

Track etiquette for recreational sessions

See also: <http://tracknut.ca/rules/thebasics/>

Riding Etiquette (FCV)

Basic track etiquette:

- enter and leave the track on the back straight
- maintain a speed of at least 30 km/h on the track
- shoulder check and signal prior to changing a line
- give other riders lots of room when passing and let them know where you are as necessary
- Shout “stick” when passing other riders to alert them and have them hold their line.
- change the lead just ahead of turn 1
- change the lead every 2 laps
- do not do laps on the cote, between the red and the blue lines, or on the yellow
- no passing underneath riders who are riding in the pole lane (passing underneath those on the blue line is acceptable)
- ride in the appropriate pace line — faster riders on the blue, slower on the black
- Riders wishing to alert others that they are passing overtop should shout “stick down,” those passing underneath “stick up”

During recreational sessions, people should be riding either below the red line or just above the blue line. Politely ask people who are riding for extended periods between the red and the blue lines to move out of that space.

As a general rule, riders on the black line should be traveling at 31-34 km/h, those on the blue at 35-41.

Changes should always occur in turn 1. Riders should be discouraged from changing elsewhere on the track to minimize possibilities of collision with riders passing over top. Riders should be reminded to shout “stick” when passing at close quarters, particularly on the approach to turn 1. They should also be reminded to shoulder check and signal before changing their line.

When leading, and it’s time to exchange, if the track looks “busy” behind you when you shoulder check feel free to go another lap before exchanging. This most commonly happens when riding on the red and a faster paceline is overtaking yours.

As numbers increase it becomes increasingly dangerous for people to pass over other riders. The track can hold the most people the most safely if everyone rides in pace lines, two on the black and two on the blue, each line ½ lap apart. However, if there are too many people who cannot hold the speed of the pace lines, or who cannot change the lead in pace lines, it may be necessary to divide the participants into groups who will use the track for 5 or 10 minute intervals.

If pace lines split up, avoid asking people to ride faster or switch off the lead. They may not have these abilities. Your best recourse is to divide the participants into groups. Keep in mind

that people will quickly get chilled in cooler weather, so groups will need to be changed with some frequency.

Riding Etiquette (Milton)

Drop-in Cycling:

- Always shoulder check to ensure it is safe to move laterally up or down the track.
- Shout “STICK” to announce your approach to overtake slower riders.
 - “Stick” only has one meaning, don’t move laterally.
- There are two lines for riding pace in formation (pace line):
 - The black line up to the red line will be used by slower pace and slower riders.
 - Just above the blue line is for faster pace lines.
 - No high-speed individual laps, interval efforts or sprints are allowed on the black line during drop-ins*
 - *If 10 riders or less, this is up to the discretion of the facilitator on duty.
- Pace line riding guidelines:
 - Black line pace line exchanges must be very conscious of overtaking blue line riders. Generally, under the blue line unless there is ample space between oncoming riders.
 - When overtaking another rider, riders, or pace lines, the lead rider of the pace line is responsible for his/her line of riders behind:
 - Make sure to shoulder check and move up track to pass well in advance. Riders following in line must also shoulder check and move up track following the lead rider.
 - Lead the pace line above (to the right) past the slower rider(s), providing ample space above holding speed to overtake.
 - Ensure sufficient space to the overtaken rider before returning to the original line.
 - Blue line pace lines must be conscious of faster blue line pace lines and shout STICK when a faster line approaches and begins to pass.
 - Shout STICK to riders higher up on the banking who are riding high, waiting to join in a pace line.
 - Slower blue line pace lines must be conscious of faster blue line pace lines and shout STICK when a faster line approaches and begins to overtake.
 - Individual riders riding high on the banking stay out of the way of blue line pace line exchanges. Do not ride at the height of the track where blue line exchanges occur.

- Diving down out of the middle of a pace line is not good etiquette. It is best to wait until the rider completes his/her exchange at the front and returns to the back of the group before shoulder checking and dropping off at the back of the group.
- If you are reaching your physical limit in the pace line and need to go out of the line, you can exit the pace line up track if you absolutely must. Other riders should then shoulder check, keep their speed and gradually move up track out of the way.