

## Madison tips

- 1) 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 on Wednesday nights.
- 2) If you are on a wheel of a rider that is getting ready to throw in a teammate, move to the outside of that riders wheel and get ready to accelerate when the teammate is thrown in.
- 3) 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.
- 4) Exchanges are best in the corners or coming out of the corners because the relief rider can use the banking of the track to help accelerate.
- 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.