

# Boulder Indoor Cycling Velodrome

## Rules and Guidelines

The Boulder Indoor Cycling Velodrome is a very exciting track! Its relatively short length (142 meters) and steep banking make riding and racing a very exhilarating experience for participants and spectators. Riders must show awareness while on our track because of its unique size, compared to other larger tracks. Safety and common sense are the keys to enjoying your riding experience. If there is ever any situation that causes concern to you please feel free to voice that concern to any of our staff, and we will attempt to resolve the matter. With these things in mind please take a few moments to familiarize yourself with the basic rules to ensure your safety, and the safety of others.

### General rules

**Important! Always communicate with all other track users while riding to make them aware of your presence!**

- At 45 degrees, this track is banked more steeply than most others in the world. While riding you will need to maintain a minimum speed of 16 miles per hour to avoid falling in the corners.
- Do not ride on the *côte d'azur* (the blue band) for any longer than is required to cross over and move to the track or onto the infield. **DO NOT** warm up/down on the *côte d'azur*. It serves as the separator between the infield and the track riding surface.
- To get on the track, start from the flat wooden "apron" cross the *côte d'azur* and enter the track at a very gentle angle and the end of the back straight. Plan your entry, look well behind you before going up onto the track surface to avoid becoming an obstacle to an oncoming rider. Riders will approach you very quickly.
- During training it is helpful to separate the track into two concentric ovals, with the blue line (*stayers line*) being the mark of separation. Generally training lines will form at the bottom of the track (between the black and red lines), and the *stayers line* (blue). Crossing the *stayers line*, either from above or below, requires the same level of awareness and care as the entering/exiting the track from the *côte d'azur*. It is best to consider the area between the red and blue lines as a passing area only, do not train in this area.
- When riding more slowly than those riders in a pace line, make every effort to stay on the **black line**. This will allow the riders in both training lines (the pole and *stayers lines*) to continue unimpeded.
- **Do not ride slowly at the top of the track!** Any rider who loses traction and slides down the full surface will cause major havoc!
- When the track is crowded, be very aware of everything and everyone in the 100 feet directly in front of you. Always have an escape route should any problem arise.

## Passing Rules and Recommendations

**Important! Always communicate with all other track users while riding to make them aware of your presence.**

- **At no time is a rider allowed to use the *côte d'azur* to pass underneath another rider.**
- If you hear a rider shout "**stick**" or "**stay**", ***hold your line***. Ride straight, maintain your position on the track and make no sudden movements. It is the passing rider's responsibility to overtake safely.
- Under normal circumstances you will pass **above** slower riders (this means on the right) when you are riding in the same lane. When passing, shout "**stick**" or "**stay**" loud enough for the slower rider to hear you – this lets them know you are about to pass and that they must "hold their line".
- You will on occasion pass below riders on the left. If you must pass below riders you should shout "**stick**" or "**stay**" to let them know you are passing, in the same manner you would while passing on the right.