

# NABS Ride Adland FAQs

Date	Thursday 11th July 2024
Location	<a href="#">Lee Valley VeloPark</a> (on Queen Elizabeth Olympic Park), Abercrombie Rd, London E20 3AB.
Registration	08:30
Welcome and rider briefing	09:10
Light breakfast, teas and coffees	08:30 - 11:00
Lunch	you will be given a lunch time slot between 12:00 - 14:30
Medal ceremony	16:10

## Getting There

**Nearest station:** Stratford and Stratford International

**Parking:** Free parking available. You will need to provide your registration details to the Lee Valley reception team on arrival.

Find out more information on how to access the venue [HERE](#)

## Dress code and Equipment

**Clothing:** Wear comfortable sports clothing. Shoulders need to be covered when riding on the outdoor track and indoor velodrome track.

**Branded T-shirts:** If you would like branded team t-shirts, we have a couple of options below you can purchase from. Please note: the lead time to purchase t-shirts is 2-3 weeks.

- [Go Custom](#) | Cotton t-shirts | 10 x t-shirts: circa £60 excl VAT
- [The Charity Clothing Company](#) | Recycled Polyester Cycle t-shirt | 10 x t-shirts: £462.00 incl VAT. To purchase directly from The Charity Clothing Company, please contact Sarah-[sarah@rocketcharities.co.uk](mailto:sarah@rocketcharities.co.uk)

**Footwear:** Riders can either wear trainers (for use on flat pedal bikes) or Look Keo cleats which will allow them to be “clipped” into the pedals. However, we strongly recommend that every rider brings a pair of trainers just in case that we do not have enough bikes with cleated pedals available. You can also rent cleated shoes from the Velodrome.

**Important:** Please note that we are not able to change pedals on the road bikes, therefore other brands/types of cleated shoes will not be compatible.

For the Velodrome Experience, bikes, helmets, shoes and gloves will be provided.

## Teams

Ideally teams should consist of ten riders. However, if you are unable to secure a full team, a minimum of six riders is recommended to participate in all the activities.

## Rider ability

**Activities for everyone!** All activities are created for all levels of riders in mind, from beginner to avid cyclist.

For those wishing to take part in the Velodrome Experience, the only requirement is that you can ride a bike unaided.

## Cycling Activities

1. **Warm up laps:** All teams will start off their time on the outdoor track with a warmup session alongside the Olympic Park coaches.
2. **Team Challenge:** On the outdoor track, teams ride together as a unit and complete three laps. The time recorded will go towards your winning score. The ending time will be based on the 6th rider past the finish line
3. **Granny gear sprint:** Teams will race head-to-head on the matrix bikes to see who will get to the assigned distance first. However, the twist to this race is that the bikes will be set to the lowest gear.
4. **Flying Lap:** Each team member will have a chance to cycle 2 laps of the outdoor track, the first lap you will use to build up your speed, and then second lap will be timed. The team with the combined fastest time, wins.
5. **Build A BMX:** Together, your team will build a BMX. The each member of the team will ride that bike around the pump track, the team who get all their members around the pump track in the shortest time, wins
6. **Finals Race:** Choose 3 of your fastest riders to take part in the penultimate race of the day. Participants will take part in a relay race and the team who crosses the finish line first, wins!

**These next 2 activities will not count towards your final points, just for fun at will happen consecutively:**

1. **Velodrome experience:** 60-minute session on the velodrome track for up to 5 people in your team. A coach will take riders through the basic skills required to safely cycle the banked track. This activity is not compulsory – for teams who don't want to take part or have less than five riders, the places will be re-allocated to teams who wish to have more than five riders take part.
2. **Penny Farthing experience:** For those in your team who won't be riding on the velodrome, this will be a 45-minute experience, learning how to ride a penny farthing!

## Food and drink

A light breakfast and BBQ lunch will be provided, please let us know if you have any dietary requirements if you haven't done already.

## Photo and video disclaimer

There will be photos and films taken throughout the day which will be used by NABS for the purpose of promoting the event and its activities. These will be published on our website, social media channels and circulated to the press and other media organisations for publication, transmission or broadcast.

If you do not wish to appear in the photographs or films, please let a member of the NABS team know, or email [comms@nabs.org.uk](mailto:comms@nabs.org.uk).

## Venue Map

