

# Eastern Veteran's Cycling Club

## Course Notes

The following instructions are to be read out to all riders prior to the start of every race by the race controller. The General Instructions are to be read out followed by any course specific instructions.

Bunch Captains should be nominated on the start list and are to be named, any referees riding in the bunch are also to be named and have the same authority as the nominated bunch captain.

**Note:** details of course locations, as required by emergency services, are listed in the Accident Injury section at the back of this document.

# **Eastern Veteran's Cycling Club Course Notes**

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# Eastern Veteran's Cycling Club

## Course Notes

### Criteriaums

#### General :

(Just read out the bold points of the following)

- 1. The first lap is neutral**
- 2. When passing a slower bunch call your intention**
- 3. When passing a slower bunch stay to the right until the last rider of your bunch is clear of the first rider of the slower bunch**  
**- DO NOT CUT DOWN ON THE SLOWER BUNCH**
- 4. When passing a slower bunch keep the pace up**  
(to ensure your bunch passes the slower bunch and gets out of their way so they can race)
- 5. When being passed by a faster bunch keep left**
- 6. When being passed by a faster bunch back off the pace**  
(to allow them to get past and clear)
- 7. Bunch passing manoeuvres are 'neutral'.**  
(No individual is to take advantage of the passing process to advance their position - from either group. Any rider doing so may be disqualified.)
- 8. No rider is to use a different grade to advance their position**  
(sitting on a higher grade to get away or re-catch your bunch), any rider doing so will either be returned to their bunch (if away) or be disqualified (if disregards instructions).
- 9. Lapped Riders are to back off and allow the leaders to race unimpeded.**  
**Lapped Riders ARE NOT to get involved in the leader's race.**  
**Lapped Riders ARE NOT to get involved in the sprint.**
- 10. UNDER NO CIRCUMSTANCES ARE YOU TO PASS ON THE INSIDE OF A CORNER**  
(to the left on a left-hand corner, to the right on a right hand corner)  
**Having said that; note that there maybe somebody on your inside going into a corner.**  
**Maintain you line through corners, do not cut to the apex.**
- 11. In the finish maintain your line.**  
(Do not swerve across the road chasing wheels, come off the wheel you are following smoothly and predictably.)
- 12. Above all, be aware of those around you at all times and look out for everybody else.**  
Talk, let those ahead of you know where you.
- 13. Your bunch captain is ..... you must obey their instructions on the road.**  
(The bunch captain has the authority to disqualify riders for breach of rules, they also have the authority to call a neutral period or to stop the race if they consider it too dangerous to continue. Riders disobeying instruction will be penalised by disqualification, fine, suspension or any combination of the three.)

Course specific instructions are overleaf - PTO.

# Eastern Veteran's Cycling Club

## Course Notes

### Casey Fields :

1. Riders are permitted to pass higher grade riders and/or bunches.

### Dunlop Road :

1. You are **NOT** permitted to pass a higher grade
2. Dunlop Road is an open road circuit, you must keep left at all times, any rider wilfully riding down the right hand side of the road will be disqualified, any rider riding to the right of the cones marking the corners will be disqualified.
3. Do not pedal through the corners
4. **There will be traffic control in place for the finish**; riders may use the right hand side of the road to sprint.

#### **BUT**

**We cannot guarantee that traffic will stop, it is your responsibility to ensure there is no oncoming traffic if you choose to use the right-hand side of the road to sprint.  
No rider is to cross to the right hand side of the road until they can see the finish line.**

### METEC :

1. You are **NOT** permitted to pass a higher grade
2. Do not pedal through the corners

# Eastern Veteran's Cycling Club

## Course Notes

### Road Races

#### General - out & back circuits:

1. **This is an open road circuit and is not closed to vehicular traffic. Obey all road rules; stay left of the centre of the road at all times.**
2. **Any rider wilfully riding down the right hand side of the road will be disqualified**
3. Rear riders are to inform the bunch of cars or riders approaching; lead riders are to back off and call the cars through at earliest possible opportunity
4. **Turnarounds are neutral (no attacks) 200 metres prior to the turning cone and until the last rider in the bunch is around the cone and back on the bunch for the return.**  
Riders at the head of the bunch should roll through and then slow down (brake) to allow the tail to get round.  
Riders at the tail of the bunch should make an effort to regain the bunch as soon as possible after the turn and are to call out when they are on.  
Riders who have broken away from the bunch do not have to wait for the bunch.  
The bunch does not have to wait for dropped riders.
5. **In the finish maintain your line. Do not swerve across the road chasing wheels, if you must come off the wheel you are following do it smoothly and predictably.**
6. **This is an open road circuit and is not closed to vehicular traffic. There will be traffic control in place for the finish;** riders may use the right hand side of the road to sprint.  
**BUT**  
**We cannot guarantee that traffic will stop, it is your responsibility to ensure there is no oncoming traffic if you choose to use the right-hand side of the road to sprint.**  
**No rider is to cross to the right hand side of the road until they can see the finish line and that the road ahead is clear.**
7. Your bunch captain is ..... you must obey their instructions. The bunch captain has the authority to disqualify riders for breach of rules, they also have the authority to call a neutral period or to stop the race if they consider it too dangerous to continue. Riders disobeying instruction will be punished by disqualification, fine, suspension or any combination of the three.

