

Flagstaff Hill R-7 School



Pedal Prix 2019

General Information Guide

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What is Pedal Prix?

The UniSA Australian HPV Super Series (Pedal Prix) is staged by Australian International Pedal Prix Inc. and is a competition where teams race three-wheel recumbent Human Powered Vehicles (HPV's) on a closed controlled circuit.

The 2019 series consists of six rounds staged in South Australia and Busselton WA (see 'The races').

The 24hr race in Murray Bridge is acknowledged as the biggest and best HPV race in the world attracting 200+ teams and 3,200 riders with support crew and spectator numbers in the thousands.

Riding a recumbent tricycle is a very different experience to a normal bicycle and not only involves becoming comfortable with riding in the recumbent position in an enclosed vehicle but also with the steering, gears and braking.

Further information about the UniSA Australian HPV Super Series can be found at www.pedalprix.com.au.

The vehicles

Flagstaff Hill R-7 School has been involved in Pedal Prix since 2001 starting with a single steel frame vehicle and progressing to 2019 where the school will again run two high performance aerodynamic vehicles enclosed in fibreglass and carbon fibre. The Flaggy Flash was purchased in 2016 and the Flaggy Too in 2017.

All competing vehicles must comply with a stringent set of specifications designed to ensure they meet the spirit of human powered racing but, more importantly, are safe. They include racing style seat belts, roll cages and protective padding to ensure the rider remains uninjured in the event of a racing incident.



The races

The current Pedal Prix series consists of the following 6 events:

Race 1	March 30	Mt Gambier	8 hour event
Race 2	May 5	Loxton	6 hour event
Race 3	June 15 – 16	Victoria Park	6 hour event
Race 4	July 27 – 28	Victoria Park	6 hour event
Race 5	August 18	Busselton, WA	6 hour event
Race 6	September 21 – 22	Murray Bridge	24 hour event

In 2019, Flagstaff Hill R-7 School has registered two teams to compete in both of the 6 hour races at Victoria Park and the 24 hour race in Murray Bridge.

We will also be registering a single team to compete in the 6 hour race in Loxton but this will attract an additional cost to parents and will be limited to year 6 and 7 students due to the challenging nature of the course.

Within each race, teams are placed in one of the following categories:

Cat 1	Junior school (years 5 – 7)
Cat 2	Middle school (years 8 – 10)
Cat 3	Senior school (years 11 – 12)
Cat 4	Open

In the Victoria Park races, Cat 4 competes on the Saturday and Cat 1, 2 & 3 on the Sunday. In all other races (including the Murray Bridge 24 hour race), all categories compete together.

6 hour races

Each 6 hour race runs from 10am until 4pm and entry to the circuit is free.

As a guide, riders are generally placed into groups of 3 or 4 in each of the 6 hour races and each group rostered to ride for a period of 2 hours. This means each rider will generally ride for 15 – 20 mins twice. Riders and an adult guardian are expected to arrive at least 30mins prior to their rostered group time and be present at the race for the entire 2 hour period their group is riding.

Riders are swapped between vehicles for each race so they have an opportunity to try both.

Parent assistance is required on race day for:

- team pit area set up and pack up
- pit crew
- timing
- marshalling.



24 hour race

The 24 hour race is held in Sturt Reserve, Murray Bridge and has all categories racing together meaning there are approximately 200 vehicles on the track with some significant speed differences. However, many of the faster teams are highly skilled at manoeuvring and serious incidents are rare.

The event includes a 1 hour timed practice session on the Friday evening. The 3 teams from each category with the fastest single practice lap plus the 3 fastest all-female teams then complete a top 15 shootout on the Saturday morning to determine the first 15 grid placings. All other teams are ranked based on their fastest single practice lap time. The race commences at 12pm Saturday and finishes at 12pm Sunday.

At Flagstaff Hill R-7 School, riders will be allocated to a vehicle for this race based predominantly on their performance in the shorter races but also their commitment to practice and general attitude. They will be placed into groups of 3 or 4 and each group rostered for 4 periods of 2 hours, including throughout the night. Riders and an adult guardian are expected to be present for the entire duration of the race.

As the Friday practice session is the only opportunity riders will have to ride the circuit prior to the race, families are encouraged to travel to Murray Bridge that day and stay in the designated camping area inside the circuit until the conclusion of the race on Sunday.

In 2018, an entry fee of \$15 was payable for every person (including riders but excluding children under 10yo) to enter the circuit. In addition, every vehicle attracted an entry fee of \$15. It is expected that a similar fee will be payable in 2019.

Parent assistance is required over the weekend for:

- transporting equipment to and from Murray Bridge
- team pit area set up and pack up
- pit crew
- timing

- marshalling
- catering, cooking and cleaning up.

