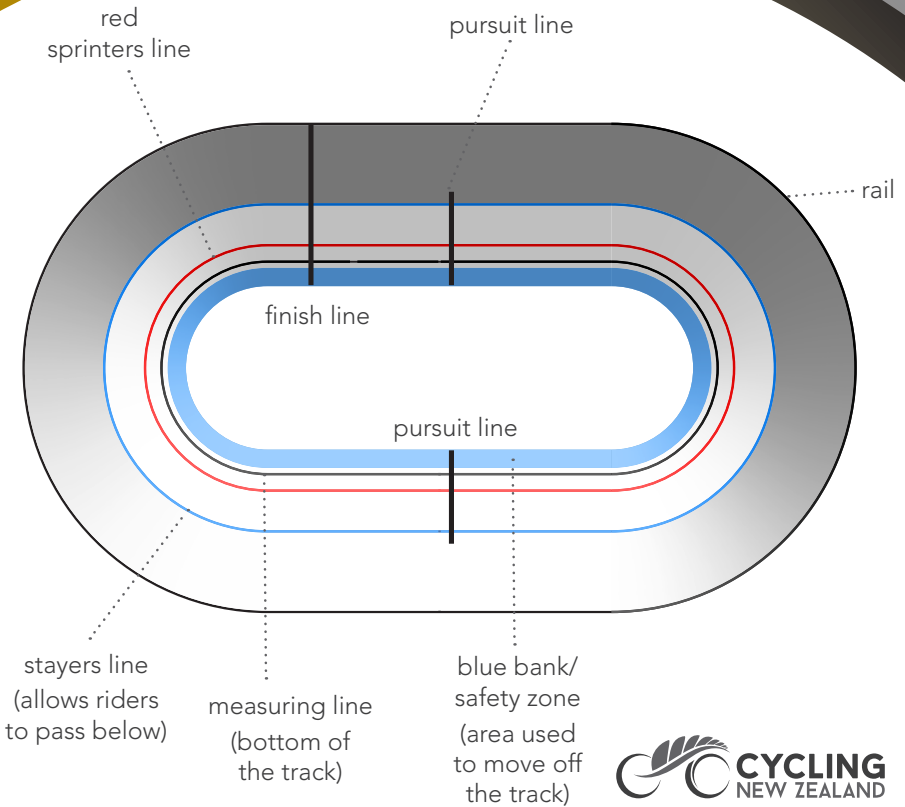


# Velodrome

## Equipment and Safety



# Bike

## Equipment and Safety

TRACK CARD

2



A track bike has no brakes, only one gear and the pedals and wheels are fixed. So when the bike moves forward, the pedals and cranks do too. Decreasing pressure on the pedals will reduce your speed.

- A. Check air in the tyres (100psi).
- B. Braking is done through back pressure, there are no brakes on the bike.
- C. Chain is clean and has tension enough to stop it dropping off the chain ring.
- D. Seat height should be roughly on the hip bone of the rider.