

RELAYS AND MOCK SHORT COURSE RACES

The NICA Short Course is the basic mock race for student-athletes to use their skills in a competitive or challenging race-like environment. If available consider including small challenges to the track such as sloping terrain, drainage swales, small logs, water hazard, etc.

Short Course Relay

Use your typical NICA short-course and turn it into a relay race. Divide the group into five teams and have the first rider of each team line up at the start line. As each racer finishes, the next racer on that team begins. The first team to finish wins.

Slalom Course

Use cones to create race gates similar to Slalom Skiing. A mildly descending grassy slope works perfectly. Set up two or more courses side by side to create a Dual Slalom race. Run elimination heats until you have only two riders left.

Variations:

Designate an easy or hard gear to be used by riders.
Do the races uphill too.

Slow Race

Form lanes for each 'racer' using cones. The rules of the game include staying in your lane, moving forward, and not putting a foot down. The last person to finish wins. Ready, Set, Slow!!!

Time Trial

Time each rider for a designated number of laps. One rider at a time.

Match Sprint

A race contested by only two riders. First across the line wins. Use elimination heats to determine a winner. Or have the winner of each race stay on until they lose. That will tire them out!

Scratch Race

A group of racers contesting a short race. First across the finish line wins.

Points Race

Racers score points for periodic sprints at regular intervals throughout the race. Also score points for lapping the field. These can be longer than average races while

keeping the interest of racers as they try to score points. Top three of each sprint are scored 3-2-1 points. 10 points for lapping the field. Bring a clipboard and be ready to write down the points for each racer.

Snowball

Another form of points race in which increasing numbers of points are awarded as the race wears on. Formats vary, but a 10-lap snowball might award points on every second lap to the first rider only, with points available as follows: 2, 4, 6, 8, 10.

Miss-And-Out

The miss-and-out is distinctive to velodrome racing. As its name suggests, is a race at the rear of the field to avoid being the last rider across the line.

The race continues with one rider being eliminated at regular intervals depending on track length. When just three riders remain, the format changes to a scratch race and the first across the line wins.

Win-And-Out

The win-and-out is an unusual format, and there are many variations. The idea is to award the victory to a single rider on the basis of a sprint – and then that rider leaves the race. The rest of the riders – whether they were last in the sprint or got second place by half a tire – are left to duke it out for second place in the next sprint. A common variation is when lower finish places are awarded first. Fifth place is awarded to the winner of the first sprint, then fourth, then third and so on.

Keirin

At the velodrome, a Keirin race uses a motorbike to pace the racers up to speed and then the race is started. We can use a NICA coach to pace the racers around the grass track and then announce the start as he/she moves out of the way. Let the racers battle for one or two more laps around your grass track.