

RIDE **TRACK ATTAQUE**

14 SEPTEMBER 2025



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WELCOME TO TRACK ATTAQUE

We are delighted that you have chosen to take part in Action's Track Attaque on **Sunday 14th September**. In this manual you will find all the details that you need to know about the event and the proceedings for the challenge.

Please take your time to familiarise yourself with the details of the event to ensure you enjoy the experience to the max! Action's Track Attaque is a great challenge for anyone to undertake – whether you are entering as a soloist or in a team. Some of you will be riding hard to break records and win your categories, whilst others will want to do as much as you can to raise funds for Action.

We want to create a memorable event for all involved – without creating a whole load of rules that get in the way of your enjoyment and fun. Where we have made event rules these are for the safety of all taking part.

Please follow these simple rules and the advice or instruction offered by our team, as it will help us all get the best experience for everyone.

Thanks in advance for your co-operation in helping us make this event a success and hopefully a fixture in your calendar for years to come.





Hi, I'm Zoë and I'm here to help you achieve your challenge and support you along the way.

Should you have any questions about fundraising, training, or the challenge itself you can contact me on events@action.org.uk

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About Action Medical Research

We are a UK-wide charity funding vital research to help sick babies and children. We're on a mission to save and change children's lives through medical research, developing treatments, vaccinations and cures. We have been funding medical breakthroughs for more than 70 years and have helped to beat polio, fight meningitis, prevent stillbirths and develop ultrasound scanning in pregnancy.

By taking on this challenge not only will you have a great experience but by fundraising for Action you will be helping us save and improve the lives of babies, children and young people.

How amazing is that? Children like Eva, (pictured) who has a rare liver disease called progressive familial intrahepatic cholestasis type 3.



SCHEDULE

The event schedule is below. If changes are unavoidable, we will communicate these to you as quickly as we can.

SUNDAY 14 SEPTEMBER

07:30 – Registration opens

08:00 – Breakfast and event briefing

08:50 – First riders to the start

09:00 – Challenge starts

Throughout – Refreshments available

Throughout – Food and drink available to purchase

21:00 – Challenge finish

21:10 – Podium presentations



ARRIVAL

Please feel free to arrive any time from 7am onwards on the morning of the challenge and make your way to the velodrome stand. You will be greeted here with our registration team who will issue you with your rider number, wristband and team transponder.

(Please note transponders must be returned at the end of the event or you will be charged £50).

Changing rooms, showers and toilets are available to riders on site.

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EVENT RULES & TRACK SAFETY

Safety is something that we all need to play our part in, please ride with consideration for other riders around you at all times, especially when passing or being passed. As the hours tick by, tiredness will play an increasing part. We are all reliant on everyone to ensure an incident free event.

Track Attaque offers an excellent traffic free environment for cycling with a fast surface. We anticipate a wide range of abilities in the event so a few tips may prove invaluable for you:

- Give one another space.
- Pass and be passed safely: When overtaking, the passing rider should take an outside line to pass the slower rider(s). No undertaking is allowed.
- Eat and drink on flat straight sections and away from corners, better still focus on this in your downtime.
- Only one rider per team is allowed on the track at a time during the event.
- Non-riding team members **MUST NOT** ride on the course, including the transition zone.
- No headphones for music or radios can be worn at any time. Riders need to be able to hear other riders and marshals at all times.
- Riders should not ride erratically at any time, including unnecessary and unpredictable changes in direction or braking that may lead to accidents.
- If riders are showing signs of fatigue or dehydration in their riding style our marshals may bring you in and assess whether you are fit to continue.
- No fixed wheel bikes allowed, this challenge is for road bikes only.
- Helmets must be worn.
- Under certain circumstances there may be a requirement to bring vehicles onto the circuit, for example to attend to a medical incident. Should this happen please move to the side of the track and allow the vehicle to pass you quickly and safely.

