

October 7<sup>th</sup> 2016 - We're back at last. A warm welcome to everyone joining the fun at Edwardstown Track for Summer track season 2016/17. To all newcomers, regulars, parents, friends, supporters and volunteers we have a great season of events lined up with the usual highlights and a few tweaks to ensure we have something in it for everyone.

If you have any questions on anything cycling / South Coast CC & Summer Track – have a look on our website at <http://southcoastcycling.org.au> on our Facebook page **South Coast Cycling Club** or on our twitter page **@SthCoastCycling**. We reckon we are pretty good at keeping things up to date with a hard working committee & a loyal band of supporters.

### **October 7<sup>th</sup> – Back to the track**

Please accept our invitation to cyclists, family and friends interested in South Coast Track Cycling to the Open Night on October 7 @ the Edwardstown Football club rooms from 7.30pm - 8.30pm.

Track racing from 6.15pm and then everyone will be invited to the clubrooms.

The night will provide a range of information about being involved in track cycling/racing/training as participants and/or as a volunteer, it's also an opportunity to meet the Edwardstown cycling community. We will also have information on the development of the Edwardstown sports complex.

So if you are new to track or one of the oldies – bring along your questions & we will do our best to help with any queries you may have.

### **The Program**

This year we have made a commitment to publicize the race schedule for each night well in advance so everyone knows the plan. It's important that we all know the race events planned so riders can be ready to line up in a timely manner so we can maximize the daylight available especially in the early weeks of daylight saving. Have a look on our website under the "Track 2016/17" menu for all the details.

Here's what we are doing tonight - Friday October 7<sup>th</sup>...

- Little Trackeez handicap
- Junior & Senior Grades Heart Starters
- Little Trackeez Time Trial
- Junior & senior Grades Handicap
- Junior Grades Scratch Races
- Senior C/D Grade Scratch races
- Senior A/B Grade Scratch races

## Volunteers

Pretty simple equation - without volunteers racing just can't happen. There are many roles that need to be filled for racing to be a success.

BBQ cooks, Bike set up, Clerk of the course, Coaching Assistant, Gate Keeper, Judge, Lap Scorer, Pack Up, Set Up, Sign On, Stop Watch Operator, Track Volunteer etc. etc.

Please visit the volunteering link on the web page under the "Track 2016/17" menu & lets us know how you can pitch in...or approach one of the committee members who can assist in any queries.

## Track Training

South Coast CC has made a strong commitment to providing training for newbies & experienced riders alike. We have a great venue at our disposal & the club has invested time & money in having a number club members become qualified coaches. There are 2 weekly sessions in place...

Monday nights from 5.00-6.30pm for novices & inexperienced riders

Wednesday nights from 6.00-7.30pm (5.30pm warm ups) for Seniors & invited juniors

See webpage for more info on training here...

<http://southcoastcycling.org.au/track-season-2016-17/track-training-information/>

## Club Newsletter

We will always have a weekly newsletter to hand out on Friday nights. If you have a story to tell on anything cycling & want to share it with your fellow trackies, why not let us know about it & we can include your story here. Newbie experiences, racing tips, training tips anything goes (almost)!

Send us an email [email@southcoastcycling.org.au](mailto:email@southcoastcycling.org.au)

## Something from the archives - recognize any names below from results in years gone by?

<b>Team Pursuit 14/12/2007</b> Event 10 - Back 17 Aimee Alsbury 33 Login Squires 59 Scott McPhee 62 Alex Edmondson <b>Front</b> 3 Chris Spence Plus 0:06.69 19 David Parsons 8 Bryan McIntyre 57 Damien Howson	<b>A Grade Scratch Race Laps 8 - 27/03/2009</b> 1 David Miller A 23 Matt Glaetzer 19 Ben Cheney 36 Paul King 2 Michael Young  <b>Senior B Scratch Race 04:46.7 27/10/2006</b> 7 Vicki Birks 1 Alana Haansbergen 20 Steph Morton 4 Aimee Alsbury
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