

SIX-DAY BIKE RACE



Friday, Oct 19 @ 7pm
Saturday, Oct 20 @ 7pm
Sunday, Oct 21 @ 1pm

Friday, Oct 26 @ 7pm
Saturday, Oct 27 @ 7pm
Sunday, Oct 28 @ 1pm

Photo by RememberWhenImages.com

Forest City Velodrome

London, Ontario

www.ForestCityVelodrome.ca

Info Line: 519-878-7849

2007

The Forest City Velodrome Association, a not-for-profit association, is proud to bring you this exciting sports spectacle.



FOREST CITY VELODROME ASSOCIATION

An association made up completely of volunteers to give the youth of our area, and across the province, the opportunity to develop their athletic ability in the sport of track cycling. The goal of the association is to produce fitness through recreational cycling and the opportunity to progress to local, regional, provincial, national and even Olympic competition. This unique recreational, training and racing facility, one of only three indoor velodromes in North America, welcomes your attendance and support.

TAX DEDUCTIBLE DONATIONS ARE WELCOMED

PLEASE SEE PAGE 8 OF PROGRAM

OUR OFFICIALS:

Velodrome Director – Rob Good

Race Organization – Bob Schelstraete

Commissaire – Louis Szanyi Jr.

Announcer – Bob Schelstraete

Line Judge and Timer – Rob Fournier

Lap Cards – Ernie Regan

Bell, Timer and Line Judge – Magnus Graham

Lap Judge – Paul Poppy

Line Judge – David Bee

Statistician – Elaine Schelstraete

Scoreboard – Matt Bester

Admissions and 50/50 – Tam Good

Gate – Louis Szanyi Sr

Concessions – Mary Kelly & Crew

SPECIAL THANK YOU FROM FCVA

- To the Ontario Trillium Foundation
- To Active 2010 – Ont. Ministry of Health Promotion
- To our race sponsors
- To all the volunteers and recreational session leaders
- To all the donors, supporters, spectators and riders.

NEXT MONTH'S RACE EVENTS:

- Nov 10 - Saturday night racing - 7pm
- Nov 16-18 - Weekend racing - Fri & Sat @ 7pm
Sunday @ 1pm
- Nov 24, 25 - Can-Am Challenge - Sat @ 7pm
Sunday @ 1pm

WEEKLY RECREATIONAL SCHEDULE:

- Track 1 (Learn to ride) Saturday 11am to 1pm
(Must pre-register)
- Huff and Puff Wednesday 2pm to 5pm
(Track 1 prerequisite)
- Recreational Riding Monday 3pm to 7:30pm
(Track 1 prerequisite)
Tuesday 4:30pm to 9pm
Wednesday 5pm to 6:30pm
and 8:30pm to 10:30pm
Thursday 5pm to 7pm
Saturday 1pm to 3pm
- Velo-kids (New) Saturday 3pm to 4pm
(Experienced) Saturday 4pm to 6pm
- Skills Development Monday 7:30pm to 9:30pm
(Track 1 prerequisite)
- Rec/Sport Cycling Thursday 7pm to 9pm
- Race training Wednesday 6:30pm to 8:30pm

For updates see: www.ForestCityVelodrome.ca
Or phone the info line: 519-878-7849

TODAY'S SCHEDULE OF EVENTS

- # 1 GROUP B - Scratch Race
Team Points 7,5,4,3,2
- # 2 GROUP A - Scratch Race
Team Points 7,5,4,3,2,1
- # 3 GROUP B - Madison
Intermediate point sprints 7,5,4,3,2
Final sprint 7,5,4,3,2
- # 4 GROUP A - Madison
Intermediate point sprints 7,5,4,3,2,1
Final sprint 7,5,4,3,2,1
- # 5 GROUP B - Elimination Race
Team Points 7,5,4,3,2
- # 6 GROUP A - Elimination Race
Team Points 7,5,4,3,2,1
- # 7 GROUP B - Madison Race
Intermediate point sprints 7,5,4,3,2
Final sprint double points 14, 10, 8, 6, 4
- # 8 GROUP A - Madison Race
Intermediate point sprints 7,5,4,3,2,1
Final sprint double points 14, 10, 8, 6, 4 & 2

See Pages 9, 10, & 11 for race descriptions and point allocations.

