

London Velodrome - track cycling taster event blog



KHW Velodrome Team...clearly not climbed on a bike yet!!!

Once we had collected our shoes and bikes, we set our saddle heights and proceeded to wobble our way around track centre.

I would say most of us have never ridden a fixed wheel bike and it showed.

There were quite a few anxious looking faces as we realised that just getting on and off these bikes was interesting to say the least!

After a briefing track side where our instructor went through the track riding basics and the vitally important details of "keep pedalling and look over your shoulder when changing track position" we were ready for the off.

Having lined ourselves up, all clinging to the inner wall of the track we pushed off to start a memorable 90 minutes of elation and terror.

As the speeds increased our confidence grew, we edged our way to the top of the banking, and completed ever more technical track riding drills.

I have to say I was well out of my comfort zone but on the whole everyone enjoyed the experience, probably even Martin until his little mishap...we all hope he has a speedy recovery!

Rick