

# INFORMATION FLYER



Riding is open from beginner to champions.

All riders competing are required to have a current ACF racing or MTB licence.

## Racing Times

Monday	criterium Racing	5.30pm sign on for 6pm racing
Tuesday	Junior Training	4.30pm
	Senior Training	5.30pm
Friday	Track Racing	5.30pm sign on for 6pm racing
Saturday	Road Racing	1.30pm sign on for 2pm racing
Sunday	Mountain Bike Ride	refer to website for details



Criterion Racing requires a road bike (no tri bars) and is held on the 820m track located around the outside of the velodrome. Racing is for 20-40minutes with a 1-2 lap sprint to the finish. Criterion racing is held from October to April.

Track Racing requires a track bike and is held on the 333m velodrome. The night consists of a minimum of 4 races. Types of racing include scratch, handicap, Italian pursuit and Maddison. Racing is also available for road bikes. Road bikes and track bikes race in separate divisions. And to not miss the rest of the family, kids/toddler racing is available too.

Road Racing requires a road bike (no tri bars) and is usually held on the old highway at Bonville starting from the Sid Burke Rest Area, Pine Creek Way. The track is a 10km circuit with race starting distance of 20km. Road racing his held from April to October.

Cycling membership for all is available in four stages:

- Senior - Over 19
- Junior - Under 19
- Senior 65+ - Over 65
- KIDZ - an inexpensive introduction to the club environment for under 13's (primary age groups) enabling skill development and modified activity that will ultimately lead into competitive membership. However this licence cannot be used for road racing or carnivals.



For more information on membership, or to join/renew your membership, please go to [www.nsw.cycling.org.au](http://www.nsw.cycling.org.au) (choose administration tab)

Mountain Bike members are out there enjoying the bush year round. We meet regularly for casual relaxed racing on State Forest trails, alternating between our favourite tracks (we can't decide which one we love the most). Refer to web site calendar of events.

### Race Formats:

**ENDURO** events challenge riders to complete as many laps as possible in the time allocated - ie: 2, 3, 4, 6 hrs. You can ride solo or in a team, racing non stop or cruising and resting whenever you feel like it.

**CROSS COUNTRY** racing will have you graded A, B, C, or beginner, based on your ability. Each grade is allocated a number of laps to complete - the higher the grade you are the more laps you do. The aim is to do your laps as fast as you can. First across the line is the winner.

For more information on rides contact Geoff Gilchrist 043-552-4951 or Al at Ventoux Cycles 66513355

For more information on membership, or to join/renew your membership, please go to [www.mtba.asn.au/MEMBERSHIP](http://www.mtba.asn.au/MEMBERSHIP)

Coffs Harbour Cycle Club has track bikes available for hire at a nominal cost.  
So come along and give it ago!!



Information: Dave McDonald 0418666225  
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