

# New to racing? Welcome. This might help.

## **Race Three – 64km/48km Graded Scratch, Sefton**

What's a Graded Scratch? The race is split into groups of racers with roughly the same ability so you race against just those, not against everyone.

How do I pick my Grade? You can self-select but the Race Director may adjust your grade if you select one that isn't appropriate for your ability. Most riders who select A or B grades will do so because they are experienced. For those new to racing D grade is the traditional starting point. If you're pretty fit then you could try C grade or but if you're unsure of yourself select E or F.

What sort of course is it? Undulating, a bit lumpy in places. No big hills. Just three or four laps of the block. Sometimes the wind makes life interesting.

How do I do well? Firstly, by staying safe. Take time to learn how to ride in a racing bunch. Secondly, by racing your race. Winning is great but rare. It's a numbers game, most racers don't win. You can enjoy yourself just as much by using the race to push yourself; test your fitness by riding on the front more than you have to; test your racing strategy by reading the course and picking when to make a move, follow a move or let a move go knowing that it is doomed; or save your energy for the sprint.

Ok, but I want to win. At Sefton (as ever) there are two ways to win; a breakaway or in the sprint. If trying to break away you could just ride off the front but that would suggest you picked the wrong grade. Normally it means picking your moment and attacking, hopefully taking one or two others with you to share the work. If you want to win the sprint you'll have to save your energy during the race, risking that someone else might break away and spoil your fun. At Sefton there's a climb that comes near the end. If you go all out up the climb you may be caught in the sprint so time it well.