



Aberfoyle Park Primary School Campus

Pedal Prix

**The Ultimate Guide
to the 24 Hour Event
in 2013**

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Purpose of Document / Background

Over the years, a number of parents have remained involved in Campus Pedal Prix and have built up a great deal of experience and knowledge about what to expect each year.

However, at the end of 2008, many of these very experienced parents left and 2009 saw a large number of new families join the group. It became apparent that a lot of the knowledge held by the more experienced parents had not effectively been passed on to the new families.

In particular, families new to Pedal Prix in 2009 had very limited or no knowledge about what to expect at the 24hr race in September.

The Campus Pedal Prix Committee therefore decided that an information session should be held for parents to explain everything about the 24hr event so that they will be able to prepare themselves and their children for this mammoth occasion.

This document is designed to support the Parent Information Session so that none of the crucial information is lost to people's memory. This document will continue to be an important repository of information as Campus Pedal Prix moves through similar "life cycles" in the future.

The Campus and the Pedal Prix Championship

The Australian International Pedal Prix Association (AIPP) runs three events each year as part of a championship series. The first two are 6 hour events at the Victoria Park racecourse and the third is a 24 hour event at the Sturt Reserve in Murray Bridge.

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

At the Campus, we are not concerned about the Championship. We use the two races to give the students experience in racing conditions. For many students, the first race is quite nerve-racking as they have only been in a Pedal Prix trike a few times, and certainly not with 180+ other trikes whizzing past.

Although they are encouraged to do their best, our only expectation is that the students try their hardest and enjoy the experience.

At the second race in July, with additional training time in the trikes under their belts, we aim for them to improve on the times they achieved in the first race. If we are able to achieve a good finishing position then that is a bonus, but not the be-all-and-end-all.

The 24 hour event is where we have our greatest expectations. By the time this event comes around, all our students should have had many hours practicing in the trikes and should now be confident in handling them in racing conditions.

We do not compare students, as we know they are all different and have different levels of ability. However, this is a competitive sporting event and we do expect each student to try their hardest and by doing so, help their team.

Above all else, we want all the students to enjoy the experience and their personal achievements and that they will promote Pedal Prix to their friends so that Pedal Prix can continue to flourish at the Campus.

The September Event

The following sections will endeavour to describe all the important things that you need to know about this event. This event is a major logistic exercise for the AIPP to run and on a lesser scale, for us at the Campus.

Sturt Reserve, Murray Bridge is a DRY ZONE. No alcohol is permitted to be consumed on the reserve. People found with alcohol will be removed from the reserve and not permitted to return. Please also note smoking is not permitted in or adjacent to our pit, catering, timing or camping area or near the generator.

Every person must pay AIPP a \$15 entrance fee to enter the track. Children under 10 are free. A wrist band will be issued, which must be worn for the duration of the event. Wrist bands are available at the gate. Once issued, you are able to come and go from the track as much as you like, providing you are wearing your wrist band. The offer to pre-purchase wrist bands has now closed. A payment form will be issued with catering order forms.

Cars may be parked in the long term parking area in the middle of the track. A \$10 fee per vehicle applies and the issued permit must be displayed in the vehicle at all times (inspections are done and cars can have fines issued if permit not displayed). Any vehicle remaining inside the track after 9am Saturday morning cannot be moved until after completion of the race on Sunday. If you feel you need your car during the weekend, you will need to find a suitable parking space outside the track. Please be aware of council parking restrictions.

For further information, refer the AIPP Instruction manual at pedalprix.com.au Round 3 2013 All information, Event Manual. It is strongly recommended that you look over this manual.

Preparing for the event

A number of things need to happen before the event weekend arrives. Some of these are your responsibility and some the committee's.

Your committee needs to organise a number of things. These include hiring equipment such as heating equipment and a cool room for the caterers, and a generator for the power, as there is no power supplied to our pit area. The catering committee spends a lot of time and effort preparing a healthy menu of meals and snacks for the weekend. The Team Managers will have organised the teams and the running order of those teams. They will also have decided when each rider will need to go to sleep during the night.

