

CANBERRA CYCLING CLUB

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Club History

The Canberra Cycling Club has been operating in its present form since the early 1980s. It is a racing club, and its membership is generally over 200 members with about 50 juniors. Club riders have won State, Australian and World Championship titles, and there are currently a number of male and female club members riding on the prestigious professional circuit in Europe. Whilst such riders have brought the Club recognition it is the core membership that has allowed the Club to develop and prosper over the years.

Benefits of membership

• Canberra Cycling Club (CCC):

Benefits of membership of the Canberra Cycling Club include:

- Club racing throughout the year.
- Discounts at various cycling stores in Canberra
- Cycling uniforms at discounted prices
- Involvement in the club
- Other regular club events such as dinners BBQ's etc.

• Australian Cycling Federation (ACF):

The Canberra Cycling Club is affiliated with the ACF. The benefits of ACF affiliation include insurance cover when training and racing for personal accident and public liability, on a 24-hour basis. The ACF also produces a quarterly newsletter, "NewsCycle". The ACTCF is the body that represents the ACF in the ACT.

Racing

• How to Start

Just turn up at a club event with a suitable roadworthy bike and helmet and mention that you are new to cycling. Novice licences are available for people wanting to give it a try. Do not worry if everyone else may be faster than you, elite cyclist were beginners once. Participation is what counts. The Club also holds regular novice introduction days throughout the year. These days allow juniors and seniors to get a feel for cycle racing. In summer the ACTCF also holds a junior program called JC's for more information on this program please contact John Armstrong on armstron@webone.com.au

• Licences

Riders competing in Canberra Cycling Club races are required to have either a current Cycling Australia Race Licence (or receipt), or a temporary licence. This is an insurance requirement, and licences need to be presented when entering races. Full licences are valid for calendar year periods, and can be renewed from October 1st. Membership enquiries should be directed to the Membership Secretary, [Chris Short](#)

Club Media Resources

Canberra Cycling Club website

<http://www.canberracyclingclub.org.au>

The Canberra Cycling Club website is regularly updated and includes information about the race program, marshals, feature articles, member profiles, news and general information about the club. Feel free to provide feedback about its content.

Canberra Cycling Club – E-Source

The Canberra Cycling Club distributes a regular email newsletter containing race results, reports, details for upcoming racing and heaps of other info for cyclists who race in Canberra. To sign up

for the list simply visit www.canberracyclingclub.org.au and enter your email address. This service is free to all and you can easily un-subscribe at any time.

Canberra Training Bunches

The CCC does not hold its own regular training rides however many of our members meet to train together throughout the week and on the weekend.

Weekdays

6:00am Southside, leaving from the Bike Shed, Philip Drive/Southern Cross Drive

6:00am North side, Mondays and Fridays leaving from Coulter Drive/Southern Cross Drive

Juniors - 6 am junior training bunch (under 15 upwards) leaving from the car park on London Circuit, Civic across from Rydges Lakeside Hotel (Monday public holidays start at 7 am)

Weekends and Public Holidays

7am Saturday mornings. The Bakery Ride, leaving from the Bike Shed, Philip. Fast hard ride.

8:00am Sunday morning and Public Holidays. Leaving from Scrivener Dam. A long, hard ride with options for turning off early.

Types of Racing

There are a number of different types of races that the club runs, with different "seasons" for each.

• Winter Road Racing (April – October)

In general cyclists start in groups of similar ability and tend to stay close for most of the race before trying to outsprint each other at the finish. Due to the close nature of the racing aero bars are not permitted. Road racing tends to take place at a number of venues about 30 minutes from Canberra. A typical race lasts about an hour, less for junior grades. Races are run on public roads and marshals are used for safety reasons and to direct riders.

• Summer Criteriums (October – March)

Multi-lap races on circuits approximately 800 meters to 2 kilometers, Wednesday evenings. Contact one of the people listed below for details on the venue.

• Summer Time Trials (October – March)

Cyclists race against the clock, either individually (ITT) or as a team (TTT).

• Track Racing (October – March)

Track racing is held at the Narrabundah Velodrome every Tuesday. The Tuesday night race program varies, but includes scratch races, handicaps, point scores, elimination races, Italian pursuits, sprints and keirens amongst others.

Contacts

- Club President – John May
john.may1@bigpond.com
- General Race Information – [Clem Kyle](#)
- Junior Race Information – [Malcolm COOK](#)
- Club Secretary – [Tom BUCKLEY](#)
ccc@canberracyclingclub.org.au