

NCVA Fast-Track upgrade Test

- 1) A track bike has no brakes – so how do you slow down?

Two ways: 1) Back pedal 2) if you are on a wheel in the draft – move up track into the wind. Use the wind as a brake

- 2) When in a pace line on the track, where do you focus your attention?

Beyond the rider right in front of you.

- 3) You have just finished a pull at the front of the group and you want to get to the back for some well earned rest. Where on the track do you pull off?

In the first part to the middle of the turn. Turn 1 & 3

- 4) In what direction do you pull off?

To the right, up track

- 5) And what do you do before pulling off?

Look over your right shoulder to insure no one is over taking you.

- 6) What is the most common reason for crashes at the track?

Overlapping front wheel

- 7) You are entering the track for the first time during the warm up period. Where do you ride?

Enter the track on a straight – look before entering and proceed to the Stayers line.

The blue line 2/3 the way up track

- 8) You are riding on the track during a warm-up period prior to racing. Where on the track should you be when
 - a. During your efforts?

In the Pole lane or on the rail

- b. After your efforts?

The Stayers line

- c. Riding approximately 10 to 15 mph (socializing)?

The Stayers line

- 9) Where is the “Blue Band” located and when can you ride on it during a race.

The Blue Band is below the Measurement line (the black line at the bottom of the track). You can only ride in the Blue band if forced down into the Band – but you can never pass on the Blue Band

- 10) Where do you enter the track for a race?

From the warm up circle proceed onto the front stretch and to the rail

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11) Where do you exit the track?

On the back stretch or in turn 4 ride onto the warm up circle. Do not ride on the apron on the front stretch

12) When exiting the track after you finish a warm up or a race, what do you do before exiting?

Look to make sure no riders are over taking you

13) Where is the Sprinters Line? Sprinters Lane?

The sprinters line is 90 cm above the measurement line. The Sprinters lane is between the measurement line and the sprinters line.

14) Where is the 200 meter line at Hellyer

On the back stretch just out of turn 2

15) In a race, what is the significance of the Sprinters line?

A rider leading in the sprinters lane cannot be passed on the inside. Once a sprint starts, the rider in the sprinters lane can not come out of the lane until after the sprint or so far ahead that there is no hindrance to opponents

16) Explain how you score in a 20 lap Points Race with sprints every 5 laps?

There are 4 sprints that happen every 5 laps. Each sprint is scored 5-3-2-1 for 1st through 4th. If a rider laps the field that rider earns 20 points. The rider with the most points at the end of the race wins

17) How does a Miss & Out race work?

After a natural lap, the last rider to come across the finish line each lap (or every other lap) is removed from the race. This removal of riders happens until there are only three riders left in the field. Then there is an extra lap and the riders sprint for 1st. The winner is the first rider over the finish line.

18) If you are at the back of the pack during a Miss & Out and a sprint is approaching, should you pass riders in front of you or should you go around the pack?

Do not attempt to “squeeze” through a group of riders in front of you. Go around on the right.

19) During a training or warm-up session, when passing another rider or line, call out
stick or stay

20) During a training or warm-up session, when being passed,
hold your line and don't try to jump into the middle of a passing group.

21) If you are passing at the blue (stayers) line, be aware that riders at the rail
may be overtaking you

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22) If you hear "stick" or "stay" it means

“hold your line and speed while I pass” - Never try to get out of the way of an overtaking rider

23) During racing the apron is used only to

enter and exit. No warm up is allowed. Use apron to get from riders pad to warm up circle

24) When you are riding in a pace line always look _____ before pulling off the front laterally

Your path to come off the front should be predictable and smooth, especially if the track has multiple groups or is crowded

25) If you want to get out of a line while you still have energy, what do you do?

check behind you then smoothly pull up alongside (usually above) the rider ahead of you, pulling the rider behind you up to the rider ahead of you or allow a gap to open and let the other riders come around

26) At the beginning of a race does "Neutral lap" mean "slow lap".

No. When you roll off for the neutral lap, keep your speed up. You have to stay together on the neutral lap, but you don't have to ride slow, and you can move around to get change your position.

27) When the front two riders both pull off a pace line together, this is called “Double switching”
Is Double Switching a good idea?

Don't double switch in pacelines. It takes only a tiny amount more energy to pull through for a second or two, and is significantly safer.

28) When riding on the track, your focus will be

Further ahead than the rider right in front of you. By doing so you can still see the actions of the rider in front of you with your peripheral vision