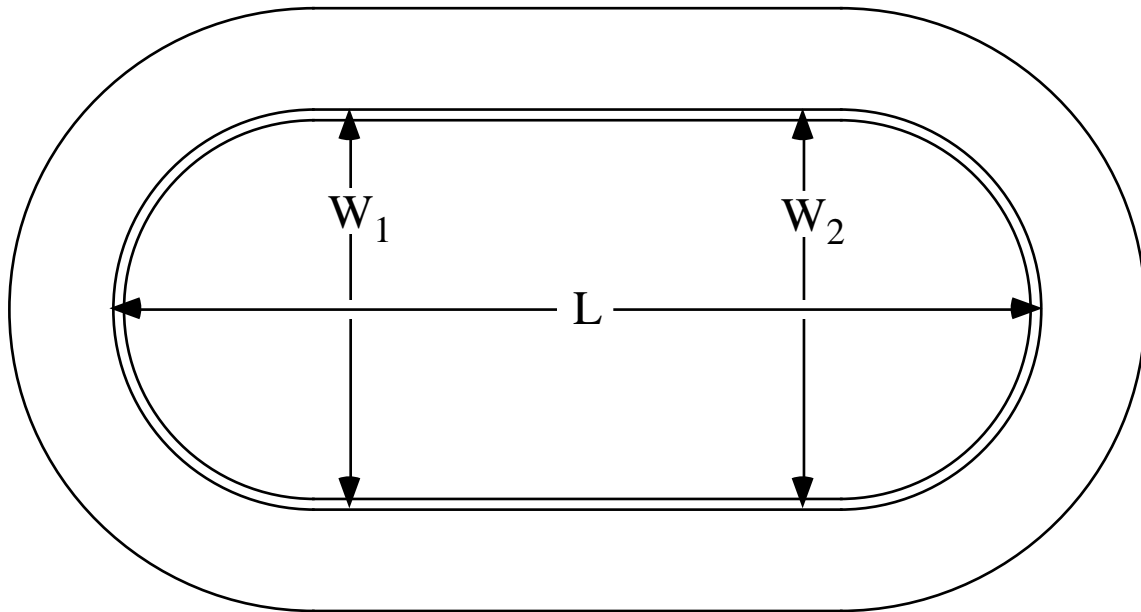


How to Tape a Track

by Bob Baumel



If curb is suitable, then tape circumference directly along outer edge of inner curb. If not, then use “Length-Width” method: Measure distances L , W_1 , and W_2 as shown above, and calculate circumference by the formula:

$$\begin{aligned}\text{Circumference} &= 2L + \left(\frac{\pi}{2} - 1\right)(W_1 + W_2) \\ &= 2L + 0.570796(W_1 + W_2)\end{aligned}$$

Once you have the circumference (by either direct curb taping or Length-Width method), then:

If track is curbed, add 1.885 m (6.18 feet) for path 30 cm from curb, or
If track is uncurbed, add 1.257 m (4.12 feet) for path 20 cm from the line.

Notes:

1. Distances L , W_1 , and W_2 in the Length-Width method are measured to the outer edge of inner curb or, if there is no curb, the outer edge of the painted line defining the inside edge of the legal running surface.
2. Widths W_1 , and W_2 should have endpoints near ends of straightaways, but **within** straightaways (**do not** waste time trying to locate junction of straight-away and curve).
3. For either direct curb taping or Length-Width method, tape every distance at least twice. (You may average the measurements.)
4. Use careful taping technique as described in the manual (include temperature correction).
5. The Length-Width method isn't usable on a “double bend” track. The curves on a double bend track include portions with multiple radii, and the overall shape is more squarish.