

Bicycle Riding Safely In A Group

Remember, you are not riding your bike, you are **DRIVING YOUR BICYCLE**.
You need to pay attention, all the time, and resist the tendency to 'zone out'.

1... Call Outs

- **CRITICAL: riding status changes** (i.e. **slowing, stopping**, etc.) before you do them. Also, if you plan to move right in front of someone, let them know
- **CRITICAL: road hazards** like holes, grates, debris, etc. This is extremely important when riding close together as the people behind you often cannot see the hazard
- **IMPORTANT: traffic** (car back, right, left) **Car back means SINGLE FILE**. *It does not mean squeeze right but continue your conversation. If you want drivers to begin to show respect, so do you.*

Repeat calls up and down the line. Do NOT assume the riders ahead of you or behind you heard the calls.

If the person in front of you says Stopping and you too are stopping you too must say Stopping. If you hear someone say Car Back, REPEAT THE CALL.

2... Passing

- **CRITICAL:** You should NOT pass someone on the right. It is a blind spot and they cannot see you. However, if you need to do this anyway it is imperative that you let them know you are there.
- **IMPORTANT:** You should call out all passing on the left as well, even though the riders you are passing, theoretically, can see you in their mirror. Practically, few of us pay that close attention. You may be in control, but that does not mean the rider you are passing won't pull out to the left without looking.
- **COURTEOUS:** Less critical to call out is a left pass that is more than six feet away from the rider on the right.

3... Stay Right & Maintain Your Position

When riding and NOT passing, stay as far to the right as is practical and safe, so others CAN safely pass you on the left. If you need want to pull out, LOOK first.

This is particularly important on hills and roads with blind turns. You do not want the rider passing you to have to go into the oncoming traffic lane.

4...When Riding Near Other People - on flats or hills

- **Ride evenly.** Try not to pedal & coast or wobble. The rider behind you is trying to maintain a cadence based on what you are doing.
- **Do not cross wheels.** If the person in front of you is going slower than you, slow down yourself or pull out and pass them. It is dangerous to ride with your front wheel partially to the left of their rear wheel. If they veer left, you are going down.

5...Do not coast in a pace line. The rider behind you is watching you pedal. When you coast you throw the whole pace line off. If you need to slow, sit up to create more drag, shift gears to spin more, tap your breaks lightly or soft pedal.

Summary

Call Out - changes in your riding status, road hazards and traffic conditions. Repeat calls you hear for others in the group.

Pass On Left Only - but let the person you are passing know where you are even if you break this rule. Try not to pass too close, in any case.

When Riding In A Line Or Near Other People- maintain position, ride evenly, do not cross wheels and, in a pace line or with riders close together, do not coast (unless you are the last person in the line)

Do not bring steroids on your ride unless you bring enough to share.