Competitors and their families camp within the race circuit. Families will be asked to advise what sleeping facilities they will have (eg. Tent, camper trailer etc) and the set up size of the accommodation, as the AIPP allocates a limited amount of space for each team and we need to ensure as early as possible how to fit everyone in the space provided.

All parents (exceptional circumstances excepted) are required to undertake various roles during the race. Prior to the event, parents will be advised of the roster and are expected to make themselves available for these tasks. Yes, it is a 24 hour event which means parents will be required to undertake activities such as timing, pit crew, marshalling etc. throughout the night. We roster to ensure that parents are rostered when their riders are awake and take into account families with younger children who will be asleep during the night as well.

What about nutrition?

As we move toward the 24 hour event, it is really important that everybody (riders in particular) is taking care of themselves. This includes keeping hydrated, eating well and getting plenty of sleep. Drinking water helps the body to get rid of toxins and helps bodies to grow and stay strong. Now is a good time to start, if you haven't already, to develop the habit of drinking water, eating plenty of fruit and veg as well as good carbs (wholegrain bread, pasta, rice and wholegrain cereals), protein and dairy. Doing this now will benefit the training regime of our riders and prepare them for the big race. Parents too, would benefit, as what we do while the riders are riding is quite mentally and sometimes physically draining. The better we are prepared, the more we can help our riders.

What happens on the Friday before the race?

Although the race doesn't start until Saturday, there are a large number of preparations that are done on Friday.

The Pedal Prix trikes need to be taken to the race circuit on the Friday as they have to be scrutineered by the AIPP to ensure they meet all safety and other requirements. Times are allocated to each team on the Friday for this. The mechanic team looks after this aspect of the race preparations and if for any reason some aspect fails, the mechanics will use the rest of the day to correct the failed aspect.

All the Catering and Pit areas need to be set up which involves erecting numerous tents, setting up lights and moving equipment around. We need as many volunteers to help with this as possible to reduce the workload.

Families need to set up their camping arrangements. There is very little time on the Saturday morning and more and more families in recent years have arrived on the Friday to do this. It makes for a less stressful Saturday. **We recommend that you arrive on Friday, if possible, so you have time to get settled and your rider can participate in the practice session held on Friday afternoon.**

To ease the pressure on Saturday morning, all riders that are present on Friday will be registered etc.

On Friday evening, the circuit is closed to all traffic between 4.00pm and about 7.45pm for a practice session that runs from 4.30pm to 7.30pm. Although this is a timed session that the AIPP uses to assign the top 10 grid positions, we use it as a great opportunity for our students to have a ride on the track to become familiar with the circuit as well as to practice in the dark with the lights on. It is an exciting time for the new riders. Practice session times and therefore track closure times will be confirmed closer to the September race, when AIPP have updated the details.

If you plan to arrive after work on Friday, as a result of the practice session, you will not be able to gain access to the track, and our camping area, during that time. The gates re-open at around 7.45pm but will be closed again at 10.30pm and will not re-open until 6am on Saturday. Please plan your arrival accordingly.

Once all the work is done, parents are asked to get their children to go to bed at a reasonable time and hopefully get a good night's sleep as they will not get much sleep the following night.

Saturday arrives....

Early morning preparations

Those families that were not able to come to the track on Friday need to arrive bright and early. The gates are only open between 6am and 9am and there is usually a long line up of vehicles entering the circuit. The earlier you arrive the better.

In the first few hours on Saturday, we need to register the remaining students. We also hold a short welcome/info session to talk about the rules and generally discuss the event and answer any questions. It is also the time to get some team photos. Far too quickly the time comes to start the race.

And the Race begins.....

The trikes are expected to be taken to the starting grid from 11am so we always find that we run out of time. Following the National Anthem at about 11.50am, the trikes take off for a parade lap and then the race commences at 12 noon.

The circuit is 2.06km long and most riders spend between 20 and 25 minutes in the trikes for each turn. Obviously, some of the fitter riders may ride for longer periods. In 2013, all 15 Cat 1 riders will be in a single trike (Rocket) and so it may take quite some time for the entire team to have their turn.

Please be aware that the last riders rostered in the trike may be waiting a number of hours before they get their first turn. Unfortunately there is nothing that we can do about this and someone has to be last. It is important that everyone understands this so they are not disappointed by the lengthy wait to get into the trike.

