

Group Riding

A few basic skills are needed to successfully ride with
any group

You must be capable of riding in a straight line,
controlling your speed,
anticipating possible problems ahead
and watching the road ahead of you.

At the same time, be alert for activity in your peripheral vision

Group Riding

Hold your line – you should be capable of riding parallel with the edge of the road, staying in the same position in the lane relative to the kerb and centre line **even through bends.**

Control your speed – **resist pouring on the gas to show everyone how strong you are.** Fast accelerations or sudden braking disrupts the line and can cause a crash.

Group Riding

Keep your eyes and ears open – the first person in the group can see the clear road, therefore **they need to point out road hazards** – as do the rest of the people in the line. **Pass the calls back, especially at night or in the wind.**

When you are following someone, avoid getting a visual fixation on their rear wheel. Look ahead, keeping the distance between your front wheel and the rider ahead of you in your peripheral vision.

Listen for cars approaching from the rear.

Group Riding

Keep a constant pace – **don't surge or ease off for no reason**. Keep your riding steady and predictable. Sudden braking, changes of direction or stopping pedaling means that the riders beside you and behind you may have to take avoiding action.

Don't overlap your front wheel with the rear wheel of the rider ahead of you – this is called **crossing wheels** and is potentially very dangerous.

If a rider drops off the back of the group, inform the ride leader and at least one member of the group should stay with a rider who has a mechanical while it is being repaired.

When we ride Two Abreast....

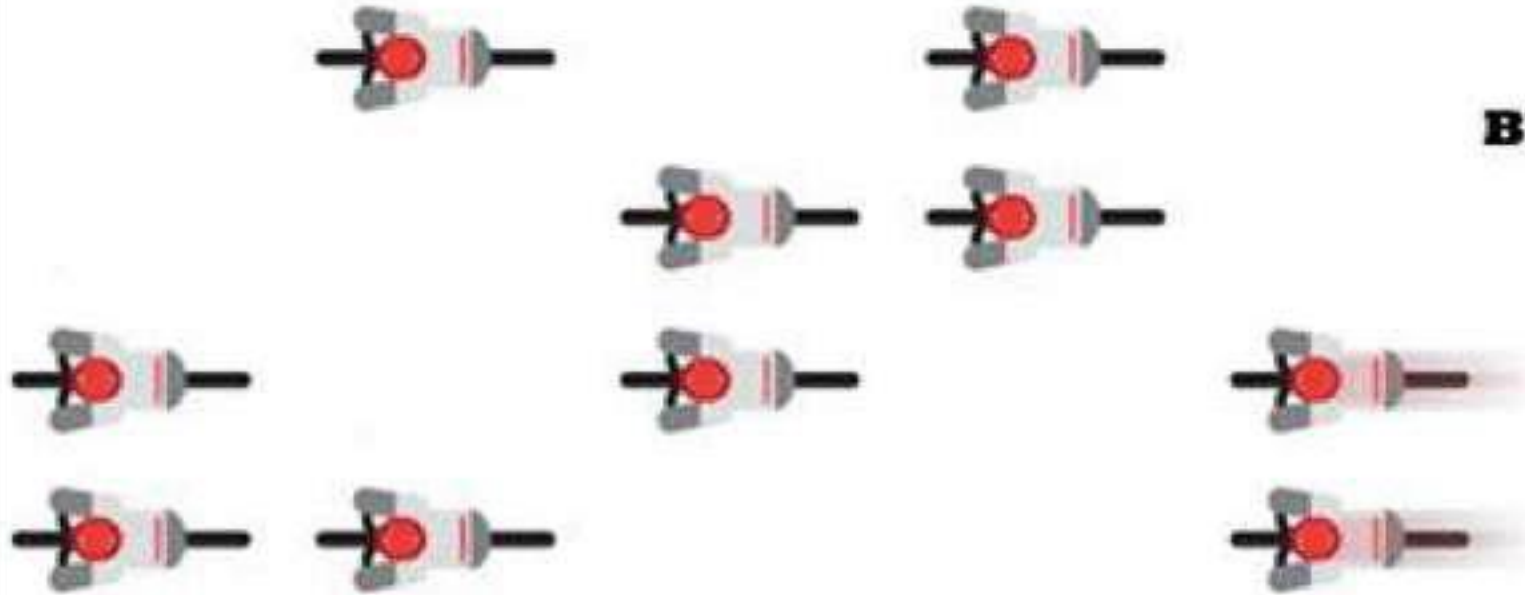


We mean this!



