



Crit Racing Tips

Crit Etiquette

Riding etiquette is the consideration you extend to other riders around you and the common sense you have to ensure your safety and that of other riders. The following tips are provided as a guide to better riding but the best lessons are learnt when riding so make sure you ask someone if you're not sure of anything.

- FCC maintains the standing rule that Lap 1 is a control lap (no attacks)
- Not attacking as a faster bunch (A or C grades) passes.

Some Crit Guidelines

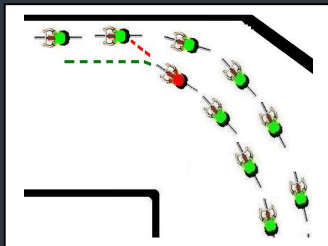
Following your line and following your wheel are similar rules in criterium racing but there is a subtle difference.

Following your line means to not deviate unexpectedly from your current path, particularly if doing so will impede the path of another rider. ie. Don't cut someone off.

Following your wheel, which follows logically from the rule above, means to ride behind the wheel of the rider in front.

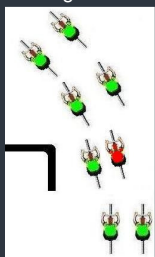
Both *rules* ensure safety and fair racing. Lets look at 2 examples.

Follow your line: on cornering, the rider in red is trying to cut in front of the green rider. This is dangerous to riders behind possibly causing a fall. The rider in red needs to follow the green dashed line to *follow a safe and correct line*.



Follow your wheel: the rider in red, below, is forcing the green rider off his line. This will disadvantage the rider in green.

When following a wheel ride behind the rider in front of you. Also, remember to ride smoothly and safely.



Phil to Step Down as Secretary

Phil Tehan has announced he will step down as club secretary at the coming FCC annual general meeting in April. After having served as secretary for more than 14 years Phil has decided to step down from the position citing personal reasons (retirement & travel). Phil has been a tremendous entity in his time as *Club Secretary* giving countless hours to the sport. As secretary, Phil has welcomed many new members to FCC and ensured the success of each road season by obtaining race approvals from the appropriate authorities. Phil's resignation will cast doubt on the 2011 road season should we be unable to find a replacement. FCC will be looking to replace Phil in this key role. If you're interested please speak with Mick or Phil about the role. *More details available on the web.*

FCC AGM

The Footscray Cycling Club Annual General Meeting will be held 7pm Monday April 12th at the Williamstown RSL. Each April club members discuss and vote on club issues effecting the future direction of the club. We encourage as many members as possible to attend. This is your club! Get involved!

This year we need to elect the following positions;

- Secretary
- Assistant Secretary (Memberships)
- Assistant Secretary (Race Approvals)

Full training and assistance will be provided for each of the roles.

We need greater participation by members to ensure the high quantity and quality of our racing!

NB: In the event that the positions are not filled, in particular the Race Approvals, our Road Racing as we know it will change significantly.

See the [fcc website](#) for more details.

Drake Blvd Update

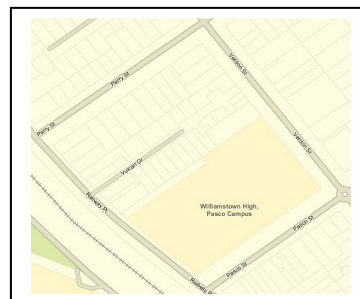
Council approval has now been obtained, however, Police approval is still required.

On 9 February 2010 Hobsons Bay Council approved FCC racing at Drake Boulevard. The approval has now been forwarded to Vic Police for approval. Police approval can generally take up to 2 months. It is likely that we will have access to the circuit for the 2010 winter series this year and the upcoming 2011 Summer Criterium season. Stay tuned.

Road Season Roster

The 2010 road season is almost here and we ask all FCC members to help ensure safe racing by completing their marshalling duties. For FCC to have a successful road season the club is required by law to have **road safety marshals**. Nominate your weekends on the nomination form (emailed and available online). Please return your forms by **Friday March 19th**.

50th ANZAC Day Criterium



Least
we
forget.

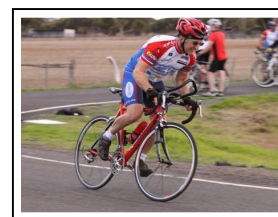
TwentyTen sees the 50th Edition of the FCC ANZAC Day Robson Memorial. Williamstown will again host this year's event which promises to be a fantastic experience. Previous winners of the ANZAC Day Classic have been invited to watch today's best riders battle it out for podium honours. Hobsons Bay Mayor and other state dignitaries will participate in FCC ANZAC Day Memorial Festivities.



ITT 2010

To some the Individual Time Trial (ITT) is a four letter word. For others it's a chance to prove themselves to their peers. Which ever way you look at it, it's *tough*.

The sheer mental challenge of pushing your body to its limits is what arguably makes this race tough. Two riders might physically be the same, lean, fit and fast, though the rider whose mental focus is superior will win. The 2010 ITT sees hot favourite Daniel Hopper looking to upset defending champion Adam Murchie.



