



Campus Pedal Prix

General Guide to Campus Pedal Prix

2012

2012 Important information

Training dates TBA – refer www.campuspedalprix.com.au from 15/3/12

Races Victoria Park 6 hour race Sunday 27 May
 Victoria Park 6 hour race Sunday 29 July
 Sturt Reserve Murray Bridge 24 hour race Friday 14 – Sunday 16 September

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 Team Manager/Campus Co-ordinator Bec Moore 8270 4222 (Thiele)

What is Pedal Prix?

Pedal Prix is the riding of 3 wheel recumbent trikes as members of a team, working together under race conditions. The team competes in 2 x 6 hour races held at Victoria Park in May and July, as well as the Big Race, a 24 hour event at Sturt Reserve, Murray Bridge in September which caps 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.

In 2011 we formed our own Old Scholars Team, to help dedicated riders who were going to secondary schools where Pedal prix was not offered, to be able to continue to participate in a sport for which they had developed a passion. Riders in this team must have ridden with the primary school team for at least one year. The 2011 team showed that the commitment, fitness and drive of this team calls for a competitive team who are focused on a common goal where all riders need to be self motivated in their personal fitness training, as well as working together as a team in training and at races. These riders are also looked up to by many primary riders and are considered role models for the younger riders.

What are the expectations of students

On Campus, we do not expect any of our primary 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 log book. Every student is expected to display team work and team spirit and represent Campus 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 Campus. It is run predominantly by parents and a few key Campus Staff, with support of Campus Leaders. It is therefore 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 & 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 be a training milestone or bettering a previous best lap time/number of laps, as well as a sense of pride in our Campus team. Lasting friendships across Campus have formed through involvement in the team. Have FUN!!

Many of our parents say how much satisfaction they get 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 or watching 2 of our bikes riding side by side, with riders encouraging each other to keep going. Parents get to meet and work with parents and teachers from across Campus, 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. Depending on the number of riders in each team, this may mean that they get around 3 rides on race day and need to be aware that it may be a couple of hours or more between rides. 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 & enthusiasm to training. From time to time, the Team Managers may need to change the rider order during the race. They do not do this lightly, but 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 2 x 6 hour races start at 10am and finish at 4pm. Before this we need to set up our pits, catering and mechanics. We also have to “tag” all riders with bands that allow them to race, and walk the track with them to ensure they are comfortable with the track. This is done as a team to get the “team spirit” going. 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 2012 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.

WE REQUIRE ALL THESE FORMS BACK BY FRIDAY 24/2/12 PLEASE.

A writable PDF Training Log Book will be emailed to all riders once forms have been returned. We set a challenge of achieving 150 training kilometres prior to the September race. Students record their training, either riding their bikes, walking/running or swimming. Please note 2kms of bike riding is worth 1 training km, walking 2km is worth 2 training kms, swimming 500m is worth 1 training km. Riding the pedal prix cars is worth the actual distance as for walking/running. Many of our parents give the responsibility of keeping the log books to their child, but we do need an adult to verify the recording please. The log book is to be emailed to Team Managers monthly, so that progress can be recorded and certificates can be issued to encourage them along the way. Instructions and email details will be included in the form.

Cost

Fees for 2012 have been set at \$120 per student (\$100 for subsequent students from the same family). This fee includes a polo shirt for the rider. It also helps cover a Campus sports levy, 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. Our catering team in the past has also organised dinner Friday night, breakfast Saturday and lunch Saturday for a small 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 races for **all family members** for whom meals are ordered). Our caterers also organise food for our team at the May and July events and while we are not allowed to sell to the public (due to on-site food vendors) we take "donations" to cover our costs and usually make a small profit which helps with our fundraising.

We keep the cost to families low, but we still have an annual operating budget of around \$20,000 for events and maintenance. The Campus provides us with practical support including staff as well as use of facilities around the school for training, meetings and fundraising. The financial side of our budget requires us, as a team, to raise all funds needed. With bikes costing 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

Gold Sponsors -Bridgestone, Aberfoyle Park
 -Tonkin Schutz Design and Build
 -Wanted! Brands, Harbour Town
 -Pinnacle Trikes

Silver Sponsors -Kyttons Bakery, Edwardstown
 -LJ Hooker, Aberfoyle Park
 -BSC

Bronze Sponsors -A1 Apparel, Aberfoyle Park
 -Underground Designs, St Agnes
 -MXits (website)
 -The Hub and the Hill Recreation Centre

along with Bunnings - Marion, Woolworths - Aberfoyle Park, Foodland - Aberfoyle Park, Southside Chickens - Murray Bridge. Some sponsorships are 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 Monday 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.

- Monday afternoon - run by Chris Gent and other experienced trainers. Includes team building/fitness 3.15 – 4pm (approx). We strongly recommend that all students have a snack to eat on their way to training and bring a bottle of water.
- Thursday morning 7.45 – 8.30am using their bikes on a track close to school (no roads to cross) run by a team of experienced parents and a teacher, with current police checks.
- Sundays, in the trikes. 2 hours required by riders each week, within a specified time frame (eg 2 x 2 hour sessions will be offered). All training details will be confirmed by week 7 term 1 and will commence Sunday 15 April. All riders must attend the four Sunday training sessions prior to the May Race (29/4, 6/5, 13/5 and 20/5) to gain experience in riding and safety requirements of the cars as well as track rules on race day. In addition, two initial training sessions will be offered during the April school holidays 15/4 and 22/4. These sessions are highly recommended for all riders. 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 in excellent condition (no taped, cracked helmets are accepted as this could put a rider at risk of serious injury during crashes)
- ✓ Good quality glasses or goggles. 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.
- ✓ Good quality sport socks. Riders wear cleated shoes for riding. These shoes are firm fitting and quality sport socks can help to make wearing them more comfortable and help avoid blisters.
- ✓ 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, we prefer to email notices where possible. This includes information such as newsletters, training advices and important information regarding races.

