

Eastern Cycling Club Course Notes

1. Overview

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.

2. Criteriums

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 **XXXX** you must obey their instructions on the road.**
14. **The racing time will be:**
 - A Grade 60 minutes**
 - B Grade 55 minutes**
 - C Grade 50 minutes**
 - D Grade 45 minutes**
 - E Grade 40 minutes**
 - F Grade 35 minutes**

Followed by the bell lap.

Criterion Specific Course Notes

Casey Fields

1. Riders are permitted to pass higher grades.
2. Riders with mechanical issues can have 1 lap out (or at the discretion of the Race Referee)

Dunlop Road

1. You are **NOT** permitted to pass a higher grades
2. Dunlop Road is an open road circuit, you must comply with the road rules 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. 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.

4. Riders with mechanical issues can have 2 laps out (or at the discretion of the Race Referee)

METEC

1. Riders are **NOT** permitted to pass a higher grades
2. Groups can pass lower grade in the chicane, but No rider is to use this passing to advance their position.
3. Riders with mechanical issues can have 2 laps out (or at the discretion of the Race Referee)

The Teardrop

1. Riders are **NOT** permitted to pass a higher grades
2. The hairpin is heavily restricted at the marked location:
 - a. NO pedalling through the hairpin.
 - b. NO passing through the hairpin.
 - c. NO group passing through the hairpin.
3. Riders with mechanical issues can have 3 laps out (or at the discretion of the Race Referee)

Bazalgette Crescent

1. Riders are permitted to pass higher grades.
2. Bazalgette is an open road circuit, you must comply with the road rules 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. Riders with mechanical issues can have 2 laps out (or at the discretion of the Race Referee)

Rocco Drive

1. Riders are permitted to pass higher grades.
2. Rocco is an open road circuit, you must comply with the road rules 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. Final sprint to - rider are not allow to use the right hand lane
4. Riders with mechanical issues can have 3 laps out (or at the discretion of the Race Referee)

2. Road Races – Out and Back

General

(Just read out the bold points of the following)

- This is an open road circuit and is not closed to vehicular traffic, you must comply with the road rules 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.**
- 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
- 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.
- 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.**
- 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.**

- Your bunch captain is **XXXX** you must obey their instructions on the road.**
- The race distance shall be**
 - A Grade xx Laps**
 - B Grade xx Laps**
 - C Grade xx Laps**
 - D Grade xx Laps**
 - E Grade xx Laps**
 - F Grade xx Laps**

Road Course Out and Back Specific Course Notes

Seymour

- Turnarounds are neutral.**
There is to be no passing or attacking at the turnarounds.

3. Road Races – Kermesse

General

(Just read out the bold points of the following)

1. This is an open road circuit and is **not closed** to vehicular traffic, you must **comply with the road rules** 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.
2. Rear riders are to inform leading riders of 'cars back', lead riders to back off and call the cars through at earliest possible opportunity
3. **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.**
4. 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.

5. Your bunch captain is **XXXX** you must obey their instructions on the road.
6. The race distance shall be
 - A Grade xx Laps
 - B Grade xx Laps
 - C Grade xx Laps
 - D Grade xx Laps
 - E Grade xx Laps
 - F Grade xx Laps

Road Course (Kermesse) Course Notes

Yarra Glen

1. This is a right turn circuit, there are three right turns.
The first, off King Street, and third, on to 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, is 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 has blind crests.
7. Laps

A Grade 12 Laps

B Grade 12 Laps

C Grade 9 Laps

D Grade 9 Laps

E Grade 6 Laps

F Grade 6 Laps

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**
4. **Laps**

A Grade 12 Laps

B Grade 12 Laps

C Grade 9 Laps

D Grade 9 Laps

E Grade 6 Laps

F Grade 6 Laps

Jindivick

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 until the race passes the Main Jindivick Road then the race begins.**
3. **Take caution on short sharp decent at the tight left onto Old Main Jindivick Road. Make sure not to cross the white line. Riders who do will be disqualified.**
4. **Laps**

A Grade 3 Laps

B Grade 3 Laps

C Grade 2 Laps

D Grade 2 Laps

E Grade 2 Laps

F Grade 1 Laps

4. Road Races – Handicap

General

(Just read out the bold points of the following)

1. This is an open road circuit and is **not closed** to vehicular traffic, you must **comply with the road rules** 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.
2. 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
3. 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
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, 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.

Road Course Handicap Specific Course Notes

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.

Garfield

1. At the 1st corner, turning left on to Nar Nar Goon-Longwarry Road, we can not ensure that cars will stop, therefore if there is a red flag you must stop. This also applies to 4th corner when turning left on th 13 Miles road.

5. Individual/Team Time Trial (Thornton)

General

(Just read out the bold points of the following)

1. This is an open road circuit and is **not closed** to vehicular traffic, you must **comply with the road rules** 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.
2. If a marshal shows a Red flag, riders must stop.
3. When passing a slower rider;
 - Give them room
 - DO NOT cut down on them, stay up until you have cleared the rider
4. Rider are not to draft off the back of another rider.
5. In the finish maintain your line, in case there is another rider behind you.
6. 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.