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RELAY TRANSITION

The transition zone (track exit and entry) will be an important area, which at times may busy. In order to ensure that this remains safe for all riders, both on and off track, we have some critical rules in place:

- Your team transponder acts as your relay baton.
- This must be changed from rider to rider when stationary in the Transition Zone.
- When changing rider, please be aware of other riders already on the track and always look over your shoulder to see who is around you.
- No running push starts are permitted.
- Do not attempt to remove/affix the transponder whilst moving.
- The transition will be explained as part of the morning event briefing.

MECHANICAL SAFETY AND SUPPORT

Please ensure that your bikes and all equipment are in a suitable condition for your challenge.



Any rider incurring a mechanical issue along the course must either deal with this themselves on course or complete the lap to receive assistance at their team pit or from our mechanical support.

The mechanic will have some items for sale, but it is advisable to bring a supply of spare parts / tyres that you feel you may need.

MEDICAL SUPPORT

Medical support is provided. Should you have an incident that requires medical attention, and if it is feasible, please return to the track centre where first aid provision will be available. For a more serious incident that requires attention on the track then our team will call for the medic team to assist.

Otherwise, should you require medical assistance at any time please alert one of our team who will direct the medical support.

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BIKE CHECK

Prior to the challenge please check your bike to make sure the following are in good working order:

- **Clean the bike thoroughly, lube the chain and oil the derailleurs**
- **Brakes working correctly with sufficient pad remaining**
- **Tyres are inflated to correct pressure**
- **All gears are fully working and able to choose all the gears on the bike**
- **Handlebars, stem, brake levers, headset and seat post are correctly adjusted and bolts secured to the correct torque**
- **Saddle is tight and at the correct height and position**
- **Wheels are in good condition and spin freely**
- **Have your bike fully serviced at a bike shop before the event starts.**

KIT LIST

The following is a recommended guide of items you will need and should consider bringing to make your 12 hours as comfortable as possible, remember you are riding across various times of the day and the weather could be changeable.

- **Suitable cycling shorts**
- **Cycling or sports top**
(shoulders must be covered)
- **Cycling gloves**
- **Helmet**
- **Base layer**
- **Arm warmers**
- **Gilet**
- **Rain jacket**
- **Cycling shoes**
(check your cleats are in good condition)
- **Sunglasses**
- **Spare clothing for off track**
- **Sun cream**
- **Chamois butter**
- **Money and mobile phone**
- **Small first aid kit**
- **Personal toiletries**

FUNDRAISING

The Events Team at Action are here to help you achieve your challenge and we'll support you all the way.

We're here to answer any questions you might have about fundraising, training or the challenge itself.

You need to raise the minimum fundraising for Action Medical Research and in order to take part in this challenge. We trust that riders will be well on their way to achieving this target by the time you reach the start line and you must have reached this target by four weeks after the event (12 October 2025).

With your support we can fund more vital research for sick babies and children, so we really encourage you to raise as much as you can. www.justgiving.com/campaign/actionstrackattaque2025

We are delighted that you have chosen to take part in Action's Track Attaque and in doing so help raise money for and support Action Medical Research.

On behalf of us all here at Action Medical Research, thank you, your support will make a huge difference to the lives of children, babies and their families. Our research and progress would simply not be possible without the hard work from people like you and those that have supported you, so **THANK YOU**.

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RIDE FOR A REASON

Three-year-old Eva has a very rare liver disease that causes severe and progressive damage. Treatment options are extremely limited, with affected children eventually needing a life-saving liver transplant.

Eva is a very chatty little girl, who loves the outdoors and going to forest school. "She's a real bright spark," says her mum, Sophie, "She goes to nursery and is a happy little thing."

When she was nine months old, Eva was diagnosed with progressive familial intrahepatic cholestasis type three or PFIC3. This is caused by faults in a gene which provides instructions to make a protein that is essential for healthy liver function. Sadly the condition causes damage and scarring which eventually leads to liver failure.

After a very tough start in life, Eva has more recently had a period of better health, something her parents are incredibly grateful for. "But we know there will come a time when her health degrades significantly again," explains Sophie.

