E-town News

SOUTH COAST CYCLING

2014-2015 SUMMER TRACK

FEBRUARY 13, 2015

Rule # 13

If you draw race number 13, turn it upside down.

Paradoxically, the same mind that holds such control over the body is also woefully fragile and prone to superstitious thought.

It fills easily with doubt and is distracted by ancillary details.

This is why the tape must always be perfect, the machine silent, the kit spotless.

And, if you draw the unlucky Number 13, turn it upside down to counter-act its negative energy.

www.velominati.com

Results - 06/02/15

UPFRONT BIKES

Heart Starters
Senior A: K. Franson, P. Lechelt, S. Hennessy, P. Fountas
Senior B: A. Gwiazdzinski, L. Walker, M. Chaffey, T. Wyeld
Senior C: E. Van Hoof, S. Harris, R. Lam, G. Kernich
Senior D: D. Drake, K. Little, L. Fleming
Junior 3: H. Le Fournour, J. Currie, M. McAvaney
Junior 2: A. Johnson, E. Coulter
Junior 1: L. Walker, D. Tattersall

Handicaps
Senior A: D. Radzikiewicz, P. Bole-Schneider, P. Fountas, M. Young
Senior B: A. Gwiazdzinski, M. Chaffey, T. Wyeld, L. Walker
Senior C: R. Lam, E. Van Hoof, G. Kernich, D. Milne

Derby
Senior D: D. Drake, K. Little, L. Fleming

Team Pursuits
Senior A: Fountas Team 2.39.8; Back Team 2.41.2
Senior B/C: Back Team 2.46.35; Harris Team 2.54.7

Italian Pursuit
Junior: Back team 1.28.9; Front Team 1.39.15

Scratch Races
Senior A: D. Radzikiewicz, S. Hennessy, P. Bole-Schneider, K. Franson
Senior B: D. Tattersall, A. Gwiazdzinski, T. Wyeld, L. Walker
Senior C: D. Drake, G. Kernich, S. Harris, E. Van Hoof
Senior D: L. Fleming, K. Little
Junior Combined: A. Johnson, H. Le Fournour, E. Coulter

February

13 Paul King Plumbing Wheelrace

paul king plumbing
0407 777 257

20 SCC Training Session and **Presentation in Townies Bar**

27 King of Bling Omnium

March

6 Asset Engineering Series

asset engineering

9 Hage & Harris **Interclub Championships**

h&h hage&harris financial solutions

13 Asset Engineering Series

20 King of Bling – Omnium

27 Corsa Cycles End of Season & **Presentation in Townies Bar**

CorsaCycleCentre

UCI Union Cycliste Internationale

Cycling South Australia

Cycling Science: Fascinating Facts About Bikes

Abridged from http://www.popularmechanics.com/ (2012)

Easy Riding

Put a person on a bicycle and they become the most efficient creature on Earth. No other living thing can expend so little energy for so much self-powered travel. And that's just when riding along level ground. When a person rides downhill, the free energy from gravity reduces the demand on the human body even more. If a cyclist and a pedestrian expend the same amount of energy, the efficiency of the bicycle means the cyclist will be travelling three times as fast. At an average walking pace, the walker uses more than six times the amount of metabolic energy above the resting level compared to the cyclist. Running is four times as energy-greedy, and neither they nor other self-propelled athletes, even the world's fastest, can keep up with a top cyclist. Usain Bolt ran at 37.58 kph in the 2009 Berlin World Championships, but for less than 10 seconds. Speed skater Jeremy Wotherspoon set a world record of 52.9 kph over a 500 m course. But no athlete could run or skate the 56.375 km that Chris Boardman rode in one hour at the Manchester (U.K.) velodrome in 1996. When it comes to muscle-powered travelling, nothing beats cycling.

Balancing Act

Astonishingly, a bicycle can stay upright without a rider as long as it's moving at about 12.9 kph or faster. You just need a few ingredients.

First, a bicycle needs a freely steerable front wheel. Second, the more relaxed the angle of the fork, the more stable the bike. Third, the distribution of the handlebar and fork mass has an additional effect on how the steering reacts to a change in verticality (wobble). For example, a bike with a handlebar basket full of bricks will be less stable than one whose low-rider front panniers carry the same heavy load.

Put these three properties together in the right proportion and the result will be self-stabilizing dynamics. One explanation for this weird phenomenon is that when the moving bike begins to lean to one side, gravitational torque rotates the front wheel away from straight ahead and the bicycle starts to describe a circle. In reaction, the road surface applies a centripetal force that restores the wheel to pointing straight forward. The centripetal force also exerts a torque on the entire bicycle, which pushes it out of the leaning stance.

Brain and Brawn

Winning cyclists must believe in themselves - but be wary of trusting their own brains. Research shows that the brain lies to the body and prevents it from fulfilling its potential. The brain sends us alerts to slow down or stop in the form of fatigue and pain because it thinks the body might be damaged if you exercise past certain limits. Top cyclists, however, know through practice that they can ignore the warnings and ride through the "pain barrier" to finish faster (although utterly depleted).

This means the right psychological preparation for competition can be as important as physical conditioning. Consider one study of cyclists on a hot ride; those who were lied to and told the temperature wasn't really as bad as it was rode faster than those cyclists who hear the true figures.

Choosing exactly the right training music for each rider is a growing field for experts. There is a host of research into how athletes can associate emotional states with optimal training so that similarly good performances can be triggered through emotions during competition.

Please support Renee in the World's Greatest Shave!

Renee is raising funds for the Leukaemia Foundation and plans to do her shave at E-town, March 13.

Please donate at this website:
http://my.leukaemiafoundation.org.au/ReneeHennessy

Only four weeks to go.

Please support Renee in her fundraising for the Leukaemia Foundation and help her reach her goal of $2000.