

EDWARDSTOWN TRACK CYCLING

GENERAL INFORMATION

Track racing is as much a craft as it is a competition. Not only is flying around a velodrome in a huge bunch incredibly exciting, the skills it will teach you along the way will be invaluable in most other areas of cycling.

- When riding in a bunch on the track you need to be very smooth, aware, and constantly thinking about the riders around you.
- Avoid any sharp or erratic movements, hold your line, and always take a look over your right shoulder or down through your legs before moving over - be sure nobody is coming up from behind, or overlapping you, otherwise you'll all be down.
- If you're taking your turn on the front of the bunch and intend to swing off, speed up a little before doing so. Otherwise, if you just ease off as you swing out you create a jerk reaction behind which can be dangerous. You also need to keep your momentum in order to get back into the line. Just how far you swing up depends on the number of riders, and only experience will tell you how to get it right. If you go higher on track, it gives you more time to see what is happening in the bunch and allows more room for movements in the bunch

WARM UP

- Riders position on the track during warm up – Faster riders down the bottom of the track and slow riders at the top of the track this ensures the safe entry and exit of riders.

RACE LINE UP

- Riders to line up on the fence closest to the football club rooms. At Edwardstown racing the usual format for a mass start graded races, is that 2 grades are called up at the same time.
- Highest grades lines up at the front and will be sent off first.
- Racing is graded, based on ability. There are usually 3 - 4 grades of seniors and 2 – 3 grades of juniors, depending on numbers, with 3 to 4 races for each grade.
- There are usually two grades racing on the track at the same time therefore riders must stay aware of their position on the track and other riders around themselves. In the case of a grade being caught and passed by another grade on the track all riders need to hold their line.
- Keep an ear out for the 'Clerk of Course' (Commissaire calling the events up). Track races tend to run on a tight schedule, so try to keep an eye on where the program is at so you are ready to ride when called up. If you need to leave the track before the end of the event, make sure you tell the Clerk of Course so they aren't calling out for you when you're not there, wasting everyone else's time.

SAFETY AND ETIQUETTE DURING RACES

- Communicate with other riders to make them aware of your presence, whenever necessary.
- As is the case during training, the lead rider of a group will peel off the front of the line in the corners. Be prepared for this, especially if you are trying to pass the group from above. If you are the second-placed rider in a race, do not follow the lead rider up the track when (s)he peels off. Always take your turn at the front of the line, and then peel off. Following the leader up the track is dangerous, as the third rider in the line will not expect this to occur, and may be in a position where his/her front wheel overlaps your rear wheel.
- During sprint laps (a race official will ring the bell), do not change your line! No one expects the lead rider to peel off; the absolute rule is that every rider will sprint in a straight line during that lap.

AFTER THE RACE

- After the race finish riders must continue to hold their line until it is safe to move to the top of the track. Riders must exit the track once they come around to the front straight after the finish of their race.
- Never cross the track while a race is in progress. Wait until the race has ended before crossing the track. Always look before crossing the track, as slower riders may still be finishing a race or trying to access the gate to leave the track.

RESPECT OTHERS

- Treat volunteers and officials with respect and consideration. They give up their free time to make sure that the races are safe and well-run. Swearing at, arguing with, or distracting them from their responsibilities is bad form at best, and at worst, may put other riders in danger. Volunteers and officials work hard to make riding and racing consistent and safe; your respect is the least they deserve.
- Treat the other riders with respect and consideration. Racing is intense, competition is intense, and even training is intense. However, all riders benefit if the prevailing mood at the track is one of friendly competition. It contributes to an atmosphere within which riders can approach others for help with equipment problems, to borrow/loan tools, and to discuss techniques and strategy. This velodrome needs to grow and develop. Do your part to assist in that process by respecting your fellow riders



Like all clubs the South Coast Cycling club and Edwardstown track cycling is dependent on people who regularly devote freely their time, expertise and support to ensure that others are able to participate and enjoy their sport. Without these volunteers the Edwardstown Cycling would not happen.

We need volunteers to spread the load and you do not need to be a Cycling Australia member to help out, anyone can chip in to give a hand.

Don't be shy - Volunteers are always welcome to help on and off the track – with jobs such as judging, lap scoring, bbq cook, gate keeper, setting up

If you a family member or friend are willing to assist whether on a once off occasion or on a regular basis, or require further information please see Catherine, email SCC_email@southcoastcycling.org.au or register on the South Coast Cycling club <http://southcoastcycling.org.au/volunteers-required>.

This is a great way to get involved in the Edwardstown Summer Track cycling, meet people and support the local cycling community.

“We make a living by what we get, but we make a life by what we give.” Winston Churchill

*South Coast Cycling Club
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