



## Bigfoot Go-Ride and Bigfoot Youth CC – Velodrome Track Sessions

### **When:**

Saturday 14<sup>th</sup> July - Register 4:15pm, Ride 4:30 to 6:30pm  
and  
Sunday 22<sup>nd</sup> July - Register 6:45pm, Ride 7:00 to 9:00pm  
Riders may do one or both sessions

### **What:**

Once again a fantastic opportunity for most of our club's riders to ride on a Velodrome on a Track Bike. No previous experience needed, we have coaches to help everyone have a go. During the above times everyone will get a series of sessions on the track.

Herne Hill Velodrome supply the Track Bikes.

### **Where:**

On the banked track that is the wonderful Herne Hill Velodrome, 104 Burbage Road, London, SE24 9HE  
<https://www.hernehillvelodrome.com/>

Apart from the track, the facilities are fairly basic, but there are loos at least! Limited off street parking available, otherwise street parking in the locality. Hopefully the Velodrome café may be open, but usually it's not!

### **Bring:**

Suitable clothing including: cycling gloves, helmet, sensible shoes (eg trainers); and clothing options on the day so you can either ride with shorts and short sleeves, while also having options that cover arms and legs

Drinks and snacks

### **Who can attend:**

Members of Bigfoot Go-Ride (Hayes AM and PM) and Bigfoot Youth, but you must be aged 8 or over

### **Adults:**

As this track is a semi-public space each young rider must be accompanied and supervised by a parent or adult friend of the family

### **Cost:**

£4-00 per participating child

### **More Information:**

If you have any questions or need help with transport, please contact Adam at [adam@bigfootcc.co.uk](mailto:adam@bigfootcc.co.uk) before the 13th July

### **Coaches:**

There will be two track qualified coaches on the day, plus the help of some of our regular club Coaches and Volunteers

### **Want to come?**

Then great! Just turn up at for registration and ride!