

TRACK EQUIPMENT

A track bike has just one gear and the pedaling is fixed (no free-wheeling). Placing pressure on the pedals backwards reduces speed, no handbrakes are permitted on the bike. Gear selection depends on age, ability and type of event.

TRACK SKILL REQUIREMENT

Riding a "fixed wheel" track bike: As mentioned earlier a track bike uses a "fixed wheel system", for this reason it takes a little getting used to. With the fixed wheel system, stopping is achieved by placing pressure backwards on the pedals which reduces speed gradually. The fixed wheel system takes far more time and effort than a bike with hand brakes..

Riding a Velodrome/Track: Velodromes in Australia vary in length from 250m – 500m, the smaller the track the greater the banking that is required on the bends. Banking on a velodrome can be as steep as 45 degrees.

Given these facts, an important track cycling skill is to be able to ride on a velodrome safely and in control. Short steep velodromes at speed can be easier to ride than longer flatter tracks, neither of which are that difficult to ride but do require a little coaching guidance, practice and confidence.

Turns of Pace and Bunch Riding: Turns of pace and bunch etiquette vary slightly for Track events. Turns are done by using the banking of the velodrome. Riders "swing" / "ride" up the bank to allow the next rider in the bunch to take their turn at the front. Track bunches are usually single file for the majority of a race. Towards the end of a Track race the bunch will "fan out" with cyclists riding up to 5 abreast as they race to the finish line.

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