



10 Principles for Safer Group Riding

1. Obey all traffic signs, including stop signs and traffic lights.
2. Use both hand signals and verbal notifications to communicate turns, slowing, stopping and road surface hazards.
3. Keep a safe distance between you and the rider in front of you. Always avoid overlapping wheels.
4. Pass only on the left and alert other riders that you are passing.
5. Ride single file on busy roads. Separate a large group in to smaller groups if traffic is heavy. Ride no more than two abreast on quiet roads and only where it is safe to do so (this is a judgment call on the part of the ride leader based on road conditions and each rider's skill level).
6. Ride alert with your head up and eyes up the road while scanning the terrain ahead when able to. Be especially careful when drinking or eating while riding.
7. Make yourself visible to motorists by wearing bright colored clothing and using lights on your bike.
8. Recognize that a rider behind you cannot always see road hazards. Use hand signals and loud verbal communication to alert riders behind you of the hazards.
9. In general, avoid pace line riding unless all riders are skilled cyclists and experienced with this type of riding. Regardless of experience, avoid pace lines on hilly country roads. Never draft someone down a hill.
10. If you stop at a turn to wait for others, or stop to assist someone with a mechanical problem, make sure you're off the road and don't pose a hazard to motorists.