Members Handbook

Version 1.1

July 2010

About Port Adelaide Cycling Club

Overview

Our goal is to provide a friendly welcoming atmosphere for beginner riders to find their feet (or wheels as it were) and give them a chance to learn racing skills from our more experienced members. We also like to give those more experienced members a quality of racing for them to excel in. Members who do not race are most welcome, and recreational membership to PACC is available.

We cater for cyclists of all ages, skill levels and disciplines, as we host and participate in road racing over the winter months, track racing during summer, and criteriums all year around.

We are an entirely volunteer driven club with many people all working together to make it a success.

History

The Port Adelaide Cycling Club (PACC) was established in 1885 and has faithfully and proudly served the Adelaide cycling community for over a century. In 2010 we celebrated our 125th Birthday, something we are very proud of and naturally enough, celebrated with a bike race.

PACC has been the home club of many internationally renowned cyclists, including 2004 Olympic gold medallist and 2007 Paris-Roubaix winner Stuart O'Grady, as well as multiple national champions and Olympic representatives across the last 12 decades.

Membership

PACC is affiliated with Cycling South Australia (CSA) which is affiliated with Cycling Australia (CA) which in turn is affiliated with Union Cycliste International (UCI). Cycling SA is responsible for coordinating cycling race activities in SA and liaison with CA. In order to race you require a CA licence and all Australian riders join an affiliated club to gain a CA licence.

Joining PACC involves joining CA, you cannot join one without the other. When you take out a Cycling Australia licence as part of your membership, you choose to have either a Recreational licence or a Racing licence. A recreational licence significantly limits the amount and type of racing that you can do. Membership of PACC is $20 and this paid at the same time as your CA fee. See the Appendix for more details of CA membership categories and fees.

All Cycling SA members receive a level of insurance cover - see the Cycling SA website for more details: http://sa.cycling.org.au

CA and PACC memberships last for one calendar year. This means your membership will expire at the end of December each year. Membership renewal for the following year is available from October 1st. If you are a new member that has

joined after October 1st, then your membership will not expire until the end of the following year (so, you could potentially get 15 months for the price of 12 - bonus!)

By joining PACC and CA you agree to the rules and regulations of Cycling Australia. This includes the anti-doping policy, equipment regulations and racing rules. It is your responsibility to be aware of these policies, regulations and rules. See the CA website for more information: http://www.cycling.org.au

A CA licence permits you to ride in Australia in most races conducted by clubs affiliated with CA. There are some exceptions. If you are intending to travel to other races in Australia it is wise to check all details before you commit to travelling.

If you wish to race internationally, your CA licence must be appropriately endorsed before you leave Australia.

Committee

The PACC Committee make decisions regarding the direction of the club, manage its finances, and decide on the club's racing program. The official positions within the committee include:

- President
- Vice President
- Secretary
- Treasurer
- Two additional elected members

Any PACC member may nominate, or be nominated, to be a part of the committee. Normally, this occurs as part of the Annual General Meeting, which is held between 1 April and 31 May each year.

Members that are not on the committee are invited to attend and contribute to committee meetings, normally held once a month.

The Sport of Cycling

Types of Races

Races are held all throughout the year. Generally speaking, the summer season (October - March) is dominated by criterium and track racing, and the winter season (April - September) is dominated by road racing. Although, there are exceptions – some criterium racing and track racing occurs during winter, and there are some road races during summer. Time trials are held throughout the winter and summer seasons.

Each race (or sometimes groups of races held on one day) will require you to pay a nomination fee. The nomination fees vary depending on the type of race and may range from $10 to $30. PACC has a policy that all nominations fees less race expenses are returned to riders as prize money. Some races are arranged so that nomination is done on the day, others will require on-line nomination and payment by credit card through the CSA web site.

At any time, you can see what events are on in SA online at:
http://sa.cycling.org.au/calendar

Click on the title of an event to learn what sort of event it is, where it is located and who to contact for more information. In general, events can be divided up into criteriums, road races, time trials and track racing.

Juniors (male and female up to the U17 category) normally race together. Elite (male and female) and Masters (male and female) normally race together. There will be some events restricted to Masters riders. State, National and World championship events are conducted separately for Junior, Elite and Masters riders in male and female categories.

