



# cedar

## Velodrome Day 7th November 24

### THE MORNING

- 2 hour and 30 minutes exclusive cycling on the Velodrome track
- Elite breakfast post-session
- Unlimited water
- All equipment - bikes, helmets, shoes, gloves etc.
- Full instruction from qualified coaches
- Timing and scoring equipment
- Private area of the infield - for introductions and instruction
- Changing facilities
- Photo opportunities on the Winners' Podium
- Attendance of an AOK Event Manager to ensure the smooth running of the day

### ITINERARY

08:30 Guests to arrive

09:00 Guests go to the changing rooms 09:15 Safety Briefing

09:30 Guests on the Track for 2hrs and 30 minutes

12:00 Track session ends & Elite breakfast served

*\*Timings are approximate and subject to change.*

### RECOMMENDED CLOTHING

- **Legs:** Cycling or sports shorts are best. Track suits/jogging bottoms are also fine but should be close fitting so they do not catch the wheels or chain.
- **Upper Body:** A lightweight long sleeve top with t-shirt underneath is recommended.
- **Feet:** Socks are recommended and mandatory if you are hiring Velodrome shoes.

*Bare minimum = T-shirt, shorts and socks.*

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## Lee Valley Velopark

### TRAVEL INFORMATION

#### BY TUBE AND TRAIN

The quickest way to get to the stadium is to walk from Stratford and Stratford International. Lee Valley VeloPark is a 20 minute walk from both stations.

Stratford and Stratford International Station are served by: DLR, Jubilee and Central Line services; National Rail operated by C2C and Greater Anglia, London Overground and South Eastern trains. More information is available at [tfl.gov.uk](http://tfl.gov.uk)

#### From Stratford International

Cross Celebration Way onto Celebration Avenue. Walk north past the 'garden sculptures'. After 800m, turn left into Honour Lea Avenue. Walk to the end of Honour Lea Avenue. At the junction with Olympic Park Avenue, turn right and continue walking to the Velodrome Reception.

#### From Stratford

Take the exit marked Westfield and Queen Elizabeth Olympic Park. Take the escalator or stairs signposted to "The Street". Walk down The Street with Nike on your left. Bear left at Chestnut Plaza. Walk to the end with The Cow pub & restaurant on your left. Turn right and after 400m turn right into Olympic Park Avenue. Follow this to the Velodrome Reception.

#### BY BUS

Several bus routes connect to Stratford and Queen Elizabeth Olympic Park with the key routes being: 388, 308, 339, 97 and N205 which all stop near Lee Valley VeloPark.

#### BY BIKE

There are cycle routes connecting Lee Valley VeloPark to local residential areas as well as the cycle routes through Queen Elizabeth Olympic Park. The venue is close to Sustrans National Cycle Network Route 1 and Cycle Superhighway CS2. Bike racks are available at the venue.

#### PARKING

There is no parking available at London Stadium and parking restrictions will be in place and enforced in the local area. Visitors are advised to use public transport.



#### Lee Valley Velopark

Queen Elizabeth Olympic Park Abercrombie Rd,  
London E20 3AB  
United Kingdom

#### Closest Transport Hubs

Stratford International (Train), 0.5 miles Leyton  
(Underground), 0.6 miles Stratford (London)  
(Train), 0.7 miles London City (Airport), 4.3 miles  
Biggin Hill (Airport), 15.3 miles