Helmets

Just a reminder to all club members that Helmets **MUST** be worn at all times while riding (includes to and from the circuit). This is not only a CSV rule but it is also law.

Race Report

FCC Graded Criterium Races
V.U.T. Saturday Feb' 20th, 2010.

In tough & hot conditions, Dom Dudkiewicz beat the in-form Steve Pilson to win the FCC **A-Grade** race held in honour of the late Darrin Hobbs. Dudkiewicz, Pilson, Lachlan Doak and Adrian Hansen broke away and built up a bullet-proof lead. Geelong resident Doak took out the Intermediate Sprint. On the finishing approach, Dudkiewicz managed to get the jump on Pilson & hold him off with Doak and Daniel Hopper a courageous third and fourth.

A-Grade: 1st Dom Dudkiewicz, 2nd Steve Pilson, 3rd Lachlan Doak, 4th Daniel Hopper and 5th Lucas Renieris.

B-Grade decided to hit hard & fast from the start. Dylan Newman broke away to win the Intermediate Sprint. Intern't'l rider Tim Lin Chang attacked over the hill to build a lead approaching the finish-line, but slowed in the headwind & the peloton swamped him at the line, with Nathan Wilson threading his way through to take the sprint ahead of Veteran rider Malcolm Hayes with Chang placing third.

B-Grade: 1st Nathan Wilson 2nd Malcolm Hayes, 3rd Tim Lin Chang, 4th Darren Ward and 5th Dylan Newman.

C-Grade saw 23 starters tackle the difficult conditions with the bunch largely surviving until the end and contesting a bunch sprint. New club rider, Dwayne Peter-Budge won a tight sprint from Matt Johnson; the two only separated by centimetres, with Ian Duffin close behind in 3rd place.

C-Grade: 1st Dwayne Peter-Budge, 2nd Matt Johnson, 3rd Ian Duffin, 4th Paul Young and 5th Tom Moloney.

In **D-Grade**, Ben Van Duijne powered off the front of the peloton to take the win. Van Duijne taking off over the hill & finishing clear of the chasing peloton, headed by Michael Young, Peter Nannery & Don Fraser.

D-Grade: 1st Ben Van Duijne, 2nd Michael Young, 3rd Peter Nannery, 4th Don Fraser.

E-Grade contested a bunch sprint that saw first time racer Goran Pajic win from Adrian Williams and Andrew Schiesech.

E-Grade: 1st Goran Pajic, 2nd Adrian Williams, 3rd Andrew Schiesech.

Full [race reports](#) available online.

FCC News



New Kit

The new look FCC kit is now available.

FCC executive Rob Stocker is now taking orders. See the website for full details.



FCC & BikeForce win in Perth



Refer a Friend

Know someone who's a little keen on cycling but never really taken the step? The sport of cycling is continually growing and cycling itself has so many benefits.

FCC is one of the best clubs in Victoria so why not encourage a friend, colleague or family member to participate. Try racing with a 3 Race licence.

Club member Matt Gordin of the Bike Force team recently joined forces with other members of the team from W.A. to compete in the 4 event Perth Criterium series held around the café strips of Perth. Bill Gordin won on the 2nd night in North Bridge leading in to the last two corners to hold off the bunch.

Upcoming Events

Winery Tour

Sunday, March 14, 2010

A reminder for our wine buffs, the FCC winery tour is on Sunday 14th March, 2010. See the Website for pick up/drop off details.

O'Brien Memorial

Saturday, April 3, 2010

We remember Frank O'Brien.

Racing starts from 10:00 am

The race starts from the Little River Cricket Oval, You Yangs Rd, Little River.

Melways reference 200 C4.

2010 FCC ITT Championship

Saturday, April 10, 2010

The FCC ITT Championship is run annually in April.

Racing at will commence 1:30 pm

Open ITT is 40km

All other grades will be over a distance of 20km

The ITT will be held at Little River. See website for full details.

Giramondo Invitational

Saturday, April 17, 2010

We remember past member Mario Giramondo in our annual classic race.

Racing at will commence 1:30 pm

The Giromondo Invitational is held at Little River, You Yangs Rd, Little River.

Melways reference 200 C4.

ANZAC Day Robson Memorial – 50th Year

Saturday, April 24, 2010

We honour past FCC member Bob Robson in the Classic ANZAC Day Robson Criterium.

Racing will commence at 1:30 pm

Location is Pasco / Verdon Sts, Williamstown.

Melways reference 56 B9

See the [fcc website](#) for full details.

FCC Sponsors

Executive members Rob and Vito have worked hard throughout 2009 to maintain current sponsors and attract new sponsors. Check out our major supporters.

FRF COURIERS Go to FRF

Sports for your high end racing needs.



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and discounts to all FCC

members. **BIKEFORCE**

Replenish For good health through healthy eating check out Replenish.



AUST AB provide quality

foods at their Williamstown seafood restaurant.