



ADVANCED CYCLING TIPS

PACELINES AND DRAFTING

Drafting

- Following closely behind another rider cuts down on wind resistance
- Only draft off of someone whose riding style or experience you trust
- Always inform the rider in front that you are on their wheel; between 6" and 18" back

Paceline

- A group of riders drafting off of each other is a paceline; the leader dictates pace
- Front rider must communicate obstacles to riders behind; last rider watches traffic
- Pay close attention to those ahead and behind; be able to react safely and quickly

Rotation

- Riders in a paceline take turns 'pulling' the group along through the wind
- To move from the front, check traffic, pull out to the left and move to the back
- The second rider is now the leader and provides draft for allotted time or distance

Signals

- Lead rider must signal debris and hazards in roadway as well as stops and turns
- Point in direction of hazard and announce 'grate' or 'gravel' for other riders
- Rear rider is responsible for signaling intentions to following traffic

Dangers

- Do not draft on high traffic roads or roads with frequent intersections
- There is very little room for error when riding very close to others
- Crashing in a paceline has a domino effect, which may knock down riders behind you

For more
cycling tips, visit
bikeleague.org

