



Beginner/Intermediate Group

GROUP RIDING SKILLS

PREDICTABLE

Be Smooth and Predictable

- No sudden accelerations or slowdowns.
- If a gap opens in front of you, try to close it gradually.
- Sharp braking should be used ONLY in emergencies.
- Riders should verbally communicate upcoming stops signs by saying "Slowing" or "Stopping".
- Don't move out to pass the rider in front of you without checking to be sure you don't have another rider in your "blind spot" (coming up behind you on the left).
- If you get too close to the rider ahead of you use any or all of these methods:
 - Shift into an easier gear
- "Soft" pedal, meaning spinning your pedals without much pressure.
- Sit up higher to catch more of the wind.
- Move over slightly to catch more of the wind, but don't overlap your front wheel with the next rider's back wheel AND also watch out there is not a rider coming from behind you would cut off.
- Try not to coast. When riders behind you see you coasting they will slow down too-creates a yo-yo or accordion effect.
- If these don't slow you down enough, feather your brakes lightly.

Sometimes it is better to roll over minor obstacles like small holes or sticks rather than make a sudden move or slam your brakes.

COMMUNICATE

Be loud and use gestures

- Use hand signals
- Give verbal signals, such as "right turn", "left turn", "slowing", "stopping", "car back", "car up".
- Point at obstacles and call them out BEFORE you pass the obstacle or you may not give the rider behind you enough warning.
- Move over for obstacles ahead and call out. When passing a pedestrian, for example, say "walker up".

COURTESY

Be considerate of other riders in the group

If the entire group does not make it through a stoplight (or intersection) before it turns red, slow down to wait up for those who did not make it through. This will also encourage lawful behavior in that a rider won't feel pressured to run a red light or cross an intersection in front of oncoming traffic. If you are approaching an intersection, call out "slowing" or "stopping" and call "clear" if the intersection has no approaching traffic and is safe to enter/cross.

Always let other riders know when you are passing them. Let them know where you are as they might not hear your approach... "I'm on your left". Always try to pass on the left side. If you come up on someone's wheel, let them know you are there by calling out, "I'm on your wheel".

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

Ride with safety and courtesy as your guide.

COURTESY, cont'd.

Watch for traffic coming from the rear and inform the group of a car passing by saying "Car back". This alerts the leaders and other riders to maintain their position while the car passes.

Alert the group when there is oncoming traffic by saying "Car Up".

Move off the road when you stop regardless of the reason, be it for a mechanical check or a break. If it's to take a break, let the last cyclist to catch up be in control of when the group restarts.

A FEW MORE TIPS

- Learn from experienced cyclists about pacelines and drafting.
- Look out for yourself-even if someone calls the intersection as clear- check for yourself.
- Ride a straight line and avoid weaving back and forth- this helps cars and other cyclists determine when it's safe to pass you.
- Learn the group rules- different groups have different rules, if you aren't sure, just ask how do you do this or that.

Above all, enjoy the camaraderie of riding with a group and have fun!!!!

RESOURCES

Oklahoma Bicycle Society: Group Ride Guidelines

www.Oklahomabicyclesociety.com

Greensboro Department of Transportation- Bicycle Etiquette

www.greensboro-nc.gov/departments/GDOT/divisions/planning/bicycleandpedestrian

Ottawa Bicycle Club-Group Riding Terminology

www.ottawaybicycleclub.ca

Cascade Bicycle Club

www.cascade.org