

GROUP RIDING HINTS AND TIPS



NUMBER ONE RULE: (FOR ANY CYCLING GROUP)

When riding behind someone, *do not overlap your front wheel with someone else back wheel*. If the rider in front moves sideways suddenly, you will be knocked off your bike.

If you find your front wheel overlapping, back off your speed slowly (ease off the pedals, do not suddenly brake) and hold your line until your front wheel is clear.

COACH EMMA'S ABC'S:

- **Anticipate:** eyes up and always moving about (never stare at the rider's when in front). Be aware of your surroundings and look ahead for potential issues/obstacles.
- **Be Consistent:** smooth with everything from braking to gear changes. Keep those elbows soft to absorb small wobbles and to help avoid big sideways swerves.
- **Communicate:** copy the calls and hand signals as soon as you see/hear them so the message gets passed down the line. Don't wait to see what the obstruction is - by then it is too late for you and all the riders behind!

GROUP RIDING HINTS

- Stay level with riding partner – no 'half-wheeling'
- Look ahead, even when talking to your riding partner – use peripheral vision to be aware of where other cyclists are
- Keep pedalling when on the front of the bunch, even on downhills
- Point out debris/potholes etc on the road for those following, or call out warnings if not confident about taking hands off handlebars
- Gears: Try to use a hard enough gear that you don't bounce around on the saddle. Try to use an easy enough gear that you are able smoothly adjust your speed. Hint: Match your leg-speed to those around you – this helps avoid the 'concertina effect'
- Avoid sudden braking or changes of direction in the bunch