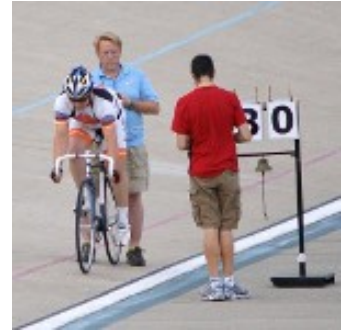


Introduction to Track Bikes

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Selecting a Bike for Your Fixed Gear Needs



Road Fixie .vs. Track Fixie

With the increased popularity in fixed gear riding, many of the fixed gears on the market now have a geometry designed for road riding and not track riding. A fixed gear designed for road riding will have geometry similar to your road bike.

Road Geometry .vs. Track Geometry

Track bikes are different than road bikes. This seems like an obvious statement, but to the untrained eye, it may appear that a track bike is merely a “stripped down” road bike. This is not the case. A track bike is *designed* for the track and its’ banking

For track riding, Quick responsiveness, and Stiffness (to ensure that power goes into the drive train and not into flex) are desired frame properties. Road frames are expected to absorb some of the roughness of the road and have a shallower geometry to allow them to have some flex.

Expect road bikes to have head tube and seat tube angles less than 74 degrees.
Expect track bikes to have head tube and seat tube angles greater than 74 degrees.

Bottom Bracket Height

Because a track bike is ridden on the banking of the track, there is a possibility that the right pedal might scrape the track. This is possible when:

- a) The right pedal is at the 6 o'clock position
- b) The bottom bracket is low
Since tire size can vary ,bottom bracket clearance is measured as the distance below the hub axles. Typical track BB drop is 55-65 mm. Road bikes typically have BB drop greater than 65 mm.
- c) Crank arms are too long
Track bikes normally come with cranks that are 2.5 - 5 mm shorter than your road bike.
- d) Pedals are overly wide
Not typically an issue with clip-in pedal systems. The problem is often seen with block or rat trap pedals.

Not sure if your pedals will scrape the track? Bring it out to the velodrome and have it checked out.

Sizing Your Track Bike

The stand-over height of your track bike should be similar to the stand-over height of your road bike. A track bike is normally sized 1 – 2 cm smaller than your road bike. This difference is mostly in the height of the bottom bracket. The bottom bracket is higher to prevent the pedals from clipping the banking in the corners. With the bottom bracket being higher, but the track bike having about the same stand-over height, the frame will have a shorter seat tube. This means that you should have 1-2 cm more seatpost showing than you would on a similar road bike.

NJS Certified Parts

In the pro Japanese velodrome cycling circuit, only parts certified to meet the "National Japanese Standard" can be used. These parts will have "NJS" stamped on them.

NJS parts tend to be strong to withstand the rigors of keirin racing, and they also tend to be standardized so that a rider will win a race based on their ability and not by their equipment.

These parts tend to be beefy, and are never ultra-light. There are no carbon parts that meet the NJS standard. NJS parts are good quality, but are not needed or required to ride / race the track.

Other Considerations

Generally, any fixed gear bike you see that is drilled for a rear brake, or has flat, city bars is probably designed for road riding. (Even though you could change the handlebars if you wanted to)

Some examples of city / road fixed gears include:

** NOTE: Companies like Raleigh, Specialized, and Bianchi, make multiple fixed gear models. and carry fixed gear products for both road and track.

Surley, Pake, All-City

Specialized Langster \$720

<http://www.specialized.com/us/en/bc/SBCProduct.jsp?spid=62142&scid=1101&scname=Road>

Bianchi Pista \$729

<http://www.bianchiusa.com/bikes/fixed-gear/pista/>

Masi no longer makes track fixed gear bikes, and now only makes road fixed gears.

<http://www.masibikes.com/bikes/fixed>

Schwinn has done the same thing. The Schwinn Madison (\$600), built after 2009 is a road bike, and not a track bike.

Some Track Bike Options

Some examples of track fixed gear bicycles that can be purchased locally include:

** Note: this list is not "All-inclusive", and may not be correct.

Bicycle vendors, product lines, and distributors vary from season to season.

This list is not an endorsement of certain bicycle brands or dealers.

It is merely a list of some track bicycles available in the area.

