



NEWPORT LIVE
CASNEWYDD FYW

EXPERIENCE THE VELODROME

Bring your team or a group of friends
and feel the adrenaline of track cycling!

► **BOOK NOW** ◀

Call 01633 656757 or e-mail customerservice@newportlive.co.uk

newportlive.co.uk

    01633 656757



Geraint Thomas

NATIONAL VELODROME OF WALES

FELODROM CENEDLAETHOL CYMRU



THE GERAINT THOMAS NATIONAL VELODROME OF WALES IN NEWPORT IS ONE OF ONLY FIVE INDOOR VELODROMES IN THE UK. A FANTASTIC LOCATION FOR CORPORATE AND GROUP EVENTS SUCH AS TEAM BUILDING EXERCISES, BIRTHDAY CELEBRATIONS OR ANY OTHER GROUP DAY OUT.

Feel the adrenaline of champions by speeding along the velodrome track previously ridden by Geraint Thomas and other Olympic champions.

Our track cycling packages are suitable for beginners with no previous experience on a velodrome track. We'll give you all of the coaching and equipment you need to get started, all you need is to be able to ride a bike.

For those who would prefer to stay off the track, we can arrange a number of off-track activities and the opportunity to spectate and cheer on the other riders.

Take a day out of the office and get on track!

BRONZE PACKAGE

£330 per group, suitable for up to 10 riders
A great introduction to track cycling

- 1 x British Cycling Qualified Coach
- 1 hour track time
- Helmet and bike hire
- Track mitts for each rider
- Free laps of the steeply banked velodrome
- 'Taking laps' exercise

The session begins with a safety briefing, and introduction to riding a fixed wheel bike without brakes. Riders experience the exhilaration of being on track and the physical challenge of a 'taking laps' exercise.

SILVER PACKAGE

£67 per rider, suitable for 11-20 riders
A 500m Time Trial for those with a competitive side

- 2 x British Cycling Qualified Coaches
- 2 hours track time
- Helmet and bike hire
- Track mitts for each rider
- Free laps of the steeply banked velodrome
- Learn to 'Ride the Wheel'
- 500m Time Trial
- Medals and Podium Finish

Riders have the chance to 'Ride the Wheel' before completing a 500m Time Trial to compare times against cycling champions and each other. The group will be split into two, each with their own coach, to allow riders to gain confidence quickly and maximise track time. The session will end with a podium ceremony with medals for all competitors.

GOLD PACKAGE

£82.50 per rider, suitable for 21-30 riders

The ultimate track cycling experience

- 3 x British Cycling Qualified Coaches
- 2-3 hours track time
- Helmet and bike hire
- Track mitts for each rider
- Free laps of the steeply banked velodrome
- Learn to 'Ride the Wheel'
- 500m Time Trial with times displayed on the live big screen
- Roadman's pursuit race to finish (if time allows)
- Medals, Trophies and Podium Finish
- Dedicated changing rooms for riders
- Tea, coffee and snacks
- Your company logo on the big screen

Riders have the chance to 'Ride the Wheel', complete a 500m Time Trial and track their timing on the big screen with a leader board for all to see! The group will be split into two or three, each with their own coach, to allow riders to gain confidence quickly and maximise track time. The session will end with a podium ceremony with trophies for certain categories and medals for all competitors.

For those who would prefer to stay off the track, a number of off-track activities can be arranged including badminton and table tennis as well as the opportunity to spectate and cheer on the other riders.

SHOE HIRE

Enhance your track experience with shoe hire. Track cycling shoes are available to hire for just £5.25 per person.

We recommend track cycling shoes with cleats although riders who have road cycling shoes can use Look Keo cleats if they prefer.