

## **Bike, helmet and clothing specification for the velodrome**

### **Track bike specification**

- Only purpose made track bikes may be ridden on the velodrome track.
- The bike must be in good condition and undamaged
- The bike must be the correct size for the rider
- The bike must have a fixed wheel drivetrain
- 165mm or 170mm cranks with 280mm (11") or greater bottom bracket height (measured from floor to centre of bottom bracket)
- Frame must not have braze-ons or extraneous fittings
- Frame must have track ends
- Tyres/tubulars must be in good condition
- Tyres/tubulars must be 21-25mm wide
- Tyres/tubulars must not have coloured tread
- Tyres/tubulars must be cleaned before entering the track
- Michelin tyres/tubulars or other dual compounds are not permitted
- Tyres/tubulars must be correctly inflated to the manufacturer's specifications
- Tubulars must be correctly glued and not taped
- New tyres/tubulars must be cleaned with white vinegar or isopropyl alcohol prior to use on the track
- Wheels must be of the same size front and rear
- Wheels must be spoked (not disc) for all taster and accreditation sessions
- Handlebars must be drop bars and have bar tape/grips and bar-ends (aerobars are permitted only in specific sessions)
- Brake levers or callipers must not be fitted
- Spare sprockets must not be fitted to double sided hubs
- Quick release wheel axles are not permitted
- Wheel axles should not extend beyond the track nuts
- Mandatory gearing for all riders on taster sessions - 84" (47x15 or 50x16)
- Chain tension should be tight enough to avoid derailing but not so tight it 'binds' the drivetrain
- Chain, sprocket and chainring should not be excessively worn
- Devices such as bike computers or digital displays must not be fitted
- Pedals must be either:
  1. Road/track specific clipless pedals with adequate tension and cleats in good condition, or:
  2. Traditional pedals with toeclips and straps.
- Other pedal types, including MTB/touring clipless pedals and Velcro strapped pedals are not permitted.

### **Helmets and clothing for track sessions:**

- Helmets must not have peaks

## **Bike, helmet and clothing specification for the velodrome**

- Helmets must be correctly fitted, in good condition and display CE markings
- Close fitting clothing appropriate for physical activity must be worn
- Mitts/gloves must be worn
- Wear two layers on upper body
- Shoulders must be covered
- Do not carry anything in pockets
- Remove watches and bulky jewellery
- Cycling skinsuits or padded bib shorts worn with cycling jerseys are recommended