#### Arthurs Creek :

1. The race is neutral to the foot of the first descent - Nankervis Road
2. Take care on subsequent laps on that descent, if the race is together call it as neutral
3. The finish is in Greens Road, the race does **NOT** turn right into Greens Road at any time, on the last lap ride past Greens Road to the turnaround, turn back toward Strathewen then turn left into Greens Road for the finish

#### Kernot :

1. For those completing more than one lap - take extreme care on the corner by the coffee shop,
  - it is tighter than it looks,
  - it is a blind corner, there may be on-coming traffic,
  - the descent will have you reaching speeds in excess of 50kph - too fast to safely negotiate the bend, **slow down.**

# Eastern Veteran's Cycling Club

## Course Notes

### **Killara Road :**

1. The race is neutral till ...

### **Macclesfield :**

2. The race is neutral till crossing the finish line for the first time - over the hill

### **Steels Creek :**

1. The race is neutral till crossing the finish line for the first time - over the hill

### **Yarra Junction :**

1. Be careful on the first kilometre of the descent after the bump on the way out. Corners can be deceptive up to and including the Ada Tree turnoff, there may be gravel on that corner.
2. Be careful on the return descent from the bump, in particular the third right-hand bend which has claimed a few cyclists over the years. This corner should be marked with a witches hat but do not rely on that.

# Eastern Veteran's Cycling Club

## Course Notes

### Road Races

#### General - kermese:

1. **This is an open road circuit and is not closed to vehicular traffic.**  
**Obey all road rules; stay left of the centre of the road at all times.**
2. **Any rider wilfully riding down the right hand side of the road will be disqualified**
3. Rear riders are to inform leading riders of 'cars back', lead riders to back off and call the cars through at earliest possible opportunity
4. **In the finish maintain your line. Do not swerve across the road chasing wheels, if you must come off the wheel you are following do it smoothly and predictably.**
5. **This is an open road circuit and is not closed to vehicular traffic.**  
**There will be traffic control in place for the finish;** riders may use the right hand side of the road to sprint.  
**BUT**  
**We cannot guarantee that traffic will stop, it is your responsibility to ensure there is no oncoming traffic if you choose to use the right-hand side of the road to sprint.**  
**No rider is to cross to the right hand side of the road until they can see the finish line.**
6. Your bunch captain is ..... you must obey their instructions. The bunch captain has the authority to disqualify riders for breach of rules, they also have the authority to call a neutral period or to stop the race if they consider it too dangerous to continue. Riders disobeying instruction will be punished by disqualification, fine, suspension or any combination of the three.

#### Gruyere :

1. **You are not to swing wide on any corner; you must keep to the left of the centre-line in both the approach and the exit of the corner.**
2. The race is neutral to the first time across the finish line.
3. You are not to pass another bunch in any of the corners. **Give way to bunches ahead**

#### Yarra Glen :

1. This is a right turn circuit, there are three right turns.  
The first, off King Street, will be controlled by a traffic controller you should get right of way here **but you should not assume you have it.**  
The second, at the bottom of the circuit, and third, on to King Street, **are not controlled, you do not have right of way, you must give way to oncoming traffic.**  
All corners have race marshals if a marshal is displaying a red flag **you must stop.**  
**Any rider failing to obey a marshal's instruction to stop will be disqualified.**  
**Any rider failing to give way to oncoming traffic will be disqualified.**
2. **You are not to cut any corner,** you must keep to the left of the centre-line.
3. The race is neutral to the first time across the finish line.
4. **Be aware of the second corner** – at the bottom of the circuit – **this is a double right turn.**  
Use the first lap to familiarise yourselves with this corner.
5. You are not to pass another bunch in any of the corners. **Give way to bunches ahead**
6. Take care on the climb, the road is narrow and there is a deep gutter on the left - give it room.

# Eastern Veteran's Cycling Club

## Course Notes

### Road Races

#### General - handicap:

1. This is an open road circuit and is not closed to vehicular traffic.  
Obey all road rules; stay left of the centre of the road at all times.
2. Any rider wilfully riding down the right hand side of the road will be disqualified
3. Keep to the left of the lane at all times, even when rolling left over right  
Leave room on your right for passing bunches.
4. When passing a slower mark;
  - Give them room
  - DO NOT cut down on the slower bunch,  
stay up till the last rider in your group is clear of the lead rider of the slower group
5. When being passed by a faster mark;
  - Give them room
  - DO NOT speed up
  - DO NOT push into the middle of the passing bunch,  
wait till the last rider comes through before joining the back of the bunch
6. In the finish maintain your line. Do not swerve across the road chasing wheels, if you must come off the wheel you are following do it smoothly and predictably.
7. This is an open road circuit and is not closed to vehicular traffic.  
There will be traffic control in place for the finish;  
riders may use the right hand side of the road to sprint.  
**BUT**  
We cannot guarantee that traffic will stop, if you choose to use the right-hand side of the road to sprint it is your responsibility to ensure there is no oncoming traffic.  
No rider is to cross to the right hand side of the road until they can see the finish line and that there is no traffic between the far traffic controller and them.

Above all things be alert, be attentive, be careful and look out for each other.

#### Newham :

1. You are not to swing wide on any corner; you must keep to the left of the centre-line in both the approach to, and the exit of, the corner.  
Be careful on the Dons Rd – Woodend-Lancefield Rd corner, watch for traffic departing café.

#### Seymour :

1. Turnarounds are **NOT** neutral.  
Obviously, it is in your interest to keep your bunch together on the turns  
**BUT**, don't expect anyone to wait on the last turn, especially if bunches have merged.