



## Wolverhampton Wheelers



### Youth Circuit Racing

This document is an introduction to circuit racing and we hope you feel that you'd like to have a go! The events described here are local circuit races. Circuits are clear of traffic and are a good way of introducing yourself to the art of road racing in safer conditions. The organisation of these events is very good under British Cycling guidance. They are fun and exciting events run by the cycling clubs themselves.

### A 'Rough Guide' to getting into Youth circuit racing.

If you would like to enter a circuit race, it is very simple to do, but the first time can be confusing; so here's a quick guide:

- Find out which events you'd like to enter. Some of these are listed on the Wheelers website with dates, locations and anything special to note about the event. Even more can be found on the British Cycling website.
- Work out which age category you fall into. Your coach at Wolverhampton Wheelers will help with this. It is based on your age on the First of January of the year of the event, so if you are 10 or 11 you are in the U12 category, if you are 12, 13 you are U14 etc.
- If you want to race regularly you can get British Cycling membership and a Race Licence. More info at the British Cycling website – [www.britishcycling.org.uk](http://www.britishcycling.org.uk). You can race in events other than national events by filling in a day licence when you sign on.
- Usually you can pre-register for races, but many circuit races allow entries 'on the line', i.e. when you arrive on the morning before the race.
- Before the race day make sure your bike is working well, it's not a great idea to ride a new bike at a race, use the one you are familiar with. Same goes for contact points - shoes/pedals/bars/saddle, etc... keep it simple and familiar.
- On the day, pack:
  - Food
  - Drinks
  - Change of clothing
  - Umbrella
  - Coat/jacket
  - Blanket or chairs (for your supporters to sit on!)
  - Cash
  - Racing licence (if you have one)
  - Bike
  - Helmet
  - Gloves
  - Shoes
  - Spare inner tubes

- On arrival at the event you will need to **sign-on**. This is often done by the track under a gazebo, in a vehicle or in the leisure centre. Ask any event marshal and they'll point you in the right direction.
- When you sign on you will need to enter your details on the correct sheet for your age group (see above), also you'll probably have to pay to enter and you'll receive a number which is to be pinned to the back of your jersey. If you are a Wolverhampton Wheelers member, you specify this on the entry sheet and any points you get for your result are put against the club national rankings (if you have a BC race licence).
- If you have a BC licence the organisers will retain it until after the race, don't forget to collect the licence when you return your number.
- You must have a **gear check**. Sometimes this must be done before you sign on, sometimes afterwards. It is done at every race before you start. Sometimes competitor's gears are re-checked after the race. Ask a Wheelers coach to look at your bike at Aldersley and they will help you get it set up. Gearing is very important whilst training and racing. They can give you guidance on the best option for your gearing.
- If you've arrived early enough there may be an opportunity to ride the course. Have a look for any maps for your age group, as the route may differ or there may be different numbers of laps of the same route for each age group. It is well worth riding round your route if you have time!
- Make sure you know where the start line is and when your race will begin.
- Make sure you are hydrated (drink plenty leading up to the race), but do go to the loo before racing.
- When your race is called, gather near the start and follow the guidance of the race officials, the previous race will most likely be still going, so stay clear of the circuit and any exits as directed by the race officials.
- If it's a cool/wet day it's a good idea to keep warm by wearing your jacket/coat until just before going to the start line.
- A parent or coach might be able to come with you to the start, but must not assist you on the course once the race has started.
- Once the race has started, just enjoy it! The race officials will let you know how many laps to go and when you've finished. Listen to their instructions.
- When it's finished, gather where instructed until the marshals take you safely off the course and then enjoy the congratulations of your proud family and fellow club members! Get a drink and stay warm.
- **If you're still not sure whether you could do a race, just speak with your coach and have a go. There will be loads of familiar faces and plenty of support there for both riders and family. Everyone started at some point, so just ask and you'll get help.**