



Beginner/Intermediate Group

MIND YOUR MANNERS: BIKE ETIQUETTE

Riding in a group is fun, but to keep it safe you need to know some of the do's and don'ts.

DO

Do be smooth and predictable, with no sudden slowdowns or accelerations. No sudden stopping, turns or passing.

Do communicate by using hand signals and verbal signals. Announce slowing and stopping, turns and hazards.

Do always let other riders know when you are passing them. Because they might not hear your approach, say "I'm on your left or I'm on right" and try to pass on the left. Remember the right side is a blind spot.

Do always let someone know if you are behind them: "I am on your wheel."

Do watch for traffic. Call out "Car Up," "Car back," "Car left or right," "All clear" if it's safe to go through an intersection or "Stopping" if it's not.

Do be punctual and arrive at the ride start with your gear and equipment ready to ride.

DON'T

Don't overlap your front wheel with the wheel in front of you, called crossing or overlapping wheels.

Don't weave back and forth or speed up and slow down. It makes it harder for other riders in the group and for motorists to know what you're doing.

Don't spit, blow your nose or do anything similar if it's going to land on a rider behind you. Yuck!

MORE TIPS

Learn from experienced cyclists about group riding, pacelines and drafting.

Move off the road when you stop for mechanical reasons, to take a break, or any other reason.

Ear buds, whether for phones, ipods or MP3 players, are not safe in a group and some organized rides even ban their use.

If a group is taking a break, let the last rider that gets in be in control of when the group restarts. Let them get a break too!

Try not to answer cell phone calls and if you do have to take a call announce it to the riders around you that you need to get out of the group and pull off the road.

If the entire group does not make it through a stoplight or intersection, slow down or stop somewhere safely and wait for the rest of the group to catch up. This way a rider won't feel pressured to run a red light or cross an intersection in front of oncoming traffic.

If you borrow or use something, like a tube or CO2 cartridge from another rider, offer to pay for it or replace it.

If a rider is struggling or has problems, try to keep them in the group or have someone stay with them. They may not know the route or have difficulty getting back to the start.

Different groups have different rules. If you aren't sure, just ask.

Follow and respect the ride leader. If you want to go faster or slower or a different route, volunteer to lead a ride!

Above all, enjoy the ride and camaraderie.