

# Ryan Bailie-March Report



Well what a mad month March has been! It has been a hectic one for me, with my first continental cup race in Wellington and then one of my last races for the season in Mooloolaba to finish off the month.

The month started off great with the opportunity to meet the great Olympian in Sean Eddie who put us through our paces at a track session on the 2000 Olympic velodrome in Sydney. This was a great session on a wicked track that was a slight step up from the outdoor track we use in Wollongong. The sound of the boards underneath you was unreal, along with being indoors made it feel like you were flying! Sean was a great guy with a wicked sense of humour and a wealth of knowledge to part with. He gave us some great skills and hints that could be stimulated into a race situation. Sean himself also got onto his track bike and had a roll around with us so who knows maybe he is on the comeback trail?

Training for the month was fairly intense at points as we were fine tuning ourselves for the racing ahead during the month. Jamie introduced some motor pacing out on the road which was really good and this was a great way to stimulate bunch riding for the races ahead as we tendered to have a fairly big bunch at this session! Along with this we were still doing our Sutherland Crit races on a Friday night where I was lucky enough to win one night after some good team riding with the guys and coffee was shouted at Diggies as a result! Running and swimming still remained fairly short and intense at periods and I was looking forward to the easier sessions we were tendering to have closer to the races.

In other news I saw firsthand that helmets save lives as mine was totally cracked after a fall I had out training as I didn't see a massive rock in the road and proceeded to hit it with five of us coming down as a result. Other than a smashed helmet and a bit of skin off we were all lucky to walk away safely.

Looking ahead I have pretty much finished for the season and am looking forward to the Canberra Tour coming up at the end of April which should be great fun though fairly tough. Let's hope Canberra puts on some great weather to go with a great City!

Till next time

Ryan Bailie