'A' TEAMS

TEAM CAN-AM (Blue)

1. **Garnett Abbey**
Burlington



2. **Brian Crosby**
Arden Hills, Minnesota



TEAM QUEBEC (Blue/White/Red)

1. **Martin Rooseboom**
Montreal, Quebec



2. **Phillipe Raymond**
Montreal, Quebec



TEAM ONTARIO (Green)

1. **Daniele DeFranceschi**
Windsor



2. **Vince DeJong**
Brantford



TEAM LONDON (Yellow)

1. **Chris Vlemmich**
London



2. **Scott Lundy**
London



TEAM DELHI (Red/Silver)

1. **Mike Renneboog**
Delhi



2. **Dave Byer**
LaSalette / Toronto



Alternates

Brandon Throop



Stephen Meyer



'B' TEAMS

TEAM RED

1. **Rob Good**
Waterloo



2. **Ryan Aitcheson** 3. **Stephanie Bester**
Kitchener London



TEAM BLACK SU

1. **Lorne Falkenstein**
London



2. **Ivan Cernigoy**
London



3. **Sarah McKenzie-Pic**
London



TEAM ORANGE

1. **John Craig**
Petram



2. **Jean Bertrand**
Bermuda / UWO



3. **Emily McKenzie-Pic**
London



TEAM BLUE

1. **John Hueston**
Aylmer



2. **Rod Olliver**
Oakville



3. **Brian Kelly**
London



TEAM PURPLE

1. **Taylor Martin**
Burlington



2. **Joe Brennan**
New Jersey



3. **Kyle Rupay**
Peterborough



Alternates

Rob Kowal New Jersey



BECOME A MEMBER – Take the 'Learn To Ride' Session and start enjoying the fun of velodrome cycling. Sessions accommodating ages 8 to 88 presently available. FCVA have bikes and helmets available.

- Full Yearly Membership
- Family Memberships
- Out of Town Membership
- 3 Month Membership
- Student Membership
- Velo-Kids Membership
- Drop In Membership

Check the web site for full info: ForestCityVelodrome.ca

**TAX DEDUCTIBLE DONATIONS
ARE WELCOME.**

PLEASE MAKE CHEQUE PAYABLE TO:

Sport is Development Fund
65 Karen Walk,
Waterloo,
Ontario N2L 5X1



Amount: \$ _____

Or for your convenience your donation with this form may be left at the concession booth (Mary's Trak Snak Shak).

Mail receipt to:

Name: _____

Address: _____

City: _____

Postal Code: _____

Home Phone: _____

Email: _____

THE RACE WINNER:

The team who is ahead in laps at the end of the 6 days is the overall 6-day race winner.

In case of tie in laps, the teams are placed according to their points.

HOW THE POINTS WORK:

- Scratch races – Winner gets 12 points, 2nd place gets 11 points and on down to last place getting 1 point.
The points for each team are totaled and the team with highest total is awarded 7 points, 2nd highest total gets 5 pts, and on down to 1 pt for 6th place team on the scoreboard.
- Elimination Race – 1st rider eliminated gets 1 point, 2nd rider eliminated gets 2 pts and so on until the last rider who gets 12 points.
The points for each team are totaled and the team with highest total is awarded 7 points, 2nd highest total gets 5 pts, and on down to 1 pt for 6th place team.
- Madison Race – All point sprints are 7 points for first, then 5, 4, 3, 2 and 1 point
The last sprint of the last session is for double points 14, 10, 8, 6, 4 & 2.
- **Teams are awarded a lap each time they reach 100 points.**

For nightly results check: www.ForestCityVelodrome.ca
www.pedalmag.com
www.canadiancyclist.com
www.FixedGearFever.com

MADISON '101'

• THE OBJECT OF THE RACE :

LAPS - The object of the race is to go more distance, measured in laps, than your opponents. When a team manages to completely circle other teams, then they are awarded a lap. When teams are trying to gain a lap it is called 'a jam'.