During the time the students are waiting for their turn in the trike, they are able to wander around to watch the race. However, if they want to leave our pit area, they MUST inform their Team Manager and their parent and they MUST abide by the direction of their Team Manager about how long they can be away from our site.

A copy of the circuit is shown below. Our Pits are 185-187 in Pit H (indicated by the star and arrow). We are yet to have confirmed where our camping area will be, but last year it was not far from the pits, just to the west of our catering area. All camping is within the circuit, and is either immediately behind the pit area allocated to the team or in close proximity.

The race runs in an anti-clockwise direction.

Circuit Map



Parent responsibilities

In order for the weekend to run smoothly, parents will be rostered onto various jobs. These are:

- Pit crew – involves assisting the riders to get in and out of the trikes as quickly as possible. Need to make sure that the seat is in the correct position, the rider's drink bottle is in place and the straw in their mouth, their feet are correctly located in the cleats, the horn and radio are working and the seatbelt is fastened firmly.
- Timing – although the AIPP records the official times, we time the riders as well so that we can give them immediate feedback on their performance. We have a program written especially for us that was first used for September 2009 and has been under improvement ever since. The program used in the July race will be used in September. Feedback on any improvements is always welcome.
- Catering – the catering committee need some volunteers, particularly at meal times and various other times throughout the race to ensure that everyone is fed.
- Mechanics assistants – We have a fantastic team of mechanics this year and throughout the race may need a few other volunteers to assist them in case there are any mechanical repairs needed to the trikes.
- Race Marshalling – the AIPP requires that each team provide trained marshalls to man a number of marshalling points throughout the race. We have 4 parents trained in this role and they will be rostered according to the allocated time received from the AIPP.

Depending on the available number of parents, each parent will be rostered onto these various roles a number of times over the 24 hours of the race. The more people we have available to do these jobs, the less time each will need to be rostered on to a task.

Saturday Evening

At dusk, the AIPP announces that it is time to turn on the headlights. Gradually night overtakes the circuit and a whole different scene emerges. After a few hours of everyone having settled into a routine, the excitement levels build again.

As evening approaches, the rider rotations head into the overnight shifts, which may not be the same for all trikes and shall be explained by the team managers. Riders will be split into time slot categories that will ensure sufficient rest/sleep time and a good balance of riding time. It will not be the responsibility of team managers to ensure you wake up for your time slot overnight. When you are placed in time slots it will be your or your parent/guardians responsibility to organise sleep/rest time around your riding times.

We have found every year that regardless of how well we plan, things happen to thwart those plans, such as riders not lasting the distance, illness and needing to go to sleep earlier than planned. We all need to ensure we are flexible to the plans developed for our individual trikes.

Sunday

So, everyone has survived the night (we hope) and clearly the legs are getting weary. The riders are getting tired too☺. At this time we really need our parents to increase their level of support and encouragement as the race draws to an end.

It is often at this time of the race that one or two riders seem to be able to find some additional strength and break their personal best times. For others, it's a struggle.

Unfortunately, they can't stop yet.

As the race draws to an end, parents can take this time to start packing up their own camping area, however, we do ask that you all lend a hand with packing up the pit and catering areas as well. With many hands helping, this shouldn't take too long and by starting early, when the race finishes there is not too much more left to do.

During the last few laps, we encourage all the team and parents to make their way to the trackside (where possible, depending on our pit location) to really cheer on the last riders.

Once the race has finished, and everything is packed away, you are all free to leave. Remember, everyone who attended the race is probably very tired. There are up to 20,000 people at the race, so there are a lot of cars making their way home to Adelaide and other destinations.

Please take extreme care driving home and rest if you need to.

Your committee hopes that you enjoy this event and that all those who can, return to do it all again next year. We would also ask that when you return, as you have some experience now, you consider taking on some of the specific roles that may be vacated by parents who may no longer be involved.

