**Flagstaff Hill R-7 School**



**General Guide to Pedal Prix**

**2016**

**IMPORTANT INFORMATION**

**Training dates TBA**

**The Events**

**Round 1 - May 14 - 15 Loxton – 6 hour event (NOT PARTICIPATING)**

**Round 2 - June 18 - 19 Victoria Park, Adelaide – 6 hour event**

**Round 3 - July 30 - 31: Victoria Park, Adelaide – 6 hour event**

**Round 4 - August 20 - 21: Busselton, Western Australia - 6 hour event (NOT PARTICIPATING)**

**Round 5 - September 24 - 25: Sturt Reserve, Murray Bridge – 24 hour event**

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**What is Pedal Prix?**

Pedal Prix is the riding of 3 wheel recumbent trikes as members of a team, working together under race conditions. In 2014, the race year changed and now consists of 3 x 6 hour races held at Loxton in May and at Victoria Park in June and July, a 6 hour race in Busselton in Western Australia in August, as well as the Big Race, a 24 hour event at Sturt Reserve, Murray Bridge in September which finishes off our year of racing. Riders attend regular training sessions to help build their confidence and knowledge in the bikes, as well as building fitness and building team spirit. Riding a recumbent bike is a very different experience to normal bikes and involves becoming competent with changing gears as well as getting used to cycling in a recumbent position.

Flagstaff Hill R-7 School has been involved in Pedal Prix since 2001, with the major emphases being on participation, teamwork and cooperation. We have two vehicles and once again this year we will be entering two teams.

**What are the expectations of students?**

At Flagstaff, we do not expect any of our riders to be super fit or ultra-fast. We expect them to have a positive attitude and a genuine desire to do Pedal Prix. We want them to be there because they want to be there. It is expected that every rider will attend at least one of the rostered weekday training sessions and at least 2 hours of the rostered Sunday training sessions. In addition, they must work on their personal fitness and maintain a training record. Every student is expected to display team work and team spirit and represent Flagstaff Hill R-7 School with pride at all races. We can teach them how to ride; they just need the will and enthusiasm to do it.

**Expectations of parents**

Pedal Prix is a unique sport for Flagstaff. In 2013 it was run predominantly by staff of the school and last year we had a lot more parent involvement. Moving forward it is expected that all parents are involved in the organisation and running of training and events, as well as fundraising opportunities. Parents are expected to support and encourage their child to challenge themselves, transporting them to training sessions and helping them with personal training as required. Pedal Prix committees are responsible for organising the team and our bikes for races e.g. Management Committee, Catering, Mechanics and Logistics. A list and description of committees or positions that your particular skills may suit, are listed later in this booklet. Please consider how you can help.

**What can students and parents expect to get out of Pedal Prix**

Students will generally improve their fitness and strength through regular training. Many of our riders show increased confidence in themselves and their abilities, self-motivation and being able to cope with stressful situations. They will develop teamwork skills and how to encourage & support team mates. Riding the bikes, that mechanics put so much time into building and maintaining, helps riders understand responsibility. They experience satisfaction in achieving personal milestones, whether that is a training milestone or bettering a previous best lap time/number of laps, as well as a sense of pride in our school team. Have FUN!!

Many of our parents said how much satisfaction they got out of watching their child, and the team, achieve and grow. Some of the best parts of Pedal Prix include watching the students beaming as they hop out of their bike, achieving a milestone such as adding another lap to their previous best or bettering their previous lap time and riders encouraging each other to keep going. Parents get to meet and work with parents and teachers from the school, establishing valuable relationships that they may not otherwise have made.

**The Races**

In the races, riders are riding with many other bikes, around a race track. Teams are registered in each event in one of 4 categories – Primary school, Secondary school, Tertiary and Open class. This means that children are competing on the same track as adults. This is the reason that children must be at least year 6 to compete, but parents should also be confident in the ability of their own child to race under these conditions. Each student will be allocated to a team for race day and will race in the same bike for that day. Riders take turns to ride and then rest between turns.

Team Managers set the team roster for each team, deciding who will start the race for the team and the race order. They may also decide who will finish a race for the team. They will take into account the abilities of each rider, taken from their observations at training sessions and rider commitment and enthusiasm to training. From time to time, the Team Managers may need to change the rider order during the race. This is not done lightly, but they have ultimate responsibility for the welfare of the riders and the team. Riders may not be in the same bike for every race of the year.

The 3 x 6 hour races start at 10am and finish at 4pm. Before this we need to set up our pits and mechanics. We also have to “tag” all riders with bands that allow them to race. Team Managers also talk to their charges about important aspects for the race. It is therefore important to aim to be at the track no later than 7.30am. Assistance is also required post-race to help pack up so that everyone gets home at a reasonable time.

In September, riders are rostered through the night, giving them a chance to sleep and a chance to ride in the night conditions. While the race starts at noon on Saturday, it is highly recommended that families travel to Murray Bridge on the Friday to help set up our camp site, catering tents, timing and pits. A practice session is held on Friday evening which, for newer team members, is generally the first opportunity to race at night, under lights. A team effort is also required post-race to disassemble our area. More information about September is provided at an information night after the July race.

**Forms**

Enclosed is an information pack which includes

• Pedal Prix Team 2016 form, comprising the student commitment statement and parent acknowledgement. All students participating are required to complete this form with assistance from their parents and sign to show they understand what is expected of them.

Please take the time to go through with your child.

• General information form

• Medical information form

• Indemnity form required by the Australian International Pedal Prix (AIPP). AIPP is the body that runs the 3 events in which we race.

