

## **Race-Ready Assessment**

### **For YTDS/OCup athletes who have never ridden at MNCC**

#### **Who?**

For athletes who are not on the Mattamy National Cycling Center (MNCC) certification list, have experience riding at other velodromes, and want to race at a YTDS or OCup event.

#### **What?**

All athletes participating at a YTDS/OCup event must either possess a MNCC certification or have passed a Race-Ready Assessment through [National Cycling Institute Milton](#).

#### **When?**

Race-Ready Assessments will be offered the morning of YTDS #1, YTDS #2, and YTDS #3 from 10:00am-11:30am during the MNCC Drop-In.

#### **How?**

The Race-Ready Assessment will include the following:

##### *Basic Riding Skills*

- Ability to start and stop
- Ability to speed up and slow down
- Ability to perform consistent shoulder checks
- Ability to ride black line around track

##### *Paceline Riding*

- Ability to ride in a straight line
- Ability to ride at a consistent speed individually
- Ability to ride 1 bike length or less behind another rider
- Ability to Black line paceline ride with exchanges
- Ability to Blue line paceline ride with exchanges
- Ability to lead paceline without surging or slowing

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### *Passing, Decision Making*

- Ability to demonstrate safe passing technique
- Ability to use words such as 'stick' and talks with other riders
- Ability to show decision making skills
- Ability to maintain proper control of bike while riding
- Awareness of others on track when executing drills
- Ability to join a paceline
- Ability to demonstrate general safe riding
- Ability to be in a group that passes another group
- Be open to feedback from coach on duty

All athletes must receive a 'Pass' in the Race-Ready Assessment in order to race at the YTDS/OCup event. If an athlete does not pass, they will not be allowed to race the YTDS/OCup event and will not be eligible for a refund.

The coach providing the assessment will be responsible for letting the Event Organizer know if there are any athletes who do not pass so that they can be removed from the start lists.

### **Cost?**

The cost for the Race-Ready Assessment is \$20/rider.

### **Next Steps**

Receiving a pass in the Race-Ready Assessment will certify a rider on the MNCC Track and will put them on the MNCC Track Certification list. This will allow a rider to ride any Drop-In programs at MNCC in the future.

**Register now for your Race-Ready Assessment with NCIM by emailing Nicole Lentini at [admin@ncirevolution.com](mailto:admin@ncirevolution.com)**