More specific information about the 24 hour race will be provided approximately 4 weeks prior to the event but feel free to ask Paul questions at any training session or race.



Expectations of riders

The predominant expectation of all riders is that they have a positive attitude and a genuine desire to perform to the best of their ability.

In addition, every rider is expected to:

- attend as many of the rostered bi-weekly before school training sessions as possible
- attend the rostered weekend training sessions
- attend races during their rostered ride time and support their team mates
- work on their personal cycling fitness in their own time
- push themselves to perform at their best, display team work and represent Flagstaff Hill R-7 School with pride at all races.

Expectations of parents

Everyone involved in running the Flagstaff Hill R-7 School Pedal Prix team, including school staff, are volunteers. As such, the predominant expectation of all parents is that they help as much as possible including:

- being involved in the organisation and running of training and events including pit crew, timing and marshalling
- assisting with race day set up/pack up
- assisting with identifying and coordinating fundraising opportunities
- ensuring riders attend training sessions and races on time
- helping riders with personal training and performing to the best of their ability.
- supporting and encouraging their child to challenge themselves.

Organising committee

The organising committee is responsible for the overall running of the team and is made up of the following positions:

- Coordinating teacher
- Team Manager
- Timing Boss
- Pit Crew Boss
- Marshal Boss

It is an expectation that parents volunteer for each of these roles.

Cost

As per the notice sent home with interested students in December 2018, fees for 2019 have been set at \$210 per rider.

This fee includes:

- team registration
- a jacket for the rider
- catering for each rider and family of 4 (\$15 per extra person) at the 24 hour event from breakfast on Saturday to breakfast on Sunday
- trophies.

Sponsorship and fundraising

With entry fees of almost \$3,000, vehicle parts and maintenance costing around \$1,000 and pit setup costs at the 24 hour event of approximately \$1,800, Pedal Prix is not a cheap sport.

Whilst the school provides some funding, the shortfall must predominantly be made up from sponsorship and fundraising.

Sponsorship can be either financial or in goods and services which can be raffled or help reduce running costs. In return, sponsors names are displayed on both vehicles and the school trailer in a size relative to the size of sponsorship as well as included in team communications.

Parent assistance in identifying sponsors and running fundraising events is vital to ensuring the Flagstaff Hill R-7 School Pedal Prix program can be run to the benefit of all riders. Please speak with Paul or Steve if you have ideas for sponsors or fund raising.

Training

Personal fitness is an important part of Pedal Prix and riders are expected to build their own fitness through dedicated training. As such, the following training sessions will be programmed throughout the year:

- Tuesday or Thursday morning from 8:00 – 8:30 plus a lunch time session run by teachers
- Specific weekend practice sessions on the blue courts at school using the vehicles
- Scheduled weekend practice sessions at Victoria Park.

Riders are expected to attend as many practice sessions as possible including a minimum of 1 weekend session prior to each race as this ensures riders are familiar with the vehicles and their riding position is confirmed. A schedule of weekend practice sessions will be issued in due course.

Equipment required

The following equipment is mandatory for all riders:

- A good quality bike helmet (meeting Australian Safety Standards) in good condition with no cracks in the foam or outer cover. Helmets will be checked prior to allowing riders to enter the vehicles.
- A drink bottle that fits a standard bicycle bidon cage.
- School polo or SAPSASA shirt

The following equipment is also recommended:

- Cycling gloves
- Sunglasses
- Bike pants or shorts (inside of vehicles can get warm)

Communications

To ensure communications are received by parents in the most effective manner, all Pedal Prix notices and updates will be posted:

- on the Pedal Prix Blog - <https://flaggypedalprix.edublogs.org>
- via the school Pedal Prix Facebook page.

Forms

The following forms are required to be completed by riders and their parent before they will be permitted to race:

- General information form
- Indemnity form required by the Australian International Pedal Prix (AIPP).

Marshalling

Every team is required to provide a minimum of two marshals at each race (no marshals, no race) who may be asked to perform any of the following roles:

- Track marshal – controlling caution flags and lights at various points around the track
- Recovery marshal – assisting vehicles following an incident
- Pit lane marshal – controlling vehicles entering and exiting pit lane

All marshals must be 18 years of age, complete the official Marshal training and an indemnity form.

Those people who completed the training in 2016, 17 or 18 do not need to do it again for 2019.

If you are willing to volunteer as a marshal, please visit <http://pedalprix.com.au/marshals/> and complete the training and indemnity form. You must then send the completed forms to marshal@pedalprix.com.au.

NB: Once you have completed the training and emailed the forms, you can consider yourself trained, it's unlikely you will receive a response from the Pedal Prix organisation.