

South Coast Cycling Summer Track Information

At South Coast Cycling summer track events on Wednesdays (training) and Fridays (racing) our aim is to provide a **fun, safe** and **enjoyable** environment where young riders can learn how to ride on a velodrome.

In order to do this it is important that some basic rules are followed.

Helmet

Foremost it is essential that helmets are fitted correctly.

That is, it should sit two finger-widths above the eyebrows and you should only be able to fit two fingers under the chin strap. Visors are not necessary.

Undershirt

Whilst riding two layers of clothing above the waist (a tee shirt and cycling top are ideal or two tee shirts) should be worn, this is because in the event of a crash the added layers will stop grazes. Shoulders must be covered, so singlet vests and triathlon vests or suits are not permitted.

Riding on the Track

- It is crucial that the gate is kept shut at all times.
- When you leave or enter the track please ensure that you close it behind you.
- In terms of crossing the track, you must always look to see if any riders are coming, just like crossing a road. Parents need to watch and assist their children when they are crossing the track.
- In regards to actual riding, the most important thing is of course to keep pedalling and looking straight ahead. To ride straight you must look straight. You do not need to turn around.
- The best place to ride is in the sprinters lane. This is the shortest and fastest way around the track.
- To overtake you must always pass on the right hand side, ensuring you leave plenty of room.

If ever you have any questions, feel free to ask.

Above all, South Coast Cycling at Edwardstown is all about having **FUN!!!!!!**

South Coast Cycling Summer Track Events – Little Trackies

Taking it in Turns

A mass start event, which can be over various distances

Riders start all together at the start finish line and are held by a holder. When the whistle is blown the riders set off and the lead rider rides for a $\frac{1}{4}$ lap and then pulls up and rejoins at the back of the bunch. The next front riders then rides on for $\frac{1}{4}$ lap and then pulls up and rejoins on the back of the bunch. This continues for the distance of the event. The distance will depend on the number of riders, rider's ability, and event program. The riders are to keep the pace to a speed that all riders can stay on the bunch. Riders will learn and experience taking turns at the front of the bunch.

As the season continues and the riders skills and track cycling knowledge increases it is envisaged that we will introduce a bell with $\frac{1}{4}$ or $\frac{1}{2}$ lap to go and allow the riders to sprint. This will only be done when we feel that the riders are confident and capable with this type of event.

Handicap

A handicap race is a handicap event open to a wide range of riders.

Depending on the grading and past performances riders are allocated a handicap mark around the track. The handicap system allows all riders to race together with equal chance of victory.

Little trackies will take up their handicap mark position and start from the bottom of the track with a holder. The starter will call "riders ready" and then a whistle or horn is blown the holders are not to give the junior riders a big push – just hold the riders steady and ease them off when the whistle or horn is blown.

Time Trial

Individual riders are timed to a given distance of the track.

This event is an individual race against the clock (stop watch) $\frac{1}{4}$, $\frac{1}{2}$ or 1 lap depending on the riders ability / age, race program. (*Edwardstown velodrome 1 lap is 485m*)

Italian Pursuit

*Is a team event that involves all riders, of all ages and abilities,
the youngest or slowest rider start the race*

Riders line up in teams on either side of the track (on the pursuit line). Riders are held by a holder and when the whistle or horn is blown the riders are eased away by their holder. The team ride in single file with the first rider riding the given distance and then pulls up and out of the event and does not rejoin the back of the line. All riders take their turn at the front and ride the given distance and swings off until only one rider remains to sprint it out for the victory.