



CYCLING ESSENTIALS

Bunch Riding

Lead Rider

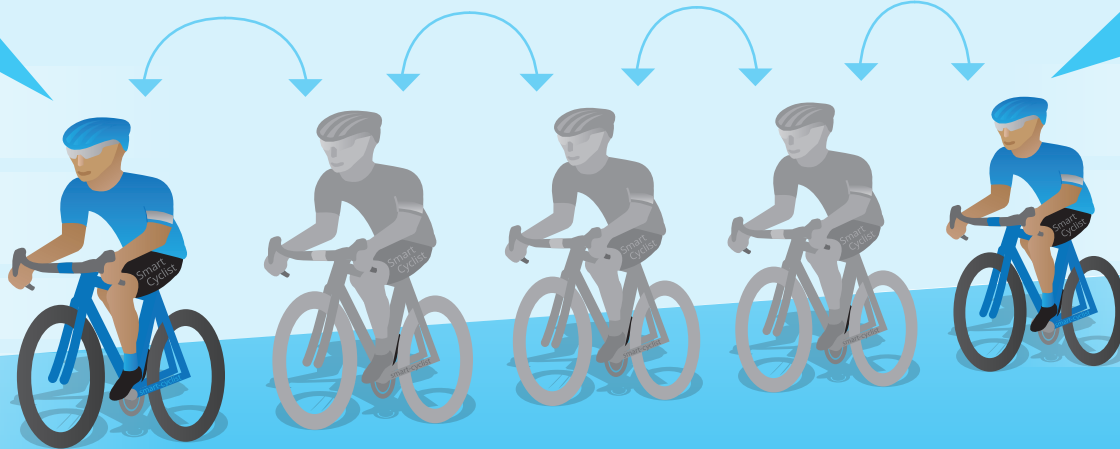
Responsible for decisions which affect the safety of all riders

Initiate calls and signals - avoid late calls & drastic moves

Maintain a constant speed

After stopping, accelerate at a pace to allow all cyclists to remain in the bunch

Choose a good line to avoid obstacles and debris



Tail-end Rider

Pass bunch and traffic info to the front

Calling to allow or prevent lane changes

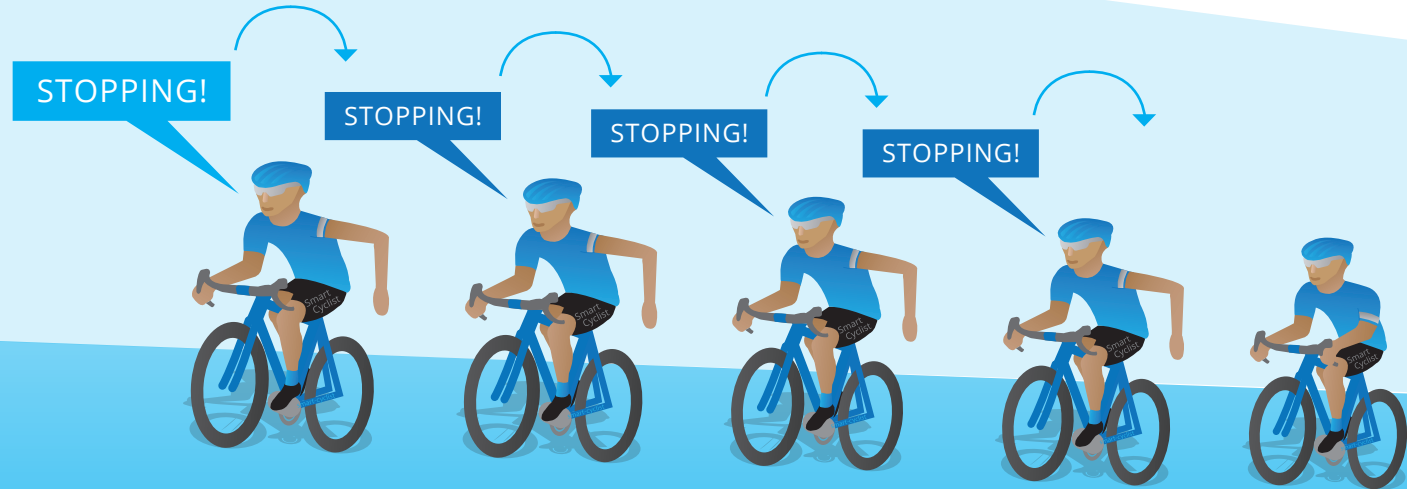
Warn for vehicles approaching from behind

