

**Indoor cycling, Saskatoon 6pm-8pm, 1st hour sponsored by the SCA;  
2nd hour sponsored by Cycledelia, Horizon 100, NBR.**

**2014- Sundays: Nov 30; Dec 7, 14, 21**

**2015 dates- Jan. 4, 11, 25; Feb. 1, 8, 15; Mar. 1, 8, 22, 29 at 6:00-  
8:00pm**

**SCA members riding at the fieldhouse during SCA/Club sponsored  
times are reminded of the following:**

- There is a sign-up and you will be required to have proof of membership
- Your SCA/Club membership must be current; 2014 membership expires December 31 and 2015 membership must be purchased prior to any indoor cycling at the fieldhouse
- riding is self-monitored, you are responsible to ride safely and respect others riding
- slow riders keep to the inside " fast riders pass on the outside and let the rider ahead of you know you are passing
- shoulder check and hand signal when changing lanes or exiting the track
- outermost lane is for passing only, not for continuous riding
- 35 KPH maximum in outside lane (lane 6)
- 30 KPH, 25 KPH, 20 KPH suggested average speed in each lane moving inwards (5, 4, 3)
- cyclists do not use lanes 1 and 2 " side by side riding normally restricted to lanes 3 and 4
- be courteous to other fieldhouse users " indoor cycling is not a race, but an opportunity to train with fellow cyclists
- if there is a new rider, welcome them to the track and let them know how indoor cycling works
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- NO earphones
- any riders disobeying the rules could be asked to leave and indoor cycling privileges may be withdrawn