

RACE NEWS

Welcome to our first newsletter!!!

In this first issue we share with readers the season so far, highlight some photos from the 2016 Bendigo 3 day club tour, and provide a general update of what's new and happening with RACE. We introduce Matt Wallace, the Director Sportif (DS), and provide an outline of the DS role for RACE.

RACE exists to support young riders to succeed in their sport, to build responsible community citizens and to promote a healthy lifestyle.

To quote our DS...

"RACE measures success through providing pathways for its athletes to semi- professional, and then professional teams and I am sure this year will be like all of our years previous with one or two graduating to the next level".



The season so far...

The VMG RACE Team has attended the 2016 Bay series Criteriums, The Country Championships, Oceania road championships, VRS The tour of Great South West, Wangaratta Tour, Bendigo 3 x day club tour and a host of local club races and Criteriums with many great results and personal bests.

Our riders are currently participating in a 12 week kettle bells strength program at TKO fitness. This is providing some great results, already, on many levels.

What's new?

The athletes for 2016 are now responsible for many of the social media posts and the professionalism to date has been commendable. We have also secured some new product sponsors in recent months as RACE's profile grows. We welcome Etixx nutrition, Oakley powered by Drummond Golf Bendigo, Knog and Lazer helmets to our wonderful list of sponsors and can't thank them enough for their support.

On a community level we have another Bunning BBQ planned July 23rd so we look forward to seeing the supporters of RACE there as the athletes will be running this event! We are also looking to support *Ride to Work Day* and again the *White Ribbon Day* as a way of developing the social conscience of young citizens in our community.

Matt Wallace DS

MAJOR SPONSOR



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The Role of the Director Sportif

My name is Matt Wallace and I am the 2016 Director Sportif [DS] for RACE.

Please let me start by giving a brief overview about the role of the DS in a cycling team for those who are not familiar with this role.

The role of the DS is to;

1. create a positive fair team spirit and proud TEAM culture

(We aim to educate athletes on the power of Team work and becoming great citizens off the bike)

2. manage the cycling TEAM (athletes) professionally to a set budget provided.

(Similar role to an AFL football coach who prepares athletes in what to expect if progressing to a National Road Series Team [NRS])

3. enter the team in events and book accommodation and manage transportation logistics

(This includes registering the team, organizing VIP access to events, helping to canvas sponsorships, guide the team in posting appropriate social media content, manage clothing design and allocation, recruit and select professional athletes, and manage annual team camp, trainings sessions, selecting appropriate support staff)

4. organise guest rides at NRS

5. provide athlete exit resumes

6. design riders book and revise annually

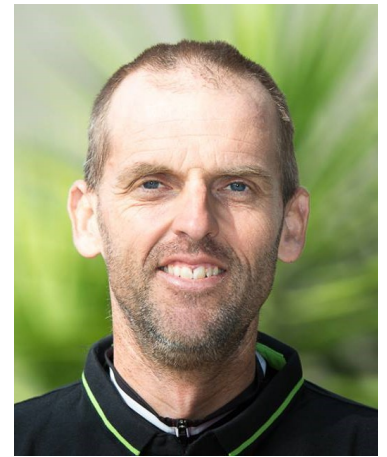
7. organise team training sessions

8. manage small disciplinary issues and rider dynamics

9. communicate with athlete's private coaches, the board, and parents.

Most importantly, as we are an Academy, an extra part of the role is to ensure appropriate educational content is delivered consistently.

(We do this through training sessions on Tuesday, Thursday and Saturdays along with extra Team sessions and a host of seminars/camps from sports specialists, personal trainers and professional cyclist throughout the year and on road mentors. All of our athletes have access to power meters to analyze performance and testing and the latest in bike fit software to make sure athletes are in the best position possible on their bikes)



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2016 CALENDAR

JULY

23rd Team ride BGO

23rd Bunnings BBQ (helpers needed!)

