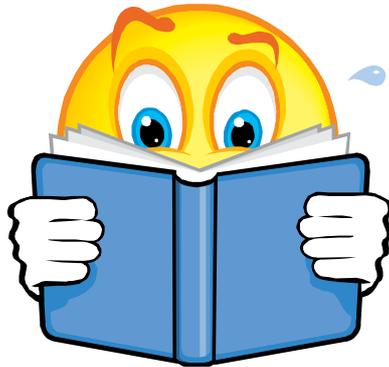


St Mark's  
Lutheran Lightning  
Pedal Prix Team

# A Parent's Guide to Pedal Prix



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**Reference: this guide has been adapted from** the Aberfoyle Park Primary School Campus – Pedal Prix Ultimate Guide 2011.

## Introduction:

This guide has been designed to support the information evening for the pedal prix team.

The team has been going now since 2008 and parental involvement over the years has built up a great deal of experience and knowledge. However, each year with the departure of students to high school some of that knowledge goes with them.

St. Mark's Lutheran Lightening currently has one race ready bike and one training bike.

This guide is designed to be updated regularly and will serve as a source of information for new parents to the sport. In particular the 24 hour race is a huge event which does require extensive planning and can be a mammoth task without some background knowledge.



**Jaz Hicks first race Victoria Park 2011.**

## Human Powered Vehicles – HPV Super Series.

The Australian International Pedal Prix Association (AIPP) runs three events each year which forms the championship series. The first two races are six hour events held at the Victoria Park racing track.

Points are awarded to each team based on where they place in each race and, as well as winners being recognised for each race, the teams in each category that earn the most points over the three races are crowned the Championship winners.

Historically: the first race is the first time for most of the students on the track, especially with approximately 150 other bikes. This race has been used as the “get to know you “race. We encourage the children to do their best but the main aim is to have fun and enjoy the experience.

There is no comparison of each rider as this isn’t helpful in building a team and serves no purpose in the overall plan of the race. Each child takes his/her own time to get comfortable in the bike and with the racing conditions. Encouragement and positive reinforcement is what is needed especially during the time of getting used to being in the team, racing conditions and other parents etc.

We always encourage the children to do their best but each child is different in their strengths and overall it is about having fun.



Ready for race one - 2011

## **Sponsorship:**

Each year it is up to the new team to seek sponsorship for the team. This money pays for new shoes, equipment for the bike etc. The school will be able to provide the financial statement that the previous year's team has left for you.

The school pays the entry fee for all races but there is still a need for extra money. If you know of anyone who would be interested in supporting this team, please let the team manager or school principal know.

Without the help of our sponsors the team would not be able to race.

## **Training:**

It is advantageous to start training as soon as you can. Most years we have used the Gillman reserve at Oakbank as they have a track which is used by other schools. Closer to the race it is a good idea to go to Victoria Park and let the children get used to riding the track before the race day.

Over the years teams have trained in a variety of ways but as long as each child gets enough time in the bike to get used to the handling etc. Preparation for the first race is generally focused on getting the children used to the bike and gaining confidence with their times.

We have encouraged the children to bike ride as often as they can to build up their fitness.

Some teams have timed practice sessions to assist the child in seeing their improvement but that is up to the individual parent. Some team members will be slower than others and sometimes it may not be beneficial to record the slower times when trying to encourage their child's confidence. At the end of the day, as long as the children get around the track and have fun - that is the main incentive of the team.

## **Parent Roles in the group:**

For any team to function effectively there are roles that must be filled to ensure the team readiness for race day. These are:

- Team manager
- Team Secretary/communication manager
- Mechanic
- Catering manager
- Marketing /sponsorship manager
- Equipment manager

These roles will be sorted at the first meeting for the year. The team will not function if these roles are not filled and supported by the parent group. Even if you can't take on a whole role, consider putting your hand up to assist. Everyone needs to "pitch in"

On race day parents will be required to take turns at:

- Race computer – mapping lap times
- Pit crew – helping the children in and out of the bikes
- Catering –
- Looking after equipment
- Ensuring the race order is maintained and that the children are ready.
- Marshalling (more information from the website)

This may sound a lot but shared out over the whole parent group it really doesn't impede very much on the day. We have always tried to ensure that parents are not rostered when their child is racing so that they may enjoy watching the achievements of their child.

### **Coming together as a team:**

We have found that over the years the children do come together as a co-hesive team with the assistance of the parent group. This is where no comparison and encouraging all riders is essential from a parent point of view. By the end of the season all the children are generally a very tight group who take immense pride in their team and racing. Wait till the end of the 24 hour race and you will see how much of a team they have become!

Also from a parent perspective it is a great opportunity to get to know other parents and good friendships have been made over the years.



Some of the great parents from 2011.

## **Victoria Park:**

The first two races are held at Victoria Park racing on the Clipsal track. These races are six hours long and provide a great opportunity for the new riders to prepare for racing amongst adult teams and prepare for the 24 hour race. It is an early start for all to get the tents up and race ready, then the wait until start time but well worth it.

Preparation for the race includes:

- **Bike preparedness** – all bikes are scrutineered before the race by AIPP officials. Bikes who fail the scrutineering will be usually given an option to get the bike fixed and re-present or may be disqualified from the race. (this information will be available on the website closer to the race)
- **Catering**: Very important role for the day. This includes the provision of breakfast, morning tea, lunch and afternoon tea for riders, parents, siblings etc.
- **Equipment**: this includes computer, whiteboard, hanging wardrobe slings for the children's gear, Urn, power boards, generators, eskies, chairs, tents and barbeque.
- **Racing shoes**: the school holds a stock of various sizes which are kept in the trailer.
- **Foam for seats**: Each child will have their own way of having the racing seat adjusted and the foam provides the extra support they need.
- **The school provides tents**: Generally we have used two tents set up next to each other in the pit with the trailer at the rear open. The trailer is a great storage area during the race.

