

## FCV 2010

When Rob and I first got together at the end of 2005. The FCV was very much in its infancy. We discussed various scenarios for the future development of track cycling in Ontario.

At the time Ontario had not won a Jr. medal at track Nationals in over a decade. Today when Team Ontario (A.K.A. Team FCV) go to Nationals they are considered a strength.

Over the past couple of years we watched as our racers learned to spin, improved their bike handling skills, learned race tactics and above all how to train like bike racers.

Since, we have sent racers abroad for events (like Revolution in Manchester) qualified them for Jr World Championships. Won multiple medals at track Nationals. Developed a new and exciting program for girls. Our Krista Ruby was recently selected by Pedal Magazine as the best Jr track racer in Canada. Most recently some of our older members have represented Canada in World Cups against the very best in the World.

FCV now has a wonderful number of novice racers coming out to experience the thrill of the boards.

This year I found it difficult to recommend a specific training program to suit everyone's needs as we are so diversified at so many levels now. I would like to say to all of you is. Always remember the simple basics fundamentals, many of which are covered in the previous years articles. If you ever feel that you are getting a little stale then go back to the basics and move forward again.

The sport is quite simple. You will make great improvements if you train hard, eat sensibly and get plenty of rest. The ones that do these three things better than all of the others will rise to the top.

Lastly I would like to thank all of our many sponsors who help greatly to keep the doors open. Also the many volunteers who dedicate their free time to the greater development of cycling.

Remember if you have any questions about the track or training . You can reach me at [nbt@cogeco.net](mailto:nbt@cogeco.net). If I don't know the answer I know someone that does.

KEEP FIT AND HAVE FUN

Gordon