Felt Bicycle Outfitters Indy

TK2 \$1699

<http://www.feltbicycles.com/USA/2012/Track/Track-Series/TK2.aspx>

Felt Bicycle Outfitters Indy

TK3 \$899

<http://www.feltbicycles.com/USA/2012/Track/Track-Series/TK3.aspx>

Felt Bicycle Outfitters Indy

TK4130 \$899

<http://www.feltbicycles.com/USA/2012/Track/Track-Series/TK4130.aspx>

Fuji Carmel Cyclery, Circle City bikes

Track1 \$1449

<http://www.fujibike.com/bike/details/track-10-usa2>

Fuji Carmel Cyclery, Circle City bikes
Track 2 \$1299
<http://www.fujibike.com/bike/details/track-20-usa2>

Giant Bike Garage Indy
Omnium \$1600
<http://www.giant-bicycles.com/en-us/bikes/model/omnium/9008/48841/>

Jamis Nebo Ridge, Bicycle Outfitters
Sonik \$1200
http://www.jamisbikes.com/usa/thebikes/road/sonik/12_sonik.html

Specialized Gray Goat, Matthews
Langster Pro \$1650
<http://www.specialized.com/us/en/bc/SBCProduct.jsp?spid=62143&scid=1101&scname=Road>

Trek The Bike Line, Bike Garage Indy, Matthews
Trek T1 \$959
http://www.trekbikes.com/us/en/bikes/road/track/t1/t1/#/us/en/model/fit_sizing?url=us/en/bikes/road/track/t1/t1

Bianchi Joes Cycles, Matthews
Pista Sei Giorni \$999
<http://www.bianchiusa.com/bikes/fixed-gear/pista-sei-giorni/>

Raleigh Circle City Bikes, DG Bicycles
Rush Hour
<http://www.raleighusa.com/bikes/steel-road/rush-hour-12/>

Track Frame Options

Many of the shops in town can order track frames

Anchor	The Bike Line
Cardinal	Joes Cycles
Colnago	DG Bicycles
DeRosa	DG Bicycles
Giant	Bike Garage Indy
Pinarello	Nebo Ridge
Serotta	Bike Garage Indy

Other Options for Track Bikes

Not sure if you want to take the plunge? Take a class at the velodrome, and rent a track bike.

Buy a used track bike. CIBA Swap meet. MTV "For sale" board in the tunnel.

Clincher .vs. Tubular Tires

Clinchers are OK to use. They are on the velodrome rental bikes. Ninety percent of Thursday night racing is on clincher tires.

Clincher tire suggestions:

- Use a tire that is 23 - 28 mm in size.
- Do not use a tire with a "high mileage" rubber ridge tread along the centerline of the tire.
- Do Not waste money on a "dual composition" tread, which uses a softer, stickier rubber for cornering. The corners and banking will wear out the dual part of the tread quickly.

After you have ridden the track a bit, and want some improved performance out of your clinchers, consider trying the following tires:

- a) Open tubulars such as Veloflex or Vittoria
http://www.veloflex.it/products/open_tubulars.asp
<http://www.wheelbuilder.com/store/vittoria-open-corsa-evo-sc-clincher-tire.html>
- b) Track specific clincher, such as Vittoria Diamante Pro Pista
<http://www.vittoria.com/product/track/>
- c) Try a tubular clincher, such as TUFO:
<http://www.tufonorthamerica.com/tiretypes.php>

Gearing For Your Track Bike

Once you get your track bike, you will need to change the gearing on it. Typically a new track bike will come with a gear that is too big for road riding, and too small for track riding.

You should start by buying several track cogs:

- One that is the right size for racing.
- One that is one tooth bigger for the early season, and for undergear / speed sessions.
- One that is one tooth smaller for late season and overgear / power sessions.

As your power / speed develops over time, expect to evolve into one of the following gearing combinations:

- 47 or 48 X 14
- 50 or 51 X 15

To purchase as few extra gears as possible, strive to purchase gearing that will let you evolve from your current gearing, to Thursday gearing, and then to Friday gearing.

On windy days, gear for the headwind, and consider using a chainring that is 1 tooth smaller. On cool days, it is hard to develop your spin. consider using a chainring one tooth bigger.

GENERIC GEARING SELECTIONS

A list of suggested gear combinations to help make entry level gearing decisions.

For 27 inch / 700c wheels

Chain Ring	Rear Cog			
	17	16	15	14
46	73.1	77.6	82.8	88.7 Women
47	74.6	79.3	84.6 Thursdays	90.6 Category 3
48	76.2 Junior 10 - 12	81.0 Junior 13 - 14	86.4 Junior 15 - 16	92.6 Category 1 - 2
49	77.8	82.7	88.2 Women	94.5
50	79.4	84.4 Thursdays	90.0 Category 3	96.4
51	81.0	86.1	91.8 Category 1 - 2	102.2