

Tips for safe and successful Group Riding

1. Come prepared.

Always arrive with a full tank of gas and empty bladder.
Keep rain gear on the bike.

2. Have a pre-ride meeting.

Discuss route, stopping points, who leads, who sweeps and any safety concerns on the trip.

3. Discuss staggered riding.

How much of a gap to keep between riders, when to go into single file and discuss some of the hand signals that will be used.

4. Ride your own ride.

Don't feel pressured to ride above your skill level. Faster riders need to be patient. Watch out for target fixation. Don't get fixated on the bike in front of you. Always try to look ahead 10 seconds up the road.

5. Watch out for riders around you.

Especially at charity rides where you don't know the riders and their skill level.

6. Always check

for yourself before passing a vehicle or stopping at a stop sign. Don't automatically follow the rider in front of you.

7. Always try to stay relaxed and focused.

You will make better decisions, control your bike better and enjoy your ride more if you stay relaxed and focused.

Lets Ride 😊