



# RIDING ETIQUETTE

Group rides are a big part of We Ride 4. They can be intimidating for many cyclists and new riders. Use these tips to increase your skill level, ride safely with others, improve your fitness, and enjoy riding with a group.

## DO'S:

- Show up prepared (route downloaded, all equipment working, water, food, ready to ride).
- Be able to self-support your ride. This includes carrying a tire repair kit, water, food, etc.
- Follow all road rules: stop at red lights & stop signs. (Under the new Colorado Safety Stop Law, when an intersection is clear and they already have the right of way, bicyclists ages 15 and older may now treat stop signs as yield signs and treat stop lights as stop signs).
- Point out hazards & oncoming traffic both verbally & with gestures.
- Communicate all directional changes.
- Ride in the bike lane if present. (2 abreast is legal if it doesn't impede the flow of traffic).
- If no bike lane is present, always ride single file.
- Ride in a paceline to conserve energy and enjoy the benefits of riding with a group. Ride right behind the rider in front of you, this allows you to take a full advantage of riding in their draft. Remember to close the GAP.
- Look ahead, down the road so you can anticipate any upcoming changes in grade or obstacle.
- Be light & gradual on the brakes. NO SUDDEN BRAKING. Soft pedal to regulate your speed, rather than coasting or braking. This is a more efficient way to regulate your speed to the rider in front of you. (Remember ABP-Always Be Pedaling).
- If you take a pull at the front of a paceline, DON'T SURGE. Let the person on the front drop off rather than you speed up to take over the lead position. Maintain your same pace as you take over the lead spot on the paceline. (If there is no wind, the lead rider should rotate off in a counterclockwise direction. If there is wind, the lead rider should rotate off into the windward side).
- When you are ready to drop off the front, flick your elbow on the side you want the rider behind you to use to overtake you as you drop off.
- If you stand up off the saddle, warn the person behind you by flicking both elbows. Maintain continuous rotation of the pedals as you stand to avoid creating a hesitation that kicks your bike backward into the rider behind during your standing motion. You can also shout "standing."
- Assume that you will work together as a group. After all, it's a group ride!
- Remember if you are in a paceline, everything you do effects everyone behind you.
- Maintain a positive attitude even when you are having an off day or find yourself in a group that is stronger than you are. You will always get invited back even when the group must wait for you if you remain upbeat and positive.
- If you aren't confident enough to stay in the rotation to take your turn at the front of a paceline, it's ok to stay on the back. Over time, as you gain confidence and more comfort in riding in a paceline, try moving up and taking a turn up front.

## DONT'S:

- Don't be that person: late, unprepared, with malfunctioning equipment. Don't text the ride leader if you are running late and ask them to delay the start. Everyone in the group has planned their day around the start time and expected duration of the ride. When you cause a delay in the start time, you impact everyone else's plans for the remainder of the day.
- Don't be a loner - you're joining a group ride after all!
- Don't half-wheel (that is when the person rides half a wheel's length to the person in front of them instead of directly behind them or beside them, if riding 2 abreast).
- Don't sprint off stops. Let everyone in the group get back into the organized paceline before picking up the momentum after stops.
- Don't run red lights or stop signs. (Under the new Colorado Safety Stop Law, when an intersection is clear and they already have the right of way, bicyclists ages 15 and older may now treat stop signs as yield signs and treat stop lights as stop signs.)
- Don't slam on the brakes.
- Don't ride off to the side: ride right behind the rider in front of you.
- Don't leave a gap between you and the rider in front of you.
- Don't do anything rushed (gear changes, directional changes, etc.).
- Don't stay in the front if you don't know the route. Never take the group off course. You may think you know a better or more interesting route. However, if you take the group off course, any riders that get dropped by the group will not know where to go to catch back up to the group. Deviating from the established route may also impact the total estimated ride time. (Remember, everyone in the group has planned their day around the expected ride time).
- If you don't have a bike computer for the route, use your phone or print the route with the specific directions.
- When in doubt, ask questions and get feedback on how you are doing in the group. More experienced riders are usually happy to answer any questions you have.

We look forward to riding with you! Check out our ride schedules at [weride4.org/pages/calendar](http://weride4.org/pages/calendar).

