

## **Pace Line Riding Principles**

**NO SUDDEN MOVEMENTS:** Don't suddenly turn, speed up or slow down. It is inefficient and dangerous.

**BE SMOOTH:** The front rider relinquishing the lead moves over to the side and then slightly slows down. The rider assuming the lead does not speed up, but maintains the same speed.

**USE BRAKES AS LITTLE AS POSSIBLE:** Braking wastes energy you've used to buildup speed. It is also dangerous for the rider in back of you.

**WARN OF ROAD HAZARDS:** Signal with your hand or yell about an upcoming hazard. If there isn't much time to avoid the glass/hole/debris, it is often safer to ride over the hazard than violate rule #1- No Sudden Movements.

**DO NOT OVERLAP WHEELS:** Ride behind the rider in front of you. If the rider in front of you moves over slightly, and you've overlapped that wheel, it is your front wheel that will be unstable, and it is you who will go down.

**DRAFT REASONABLY CLOSE:** Keep as close to the rider in front of you as you are comfortable and safe. Try not to let "gaps" open.

**RIDE CLOSE SIDE BY SIDE:** When you drop back to rotate, try to ride closely side by side as well. This is a more efficient draft in a group.

**YELLS AND SCREAMS:** Riders will often yell short commands or advice at you. These "barks" often seem rude and angry. Don't take them personally. Empathize with new riders - avoid it if possible, but do coach when safety is needed.

**DON'T FOOL WITH BOTTLES/FOOD WHEN LEADING:** Wait until you've pulled off. Also, try to be in the correct gear and not change gears when you're leading.

**DON'T EXHAUST YOURSELF WITH LEADING:** If you're weaker or getting tired, take the front only for a few pedal strokes. If you're "blown", draft at the back of the group - but let the other riders know that you aren't pulling through.