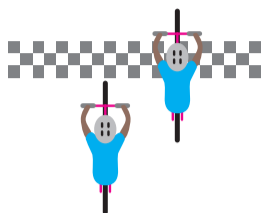


GROUP RIDING BASICS

Learning basic group riding skills will ensure you and your friends will have an enjoyable ride. Below are a few tips to be aware of when riding with your mates.

1 It's not a race

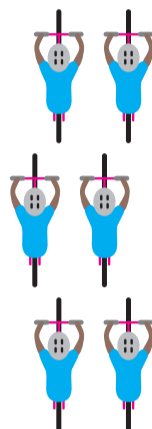
While it can be tempting to ride as fast as possible during a ride, it's worth remembering it's not a race.



1 Ride two by two

When riding in a large group riding two by two will ensure order in the group. Creating a neat column of riders will ensure traffic can clear the group safely.

When pacing behind other riders, being offset will ensure there is a lower chance of wheels overlapping or half-wheeling. Making sure all riders are shoulder to shoulder will ensure a smooth and consistent ride.



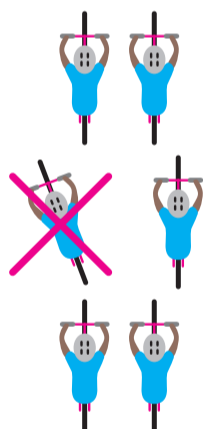
1 Brake carefully

Staying off the brakes is key to making sure the group rolls along smoothly. If you feel a little nervous or you are inexperienced, leave some distance between you and the rider ahead.



1 Be predictable

Making sudden movements or making a change in direction in a large group can cause accidents. If the pace is too fast, slowly peel off to the side and make your way to the back of the group. Refer to point 7 on tips of how to peel off or move to the back of the group.



1 Half wheeling

This simply means the rider next to you is a half a bike wheel in front of you. Overlapping wheels with other riders is one of the most risky things that you can do in a group ride. If you suddenly need to change direction to the side, an accident could be caused. Either ride beside or behind another rider.



1 Maintain speed

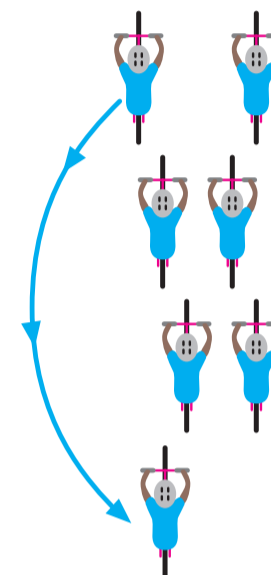
Altering the speed of a big group can be annoying and also dangerous. Keeping the speed smooth and consistent will ensure fewer surges, reduce braking and lower the potential of an accident occurring.



1 Rolling turns

Rolling from the front of the group to the back will ensure that you don't completely exhaust yourself on a long distance ride. Distributing the workload amongst other riders in the group will ensure a steady pace is maintained.

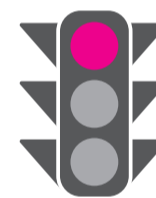
When peeling off, communicate to the group that you are moving to the back. Maintain your speed and shift to the side, let the group roll past, and take your place at the back.



1 Obey the road rules

There is nothing worse than a large group of cyclists who disobey basic road rules.

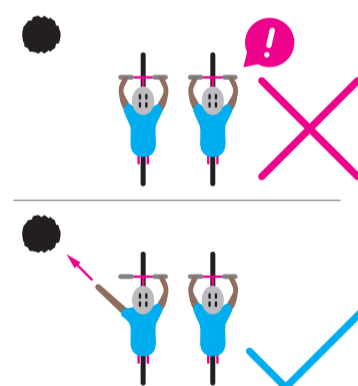
There has been plenty of focus on cyclists rolling through red lights, ignoring the rules will not only endanger yourself but the rest of the group behind you.



1 Don't yell

Yelling or screaming may get the attention of the group but may not always show the hazard you are trying to point out.

A simple hand signal is much more effective; a quick wave should be seen by the rider behind and filter through to the back of the group.



1 Enjoy

The most important tip we can give is to enjoy the experience. Understanding all the basics of group riding will ensure an enjoyable and memorable experience.



Further information

For more information on how to use these tools, go to the Ride2School resources page at ride2school.com.au