

**Volunteers -
Thank You!**

14/02/14

Sign On

Liz & Katrina

BBQ

Darren & Bron

Gate Keeper

Janine

Commissaires

Ken & Roger

Set Up Richard

Pack Up

Bryan & Shane

21/02/14

Sign On

Liz & Katrina

BBQ

Michael & Bron

Gate Keeper

Michelle Crick

Commissaires

Ken & Roger

Set Up Richard

Pack Up

Bryan & Shane

E-town News

2013-2014 SUMMER TRACK



FEBRUARY 14, 2014

Results 07/02/14

Heart Starters

Sr A Grade: D. Miller, P. Bole-Schneider, M. Ireland, P. Lechelt

Sr B Grade: P. King, P. Crick, B. McIntyre, P. Fountas

Sr C Grade: S. Harris, C. Jones, R. Lam, D. Milne

Sr D Grade: T. Manning, N. Russell, K. Little, H. Webb

Jr1: H. Lodge, C. Thomas, C. Butterfield, J. Drizners

Jr 2: B. Jones, P. Webb, E. Walker, T. Woodward

Jr 3: P. McIntosh, M. Brice

Handicaps

Sr A Grade: M. Young, D. Miller, D. Radzikiewicz, P. Lechelt

Sr B Grade: T. Lennon, J. Austin, P. Fountas, B. McIntyre

Sr C Grade: R. Lam, R. Morton, S. Harris, D. Webb

Sr D Grade: H. Webb, K. Little, T. Manning, N. Russell

Jr1: C. Butterfield, L. Walker, H. Lodge, C. Waters

Jr 2: E. Walker, P. McIntosh, B. Jones, T. Woodward

Italian Pursuits

Sr A/B Grade: Back 1min 52 sec; Front 1min 54 sec

Sr C/D Grade: Back 1min 42 sec; Front 1min 45 sec

Jr1: Thomas Team 2 min 45 sec; Drizners Team 2 min 46 sec

Jr 2: Elliott Team, Jones Team

Scratch Races

Sr A Grade: D. Miller, P. Bole-Schneider, D. Bottrill, M. Young

Sr B Grade: B. McIntyre, P. Fountas, P. King, P. Crick

Sr C Grade: S. Harris, C. Jones, D. Milne, R. Lam,

Sr D Grade: T. Manning, K. Little, N. Russell

Elimination

Jr 1: H. Lodge, J. Drizners, C. Thomas, C. Butterfield

Backward Race

Jr 2: P. McIntosh, P. Webb, E. Walker, T. Woodward



14/02

King of Bling's E-town Omnium Series +
Valentine's Day Classic Race +
Presentation



Winner!



Winner!

Chicken Dinner!!

Well, pizza actually...
Fuga Cycling Series'
Presentation in the
Townies Bar,
TONIGHT!



21/02 UpFront Bikes Series

28/02 UpFront Bikes Series

07/03 UpFront Bikes Series



**Union
Cycliste
Internationale**



Rider Profile: Richard Morton

Age: 52 years

Occupation: Owner Bee Safe on Bikes

What got you into cycling?

Following in the footsteps of Stephanie Morton

What bike(s) do you ride? BT

What is your dream bike?

A quicker bike.

How long have you been racing?

7 years

Favourite Cyclist:

Stephanie Morton

Favourite food: *Yorkshire puddings*

Favourite cycling event as a spectator:

Keirin and Sprint

Favourite cycling event as a participant:

Edwardstown

Favourite place to ride:

McLaren Vale area

What's your cycling ambition?

Stay upright

Do you have a training tip to share?

Train smart, ride smart and be humble in winning or losing.

Thank you Richard for providing us with your profile.

Bike Slang - Part 1

<http://www.sbs.com.au/cyclingcentral/al-hinds/blog/128752/bike-slang> (Shared by Bryan McIntyre)

1. hubbard, noun

A rider with little to no technical ability, mismatched kit, and more than likely unshaven legs. Hubbards tend to crash often, stand out from afar, and have limited knowledge of the sport.

As in; "Did you see that guy fail to unclip at the lights?. Yeah, Al is such a hubbard."

2. brew, noun

A coffee, most likely a double macchiato, ristretto, or espresso. Prerequisite to any ride. Often eclipses the ride itself. Almost always.

As in; "Was going to go for a bunchie, but after seeing that hubbard Al crash at the lights I thought better of it. Let's just go for a brew."

3. stompin', participle

Used to describe a rider in the local area who is riding particularly well. A hubbard can never be stompin'.

As in; "Did you hear [insert local pro] just shattered the long-standing record up [revered local climb]? He/she is stompin' at the moment. Makes the rest of us look like hubbards."

4. reco day, noun

A day in the week set aside for no, or very little cycling activity. Important if you're riding a lot to avoid overtraining, and fatigue, but often used as an excuse to not ride when you should be.

As in; 530AM alarm goes off, followed by text message to riding companion as follows - "I'm going to have a reco day today, what say we meet at the local for a brew?"

5. creepin', participle

The counterpart to stompin'. Used to disguise lack of training, or very occasionally, overtraining. A rider is creepin' when they're not riding at their normal level. Or at least their perceived normal level. Almost always used as a self-descriptor and as a deflection.

As in; "I'm really creepin' at the moment. I think I need a reco day. Wait for me at the top of [revered local climb]."



Government of South Australia
Office for Recreation and Sport