



BIGFOOT YOUTH CC

The Bigfoot HOUR

For both Junior sections and the Youth section of our club

When:

Sunday 2nd June and Sunday 14th July – you can attend one or both dates. There is no need to book, just turn up and ride!

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 your own personal record or even break a Bigfoot HOUR record and make Bigfoot history! You can do this as an individual or as part of a team. Either way the idea is to find out how many laps, how many miles, you or your team can ride in 1 hour.

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 a fully completed lap and add that to your final achieved result on the score sheet

Most riders ride as an **individual** for the whole hour, but you can have a chat with your club mates and form a team (and name it if you wish!)

There are “**formal**” **teams** – where the whole team stays on the track and works as a team, as a single unit – with the distance measured by the rider at the back of the team at the end of the hour. So everyone rides for the full hour

There are “**freestyle**” **teams** - where all riders take it in turns to be on the track (minimum 1 rider at any one time, but may be more than one rider working as a team together as one unit) – with the distance measured by the rider on the track at the end of the hour / the rider at the back of the team at the end of the hour. Each rider / set of riders can do as many laps as they like, the next rider / set of riders taking over when the other(s) finish. So you don't have to ride for the full hour

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

Team categories

- Teams may be all girl, all boy or mixed. It can be a team of 2, 3 or 4 riders
- Mixed teams must have at least one girl and one boy (obviously!) with the same number of boys and girls, or with the number of boys only differing from the number of girls by one

Age categories

The categories you can enter are below, the team's age category is determined by the oldest rider in the team (you may have riders in a team from a younger age category):

Age category and definitions for this event are:

- u8 born in 2011 or later
- u10 born in 2009 or 2010
- u12 born in 2007 or 2008
- u14 born in 2005 or 2006

- u16 born in 2003 or 2004
- u18 born in 2001 or 2002

PTO

Who can attend:

Members of our Junior sections and our Youth section, sorry no MINI riders and no adults.

Timings:

Sunday 2nd June:

- Register – 11:45am, then approx times:
- Warm up and practice – 12:00noon to 12:30pm
- Ride – 12:30 to 1:30pm
- Warm down and results – 1:30 to 2:00pm

Sunday 14th July:

- Register – 2:45pm, then approx times:
- Warm up and practice – 3:00 to 3:30pm
- Ride – 3:30 to 4:30pm
- Warm down and results – 4:30 to 5:00pm

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 and there is now a grandstand. If we are lucky the café may be open

What do the Adults do?

Most importantly ALL mums, dads and other adults are required to lap count one rider / team. It's easy – and we provide a lap counting sheet and pen. Adults are not to be a lap counter to anyone in their own family. If we have any spare adults, they can spectate – so long as they are good at cheering!

Also, 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

Cost:

Cost £4-00 per rider per day, paid on the day

Want to come?

There is no need to book, just turn up and ride!

Finally:

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