

## **PREPARING FOR YOUR VELOCITY SESSION**

### ***Minimum age and health requirements?***

All riders must have the ability to ride a two wheeled bike unaided, and sufficient fitness and health to ride for the 1 hour session. 12 years old is the minimum age for each 1 hour long session. There is likely to be a mixture of adults and children on any session. You will need to complete a health questionnaire before you book onto a session.

### ***Our Dolan track bike hire fleet***

You need to advise us on arrival of your height and inside leg measurements. Each bike will be fitted with toe strap adaptors so that you can wear sports trainers. **Under no circumstances can you fit your own pedals on our bikes.** Anyone attempting to do this will be asked to leave the session. There is a bike size chart on the ramp that will inform you of the correct frame size.

### ***What is the routine on arrival?***

If you arrive early, you can go to the upper concourse and watch other sessions. The cafeteria is open each weekday between 8:00am – 8:00pm. Be ready, with your team, at least 45 mins before the start of your session.

Inform the team in reception that you have arrived so they can mark your name off, and collect your Limar helmet if you are not using your own. Peaks and any other devices cannot be fitted to your own helmet. The changing rooms are down the corridor on the right of reception, and the lockers are down the corridor on the left of reception.

Proceed down the steps from the lobby area, and when on the ramp, turn left to collect your bike, from the bike racks on the ramp (it will have a label with your name on it), Sign the attendance register on the coach's clipboard on the desk in the riders D. The facilitator coach will give you all the safety and riding instructions for you to enjoy your cycling on the track. The facilitator coach for your session will also advise you if your bike is on the ramp ready for you to be sized up, or if it is on the track being used. A range of helmets will be available in the Riders D area. Please don't ride your bike anywhere other than on the track, and don't ride up or down the ramp.

### ***What can I expect from my 1 hour session?***

You will be riding with up to 15 other riders on the track at the same time, for 1 hour's duration. You will be given a set of skills to learn by the coach. Each rider will be provided with a bike (with no brakes and a fixed wheel) and helmet.

If your team is experienced, and have a team strategy for your hour's riding, please inform the coach on arrival and they will do everything possible to help you achieve your team goals.

### ***What clothing do I need for this session?***

You need to wear two tops, a tee shirt and cycling top or two tee shirts. Singlet vests and bare shoulders are not allowed. Wear padded cycling shorts or running shorts and trainers with laces tucked in. We will provide you with a Limar helmet for the session if required. If you have track mitts, please wear them. If you are wearing long trousers or tracksuit bottoms, they need to be tucked into your socks. Do not change clothing in the riders D – use the changing rooms. Please bring your own towel if you are planning on using the showers.