

Madison tips

- 1) If you are on a wheel of a rider that is getting ready to throw in a teammate, move to the outside of that rider's wheel and get ready to accelerate when the teammate is thrown in.
- 2) Just before your exchange, with your right hand pat your right hip to alert the rider behind you that an exchange is about to happen in front of them. This is a learning tool and not everyone uses this protocol.
- 3) To start an exchange, the rider currently in the race puts their left hand on top of the bars near the stem. The relief rider coming into the race has their right hand in the drops of the bars and the left hand in the center of their back awaiting the racing rider's right hand to pick the hand up for a throw.
- 4) To exchange, the relief rider moves down track to the racing rider; the rider in the race does not move up track to get to the relief rider being thrown-in. The exchange needs to be done as close to the sprinters lane as possible.
- 5) When you are coming back in after relief, pay attention to the order of the teams in the race. The incoming relief riders should come in the same order.
- 6) After you have thrown-in your teammate, wait until you are 100% certain the track is clear before turning right and getting above the stayers line.