



Edwardstown racing is for cyclists of all levels to come along and enjoy outdoor Track Cycling in a friendly and welcoming atmosphere. We're all about having FUN and NOT racing for sheep stations.



E-town News

2013 - 2014 SUMMER TRACK



NOVEMBER 29, 2013

Results 22/11/13

UPFRONT BIKES



Heart Starters

Sr A Grade: D. Miller, A. King, M. Ireland, S. Hennessy

Sr B Grade: P. Bole-Schneider, A. Gwiazdzinski, P. King, R. Webb

Sr C Grade: S. Harris, M. Chaffey, M. Holland, A. Foundas

Sr D Grade: T. Manning, P. Crick, B. Bowden, R. Wallis

Jr 1: E. Walker, T. Slater, G. Austin

Jr 2: M. Bails, A. Barr, C. Sayers, V. Hetherington

Little Trackeez Handicap (1)

I. Austin, G. Chaffey, L. Crick

Senior Handicaps

A Grade: D. Miller, D. Radzikiewicz, M. Young, J. McWhinney

B Grade: M. Slater, R. Webb, A. Gwiazdzinski, P. Bole-Schneider

C Grade: L. Wilson, S. Woodwiss, P. Fountas, A. Foundas

D Grade: P. Crick, R. Wallis, S. Cutts, B. Bowden

Junior Handicap

G. Austin, L. Green, V. Hetherington, M. Bails

Italian Pursuits

Sr D Grade: Front 1.03.57 Back 1.06.61

Sr C Grade: Front 1.58.72 Back 2.07.34

Sr A/B Grade: Back 2.12.24 Front 2.16.59

Jr: Back 1.49.95 Front 1.55.47

Little Trackeez Handicap (2)

I. Austin, N. Crick, L. Crick

Scratch Races

Sr A Grade: M. Ireland, A. King, B. Ward, M. Young

Sr B Grade: M. Slater, R. Webb, P. Bole-Schneider, P. King

Sr C Grade: A. Elder, J. Austin, M. Holland, A. Foundas

Sr D Grade: P. Crick, T. Manning, B. Bowden, R. Wallis

Jr1: T. Slater, E. Walker, T. Woodward

Jr 2: A. Barr, C. Sayers, M. Bails, A. Cutts

UPFRONT BIKES



29/11 UpFront Bikes Series



06/12 King of Bling's E-Town Omnium Series



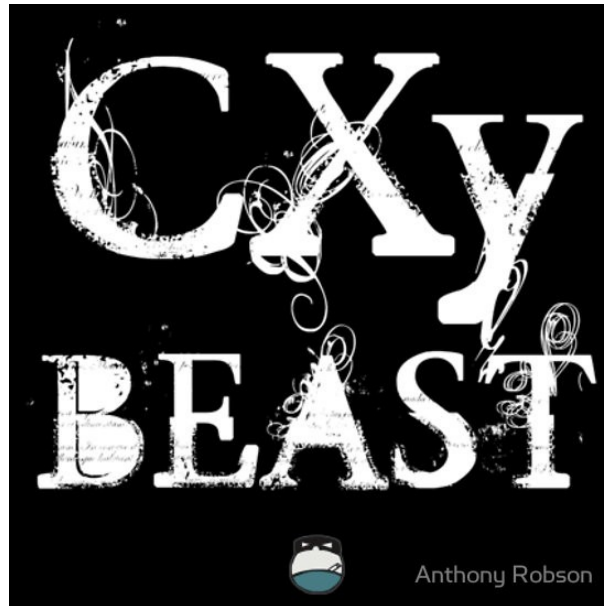
13/12 Xmas Cup on Wheels + Presentation



Union
Cycliste
Internationale



Cycling T-shirt of the Week



<http://www.redbubble.com/people/rideitlikeyoust/shop/t-shirts>

Rider Profile: Michael Young

Age: Master

Occupation: System Administrator IT

What got you into cycling?

Fitness required to play squash.

What bike(s) do you ride?

Track & road

What is your dream bike? *Pinarello Track bike.*

How long have you been racing? *1986 -*

Favourite food: *Omelette*

Favourite cycling event as a spectator:

Keirin

Favourite cycling event as a participant:

Missing Out

Favourite place to ride:

Adelaide Super-Drome

What's your cycling ambition?

Winning

Do you have a training tip to share?

Train hard, race hard, just not all the time.

Thank you Michael for providing us with your profile.

Does Beetroot Juice Improve Time Trial Performance?

(Abridged from Peter Reaburn's Bridging the Gap article, CA e-Cycle news September 2013)

Nitrate-rich beetroot juice enhances blood flow by increasing the diameter of blood vessels, thus enhancing oxygen delivery, as well as making energy metabolism more efficient during high intensity endurance exercise. Approximately 2 ½ - 2 ¾ hours prior to beginning each of four time trials over 4km and 16.1km, the cyclists drank 500ml of beetroot juice over a 15 minute period.

The results of this research showed that the beetroot juice significantly increased average power output during the 4-km TT by 2.8 %. During the 16.1-km TT, the beetroot juice also improved power output by 2.7% .

This British study strongly suggests the commercially-available beetroot juice improves TT performance in both club and sub-elite level cyclists. They cautiously say that the study was done on club-level riders and the same effect may not be seen in high-performance riders.

For the full article: <http://www.bmxaustralia.com.au/?ID=44199>



Government of South Australia
Office for Recreation and Sport

