



2010 Triathlon Queensland Demonstration of Draft Legal Bike Handling Skills

Any athlete who has not been endorsed to race in ITU Junior events or the School Sport Australia Senior Draft Legal race must have their skills assessed by one of the TQ assessors, listed below. This must be done prior to competing in any draft legal race this season in order to ensure your safety and the safety of the other competitors. Once you have completed this process you will be able to race in Junior Draft Legal events whilst you are age eligible.

Dan Atkins	Wilston & Brisbane North/Central	0412 842908
Kim Beckinsale	Noosa, Sunshine Coast	0414 687255
Wayne Clifford	Rockhampton	0419 715780
Toby Coote	Kawana, Sunshine Coast	0414 765861
Warwick Dalziel	Carina, South East Brisbane	0411 615474
Brian Harrington	Hervey Bay	0407 571232
Chris Lang	Southport, Gold Coast	0429 342433
Stephen Moss	QAS Nathan	0400 572438
Cath Rogers	South Brisbane & Brisbane West	0408 792552

Triathlon Queensland will provide a number of opportunities for athletes, who are members of TQ, to demonstrate their bike handling skills; however, athletes who require assessment outside these times will need to organise their assessment individually and pay the individual fee of \$60.00 to the assessor. Group rates can be negotiated with the assessor.

SKILL REQUIREMENTS – as a guide a junior athlete should be able to demonstrate & understand:

- i. The concept of overlapping wheels, understand and appreciate that a slight direction change or gust of wind could easily cause athletes to touch wheels and fall.
- ii. Underlapping wheels through corners and the potential dangers.
- iii. Hand position in a bunch, sitting on a wheel whilst having hands on aerobars reduces reaction time and is not advised.
- iv. Cornering lines, judging whether athlete can pedal around the whole corner or whether it is necessary to lift inside pedal up, cease pedalling and judging when pedal cycles can recommence.
- v. Reading the bunches reaction to the terrain, understanding when “concertina” and “whiplash” effects occur in the bunch.
- vi. Paceline strategies, ability to peel off and retreat on correct side according to conditions.
- vii. “Swapping Turns” or “Rolling Through”, understand the role of pace and retreat lines and anticipating reactions needed by athlete.
- viii. Be predictable with all actions. Maintain a steady straight line and avoid braking or changing direction suddenly. Remember that there are riders following closely from behind.
- ix. Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
- x. Not overlap wheels. A slight direction change or gust of wind could easily cause athletes to touch wheels and fall.
- xi. When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill, which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
- xii. Not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of racing in close bunches and is quite safe provided riders do not panic, brake or change direction.