

READY

STEADY

RACE



B

Mini Bunch Races

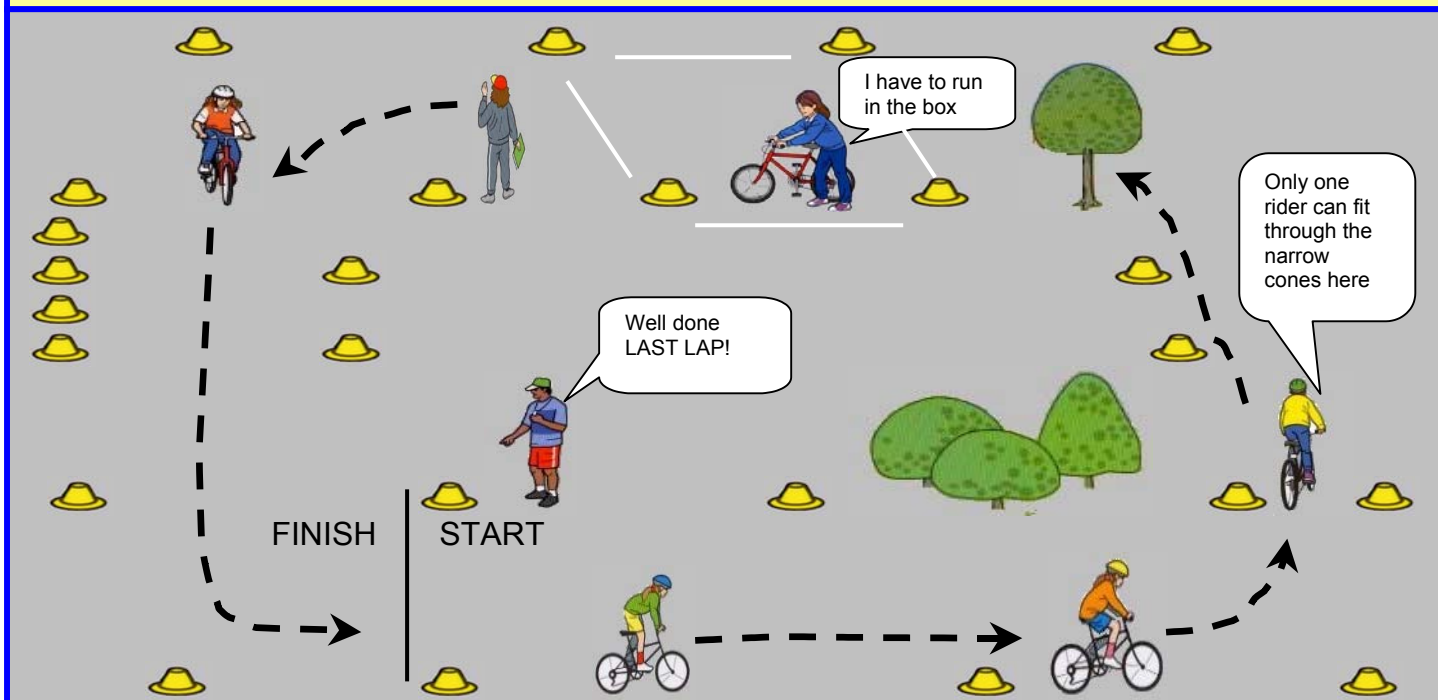
a Mini off road race

a Mini road race

- Racing with others
- Racing on different terrain + running with bike

Mini off-road racing

Preparation: Set out a circuit using markers, taking approx 1 minute to complete, include a start/finish line. Incorporate different terrain, grass, trees and small rises etc, also include a section where racers get off and run with bike before re-mounting



Racing: All ride one lap to ensure all riders know circuit, point out difficult sections. 4-8 riders line up on start line, one foot down in GET SET position. All race on signal 5,4,3,2,1,GO! Race for 3-5 mins, 1st across finish line wins.

