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# Types of Track Racing

Most track races are over shorter distances than road races, however the pace is generally faster and more intense. Here are some of the most common track races:

## **Sprint Racing**

This event is between two riders (one on one) over 3 laps of a velodrome. Riders play a tactical game of "cat and mouse" over the first couple of laps in an attempt to keep the actual sprint down to 200 to 300metres.

## **Time Trial**

This event is an individual races against the clock over 500 to 1000metres.

## **Points Race**

Riders accumulate points through a series of sprints during the race on designated laps. The race distance varies from 5km to 40km depending on the competition and age groups.

## **Individual Pursuit**

Two riders start on opposite sides of the track and attempt to catch one another and to record the best time they can. The pursuit is held over distances from 2000 to 4000metres.

## **Team Pursuit**

Same as the individual pursuit but raced in teams of four. Through the advantages of sitting on behind another rider and each rider doing a turn of pace at the front, a team will travel faster than an individual. The team time is based on the third riders to cross the finish line.

## **Madison**

A Madison is a track event where two riders (one racing at a time) compete as a team. Similar to a relay but the riders make multiple changes throughout the event, which can run from 30 minutes to two hours.

## **Handicap Races**

A popular event in Australia, which features at most major track opens, however it is not a championship event. The handicap is usually run over 2 laps or 4 laps Depending on the grading and past performances riders are allotted a handicap mark around the track.

## **Scratch Races**

A mass start race over a distance can vary between 5 to 20km depending on age, ability and event.

## **Team Sprint**

A team of two or three sprinters will race this event over three laps against another team starting on the opposite side of the track. All riders start together but the front rider must complete one lap the peel off, the second rider in the line must complete the second lap then peel off and so continues for the rest of the riders. A longer variation of this race with four or more riders is called an Italian Pursuit, a popular event in local club racing.

## **Keirin**

Riders are placed by a demy (a motor-powered bike with pedals) or a motorcycle. The riders are not permitted to move in front of the demy until it pulls to the side of the track with 1 and a half laps remaining. It is an extremely tactical race based on speed and power.

## **Handicapped Wheel Race**

A popular event in Australia, which features in most major track opens, however is not a championship event. The handicap is normally run over 500-2000M. Depending on grading and past performances, riders are allocated a handicap mark around the track. The slowest riders get a distance head start, and all riders start simultaneously. If done well, everyone has a chance of winning a handicap wheel race, and the finishes are quiet often exciting.

## **Other Track Races**

include Olympic Sprint and Elimination