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Typical Track Day:

A typical track day at Spokane County Raceway has really yet to be finalized but we will be running track days similar to what you are used to in the past. Gates will open between 6:30 and 7:00 AM. Sign in and registration begins around 7:15 AM. Mandatory tech inspection begins at 7:30 and riders meeting at 8:15. The first session begins at 9:00 AM Sharp. The goal for the day is fun and improvement. No matter what level of experience you have we want you to enjoy your day, improve your skills, go home safe and your bike to be in the same shape you brought it. (I thought about saying "taking your bike home shiny but frankly I've seen many of your bikes and if you just take them home the way you brought them that will be good enough ;))

- A Group: Experienced Track Riders 20 min sessions
- B Group: Intermediate Track Riders 20 min sessions
- C Group: Beginning Track Riders 20 min sessions

Groups:

A Group – Advanced Group:

This group is intended for the rider that has advanced track experience and has proven themselves to be able to control the bike in a manner that is appropriate for this group. Passing is allowed anywhere on the track in a safe and prudent manner. Additional bike preparation recommended: no ethylene glycol based coolant/anti freeze – only propylene glycol racing coolant, safety wire as appropriate

Minimum protective gear requirements: Full leathers, riding boots, gloves, full-face helmet.

B Group – Intermediate Group:

This group is intended for the rider that has some track experience and has proven themselves to be safe and smooth enough to ride at a more excited pace. Passing is allowed on any part of the track in a safe and prudent manner.

Minimum protective gear requirements: Full leathers, riding boots, gloves, full-face helmet.

C Group – Street Group:

This group is intended for the rider that has never been on a track before; the group will have a limited top speed. Passing is only allowed when the bike is straight up and down, no passing in corners. Any passing must be done in a safe and prudent manner.

Minimum protective gear requirements: Full leathers, riding boots, gloves, full-face helmet.

Flags:

Green Flag:

Displayed at pit out (start/finish). Track is open and active.

White Flag:

Displayed at pit out (start/finish). One more lap to the checkered flag. This is an advisory flag only.

Checkered Flag:

Displayed at pit out (start/finish). Your session is over. Continue at speed until about half way to pit in, then progressively start to slow down until you get to pit in. If you were to roll off too suddenly, you could get hit by someone behind you.

Yellow Flag:

Displayed at the problem corner and the one before. Be extra cautious! Something has happened up ahead. Back off a little, but don't stop! Be prepared to change your line. You do not need to put a hand up on the yellow flag. No passing is allowed.

Red Flag:

Displayed at all stations. The session is over due to an unsafe situation. Slow down smoothly and bring your bike into the pits.

Black Flag:

The flag will be displayed and then pointed at you as you go by a corner worker and/or at start/finish. The flag will be shown at both the corners and the start/finish if something is wrong with your bike. Get off the racing line and bring your bike into the next corner worker. Your bike may be leaking oil, etc., so it is very important you stay away from the line where everybody will be. If the black flag is displayed only at the start/finish, it means it is a behavioral problem. Please finish the lap and pull in to talk with the track marshal.

Bike and Gear Requirements:

Bike:

All bikes must meet the following requirements:

- All mirrors must be taped over or removed
- Headlights/tail lights and turn signals must be taped over, no visible light be seen.
- All mechanicals must be in good working order.
- Tires must have a minimum of 30% tread left and no visible defects.
- No oil leaks. No exceptions

Riding Gear:

- Leathers ONLY for A and B groups - STRONGLY recommended for C group
 - One-piece full leathers in good condition
 - Two-piece leathers with full circumference zipper
 - Textile option ONLY for C group (allowed but not recommended)
 - Must have CE approved armor, may not be Mesh (see through) material.
 - Two piece suits must have minimum 3/4 circumference zipper.
 - May be disallowed per our inspection for quality
- Boots: over the ankle
- Riding gloves: no motocross or carpenter gloves
- DOT Full Face helmet, no flip up's
 - No obvious signs of damage
 - Good visor

Recommended:

- Back Protector STRONGLY recommended
- Ear Plugs
- Safety wire oil drain and oil filter
- Water wetter instead of glycol coolant.
- Tape over speedometer, another strongly recommended.

Track Day Check List

BIKE PREP:

Bike prep per Rules/Policy on web site.

- check oil level
- check coolant (water wetter recommended but not required for track days)
- check brake pad level
- Tire condition
- Tire Pressure, ask if your not sure
- check controls (clutch, brakes, throttle)
- check bolts and nuts especially ones with fluid behind. Safety wire is recommended not required for track days.
- tape all exposed lights and mirrors with tape
- pull head light fuse if possible. (some bikes have safety that wont allow bike to run w/o headlight)
- clean and lube chain, check for proper tension
- check clearance of controls against the bike and fairings, controls should go lock to lock without touching.
- fairings should be secure

RECOMMENDED

- earplugs
- KEY TO THE BIKE or Trailer, if yours needs one this is important!
- plenty of gas, 10 gallons min.. you'll burn more than you think
- bike stand
- tire pressure gauge
- chairs
- food/snacks... power bars, fruit
- cooler for drinks with ice
- water... Drink at least 1 bottle between sessions.. if your not needing to pee between sessions drink more...
- Gatorade .. Helps prevent cramping
- Insurance Card/Drivers License/contact list... keep them in your leathers somewhere...
- tools
- duct tape
- Blue Painters Tape (for lights etc)
- zip ties
- lubes/fluids
- air pump
- bike ramp if in trailer
- locks for bike if exposed over night
- any medicines/aspirin/inhalers
- extra chairs
- a folding table to put helmets and gear on
- ez-up for shade, as the summer progresses, shade is very crucial.
- tire warmers
- generators
- extension cords

REMEMBER!

- This is NOT a race day but a fun track day
- Be ready to have fun and learn
- Respect the track, the track workers and your fellow riders
- Leave ego's at home :)

Most importantly HAVE FUN...