on the front with 2 laps to go may stay on the front. Scooter will leave the track with one lap to go.*

UPFRONT BIKES

Service and upgrade all bikes and wheel chairs (even the old ones-steel is real!).

Service all major brands of Fork and shock (except Specialized Futureshock).

Offer a frame and fork (re)aligning service.

Build/repair and true wheels.

Replace/upgrade bearings in wheels, bottom brackets, & frames.

Fit tubeless tyre kits.

Do bike fits-we fit you to your bike-for you, not some formula, book or computer program



Renee – A Qualified and professional Remedial Massage Therapist, specialists in Remedial, Sports, Deep Tissue and Relaxation Massage. Private Health Fund Rebates available Ring 0402045237 for appointment