The race is a rolling start which means that all bikes are behind a pace car and do one lap behind the car which then leaves the track and away they go. It is a real spectacle to see and one the children really celebrate.

Although encouraged to do their best our only expectation is that the children try their best and enjoy the atmosphere and experience of the race.

If we are lucky enough to get points the better!!!



## 24hour Race Murray Bridge:

This is the last race for the season and by this time the team are ready to go for 24 hours!! It takes a lot of preparation for this race as it is over a long period of time.

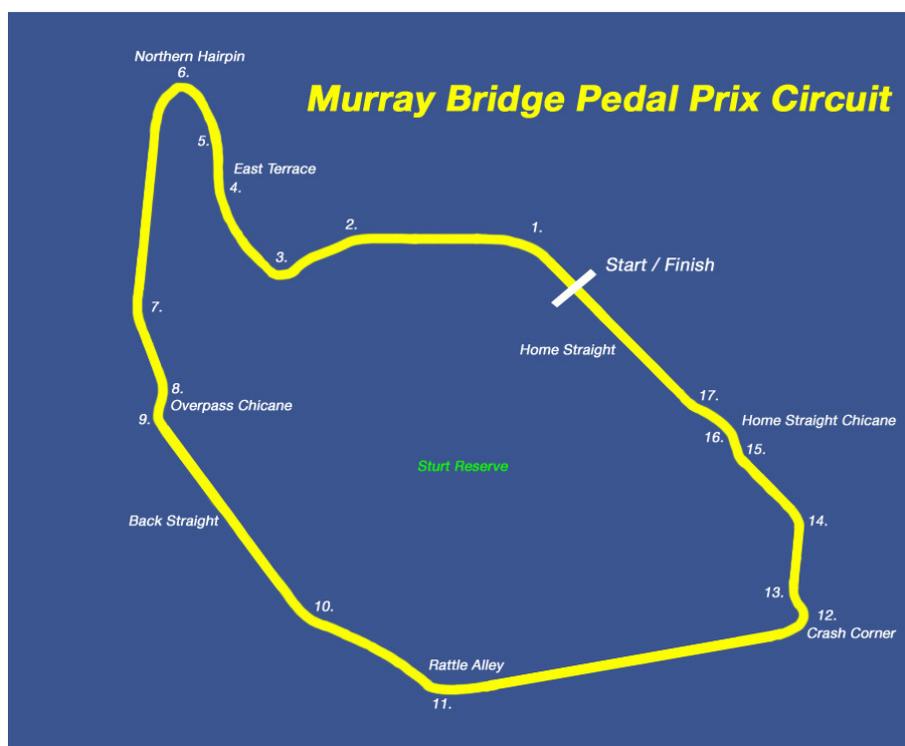
This is the “big” race and is tremendous fun as well as a lot of work. By the time this race comes around the team is working well and the parent group have worked out who does what and when.

### Information about the track:

The race is held at the Sturt reserve at Murray Bridge. This is a DRY ZONE. No alcohol is permitted to be consumed on the reserve. People found with alcohol will be asked to leave the reserve. Smoking is also not allowed near the pit area or generators.

This race is heavily policed with security staff around the track.

Closer to the race day you will be able to access all the details you need about the track off the official website. <http://www.pedalprix.com.au/news.php>



### **Camping:**

Competitors and families camp at the event on site. There is ample room for tents etc. Scattered around the track are toilets, and minimal shower facilities. The AIPP allocate only a small space for each team for camping but there is more space behind the pit area for caravans etc. There are literally hundreds of tents at the time and thousands of people.

Children need to be up at the race track early Saturday morning to ensure that all is ready to go. Some families sleep at the track on the Friday night as there are time trials and racing exhibitions on the track.

On the Friday the team needs members at the track to assist in putting up the tents and setting up camp. Again, we generally have the two tents because we only have one pit space.

### **Catering**

This is a big job as you are providing food over two days and it is so important that at this race the children have nutritious food to keep energy levels up. The provision of healthy food for the riders is a big job but with good preparation it all goes so smoothly and everyone is well fed for the entire time.

### **It goes over night**

Overnight as the race goes on and as the night falls the race gets build with excitement. It is an amazing time for the riders to go around the track under lights. The children need to be encouraged to grab sleep when they can (and that goes for the parents as well!!). Expect that you will have a lack of sleep for the weekend and you won't be disappointed. It is such a great experience – tiring but great. Your team manager will discuss with the group closer to the race how the race order will be run over the night sessions.

The children seem to handle the night racing well but need encouragement at times to rest.



## **Pedal Prix in 2012.**

The dates for next year have been released. More information will be available on the website as it gets closer to each race.

The school will forward all emails to the team manager and anyone else nominated from the team. They in turn will disseminate it to all members.

Below is the hyperlink to the official site.

<http://www.pedalprix.com.au/news.php>

### **2012 List of Events**

Round	Event	Date	Venue
1	6 Hour	26 - 27 May	Victoria Park, Adelaide
2	6 Hour	28 - 29 July	Victoria Park, Adelaide
3	24 Hour	15 - 16 September	Sturt Reserve, Murray Bridge

- The website will also have the event manuals for each race and a map of the track with the pit numbers. This isn't loaded onto the website until early 2012.

Good Luck for the coming race season. As a parent, it is a wonderful experience watching your child race around a track with hundreds of other bikes and just having such a good time doing it.

