

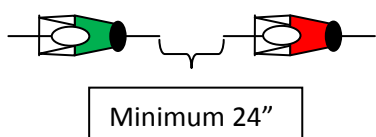
CURBSIDE CYCLERY

GROUP RIDE “RULES”

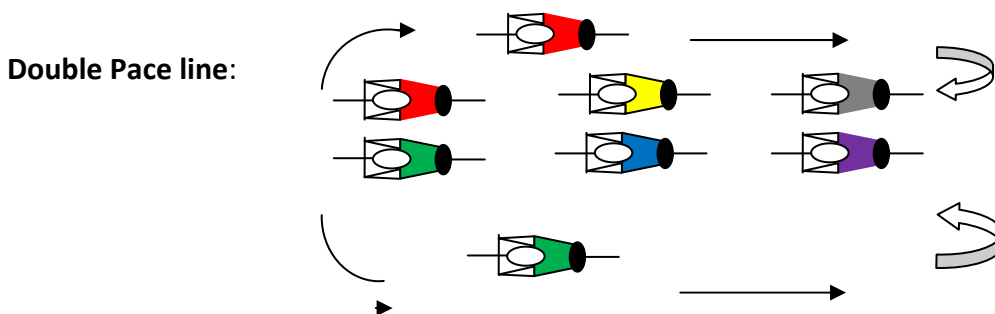
Prepared by: LIFE SPORT INC.

Joining a local bike shop ride can be one of the best ways to quickly learn firsthand about the sport of cycling. For the most enjoyment and improvement possibilities in group cycling, there are certain rules that are important for everyone to follow. Safety is at the top of the list of reasons for following these rules. With safety comes enjoyment.

- The formation of a pace line is the most efficient way for a group to safely travel down the road. Your position in the pace line should always be maintained by at least one wheel separation from the person in front. When new to a pace line it is fine to stay even farther back such as a bike length. Until you become familiar with the skill level of the individuals, keep your distance.



- The general pace line format will be a “Double Pace line”

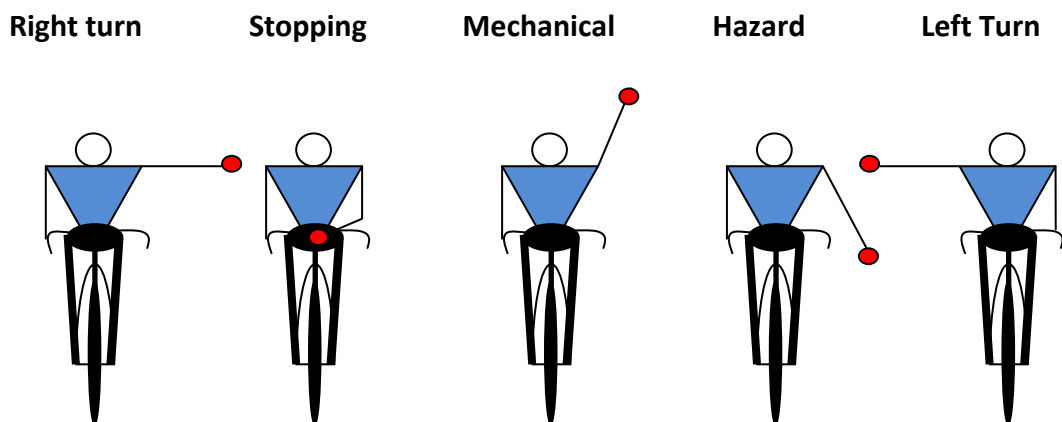


This formation is typically used on larger group rides that are at a steady pace on the side of the road. Riders can spend anywhere from a few seconds to several minutes before rotating off the front.

- When coming off the front, maintain speed and look around to check for traffic and a safe place to pull off. First, motion your intentions with a flick of the elbow on the side you want the rider following you to move up to. This signals the rider to approach on that side only. **Never ever** slow down before you have completely moved off the front.

Once off the front and returned to the back, use this time to get a drink, eat, adjust your clothing or make changes to your clothing like removing arm warmers.

- When taking the lead position in a pace line, do not accelerate or decelerate. Maintain the same speed as when drafting so you don't cause gaps to open between the other riders. These gaps create an accordion affect, which may lead to wheel touches and crashes. A smart thing to do is to check your speedometer before taking over the front.
- All riders should be near their brakes while in the pace line. Only the front person and the last person in a pace line can use the tops. Riding no hands should only happen at the back of the pace line.
- When climbing hills, be aware of your position to the rider in front and maintain a wheel apart. Quite often riders who stand with poor technique can slow their bike and produce the effect of their rear wheel being pushed back into your front wheel. A touch of wheels can lead to a crash.
- Communication is a must for maintaining a safe group ride. Make sure everyone knows of approaching turns, stops, and hazards by calling them out and using proper hand signals. Although the lead rider is the eyes of the group communication at the front should be passed along to the back.



- Flat tires or other mechanical mishaps are your responsibility and the group generally will not stop. This is the reality of group riding. For the group to achieve a benefit from this type of training, group pace has to be maintained. So be self-sufficient. If a “mechanical” occurs, such as a flat or dropped chain, please raise a hand and yell out flat or chain so you will be recognized and not cause an accident.
- If an accident occurs then the group will immediately and absolutely stop and do whatever is necessary to provide aid.

- Probably the most important rule is the *rule of asking questions*. All of us were new to cycling at one time, so never be embarrassed for asking any sort of question.