



# Newsletter 7 October 2011

Club email  
Web page

[secretary@southcoastcycling.org.au](mailto:secretary@southcoastcycling.org.au)  
[southcoastcycling.org.au](http://southcoastcycling.org.au)

## SOUTH COAST CYCLING

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

7/10

Back to the Track SCC Racing

14/10

UpFront Bikes Series

21/10

UpFront Bikes Series

28/10

UpFront Bikes Series +  
Presentation

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)

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

[www.upfrontbikes.com/page3.php](http://www.upfrontbikes.com/page3.php)

**UPFRONT BIKES**



### HELPERS NEEDED

We need you/ family /friends to assist at  
racing with jobs such as

- Lap scorer
- Judge/s
- setting up new riders on bikes
- BBQ
- Sign on
- Race caller
- Race programmer
- Club commissaire
- setting up
- packing up
- providing sponsorship
- results
- gate keeper
- looking after new riders
- running the warm up

If you are able to help please come  
forward or speak to Catherine or Ken

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- 7/10 - BBQ – Pauline & Keith  
– Sign on Kym Ward  
– Commentator – Anthony  
– Commissaire – Renee  
– Helpers – JIM & DAVID  
–
- 14/10 – BBQ Bron  
– Sign on Ken  
– Commentator – Anthony  
– Commissaire – Renee  
– Helpers – JIM & DAVID



### 3.2 GENERAL TRACK RACING RULES

#### 3.2.01 Helmets

1. Approved helmets must be worn on the track.
2. No form of transmitting or receiving device may be fitted on or under the helmet or carried.

#### 3.2.02 Axles and Handlebars

1. Wing nuts, excessive long axles or any attachment likely to endanger the safety of riders shall not be fitted to any competition machine.

2. Handlebar ends must be plugged.

3.2.03 A rider overtaking another rider must pass on the outside, unless the overtaken rider is manifestly riding wide and the rider must be a clear machine length in front before taking ground.

3.2.04 A rider who rides or acts in a manner considered to be dangerous to other competitors or the public, will be penalised.

3.2.05 A rider who pushes or pulls another rider may be penalised.

3.2.06 A recognised mishap shall include a puncture, a fall, breaking of a frame and/or any of its accessories, but it shall not include insufficient tightening of a wheel, a chain, handlebars, saddle, toe straps, or any other accessory.

The Chief Commissaire will decide what constitutes a recognised mishap.

3.2.07 Competitors may take a spare pair of wheels and necessary tools with them to the starting line, in case of mechanical mishap. For championship events the above is compulsory.

3.2.08 At the start of a race, the front wheel shall be placed on the starting line as directed by the starting official. The rider's attendant must not overlap the starting line.

3.2.09 The start of an event shall be effected by a single pistol shot or whistle blast. A false start or stoppage of an event shall be signalled by a double pistol shot or whistle blast. A rider who causes a false start may be penalised.

3.2.10 When a competitor's machine is damaged or has suffered a mechanical mishap, the rider may run with or carry the machine but must not interfere with other competitors.

3.2.11 On the commencement of the sprint or the final 200m, all riders should maintain a straight course with the measuring line. The Chief Commissaire will decide whether any infringement of this rule has effected the true and proper result.

3.2.12 A rider is considered to be off the racing surface of the track when he moves under the inner edge (onto the blue band). A rider who moves onto the blue band of the track in order to gain an advantage may be penalised.

3.2.13 Tubular tyres must be securely affixed to the wheel rims to be used in any event. This includes replacement wheels. Riders who do not observe this rule and who cause a fall, may be suspended, fined, relegated or a combination of all three.

3.2.14 Prior to competition and during all warm up periods an accredited commissaire must be in attendance. His duties will be to control and supervise all safety requirements.

3.2.15 All competition and warm up periods must have in attendance a qualified and equipped first aid officer.

3.2.16 Any offence not specifically penalized and any unsporting behaviour shall be punished by a warning indicated by a yellow flag, or by disqualification from the race indicated by a red flag according to the gravity of the fault, notwithstanding the fine provided for in the scale of penalties. A rider receives only one warning before disqualification. On each occasion the Commissaire will indicate at the same time the race number of the rider concerned. The warning and disqualification are relative to the one specific competition event only.

3.2.17 The Chief Commissaire may at his discretion withdraw a rider from further competition, if in the opinion of the Chief Commissaire that rider is not in a fit state to continue in the competition.

**182 GOUGER STREET ADELAIDE •8221  
5068**

**WWW.CORSACYCLECENTRE.COM**



**Remedial Massage Therapist**

My name is Renee Braithwaite I am a qualified and professional Remedial Massage Therapist who specialises in Remedial, Sports, Deep Tissue and Relaxation Massage.

I am currently working with **Port Power Football Club** to assist players with post-game massage therapy.

I've been involved in cycling for 16 years, racing at the top level as a junior and helping out at a club level. I know the benefits that massage can give as a former elite athlete and now as an active participant in a range of sports.

### **Special Offer**

**5<sup>th</sup> Massage is FREE**

Book yourself in for 4 massages  
before 31<sup>st</sup> December 2011 and your

5<sup>th</sup> Massage will be \*FREE

60min - \$65

30min - \$40

**BOOK NOW**

Renee – 0402 045 237

Gift Certificates available  
Private health fund rebates available

\* Conditions apply



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