**Cost**

Fees for 2016 have been set at $200 per student ($140 for subsequent students from the same family). This fee includes a jacket for the rider. It also helps cover communication and material costs, team registration and food at the September race for the rider and immediate family (parents and siblings) for Saturday afternoon tea through to Sunday morning tea. I have booked us in for dinner on Friday night at the Murray Bridge Community Club(this will be an additional cost). A number of options will be made available and we can cater for special dietary needs and food allergies (please advise these on the medical form for riders and when completing catering forms prior to September race for **all family members** for whom meals are ordered).

We aim to keep the cost to families low, but we still have an annual operating budget of around $8,000 for events and maintenance. The financial side of our budget requires us, as a team, to raise all funds needed. With bikes costing anywhere from $2500 to in excess of $5,000 each and needing to be maintained to a high standard, along with AIPP registration costs amongst our biggest expenses it is easy to see why we need to concentrate on fundraising and sponsorship. We value our sponsors greatly, as they help give us the opportunity to get on the track. Last year’s sponsors were Smeg and Flagstaff Hill Foodland.

Some sponsorship is financial, but many others provide their goods and services to us at a reduced cost to assist us in reducing the impact on our budget.

From a fundraising perspective, the assistance of every family is vital to ensuring we raise the funds that are required to make sure that we can run the events and maintain the bikes for the benefit of all our riders.

**Training**

Personal fitness is an important part of Pedal Prix and we offer training sessions developed to assist students in building their own fitness. It is important that students attend either of the Tuesday and Thursday sessions (or both if they are keen) and the Sunday sessions are mandatory, as it is the only opportunity students get to practice in the trikes.

• Tuesday morning - run by Jamie Burnside and Kylie Broadley. Includes team building/fitness 8:00 – 8:30am (approx). We strongly recommend that all students bring a bottle of water.

• Sundays, in the trikes at Victoria Park. 2 hours required by riders at set dates, within a specified time frame (eg 2 x 2 hour sessions will be offered). All training details will be confirmed by week 9, term 1. All riders are expected to attend as they will gain experience in riding and safety requirements of the vehicles as well as track rules on race day. Bikes should be brought to all Sunday trainings.

**Equipment for every rider**

It is essential every rider has the following equipment of their own for training and racing:

* A good quality **bike helmet (meeting Australian Safety Standards) in excellent condition (no taped, cracked helmets are accepted** as this could put a rider at risk of serious injury during crashes). These will be checked at the first bike training session.
* Good quality glasses. Wrap around glasses with good UV rating are excellent as they provide protection to eyes from possible debris during the race/training as well as allowing good visibility. For September, the team has clear safety glasses available for night riding.
* A push bike in good working order. Please ensure bike seat is correctly positioned to the rider to help them understand how leverage can assist them in riding to make the ride more comfortable. If possible, a bike with gears is strongly recommended so they can practice changing gears and feel how gears assist in riding. Bikes should be brought along to all Sunday and Thursday training sessions.
* A large bottle of water. Good hydration is essential in any sport and Pedal Prix is no exception. Water should be brought to all training sessions and races. Fresh water to refill bottles will be provided for races.

Also highly recommended are

* Well-fitting bike gloves. Changing gears and holding the steering handles for 15 – 20 minutes at a time mean can be hard on hands and bike gloves are recommended to help young hands.
* Bike pants. Bike seats are generally padded, but wearing of bike pants will assist a rider to feel more comfortable and aid their movement.

**Communications**

To assist in saving paper and ensuring communications are received by parents, I will put all notices regarding races, training etc on the Pedal Prix Blog.

**Jacket**

As previously mentioned, each rider will receive a jacket as part of their fee.

We need to place orders by end of March to enable us to have them in time for the May race. Families are asked to provide the jacket size for their child (please include room for growing through the year).

**Sponsorship and Fundraising**

Pedal Prix is an expensive sport to run and relies heavily on sponsorship and fundraising. We are hoping to hold sausage sizzles at local businesses this year, as we have found these to have good returns for the commitment required. We understand that not all families will be able to help every time, but expect that **at least one sausage sizzle will be supported by each family, through the year**. More information will be provided in due course.

Do you know local people who run a business, who may be willing to sponsor our team?

**Teams and other necessary roles**

• **Mechanics** (3-4 required per vehicle) Assist Manager to build and maintain bikes for training and races. Are present at trainings and races to provide support and running repairs to bikes as required. Present bikes to scrutineering sessions prior to races and complete any alterations directed by AIPP to ensure the bike is race worthy.

• **Catering** (3-4 required) Prepare menu for meals and snacks available to our team at 24 hour race. Does shopping and helps prepare food items. Assistance from other parents will be required on race days.

• **Trained Marshals** (4 required per vehicle) Our team is required to provide trained track marshals to man marshal positions around the track for a period or periods rostered to the team for each race. Training includes becoming familiar with race rules and completing a simple test. We try to use different Marshalls for each race to spread the load. **We need Marshals for each team as without them our teams will not be allowed to race.**

• **Pit Crew** (possibly 10-12 required per vehicle) – Pit Crew are responsible for assisting riders in changeovers. They assist riders into and out of vehicles and ensure that safety checks are carried out e.g. seat belts are correctly fitted, done up, helmet and safety glasses are on. This year, the Pit Team will be a fully trained team and will be buddied together with a pit person or people with whom they can work effectively. New pit crew will be trained by experienced pit crew at training.

• **Timers** – Timers maintain records of lap times for riders at training and races so that Team Managers know how riders are going on the track, riders know their lap times and can use this information to challenge themselves or encourage each other and flag possible incidents if a rider is running late to their average lap times.

*While there is more commitment required from riders and parents than in many sports played at Flagstaff Hill R-7 School, the benefits and rewards are great for all who take up the challenge.*

***Are you ready for the Challenge?***