Criteriums

Criteriums are held on short circuits of 1-3 km in length and typically involve a lot of cornering. The length of the race is time based - usually they are between 30 minutes and 1 hour. Typically the length will be stated as the time, plus a set number of laps - for example, "35 minutes, plus 2 laps".

Most criterium races are graded - that is, you are split up into groups based on ability. A-grade is the fastest and most experienced, B-grade second fastest, and so on. The number of grades depends on the total number of people racing. Open races usually have A-E grades, while club racing might only have A-C grades. Grading is based on the ability of riders as assessed by the handicapper (Club or State) depending upon the race category.

Road Races

Road races are longer, and are usually held on longer circuits of 10-30kms. The race is usually distance based, and will be a set number of laps. The total length may range from 50 to 150 km.

There are two main types of road races - graded races, and handicaps. Graded races are split into separate groups based on grades (as for criteriums). Prize money is normally awarded to the first 3 – 6 riders across the line in each grade.

Handicap races are slightly different. Instead of only racing the others in your grade, everybody races against each other. Racers are split up into smaller groups, each of which gets a certain timed head start based on their perceived ability. For example, if you are in the ‘15 minute’ group, then your group will get a 15 minute head start on the last group to leave.

The last group to leave is known as the 'scratch' group, and has the fastest riders. The first group to leave is called the 'limit' group. The general objective is to catch the groups in front of you, and not get caught by the groups behind. Typically this means that your group will ride co-operatively in a rolling pace line until the very end. Prize money is normally awarded to the first 5 – 10 riders across the line and to the rider with the fastest time recorded.

Time Trials

A time trial is a very simple event. You ride a set course by yourself, and try to set the fastest time you can. After everyone has ridden the course, the fastest time wins. Sometimes time trials are run in teams or in pairs.

Doing well at a time trial is a combination of fitness, pacing and aerodynamics. Going out too fast at the start might mean that you go much slower towards the end. Time trials can be very hard but are very rewarding – they are known as the ‘race of truth’ for a reason!

Track Racing

Track races are generally shorter, and come in many different formats. They take place on a velodrome on special track bikes. Track bikes have no brakes, one gear, and are a fixed wheel. That means that there is no freewheeling mechanism in the rear wheel, so if you are moving, then you have to pedal!

There are currently two velodromes in use in metropolitan South Australia:

- *The Superdrome, Gepps Cross*. An indoor wooden track with steep bankings. Requires some significant training before racing - 250m long.
- *Edwardstown*. An outdoor bitumen track with shallow bankings - 485m long.

Usually a session of track racing will involve participating in 3 or 4 races over the course of a track meeting. Given that the entry fee is usually about the same as a single criterium, track racing is great value for money!

Some of the most common track racing formats are:

Scratch Race: The race goes for a set number of laps. All riders start as a group. The first rider over the finish line on the final lap wins. Simple!

Handicap: Each rider is given a certain head start over the others, specified as the distance from the start line. For example “150 metres” means that you start 150m in front of the start line. The race goes for a set number of laps, but is usually fairly short (2-4 laps). The first rider over the finish line on the final lap wins.

Points Race: Every 5-10 laps, the first 4 riders over the finish line score points (1st - 5 points, 2nd - 3 points, 3rd - 2 points, 4th - 1 point). You can also score 20 points by

gaining a lap on the rest of the field. If the field laps you, then you lose 20 points. At the end of a set number of laps, the rider with the most points wins.

Keirin: Contested in small fields of 4-6 riders. Riders line up to start holding the fence at the edge of the velodrome. A motorbike is used, and when it goes past the riders, they slot in behind it. The speed of the motorbike gradually increases, until it pulls away with about 500m remaining. The first rider over the finish line wins. Keirins are usually contested over multiple rounds to determine an overall winner.

Elimination: All riders start in a group for 1 or 2 'warm-up' laps. After this, the last rider over the finish line on each lap is eliminated from the race! When there are only 2 riders left, the first one over the finish line wins.

There are many more races that take place on the track: time trials, match sprints, individual pursuits, team pursuits, team sprints - just to name a few!