The team who has ridden the most laps is the winner.

POINTS - Interspersed within the race the riders will sprint for 10 laps, the officials will hold up cards indicating the number of laps to go. Points will be awarded based on the finishes. At the end of the race points will decide the final placing of any teams that are tied in laps.

• THE BIKES :

Track bicycles have no brakes, no gears and are fixed wheel (you cannot coast). Contrary to what you might think - these are all in the name of safety. Braking or coasting would be a certain disaster with the speeds and close quarters on the velodrome. Slowing down is accomplished by trying to hold back the pedals.

The feet are locked into the pedals. This accomplishes two things. First the foot cannot slide off the pedal and secondly it allows much more power and smoother pedal action by allowing the rider to both pull up with one foot while pushing down with the other.

• THE TEAMS:

Each team has two riders, partners, with the same colour jersey. One member of the team is always in the race and the other member is resting, called 'riding relief'.

The rider in the race rides at the bottom of the track and the resting partner rides at the top above the blue line at a slow pace.

Each time the rider in the race approaches the resting partner he grabs him by the jamming tool and pushes him into the race to take his place. As soon as it is safe to do so he goes up above the blue line and has his turn to rest until his partner catches back up to him and the process is repeated.

• THE PICKUP :

Each rider has a reinforced pocket sewn into the back left side of their racing shorts. Inside the pocket is a tightly rolled and taped cylinder of cloth called 'the jamming tool'. The partner grabs onto the jamming tool and pushes them into the race. This both speeds up the ingoing rider and slows down the rider going on relief.

• THE JAM:

As mentioned previously, the object of the race is to go more distance, laps, than the other teams. When teams try to get away from each other and gain a lap it is called 'a jam'. Teams will be spread out all over the track with someone trying to break away and the others chasing to catch up and prevent losing a lap. It is important to always keep track of where the leading rider is. This takes time and the announcer will keep you informed of who is attacking, who the leader is, and the positions of the other teams.

• THE SPRINT:

The announcer will call for a 'sprint' during the racing. A sprint is a race within a race and may be contested individually or as a team. The official holds up cards at the finish line indicating how many laps are remaining to the finish. Riders race for 10 laps and are awarded points based on their finishing position. These points count at the race finish for teams tied with the same laps.

• SCRATCH RACE :

All team members are on the track. Watch the lap card holder to see how many laps are left in the race. Riders can attack and try to get away from the others at any time. The bell will sound with one lap remaining. Each rider is awarded points based on their finishing position. The team with the highest combined points wins and gets the first place points toward the overall standing.

• ELIMINATION RACE :

All team members are on the track. After 5 laps, the last rider to cross the finish line is eliminated. Every 3 laps after that the last rider is eliminated until only 2 riders remain to battle for the final win. Points are awarded based on placings. The team with the most combined points for the 2 members staying in the longest get the highest points. Like the sprints, these points count at the race finish for teams tied with the same laps.

• PRIMES :

You, as a spectator can donate a 'prime' (pronounced preem). Primes are prizes donated by the spectators or sponsors who want to see a special event. They may ask the officials to hold a sprint or award the first team to gain a lap. The primes are usually cash donations or merchandise. It provides advertising for the donor and always increases the race tempo. Prime sprints do not count for points.

SO NOW YOU KNOW ALL ABOUT IT
JUST SIT BACK AND ENJOY



THE FOREST CITY VELODROME

- Designed & Built By Apollo Velodrome Systems
- 138 Meters in Length
- 50° Banking
- 17° Straightaway
- V.I.P. Corporate Boxes

WEEKLY PROGRAMS:

- Velo-Kids – Ages 7 To 14
- Learn To Ride Sessions For All Ages
- Recreational Cycling For All Ages
- Grand Masters Huff & Puff Cycling
- London Track League Racing
- Saturday Night Madison Racing

FOR MORE INFO SEE : www.ForestCityVelodrome.ca
Info Phone Line: 519-878-7849