

# Staggered Formation Riding

Below is the primary riding formation.

*Single file is used when directed by the ride leader.*

**One-second rule:** The bike in the lane to your left or right should not be less than one second ahead of you.

**Two-second rule:** Maintain at least two seconds between you and the rider directly in front of you.

**Four-second rule:** Look ahead four seconds at your immediate path of travel to give yourself more time to react to a hazard.

**Twelve-second rule:** Also look ahead at your anticipated path of travel. Twelve seconds is about one city block.

