



The Bigfoot HOUR - INTRODUCTION

The Bigfoot HOUR is made of individual and team challenges in various age categories. The aim being to ride as far as you can in 1 hour on the Herne Hill Velodrome

The records for every rider over the years are shown on our RECORDS sheet

TEAM CATEGORIES

Formal teams

Formal teams are 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

Freestyle teams

Freestyle team rides are 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)

Rider / group can do as many laps as they want before switching

Next rider / group starts when all of previous riders finish

In finish straight next rider(s) can speed up in 'pit lane' as previous riders come in but must not pass start/finish line until all of previous riders have done so

Age category of team

The teams category is determined by the oldest rider (you may have riders in a team from a younger age category)

RULES

Ride safely! Consider other riders on the track!

Ride on the left - it's the shortest route too!

Keep a straight line, don't ride erratically, don't weave about

Before overtaking / making a manoeuvre - look over your shoulder

Overtake on the outside (right), NOT the inside

As you overtake say 'on your right'

Drafting other riders is permitted (riding behind other riders)