You will be asked for your preference for receiving information in the forms pack. Please provide your email address to help facilitate this. If you would like emails to multiple address, please provide details of all addresses (ie work emails as well as home).

Polo shirts

As previously mentioned, each rider will receive a polo shirt as part of their fee. This shirt is theirs to keep. We need to place orders by end of March to enable us to have them in time for the May race. Family members may order additional shirts at cost which is \$40 this year. Families are asked to provide the shirt size for their child (please include room for growing through the year) and indicate the numbers and sizes of any extra shirts required. Families will be invoiced for extra shirts along with the invoice for the rider fees.

We also offer the opportunity to purchase a Pedal Prix wind jacket, which is not year specific. This is at the cost of families and would be optional. We would expect that, by making them not year specific, one may last a rider through their Pedal Prix years, and could possibly be sold as a second hand item to new families or handed down to siblings. Please indicate if you wish to purchase a wind jacket at a cost of \$75 each. We need to order a minimum of 10 jackets to be able to have these made.

Sponsorship and Fundraising

Pedal Prix is an expensive sport to run and relies heavily on sponsorship and fundraising. A major fundraiser, held every year, is the Campus disco, usually held in May June. It is an expectation that every family contributes to the planning and running of the disco. We will be holding a number of 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 two sausage sizzles 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? We have Gold, Silver and Bronze sponsorships available. A sponsorship document is available for all prospective sponsors to enable them to decide if sponsorship of our team is for them.

Committees – positions, roles and responsibilities

This is intended to provide a basic description of positions. A more detailed position description can be found on our website campuspedalprix.com.au

Pedal Prix Committee

- **Chairperson** – Chairs monthly meetings of the committee. Responsible for the overall day to day operation of Pedal Prix for Campus. Ensures that all operational activities are assigned and followed through.
- **Pedal Prix Manager/Campus Co-ordinator** – Has ultimate responsibility to the students, conflict resolution & ensures that administration work is completed. Reports on the activities of Pedal Prix to the Campus Leaders and relevant Campus committees. This position is held by a Campus nominated staff member.
- **Communications officer**– takes minutes for all Pedal Prix Committee meetings and organises regular newsletters for Pedal Prix families, to ensure they are up to date with information. (copies of past newsletters are available for updating each year)
- **Head Mechanic** – leads the mechanic team to build and maintain Campus Pedal Prix bikes to ensure they comply with the safety rules of AIPP. Reports on mechanic activities and issues to the Pedal Prix Committee.
- **Team Managers** – responsible for the training and education of the students in riding of the bikes and race rules & etiquette. Create training plans, team selection for races and report on their activities to the Pedal Prix Committee.
- **Catering Manager** – leads the catering team to plan and organise healthy, nutritious meals and snacks for all races. Assists the Fundraising team by organising canteen requirements for the annual Campus Disco. Reports on activities of the catering team to the Pedal Prix Committee.
- **Fundraising Manager** – Plans all fundraising events on behalf of the team and organises rosters for assistance from all parents (& riders where appropriate). Reports on activities to the Pedal Prix Committee.
- **Logistics Manager** – leads the logistics team to prepare the equipment and site for each of the races is organised and functional. Ensures safety aspects are considered and covered off, to reduce risk of injury or damage eg organise electrical testing and tagging. Reports on activities to Pedal Prix Committee and liaises with all other managers to ensure needs of each team are covered.
- **Marketing/Sponsorship** – maintains relationships with current sponsors to ensure they are happy with their sponsorship returns. Looks for opportunities to bring new sponsors on board, either cash sponsors or goods in kind. Looks for opportunities to market Campus Pedal Prix and our sponsors by way of organised events such as Campus Fair, Open Days, Fundraising activities etc. Reports to Pedal Prix Committee.
- **Website Manager** – Maintains the Campus Pedal Prix website with current information. Reports to the Pedal Prix Committee.

Teams and other necessary roles

- **Mechanics** (3-4 required) 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. Meet regularly as directed by Manager.
- **Catering** (3-4 required) Assist Manager to prepare menu for meals and snacks available to our team at races. Assist in shopping and preparing food items. Meet as required by the Catering Manager. Assistance from other parents will be required on race days.
- **Logistics** (2-3 required) Assist Manager in preparing list of requirements for each race, transporting equipment to each race and helping to co-ordinate team in setting up the team site for each race.
- **Trained Marshals** (4 required) 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 test. We try to use different Marshalls for each race to spread the load.
- **Pit Crew** (possibly 10-12 required) – Pit Crew are responsible for assisting riders in change over of riders. They assist riders into and out of vehicles and ensure that safety checks are carried out eg seat belts are correctly fitted, done up, helmet and safety glasses are on and assist with getting cleated shoes in and out of pedals. 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 on Campus, the benefits and rewards are great for all who take up the challenge.

Are you ready for the Challenge?