

### Track bike specification

1. The following list applies to customers using their own bikes
2. Only purpose made track bikes may be ridden on the velodrome track
3. The bike must be in good condition and undamaged
4. The bike must be the correct size for the rider
5. The bike must have a fixed wheel drivetrain
6. 165-170mm cranks with a bottom bracket height of 285mm or greater (measured from floor to centre of bottom bracket)
7. Frame must not have braze-ons or extraneous fittings
8. Frame must have track ends
9. Tyres/tubulars must be in good condition
10. Tyres/tubulars must be 21-25mm wide
11. Tyres/tubulars must not have coloured tread
12. Tyres/tubulars must be cleaned before entering the track
13. Michelin tyres/tubulars or other silica/dual compounds are not permitted
14. Tyres/tubulars must be correctly inflated to the manufacturer's specifications
15. Tubulars must be correctly glued and not taped
16. New tyres/tubulars must be cleaned with white vinegar or isopropyl alcohol prior to use on the track
17. Tyres that have been used outdoors must be cleaned with a damp cloth and dried before riding the track
18. Wheels must be of the same size front and rear
19. Wheels must be spoked (not disc) for all taster and accreditation sessions
20. Handlebars must be drop bars and have bar tape/grips and bar-end plugs. For Madison sessions, riders must use road/endurance style drop bars with appropriate width on the tops for holding.
21. Aerobars are permitted only in specific sessions
22. Brake levers or callipers must not be fitted
23. Spare sprockets must not be fitted to double sided hubs
24. Quick release wheel axles are not permitted
25. Wheel axles should not extend beyond the track nuts
26. Mandatory gearing for all riders on taster sessions - 84" (47x15 or 50x16)
27. Chain tension should be tight enough to avoid derailing but not so tight it 'binds' the drivetrain
28. Chain, sprocket and chainring should not be excessively worn
29. Devices such as bike computers or power meters may be fitted if fitted securely, set to silent and are out of sight of the rider
30. The use of any action cameras such as GoPro's either fitted to a bike, person or helmet are strictly prohibited
31. Those using hire bikes are not permitted to attach anything to them and should follow the bike, helmet and clothing specifications
32. Pedals must be either:
  - Road/track specific clipless pedals with adequate tension and cleats in good condition, or:
  - Traditional pedals with toeclips and straps.
33. Other pedal types, including MTB/touring clipless pedals and Velcro strapped pedals are not permitted
34. Helmets and clothing for track sessions

### Helmets and clothing for track sessions

35. Helmets must not have peaks
36. Helmets must be correctly fitted, in good condition and display CE markings
37. Close fitting clothing appropriate for physical activity must be worn
38. Mitts/gloves must be worn
39. Wear two layers on upper body
40. Shoulders must be covered
41. Do not carry anything in pockets
42. Remove watches and bulky jewellery
43. Headphones, earphones or earpieces are not permitted whilst cycling
44. Cycling skinsuits or padded bib shorts worn with cycling jerseys are recommended