Miscellaneous things

Meals for the September event

The fees you have paid cover all food for all the family from Saturday AFTER LUNCH until Sunday MORNING TEA. This includes unlimited tea, coffee, milo etc., your dinner on Saturday night and breakfast on Sunday morning. We ask each family to donate a snack item, either savoury or sweet to be used for afternoon/morning tea, supper and snacks through the night. During the night, warm foods are really appreciated by our riders and those rostered onto duties. Our Catering Committee have developed a list of suggestions and will be asking each family to choose from the list shortly.

Last year we offered parents the option to purchase food for Friday Night, Saturday Morning and Saturday Lunch. This year we will be offering the same option again and an Order Form will be available to all families shortly, which details all the food on offer for the main event as well as the extras. The cost will be kept to a minimum. You are, of course, welcome to bring your own food for the extra meals.

Please ensure the completion of the catering forms is given priority as soon as they are released as organising the catering is a huge job and these ladies have busy lives outside of Pedal Prix as well as planning for the race.

Facilities

Within the race circuit there are a number of toilet facilities. Some are permanent structures and some are temporary structures. We have booked a portable toilet for our riders to use during their rostered times. This saves time when they suddenly “need to go” just as they are about to go in the trikes.

Also, there are a couple of large trucks that have male and female shower facilities.

Some food stalls are also situated in the centre of the circuit where you can purchase hot foods and importantly, real coffee. However, don't forget that most of your eating needs will be met by our marvellous catering team.

Afterwards....

At some time after the race, probably in October, we will hold an end of year break-up for all parents and students to attend. This is an opportunity for everyone to reminisce about the season. It is a great opportunity to unwind after a long season and to celebrate all the successes of the year.

Committee Roles

Your committee is made up of the following roles.

- **Chairperson** – oversees the overall Pedal Prix experience and runs committee meetings
- **Logistics/Campsite Manager** – ensures that all the equipment and miscellaneous items required for the events are gathered and arrive at the event. Also responsible for the planning and layout of the campsite/pits at each race.
- **Communications Officer** – looks after all communication to parents including newsletters.
- **Catering Manager** – manages a group of parent volunteers who plan the menus for the races and buy/make/prepare the food and who prepare and serve the food at the races.
- **Fundraising Manager** – Plans and organises fundraising events such as the Disco.
- **Team Managers** – One of a number of volunteers who manage the training and race day running of the teams. The committee position represents the group and reports on activities.
- **Head Mechanic** – Represents the mechanic team on the committee. Coordinates the maintenance and repairs of the pedal prix trikes.
- **Marketing/Sponsorship liaison** – Responsible for managing our relationship with our sponsors throughout the year. Also looks after the marketing of Pedal Prix within and outside the Campus.
- **Website Manager** – Responsible for updating the Pedal Prix Website and liaising with the website host where any issues occur.

At the end of 2013, we will be losing a number of our families, some of whom have been with us for many years as both primary and Old Scholar riders. With our Old Scholars Team there is the opportunity for some of our Year 7 riders to be offered a position in this team, and the opportunity to retain some of our parent knowledge. Some that will finish their association with the team have held committee positions or assisted in a support team. We are very thankful and appreciative of their support and commitment over the past years. This will open up some positions that are vital to the operation and success of the team. Some of you have children in year 6 and therefore have the potential to be involved in Pedal Prix for 2 or 3 or even more years. We need to transfer the knowledge that we have gained over a number of years to the new parents so they can take over running this magnificent sporting activity at the Campus.

Therefore, we are looking for parents who are prepared to work with the experienced people for the rest of the year in some of these roles so that next year they can take over these roles with some confidence. We will be working on profile raising activities for the rest of 2013 to attract interest from new families to join Pedal Prix in 2014. Some of those retiring from the committee at the end of 2013 have agreed to provide some support to the new committee members in 2014 in order to make this next major changeover of families as smooth as possible for the new, incoming committee.

There have been many exciting and many challenging times in Campus Pedal Prix, particularly over the past couple of years. Please have a think about the skills that you possess, and how they could benefit the team and help us grow and move forward over the coming years. The future of Pedal Prix at the Campus is well and truly in your hands. We hope you make the right decision for your children's sake, and the sake of children who may want to join Pedal Prix in years to come.

Over the coming weeks, have a chat with one of our committee if you feel you would like to know more about any of the positions. All positions are potentially open for uptake by new volunteers.