Or this!

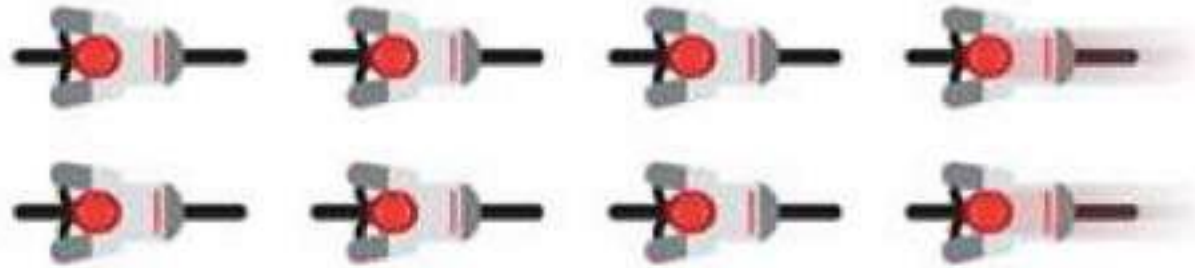
When we ride Two Abreast....



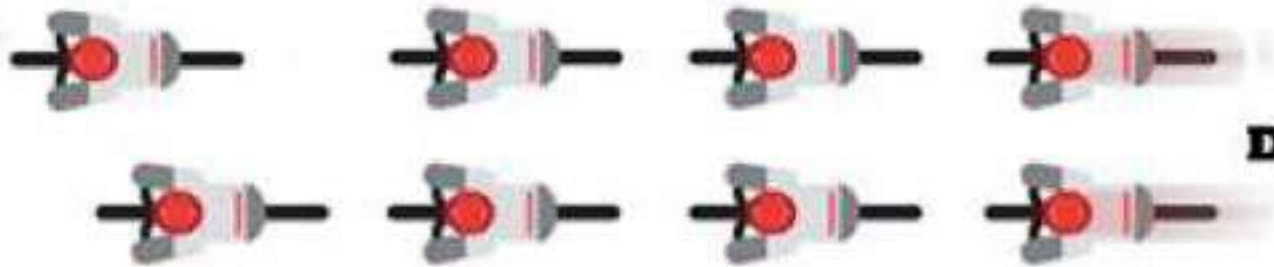
BUT NOT THIS!

**To other road-users this looks we are riding 3 or 4 abreast and taking up the whole road.
There shouldn't be anymore than a bikes width between you and the rider next to you.
The objective is to keep the whole group as compact as possible for safety and efficiency of effort.**

When we ride as a Group....



We mean this!
Handlebars level with
the rider beside you.



BUT NOT THIS!
DO NOT HALF-WHEEL!

You speeding up causes the riders beside you and behind you to speed up.
It is up to you to slow down to keep pace with the rider beside you - not for them to go faster!

Riding in a Group....



**Means riding
either beside or behind
another rider**



**BUT NOT THIS...
DO NOT CROSS WHEELS!**

**Your front wheel should always
be behind the rear wheel of the
rider ahead of you**

Two Abreast to Single File...



Single Out!



Stage 1



Stage 2

As well as calling you can use hand signals to show hazards – just remember to pass the call or signal back through the group

To indicate moving out:



Or to identify poor road surface:



Group Riding: Calls

Car Back: Car approaching from the back of the group

Car Front: Car approaching from the opposite direction – only required on narrow roads without a white line

Out: an obstacle ahead (parked car, pedestrian) requiring the whole group to move right to pass safely

Hole/surface: Upcoming pothole or bad surface to avoid

Inside: obstacle to avoid on the left of the group

Middle: obstacle to avoid between the 2 lines of riders when 2 abreast.

Under: Obstacle that is directly in line and first rider has been unable to avoid it so has had to ride through it

Group Riding: Calls

Slowing: usually accompanied by a hand signal. The cyclist in front needs to slow down for some reason.

Stopping: the group needs to come to a complete stop so start slowing (in a a safe and controlled manner).

Wait: usually at junctions to indicate there is a car coming.

Clear: to indicate a junction is traffic free.

Single out/single file: get into single file safely and promptly

Mile Off: asking the cyclists at the front of the group to slow the pace down

Puncture: (or other mechanical fault): let the others know you have a problem. The group will wait while you repair it. (You will probably be given help).