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Group Riding Essentials

Riding with other cyclists is fun and fast—but it can be intimidating and confusing, too. Here are six simple rules to stay safe and have a good time on any group ride.



1 JOIN THE RIGHT GROUP. There are rides for all kinds of cyclists—everything from leisurely social jaunts to race-pace throwdowns. Ask your cycling friends, talk to your local bike shop, or do a quick Google search to find a group that fits your interests, fitness, and abilities. Before you clip in, you should have a sense of the terrain, the vibe, and how far and fast you'll be riding.

2 SHOW UP PREPARED. Don't be that guy or gal. Carry everything you need: a spare tube, tire levers, a multitool, a pump or CO2, water, snacks, money, and your phone. Before you jump into a group, make sure you can ride in a straight line, even with one hand on the bar while reaching for a water bottle, eating, or indicating a turn, or road debris.

3 BE A GOOD WHEEL. Groups ride in a paceline—either single-file or two abreast—to efficiently share the work and keep everyone safe. Ideally, you ride 12-18 inches behind the rider in front of you. Inching ahead of someone riding next to you is called half-wheeling—a cardinal sin that's annoying and potentially dangerous.

4 RIDE CONSISTENTLY. Everyone is safest when your movements are predictable—so brake gradually, accelerate steadily, avoid erratic or unexpected swerving, and communicate any turns or debris well in advance.

5 COMMUNICATE. Speak up or use hand signals to point out gravel, holes, and other road obstacles. Use your left hand to signal a left turn and your right hand to signal a right turn—it doesn't hurt to call them out too. Give a quick shout if you have a mechanical issue, or if the group is slowing or stopping because someone has a flat.

6 COEXIST WITH CARS. Follow the rules of the road, avoid unpredictable movements, and ride as far to the right as is comfortable. Come to a full stop at traffic lights and stop signs. On busier roads or streets with a narrow shoulder, most groups will ride single file. **Never ride three abreast** in any situation—it's not safe or courteous.

More Tips at [RoadID.com/SafetyCenter](https://www.RoadID.com/SafetyCenter)