

How To Safely Ride in a Group

There are a lot of advantages to riding with a group. With safety in mind, a group is more visible to drivers. There is security in numbers, just in case someone has a mechanical problem or a flat tire. If you are riding in a new area, someone else probably knows the area, has a map or even a GPS. It's FUN! It is important, however, to understand that riding in a group is different than riding alone and riding styles may need to be adapted.

Listed below are some of the group riding suggestions that I found on numerous websites (websites are credited below, check them out for even more information).

Stay Alert – an accident can happen in a split second. Be aware of riders in front and behind of you. Maintain a safe distance from the rider in front of you. If they move to avoid a road hazard you want to have room to react.

Communicate – if you need to brake unexpectedly, yell “Slowing!” Point out or yell for road hazards, holes or glass. Announce when you are passing other riders.

Pass on the Left – no one expects another rider to pass on the right unless it is an emergency. Make sure you announce your intentions.

Hold Your Line – be predictable.

Share the Road – in most areas it is necessary to ride single file. On side roads with no traffic two abreast can sometimes work.

Move Off the Road – if it is necessary to stop, move off the road so not block traffic. Do not move back onto the road as a group. Each cyclist is responsible for their own safety, make sure to look for traffic and yield if needed.

Sources: www.seattlebicycle.com, www.sbraweb.org, www.bikexpert.com, www.ncbikeclub.org

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