



The Party of the Year 2007

Don't forget the Eastlands Velo and Sportcity Velo Presentation Evening at 7.30pm until 11.30pm on February 3rd at Aldwinians Rugby Club, Manchester Road, Audenshaw. Tickets are still available, priced at £3.00 for under-18 year olds, and £5.00 for adults. The evening will include a hot pot supper, disco, a cycling quiz and a raffle. The Medals will be presented by Matt Crampton and will include those from the Club Championships. This should be a great evening; the clubs have had an excellent year, well worth celebrating.

Tickets and further details are available from Helen Tinker or Alan.

New Year Gearing!

As many riders will have changed their racing categories with the New Year, there is a repeat of the gearing table overleaf, which should provide useful advice and enlightenment on the subject of cycle gearing. The table given uses the metric method of gear measurement, which is more accurate than the traditional Imperial method, and is the standard method used during competitions. The Imperial method uses the diameter of the wheel (in inches), multiplied by the number of teeth on the chainring, divided by the number of teeth on the sprocket. The gear figure calculated is the equivalent size of the back wheel of a Gentleman's High Ordinary Bicycle, or 'Penny Farthing'.

Saturday to Wednesday Rider Accreditation Scheme

Eastlands Velo now operates a rider accreditation scheme to progress from a Saturday session to the Wednesday session. Gaining Eastlands accreditation is a goal for every one of our riders.

The accreditation follows the standard used by Manchester Velodrome for rider accreditation (a rider must be 15 years of age to take the Velodrome accreditation – known as induction). The Velodrome will fail an unfit or slow rider in their accreditation.

It is our intention to offer Eastlands Velo accreditation to all ages, as long as the rider can manage a pace suitable for Wednesday Group 1. This generally means riders 10+ years of age would be able to pass the accreditation.

The aim is to assess a rider for **safety, track cycling skills and for an ability to manage the speed / endurance / power** required to ride on the Wednesday session.

A rider must complete the following exercises:

- Riding in a line, changing every half lap
- Lumps and bumps to a defined pattern
- Changing in pairs
- Through and off (square dance)
- Taking half laps
- 12 lap mock scratch race, controlled to the last 4 laps

Riders will be assessed on the following:

- Riders must look relaxed and comfortable
- Must follow the wheel, no under-lapping
- Must look before moving, demonstrate awareness
- Confident to safely use the whole track – to the top in a change
- Predictable with no sudden movements
- Confidence in riding in a small group
- Listening to instructions
- Ability to safely maintain speed sufficient to ride Wednesday.

Contributions, articles or events to:- Simon or Andy Coley

E-Mail: eastlandsvelo@hotmail.com Or to Brian or Alan

Official Website: www.eastlandsvelo.com

**SPORT
CITY VELO**

ON THE BLUE LINE January 2007

We want our riders to pass this accreditation. Riders can fail on any of the above, in particular listening to instructions. After gaining accreditation, riders will be put on the waiting list for a Wednesday place.

Monday evening Velodrome Sessions (6 to 7pm) Changes for 2007-

We have reviewed the way in which the sessions are being run and will be making the following changes. These will take effect from Monday 15 January 2007.

The sessions are for track beginners and are for children from 8 to 14 years of age. (If you are 15 or over you will need to attend a Velodrome taster session to learn track riding. Details of these are available from the Velodrome reception.) The aim of the Monday sessions is to teach basic track riding skills which will enable children to progress to the next level of sessions, Eastlands Saturday mornings, if they wish. Suitability for progression is assessed by a riding skills test and the club coaches will advise children and parents when they feel they are ready to take this. Children cannot attend Saturday sessions until they have passed the test.

The cost of a single session will be **£1.50** which will include a bike and helmet if needed.

Advance bookings

Places on sessions are booked in advance for 8 sessions. We would request payment of £10 in advance, payable on booking or at the first session. Bookings can be made by contacting reception at the Velodrome who will pass names and contact details to the Eastland's club secretary. You can make enquiries in person at the Monday session. The first session of the booking system will start on Monday 15 January 2007. If we do not have space you will be placed on a waiting list and advised when space becomes available

If you are unable to attend, after you have booked a place, please advise us – we can't keep places open beyond three weeks non attendance. We will of course endeavour to provide for exceptional circumstances

We will no longer be able to guarantee a place by turning up on the day

Please note we will not accept bookings for anyone who uses offensive behaviour or language to other children on the session, Velodrome staff or coaches. Offensive behaviour during a booked program will result in loss of the place without refund.

Access to the Velodrome

From Monday 15 January there will be no access to the Velodrome before 5.30pm. We are sorry for any inconvenience this may cause but this action is necessary due to the behaviour of some children and damage caused to the Velodrome. Please be aware that the lift access to the viewing area may be locked to prevent unauthorised access. If you want to watch your child from the seating you should ask a member of Velodrome staff. Access to the seating is at their discretion.

Photography

Please note that photography is not permitted on Monday sessions. This is because the Velodrome require the consent of parents of all children on a session before giving permission for photography. As unaccompanied children attend the Monday session it is not possible to obtain the necessary parental consent.

Track Sessions

There will be no session on Wednesday 31st January. In February, we are missing sessions on Saturday 3rd, Wednesday 21st and Saturday 24th February. Updates courtesy of Alan

