



ADVANCED CYCLING TIPS

GROUP RIDING

Be predictable

- In a group, your actions affect those around you, not just yourself
- Riders expect you to continue straight and at a constant speed
- Signal your intention to turn or slow down before you do so

Use signals

- Use hand signals to indicate turns and point out hazards to others
- Left or right arm straight out to indicate left or right turn
- Left arm out and down with palm to the rear to indicate stopping

Give warnings

- Riders should call out right turns, left turns and stops in addition to signaling
- Announce turns before the intersections to give riders a chance to position themselves
- Try to avoid sudden stops or turns except for emergencies

Change positions correctly

- Slower moving traffic stays to the right; faster traffic to the left
- Pass slower moving vehicles on the left; announce your intention to do so
- Announce passes on the right clearly as this is not a usual maneuver

Announce hazards

- Most cyclists do not have a full view of the road while riding in a group
- Announce potholes and other hazards so others can avoid them
- Call out the hazard and point down to it, either left or right

Watch for traffic from the rear

- The last rider should frequently check for overtaking cars
- Announce "car back" clearly and loudly
- It is also helpful to announce "car up" on narrow roads or when riding two abreast

Watch out at intersections

- Leader should announce slowing or stopping at intersections if necessary
- Cyclists should not follow others through intersections without scanning
- Each cyclist is responsible for checking cross traffic; if you must stop, signal

Leave room for cars

- On narrow road or during climbs, leave space between every three or four riders
- Motorists will utilize the shorter passing intervals to pass the group
- Good relations with motorists is the responsibility of every cyclist

Stop off road

- When stopping for mechanicals or regrouping, always move clear off the road
- Only if conditions permit should you move back onto the road as a group
- Always yield to traffic in the roadway

Ride single file

- It is illegal in some areas to ride more than two abreast
- Ride single file between intersections; double up when the group stops and communicate your next step
- When taking the lane, double up and take the whole lane

For more
cycling tips, visit
bikeleague.org

