



# Group Riding

## Ride Predictably:

Just like driving a car, cyclists should ride in a smooth consistent manner

### • Communicate:

- Communicate, in advance, by using verbal and hand signals to fellow cyclists and vehicle traffic so they can predict what you, the cyclist, will be doing
- Verbal warning examples: approaching or passing on your left, slowing, stopping, flat, car up, car back, etc.

### Awareness:

- Be aware of others around you and ride with your head up.
- Do not use aero-bars in a group.
- Never wear listening devices on or near your ears
- Do not use your cell phone while riding your bike

### Control:

- Maintain control and speed of your bike and never overlap your wheels with another cyclist
- Spacing: Ride no more than 2 abreast

## SIGNALING

ALWAYS LET OTHERS KNOW WHEN YOU'RE TURNING, CHANGING LANES OR STOPPING

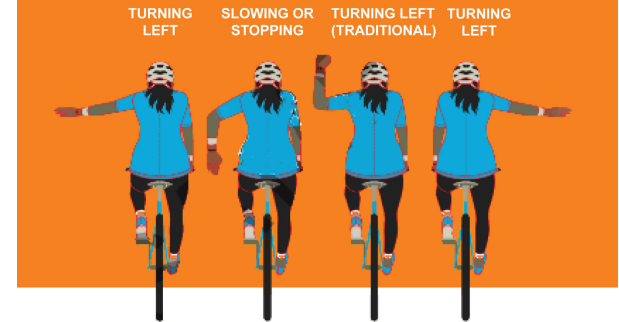


Image courtesy of League of American Bicyclists



#TEXASMS150

*Don't just ride, Bike MS*



# Group Riding- Know the Lingo

Group cycling has a unique form of communication.  
Remember to pass all communication on to the cyclist behind you in the group.  
Always speak loudly and clearly.

"On your left"

A rider is approaching your left side; move to the right (as possible) to allow room for the other rider to pass

"Car back"

A vehicle is approaching from the rear. All cyclists move to the right side of the road to allow the car to pass (ride no more than two abreast, ensuring easier and safer passing of cyclists by vehicle traffic)

"Gravel, pothole,  
sand, tracks"

Alerts the cyclists behind you of hazardous road conditions, relay verbally and by gesture pointing to the hazard well in advance

"Flat"

Indicates that a cyclist has suffered a flat tire and needs room enough to slow down and move to the right side of the road or trail for repair; offer assistance if needed

"Slowing"

The cyclist in front of you is slowing down, so use caution and prepare to stop

"Stopping"

Indicates that a cyclist ahead is stopping; use caution and prepare to stop

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# Passing Etiquette

## Rider Passing:

- Call out "Approaching rider" as you get close (within 10-20 yards)
- Check the road behind to ensure no approaching vehicles
- Move over to allow enough room, speed up just a little and start the pass
- Call "Passing on left" as you pull up near the rider
- Adjust your voice for the weather - if it's calm, you don't need to shout, if it's windy, you will need to raise your voice
- Allow plenty of room to pass; check before moving back over to the right
- Call out "Thank You!" as you pass

## Riders being passed:

- Be aware of approaching riders (listen, NO headphones!)
- Acknowledge calls to pass - saying "Thank You" is a great response
- Maintain a steady speed and line - don't suddenly slow down or speed up as you are being passed and don't jerk your handlebars.

