

NCVA Fast Track Upgrade Test

- 1) A track bike has no brakes – so how do you slow down?
- 2) When in a pace line on the track, where do you focus your attention?
- 3) You have just finished a pull at the front of the group and you want to get to the back for some well earned rest. Where on the track do you pull off?
 - a. In what direction do you pull off?
 - b. And what do you do before pulling off?
- 4) What is the most common reason for crashes at the track?
- 5) You are entering the track for the first time during the warm up period. Where do you ride?
- 6) You are riding on the track during a warm-up period prior to racing. Where on the track should you be
 - a. During your efforts?
 - b. After your efforts?
 - c. When you are riding approximately 10 to 15 mph (socializing)?
- 7) Where is the “Blue Band” located and when can you ride on it during a race?
- 8) Where do you enter the track for a race?
- 9) Where do you exit the track?
- 10) When exiting the track after you finish a warm up or a race, what do you do before exiting?
- 11) Where is the Sprinters Line?
- 12) Where is the Sprinters Lane?
- 13) Where is the 200-meter line at Hellyer?
- 14) In a race, what is the significance of the Sprinters line?
- 15) Explain how you score in a 20 lap Points Race with sprints every 5 laps?
- 16) How does a Miss & Out race work?
- 17) If you are at the back of the pack during a Miss & Out and a sprint is approaching, should you pass riders in front of you or should you go around the pack?
- 18) During a training or warm-up session, when passing another rider or line, call out...
“ ____ ” OR “ ____ ”

- 19) During a training or warm-up session, when being passed, what should you do?
- 20) If you are passing at the blue (stayers) line, be aware that riders at the rail may be _____
- 21) If you hear "stick" or "stay" it means _____
- 22) During racing the apron is used only to _____
- 23) When you are riding in a pace line always look _____ before pulling off the front.
- 24) If you want to get out of a line while you still have energy, what do you do?
- 25) At the beginning of a race does "Neutral lap" mean "slow lap"?
- 26) When the front two riders both pull off a pace line together, this is called "Double switching". Is Double Switching a good idea?
- 27) When riding on the track, your focus will be _____