AUGUST

6th Wangaratta ITT

20th Strade Nero RR (VRS)

21st Sam Miranda RR (VRS)

SEPTEMBER

25th Rob Vernon (CV)

OCTOBER

8th Midland Tour (VRS)

NOVEMBER

25th, 26th & 27th Team Camp Bright

SPECIAL WORKSHOPS IN THE PLANNING...

RACE has received a grant to deliver three workshops to cyclists in Bendigo and Castlemaine.

The details and dates are still to come, but the workshops will cover nutrition, stretching and heart rate periodisation, and have been funded through the City of Greater Bendigo.



COACHES/ALLIED HEALTH

This is a fast find directory for riders and supporters of RACE to utilise businesses that support RACE.

Matt Wallace

COACHPRO

HIGH PERFORMANCE CYCLING

www.coachprobikefit.com

For coaching and bike fit outs

Ph: 0408 434 101 or email:

matt@coachprobikefit.com

Andrew Jardine Massage

Relaxation massage, Sports Taping, Sports Massage,

Pre/Post event. Mobile service available.

Ph: 0407485557 (RACE member discounts available)

Ryan Jeffrey

Ph: 0431 597 753

ryan@tkofitness.com.au

www.tkofitness.com.au



Noel Sens Coaching Accreditation

Ph: 0488 435 130

SOCIAL MEDIA STATS

Snapshot from week ended 29/6/2016

Page views	39
Page Likes	2
Reach	1322 (number who have seen posts)
Post engagement	1287 (number who have reacted, shared, clicked or commented on posts)

Stats on the last 4 posts

	Reach	Clicks	Reactions
Shots from TKO fitness	144	24	11
Sam Eddy on Podium	440	21	15
Awesome to see ...			
(interwinter Series)	293	72	25
Well done to Sam	559	96	60

Great work everyone, and good promotion for our sponsors.

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On Tour with the RACE Team

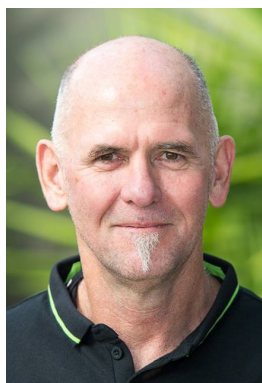
Over the Queen's Birthday Weekend I had the privilege of being part of the support team for the RACE team as they competed in the Bendigo and District Cycling Club Merv Dean 3 Day Tour. Having joined the RACE Board towards the end of 2015, I was keen to meet the team members and the tour gave me this opportunity.

Arriving at the Emu Creek start on the Saturday, I immediately summed up the conditions as fairly unpleasant for a road race due to an icy wind. The riders seemed fairly oblivious as they set about warming up, adjusting equipment, attending the race briefing and chatting about tactics. With a few instructions from coach Matt Wallace and words of encouragement from road captain Peter Casey they lined up for the start. Among the starting bunch I spotted a pair of Scottson brothers, Tim Decker, Glenn O'Shea and Steve Fairless. I remember thinking that this is not going to be an easy weekend for the lads. Shortly after the bunch was off in the first road race.

Over the next three days, I saw this routine repeated in four different locations as they tackled three road races, a time trial and finished with a criterium. I had the opportunity to meet the individual riders, watch them in action both on and off the road.



RACE-[VMG Accounting](#) Team dinner at the Brougham Arms on Sunday night with the World Tour Academy riders & current World Team Pursuit Champions with National Olympic Track coach, Tim Decker.



I came away at the end of Monday afternoon extremely satisfied with the great work being done by RACE and the fine young athletes that competed on that weekend. I was made feel very welcome by the team. I saw several examples of great sportsmanship, endeavour and cycling talent. I was impressed by their work ethic. Off the road I was proud of the way they supported each other with recognition of achievement and effort. There were always words of encouragement, good humour and they functioned extremely well as a team.

Congratulations to all riders on an outstanding effort and I look forward to being part of future events.

Peter Carr

RACE Board Member

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www.race.org.au