**Volunteers** -

Thank You!

14/03/14

Sign On

Liz & Katrina

**BBQ** 

Darren & Mary

Gate Keeper

Chris Webb

**Officials** 

David Schultz

Set Up Steve W.

Pack Up

Neil R. & David M.

21/03/14

Sign On

Liz & Katrina

BBQ

Tony & Bron

Gate Keeper

Michelle Crick

**Officials** 

Ken & Roger

Set Up

Richard & Neil

Pack Up

David Milne

# E-town News

2013-2014 SUMMER TRACK



MARCH 14, 2014

# **Results 07/03/14**

# UPFRONT BIKES

#### **Heart Starters**

Sr A Grade: D. Radzikiewicz, M. Ireland, S. Hennessy, P. Bole-Schneider

Sr B Grade: A. Gwiazdzinski, T. Lennon, B. McIntyre, P. Crick Sr C Grade: M. Chaffey, A. Foundas, R. Lam, T. Manning Sr Women: L. Fleming, H. Osborn, L. Green, H. Webb

Ir: E. Walker, P. McIntosh

**Handicaps** 

Sr A Grade: S. Hennessy, M. Young, P. Bole-Schneider, M. Ireland

Sr B Grade: S. Harris, C. Spence, P. Crick, B. McIntyre Sr C Grade: R. Lam, T. Manning, A. Reid, A. Foundas Sr D Grade: N. Russell, L. Green, H. Webb, H. Osborn

Jr Time Trial (1 lap)

P. McIntosh 48.00 sec; E. Walker 52.41 sec

**Keirins** 

Sr A Grade: D. Radzikiewicz, M. Ireland, S. Hennessy, M. Young Sr B Grade: P. Crick, A. Gwiazdzinski, B. McIntyre, P. Fountas Sr C Grade: M. Chaffey, A. Foundas, T. Manning, R. Lam

**Jr Backward Race**E. Walker, P. McIntosh

Little Trackies Italian Pursuit

Team Gemma 42.17 sec; Team Nathan 46.46 sec

**Motor Pace** 

Sr A/B Grade: D. Radzikiewicz, M. Ireland, S. Hennessy, A. Gwiazdzinski

**Scratch Races** 

Sr C Grade: M. Chaffey, A. Foundas, T. Manning, R. Lam Sr D Grade: L. Fleming, N. Russell, H. Osborn, L. Green



21/03

King of Bling's E-town Omnium Series

28/03

End of Season & Presentation Night



14/03 UpFront Bikes Series







# Rider Profile: Alex Gwiazdzinski

**Age:** 17

# **Occupation:**

Check-out chick at Woolworths, Student (year 12 this year- woo...)

# What got you into cycling?

Ash Bryans, a teacher at my school when I
was in year nine, decided to give the SSSSA
(Secondary School Sport South Australia)
School's tour cycling event a try. A number of schoolmates, along with
myself decided to give it a go, and about half

myself decided to give it a go, and about half of us eventually continued to take up the sport, and go on to be where we are now.

# What bike(s) do you ride?

Mountain bike:Trek 4500

Road bike: Specialized Roubaix Elite SL2 Apex

Track bike: Felt TK3

# What is your dream bike?

Probably along the lines of a Cervelo S5, Sram Red, Zipp 404 wheels. I do like a good aero bike (unlike the Roubaix...)

# How long have you been racing?

Funnily enough, my fist race away from the schools tour was here at Edwardstown, at the start of the season in October 2012. So you can take from that that I'm still pretty new to it all, haven't even gotten to a second road season yet...

# **Favourite Cyclists:**

Tough one, probably one of the classics, either Jensie, Cancellara or Cavendish.

#### **Favourite food:**

Another toughie, probably anything sweet...

# Favourite cycling event as a spectator:

Probably the People's Choice Classic in the CBD before the Tour each year.

# Favourite cycling event as a participant:

Anything with the word 'crit' in it...

#### **Favourite place to ride:**

Probably along the esplanades at Glenelg and Brighton around sunset- it's absolutely beautiful on the right day.

# What's your cycling ambition?

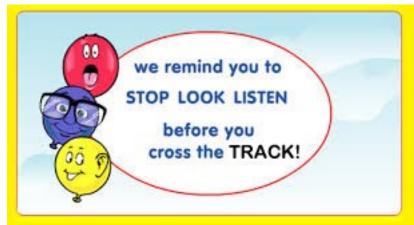
Ultimate goal which is somewhat realistic, would just to be able to reach National Road Series level, and be able to take part in an NRS race.

# Do you have a training tip to share?

While I should still be in the position of asking training tips from everyone else, probably that Consistency is Key. Keep the legs rolling over nice and consistently,

instead of in bursts. it's a lot less fatiguing.

# Thank you Alex for providing us with your profile.



Safety at the track is everyone's responsibility, even when you're not riding. Parents are reminded to teach their children the importance of looking for cyclists before they cross the track. With only two weeks to go we don't want any pedestrian vs. cyclist incidents.



