

Prime Coaching - Calshot Track Highway Code Talent Team Track Session

> **The velodrome** - this handout has been produced to help you gain a greater understanding of the track - the different markings, areas and colours you will see. The track or velodrome is 142.36 meters round on the black line and is made of Scandinavian Pine, it was opened in 1995.

> **THE TRACK CENTER.** - this is made up of hard courts with a 'D' at each end, riders use the area to rest between training on the track, changing gear on the bike etc. You can safely ride on the courts at slow speed but do not ride on the 'D' areas as they have a painted surface and are very slippery.

> **THE TUNNEL AND STEPS**- leads out to the foyer - do not walk down the steps in cycling shoes.

> **THE GREEN** - we use this area for moving off. You ride on the green prior to moving on to the cote d'azure and then onto the track. Do not ride too quickly on the green and be aware of other riders moving on and off the track. Beware of the trip at the edge of the green. Always ride from the track center onto the green at a wide angle.

> **THE LIGHT BLUE AREA** - this is called the Cote d' Azure, it is not a part of the track you race on, it is used as a transition from the level green onto and off the actual track.

> **THE BLACK LINE** - the 'datum' line, it is the line track measurements are taken on and 'holding' this line means you travel the shortest distance, an obvious bonus in racing. A line especially used by pursuiter's and kilometre or 500 m time trialers.

> **THE RED LINE** - the 'sprinters' line. This plays an important part in sprint competitions, once inside the last 200 meters and below the sprinters line you are bound by the rules not to stray above the 'red' until the race is over (i.e. you have to hold your line or you can be disqualified)

> **THE BLUE LINE** - the 'stayers' line. Normally the line you hold when you are 'taking laps' (basically - riding constant laps, speed & position in the group or 'line' may vary). Riding this line indicates to other riders what you are doing and where you are going to stay on the track thus allowing them to get on with their own training i.e. sprinting. There are racing rules relating to the blue line in the Madison and Motor Pace events.

> **THE FINISH LINE** - located at the end of the home straight and as the name suggests indicates the finish, note some events, i.e. the pursuit, don't finish on the finish line. (see below)

> **THE PURSUIT LINE** - there is a pursuit line in the middle of the home straight and the back straight, these indicate the start and finish for the pursuit events.

> **THE 200 METER LINE** - a line positioned radially across the track approximately 57 meters from the finish line. To complete the 200m you have to go through the finish line once and then complete a whole lap.

> **LAP BOARD** - there will be a lap board adjacent to the finish line in bunch and individual events. During competition, when there are two races on the track at once i.e. individual or team pursuits, there will be a lap board in each straight.

> **THE BELL** - you will hear the bell sound to indicate there is only one lap of the race left when you pass the finish line

Notes

* All riders are to be on a 79" gear (47x16 or 44x15) or 81" gear (48x16) for training.

* Riders should not use slick or dual compound tyres.

* Calshot can be a cold place in the winter months so it is recommended to wear lots of layers and remove them as you get warm.

* Also it is important to eat and drink during the session (energy drink and hi-carb snacks are good).

* All riders who are using loan/hire bikes should know their saddle height (measured from the centre of the bottom bracket to the top of the saddle) to save time on the day.

* Bikes available to hire at Calshot are fitted with pedals with toe clips and straps that may not be changed, so please bring suitable trainers if you intend to hire a bike.