Levels of Racing

Races are divided up into three different levels - club, open and championship.

Club Races: Usually smaller fields, lower entry cost ($10-15) and lower prize money. The best place to start. PACC club races are advertised on the CSA calendar and the PACC web site. Other clubs will advertise their club events on their web sites. All licensed CA riders can enter a club event irrespective of which club is hosting the club event.

Open Races: Usually larger fields, higher entry cost ($20-30) and higher prize money. Normally, open events attract riders from all clubs. Any licensed rider can enter an open race. A full licence is required for these races.

Championship Races: Competing for state or national titles. Any racing licence holder can enter state championship events. Depending on the event, national championships may require selection. Again, a full licence is required for these races.

Fitness and Skills

You will need a certain level of fitness to keep up in racing, and winning is another matter entirely! The good news is that there is usually a grade to cater for all abilities, especially in club level racing.

Your group riding and handling skills are also important, particularly in criteriums. You should have some experience riding in a fast bunch or paceline before entering your first mass start race. You should be comfortable 'following a wheel' and riding close to other riders.

If you need help with this aspect of cycling, then come along on one our club bunch rides! We are always happy to help new members learn the ropes. Keep an eye on the 'training' section of the PACC forum for these rides, or post up an idea to the forum, and you should be able to get a group together.

For learning track riding skills, there are novice training sessions at the SuperDrome on almost every Friday night, year round. Loan bikes are available, and an

experienced rider will be there to show you the ropes. Check the Cycling SA website for details (these sessions are not run by PACC, but are available to PACC members).

PACC conducts track sprinting training at the SuperDrome from 7.00 pm – 9.00 pm on Thursday nights for most of the year. Come along and have a look if you are interested in track racing.

Racing is conducted under CA rules and these rules are overseen by officials (known as Commissaires) accredited by CA. If you have queries about racing rules, protocols or procedures do not hesitate to ask fellow riders, club officials or Commissaires. Cycle racing is a complex, challenging, rewarding and sometimes frustrating sport – no-one person knows it all.

Equipment and Clothing

Contrary to popular belief - just about any bike is fine to race on! Aside from a functioning road bike which is safe and meets CA technical requirements, all you need is a helmet that complies with Australian Standards.

You don't need the fanciest equipment in order to race. However, there are some things that you should have, for the safety of yourself and others:

- Tyres that are in good condition.
- Pedals and cleats that are in good condition.
- A well tuned drive train - you do not want your chain coming off mid-sprint!

There are clothing regulations in place for cycling races. CSA policy is that for open races, you have to be registered as a sponsored rider in order to wear a jersey or shorts with sponsor logos. Sleeveless jerseys are not permitted at any Cycling SA event, including club races. You will always be allowed to race in a club jersey, or a completely plain jersey with no logos (other than the garment manufacturer logo).

(Oh, and shaved legs are not mandatory, unless you ask the style police!)

The PACC club jersey is a very stylish number and can be obtained in a wide range of sizes at a low cost. There are also PACC knicks, hats, arm warmers, gloves and jackets available! It is also possible to order casual club clothing, including hoodies and polo shirts.

Details of the clothing available can be found in the 'for sale' section of the PACC forum, contact Gemma (gemma@pacc.org.au) to organise any purchases.

First Race Tips

Some races, particularly road races, require pre-registration up to a week in advance. Pre-registration can generally be done via the Cycling SA website or via post. Contact the race organiser if you aren't sure.

On the day of the race - get there early! You will have to sign in before your race starts, which may mean getting there 30 minutes (or more) beforehand.

Remember to bring:

- ***Cycling Australia licence, or evidence that you have paid for a Cycling Australia licence!*** If you have only just joined, this will be a printed receipt (online signup), or a copy of the handwritten application form endorsed by an appropriate club official. *No licence = no race*.
- Race entry fee - this typically varies from $10-30, check the event information (Of course, if you have paid online then this isn't necessary to bring to the race).
- If you drive to the start - your helmet and bike shoes! (and hopefully your bike)

The first thing you will need to do is sign on. Look for a desk manned by a helpful volunteer. They will need to see your licence, and take your entry fee if required. They will also place you in a grade, or help you work out which grade you should race in.

