



# 2010 KENOSHA VELODROME ASSOCIATION NEW RIDER TRACK CLINIC

When: April 10<sup>th</sup> or May 1<sup>st</sup>

Where: Washington Park Velodrome, Washington Rd  
and 22<sup>nd</sup> Ave, Kenosha, Wisconsin (<http://www.333m.com>)

This one day course is intended for riders of all skill levels that have never been on a fixed gear track bike.

The objective of the course is to get riders comfortable with a track bike and familiar with close quarters racing. Experienced track racers will guide the students through each exercise.

Track etiquette and safety will also be covered.

Track bikes are provided for the day and the cost is \$10.00. Contact Bill Cassidy for more information or to sign up. [cassidywvelodrome@yahoo.com](mailto:cassidywvelodrome@yahoo.com)





## Track Class Curriculum

**Basic Skills:** Total 4 hours of instruction, single day.

**Goals:** 1. Teach participants how to pedal a fixed gear bicycle. 2. Teach participants how to be safe in track racing environment. 3. Move participants into racing Tuesday nights.

**Questions?** Email Bill Cassidy, the class coordinator at [cassidywvelodrome@yahoo.com](mailto:cassidywvelodrome@yahoo.com).

**NOTE:** These are all the skills that could be covered. We will cover as much as possible depending on the student's skill level.

### Part I

**Registration**

Fill-out a *KVA Release Form* and pay the Class fee, which includes a track bike rental for the day.

**Bike Rental**

Get a bike that fits. Have one of the instructors put your pedals on the bike.

**Introduction to the class**

Make sure you understand what the class is about. Feel free to ask any questions that come to mind.

### Track bike safety

- Why no brakes.
- Chain tension.
- Bolted on axels instead of quick release.
- Perform a safety check on your bike

## **On the track**

- Start and Stop.
- Practice clipping in and out of the pedals.
- Track Safety – look before crossing – flying 200.
- Start and stop from the rail.
- Communication – “Rail”, “Stay”. When in doubt HOLD YOUR LINE And MAINTAIN YOUR SPEED.
- Start from the rail.
- Comfortable riding laps.

## **Track Lines and Markers**

- Apron – Blue Band
- Official distance. Washington Park Velodrome is 333 Meters.
- Sprinters line.
- Stayer’s line.
- Finish line.
- 200 meter line.
- Pursuit start and finish lines.

## **More on the track**

- Paceline practice – exchange leads – maintain gaps – even pace.

### **Close quarters riding**

- Ride side by side in the sprinters lane. Switch sides after a few laps.

### **Bumping**

- Practice bumping elbows – then hip to elbow – switch sides.

### **Follow the leader**

- Ride in line, behind the instructor and follow his line around the track
- Bumping in groups of three. Rotate so you get a few rides in the middle.

### **Pace lines Advanced**

- Maintain Speed and Gaps. Rotate lead.
- Double Pace Line
- Triple Pace Line

### **Race explanations**

- Scratch
- Points
- Miss and Out
- Listen to Race Officials Instructions!

### **Class Race**

Instructor will decide what races will be conducted.

### **End of Class Race**

- Turn In Bike. Don't forget your pedals.