Lionel says

If the ground is rough, ride in the "neutral" position



COACHING NOTES

- Ride at a pace you can keep going at for 3-5 mins
- Dismount before run section, run + push, at the other side re-mount

Variations

To make **EASIER**:

- >Reduce time of race
- >Allow more recovery time
- >Make circuit layout easier

To make **HARDER**

- >Increase race time (no more than 7mins)
- >Make circuit layout harder

OTHER IDEAS

- >Use non-racers to count laps/record results

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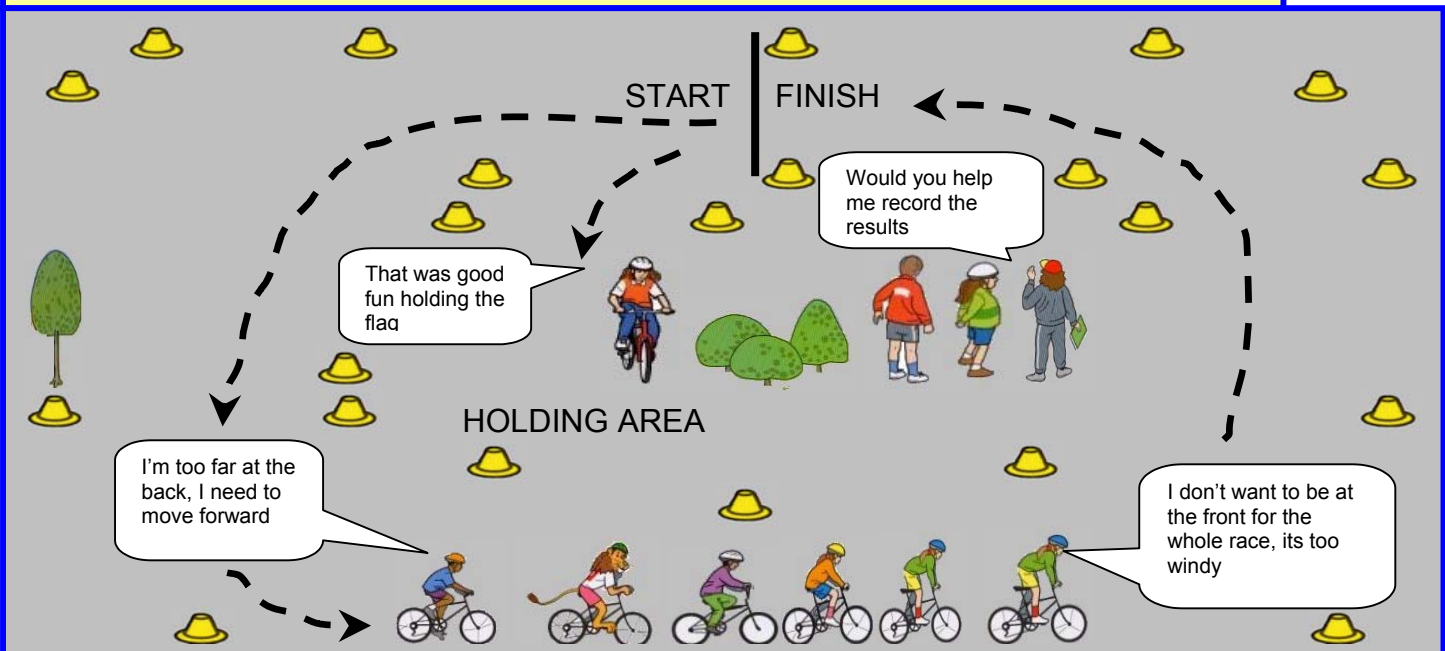
Mini Bunch Race



Equipment, cones, stopwatch, flag or coloured paper, pens + paper

Mini Bunch Race

Preparation: Set out a circuit on the perimeter of the activity area. Mark a start/finish line. The circuit should take around 2 mins to complete. Race for 5-7 mins



Racing: Group starts as a bunch at the start line, follow lead rider who rides with flag in air, slowly bunch follow 3m behind lead rider, once round circuit, lead rider pulls down flag and gets off circuit at start/finish line, bunch then races round circuit, 1st across the finish line wins.

COACHING NOTES

- Always be aware of riders around you
- Look over your shoulder before moving

SAFETY

Keep the course away from obstacles around the edge of venue



Lionel says

Try to pace yourself for the full race; you may need to sprint at the finish



Variations

To make **EASIER**

- >Reduce time/distance of race
- >Reduce number in bunch

To make **HARDER**

- >Reduce rest time

OTHER IDEAS

- >If you don't have a flag, use coloured paper
- >Non-racing participants can be used to record results