

Do's and Don'ts of Group Riding

DO use hand and voice signals to relay information to other riders about road conditions, pedestrians, autos, and other possible hazards. Give signals in advance, allowing fellow riders enough time to react. More details in LVCC Guide to Group Riding.

DO maintain a consistent position in the group. Frequent position changes are unsettling to dynamics of a group ride and unsafe. Settle into a pace and position and enjoy the ride.

DO hold your line. DO NOT swerve or weave. Avoid sudden deviations from your line when moving around holes, debris, pedestrians, or parked autos.

DO maintain about a wheel's length distance from the rider in front of you. **DO NOT** maintain paceline spacing, that is, spacing of less than 2 feet from the wheel front of you, when simply drafting in a group.

DO anticipate the accordion effect that can occur when riders slow down on rises causing those behind them to slow, and so on.

DO anticipate decreases in pace. When a rider rises to stand on the pedals, when starting an uphill grade for example, the bike will often be pushed suddenly rearward a few inches. **DO anticipate this** and adjust your pace or positioning. **DO NOT** be caught napping!

DO slow down in a straight line and as gradually as possible. **DO NOT move laterally** from the direction of travel as you slow and stop. **DO NOT** stop suddenly right in the path of oncoming riders!

DO NOT overlap the rear wheel of the rider in front of you. If the rider in front of you moves laterally for any reason while your front wheel is overlapping theirs, you likely will not be able to avoid a wheel touch, and will likely crash as a result.

DO NOT draft on steep descents. Higher speeds create higher risks of severe injury and the potential for high-speed crashes simply does not warrant the risk inherent in downhill drafting.

DO announce your intentions to pass another rider ("On your left".) Passing is typically done to the left. Passing on the right is acceptable only if the situation warrants it. Since passing on the right is not always expected, it is vitally important to announce your intention with words such as "On your right".