

Group Riding

- A few basics are needed in order to successfully ride with any group
- You must familiarise yourself with the route
- Groups sizes to be kept to less than <12
- 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.

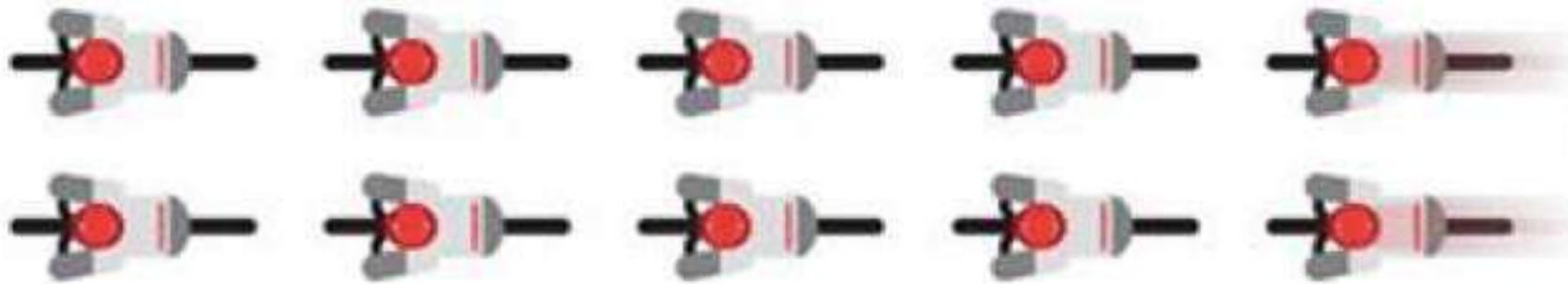
Group Riding

- 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 evasive 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....

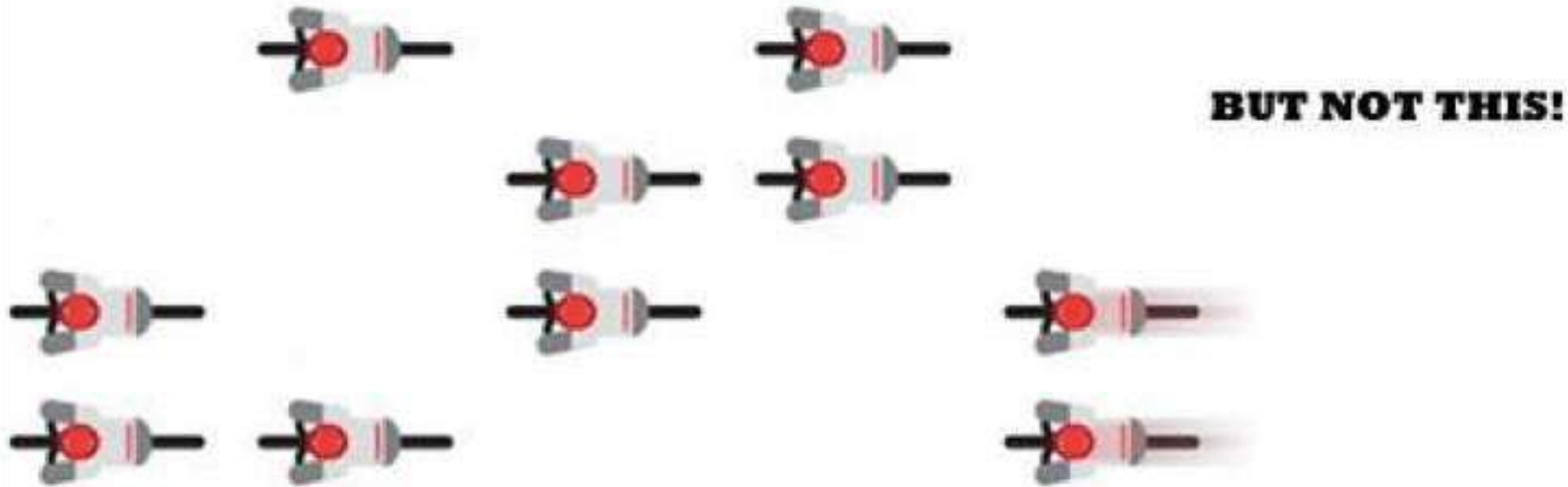


We mean this!