After signing in, you will be given a race number, and possibly a coloured helmet cover to indicate which grade you are racing in. The number should be pinned to your jersey: sometimes on the back, sometimes on the left hand side depending on the nature of the race. If you aren't sure where and how the number should be pinned - ask someone, otherwise you may find yourself doing a hurried re-pinning at the start line!

Check what time your grade or group will be starting. You will need to be near the start line at least 10 minutes before the designated starting time. You can go for a warm up ride before the race, but check with an official as to where you are allowed to warm up. Warming up on the race course may not be permitted.

Final step - have fun! Try and learn as much as you can, stay upright, and with any luck you might cross the finish line before anybody else does!

More Information

There is a lot more to cycling than what is in this handbook! The best way to learn is by experience, and by talking to more experienced members.

Forums

The forums on our website are a great resource if you need help (or a place to kill time while you're at work!): http://www.pacc.org.au/forums

To register for the forums:

1. Click on the register button:

2. Read and agree with the Terms & Conditions.
3. Enter a username, and the required details.
4. In the box labelled 'Are you a spam bot?', type **NO!** - including the capital letters and exclamation mark!
5. Click, 'Submit', you're done!

People

Daniel Searson, Club President
daniel@pacc.org.au or 0402 180 367

Will Lyons, Club Secretary
will@pacc.org.au or 0430 464 965

Alex Bates, Club Treasurer
alex@pacc.org.au

Committee Member - Tim McEvoy
tim@pacc.org.au

Committee Member – Ben Plush
ben@pacc.org.au

Matt Donnon, Club Coach
matt@pacc.org.au

Gemma Kernich, Club Technical Adviser
gemma@pacc.org.au
(also contact Gemma for club clothing purchases)

The PACC Committee can be emailed at: committee@pacc.org.au

Websites

Port Adelaide Cycling Club: http://www.pacc.org.au
(Club information and forums)

Cycling SA: http://www.sa.cycling.org.au
(Event calendar and membership information)

Cycling Australia: http://www.cycling.org.au
(Rules and regulations)

Payment Information

The Club prefers payment of funds by Electronic Funds Transfer (EFT) where possible. If you wish to pay funds to PACC using EFT please use the following

BSB: 105-001
Account Number: 035385340
Account Name: Port Adelaide Cycling Club Inc

Provide the following in the free text area when you transfer funds:

Your surname, and then one of the following categories which describes your transaction:

1. Clothing
2. Registration Fees
3. Other

It would be appreciated if you would then send an email to Alex Bates (alex@pacc.org.au), with the subject title: **PACC EFT (Your Surname)**, and in the body give the amount transferred and a description of the transaction.

Disclaimer

All information contained in this handbook is subject to change without notice. The latest version of this handbook is available via our website (http://www.pacc.org.au) and should be consulted for the latest information. Contents of this handbook cannot be reproduced without permission.

(c) 2010 Port Adelaide Cycling Club.

Appendix – Membership Categories

Racing Categories

Category name	Age range*	PACC membership fee**	Cycling Australia fee**	Total fee
Elite	23 and over (men) 19 and over (women)	$20	$233	$253
Masters Under-65	30 – 64	$20	$180	$200
Masters Over-65	65 – 100	$20	$103	$123
Mens Under-23	19 – 22 (men)	$20	$233	$253
Junior Under-19	17 – 18	$20	$180	$200
Junior Under-17	15 – 16	$20	$103	$123
Junior Under-15	13 – 14	$10	$103	$113
Junior Under-13	11 – 12	$10	$103	$113
Junior Under-9	6 – 8	$10	$103	$113

* Based on age at the end of the membership year
** 2010 costs, subject to change

Note: Riders aged 30 and over can choose an Elite licence or a Masters licence. A Masters licence may limit the events that you can enter. Riders with an Elite licence may enter Masters events where applicable (including championship events).

Recreational Categories

Category name	Age range*	Total fee, including club fee
Recreation senior	19 and over	$77
Recreation junior	13 – 19	$44
KIDZ	Less than 13	$10