



a ride to remember

BENEFITING THE

alzheimer's  association®

GROUP RIDING: ETIQUETTE & SAFETY

NO AERO POSITION

Because A Ride to Remember is a group ride, we encourage cyclists to ride road bikes. If you plan to ride a bike with aero bars, only ride in the aero position when you are away from other cyclists. Riding in aero position is prohibited within a group. This is for your safety and others around you.

BE PREDICTABLE

Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

USE SIGNALS

Use hand signals and verbal signals to communicate with members of the group and with other traffic. Hand signals for turning and stopping are as follows:

- left turn: LEFT arm straight out
- slowing or stopping: LEFT arm out and down with your palm to rear
- right turn: RIGHT arm straight out or LEFT arm out and up

GIVE WARNINGS

Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out “left turn” or “right turn” as well as use hand signals.

CHANGE POSITIONS CORRECTLY

Generally, slower traffic stays right, so you should try to pass others on your left. Say “on your left” to warn cyclists ahead of you that you are passing. If you need to pass someone on their right side, say “on your right” clearly since this is an unusual maneuver.

ANNOUNCE HAZARDS

When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, and other hazards. The leader should indicate hazards by pointing down to the left or to the right. and shouting “hole”, “bump”, etc. when required for safety.

WATCH OUT FOR TRAFFIC COMING FROM THE REAR

Since those in front cannot see traffic approaching from the rear; it is the responsibility of the riders in the back to inform others by saying “car back.” Around curves or narrow roads, it is also helpful to warn of traffic approaching from the front by saying “car up.”

WATCH OUT AT INTERSECTIONS

When approaching intersections that require vehicles to yield or stop, the lead rider will say, “slowing” or “stopping” to alert those behind to change in speed. When passing through an intersection, some cyclists say “clear” if there is no cross traffic. This dangerous practice should be abandoned. It encourages riders to follow the leader, letting others do the thinking for them. Each cyclist is responsible for verifying that the way is indeed clear.

LEAVE A GAP FOR CARS

When riding up hills or on narrow roads, where you are impeding faster traffic, leave a gap for cars between every three or four bicycles. That way a motorist can take advantage of shorter passing intervals and eventually move around the entire group.

MOVE OFF THE ROAD WHEN YOU STOP

Whether you are stopping because of mechanical problems or to regroup with your companions, move well off the roads so you do not interfere with traffic. When you start again, each cyclist should look for and yield to traffic.

RIDE ONE ACROSS

While it is allowed in some states to ride two across, A Ride to Remember prohibits double file riding.