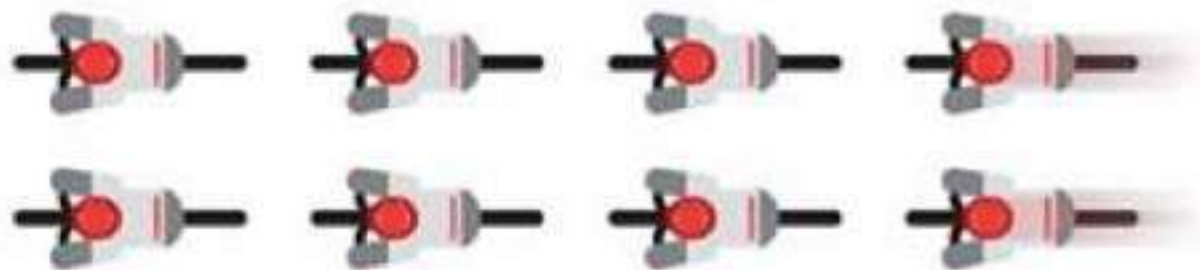
Or this!

When we ride Two Abreast....

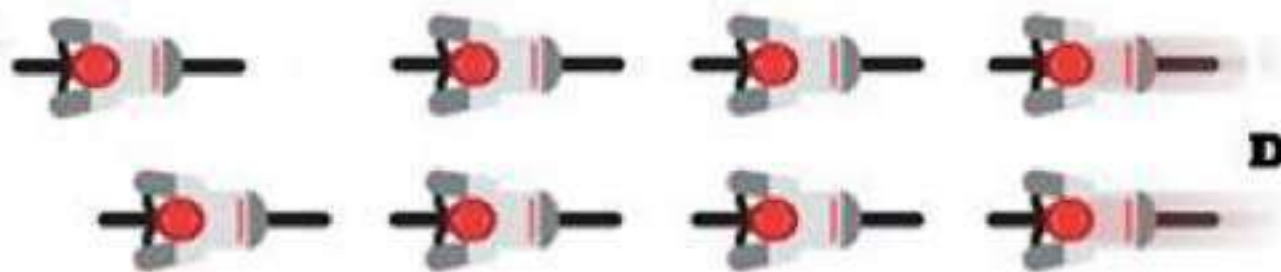


**To other road-users this looks we are riding 3 or 4 abreast and taking up the whole road.
There shouldn't be anymore than a bikes width between you and the rider next to you.
The objective is to keep the whole group as compact as possible for safety and efficiency of effort.**

When we ride as a Group....



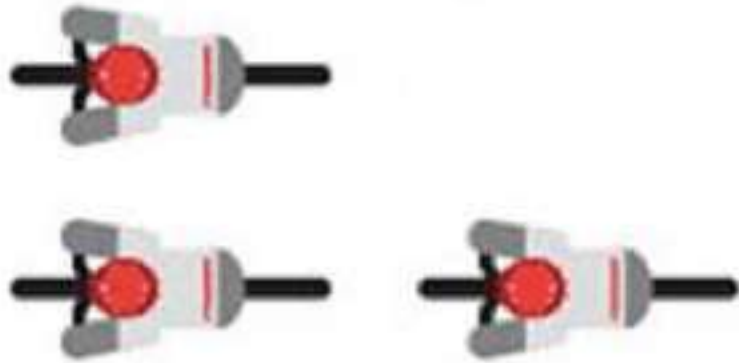
We mean this!
**Handlebars level with
the rider beside you.**



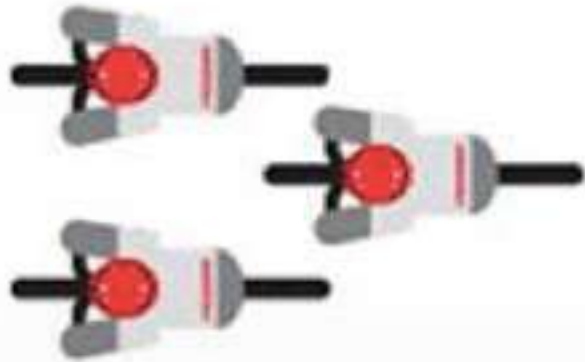
BUT NOT THIS!
DO NOT HALF-WHEEL!

**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 up:** Car approaching from opposite direction of the group – only required on narrow roads without a white line
- **Car back:** Car approaching from the rear of the group
- **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. Ask for help or the group to wait if required.