



Lee Valley VeloPark's indoor velodrome is the fastest track in the world. Everyone from beginners to elite riders can ride the track at this iconic venue on Queen Elizabeth Olympic Park.

For those that just want to experience cycling in this iconic venue and to those that want to develop their track cycling. This introduces riders to the whole track cycling experience as well as developing the key skills needed to be confident and safe.

### Program

We have reserved exclusive use of the track for 80mins. All equipment and coaching included.

- 10:15 Latest Arrival
- 10:45 Must be present in the track centre
- 11:00 Session Start
- 12:20 End of Session – retire to café42 Degrees

<b>Date</b>	<b>Mon 20 Apr 2020</b>
<b>Transport</b>	Shared travel
<b>Venue</b>	Lee Valley VeloPark Abercrombie Road Queen Elizabeth Olympic Park London E20 3AB <a href="http://www.visitleevalley.org.uk/en/content/cms/london2012/velo-park/#plan-your-visit">www.visitleevalley.org.uk/en/content/cms/london2012/velo-park/#plan-your-visit</a>
<b>Price</b>	£55
<b>Parking</b>	There is a car park.
<b>Access-ibility</b>	Good
<b>Dress Code</b>	It is mandatory to wear a cycling helmet and cycling gloves. Bike and helmet hire is included in Taster sessions. Helmets and gloves are available to hire for sessions or you may bring your own but they must meet the safety regulations stated in our essential information.  We recommend the following:  <b>Legs:</b> Cycling or sports shorts are best, but track suits/jogging bottoms would be fine. They must be close fitting, so they do not catch the wheels or chain. <b>Upper body:</b> A cycling jersey or a close-fitting top. <b>Shoulders must be covered.</b> We recommend you wear two thin layers <b>Shoes:</b> You can wear normal trainers for track sessions or if you wish to bring your own cleats we use Look Keo pedals so Look Keo cleats can be worn. <b>You may not bring your own pedals for use on our hire bikes.</b>
<b>Notes</b>	The weight limit for hire bikes is 109kg (17st 2lbs) and the minimum height is 1.3 metres (4ft 5in).
<b>Food</b>	Not organised
<b>Contact</b>	The Extreme Team <a href="mailto:extreme@WTU3A.org.uk">extreme@WTU3A.org.uk</a> Tel 0777 150 6055
	<b>We are limited to 16 cyclists</b>