



# cedar

## Velodrome Day 6th February 25

### 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.*