



The Bigfoot HOUR



For Bigfoot Go-Ride (Hayes and Pickhurst) and Bigfoot Youth riders

When:

Sunday 22nd March and Sunday 12th April – you can attend one or both dates

Where:

On the banked track that is the wonderful Herne Hill Velodrome, 104 Burbage Road, London, SE24 9HE

What:

Well if Sarah Storey and Bradley Wiggins can have a go at it, well then so can we! What are we on about?

For any of our young cyclists who fancy having a go here is a chance to set the first ever Bigfoot Go-Ride HOUR records. You can do this as an individual or as part of a 2x2 team. Either way the idea is to find out how many laps, how many miles, you or your team can ride in 1 hour. Yes indeed you could make Bigfoot history!

From the start of the challenge you have 1 hour to do as many laps as possible – when the whistle blows after 1 hour the person counting your laps will judge whether your final lap was closest to a $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or fully completed lap and add that to your final achieved result on the score sheet

The team's progress is measured by the second of each pair of riders – so you need to work together

All individual riders and teams will be on the track at the same time and must take care when over taking, 'drafting' is also allowed – full rules will be explained on the start line

The categories you can enter are below (you can only enter one category for a given date):

- U16, U14, U12, U10 individual (and there will be a special category for any riders just over the U16 age limit)
- U16, U14, U12, U10 2x2 team. Here you have four in the team, in a relay race with two riding 5 laps and then the other two riders doing the next 5 laps etc. The team may have riders from various age categories, the team will then be entered in the age category of the oldest rider

Age category definitions for this event are:

- U8 born in 2007 or later
- U10 born in 2005 or 2006
- U12 born in 2003 or 2004
- U14 born in 2001 or 2002
- U16 born in 1999 or 2000

The Bigfoot HOUR results will be split in to:

- Individual Girl
- Individual Boy
- 2x2 Girls Team
- 2x2 Boys Team
- 2x2 Mixed Team

further split by age category

Who can attend:

Members of Bigfoot Go-Ride (Hayes and Pickhurst) and Bigfoot Youth, any age (no adults allowed to ride, sorry!)

Timings:

Sunday 22nd March:

- Register - 9:45am, then approx times:
- Warm up and practice - 10:00 to 10:45am
- Ride - 10:45 to 11:45am
- Warm down - 11:45 to 12:00noon

Sunday 12th April

- Register - 11:45am, then approx times:
- Warm up and practice - 12:00 to 12:45pm
- Ride - 12:45 to 13:45pm
- Warm down - 13:45 to 14:00pm

Bring:

- Your own bike, the lighter and faster the better. No fixed wheel track bikes allowed
- Helmet, spare inner tubes, bike lock, drink and snacks

Other information:

Apart from the track, the facilities are fairly basic, but there are loos at least!

Adults / Ride Buddies:

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

If you are in Bigfoot Youth CC you may use a Ride Buddy to escort you to and from the event and/or to be with you at the event. If this would help, contact Adam at: adam@bigfootcc.co.uk

Help!

For each individual or 2x2 team doing the hour challenge we need an official lap counter, so you adults - please volunteer! We will provide a lap counting sheet and pen. Adults are not to be a lap counter to anyone in their own family

Cost:

Cost £3-50 per rider per day, paid on the day

Want to come?

If you want to ride in a team, talk to your club friends and see if you can form a team (and name it if you fancy!)

But whether or not you are able to form a team by yourselves or if you wish to ride as an individual - please click on the link below to register. For those who have not been able to form teams we can then help.

<http://form.iotformpro.com/form/50652006269957>

Spectators welcome too – so long as you are good at cheering!

Finally:

Coaches and helpers will be there on the day, any questions please ask Adam at adam@bigfootcc.co.uk