Bunch Riders

Bunch riders pass calls and signals up and down the line

Bunch Riding - Signals and Calls

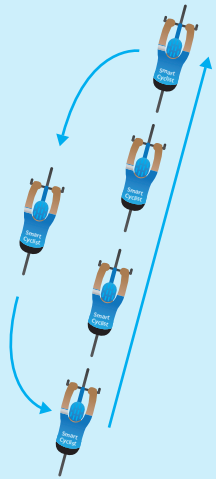
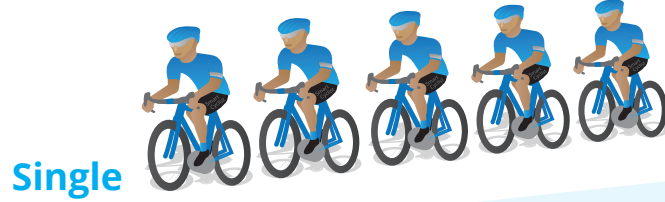
Visibility and awareness while riding within a bunch is limited - loud calls and hand signals provide crucial information to each rider and ensure safety



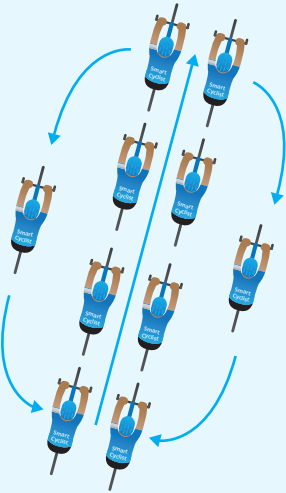
Each rider repeats calls and hand signals (hand signals are not available for all calls)

If it is unsafe to repeat the hand signal, to maintain good bike control, the audible call is essential

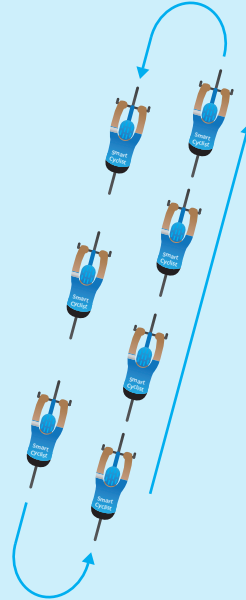
Calls are usually initiated by the lead rider but can also come from the tail-end rider and any rider within the bunch



Single Paceline

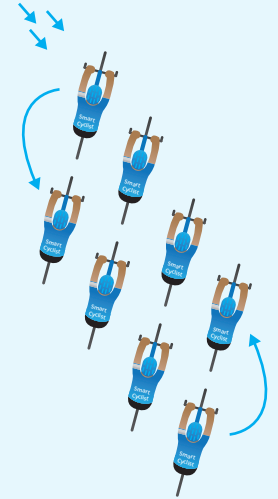


Double Paceline



Circular Paceline

cross-wind



Echelon

Bunch Riding - Joining a Bunch



For safety, politely request that unknown cyclists ride at the back and do not join the paceline



Ask first before joining a bunch

Leave a gap and remain behind if you are less experienced

If you overtake a bunch, don't slow down



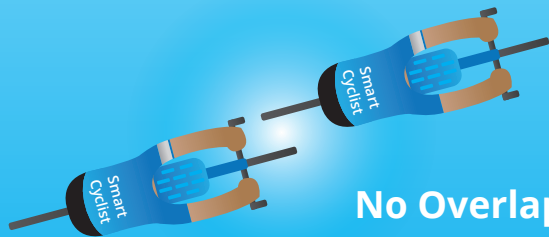
Hold your line, ride smoothly and be predictable

Look ahead and not down at the wheel in front

Ride smoothly, avoid surging forward, sudden braking or suddenly stopping pedaling

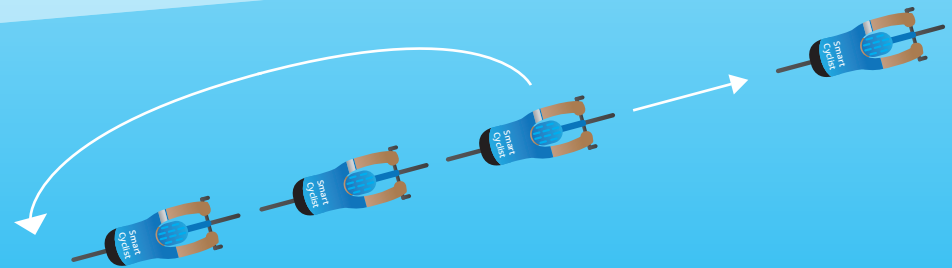
Make small adjustments; light pedaling, light braking (feathering) and sitting up (air brake)

Riding in the Bunch



No Overlapping Wheels

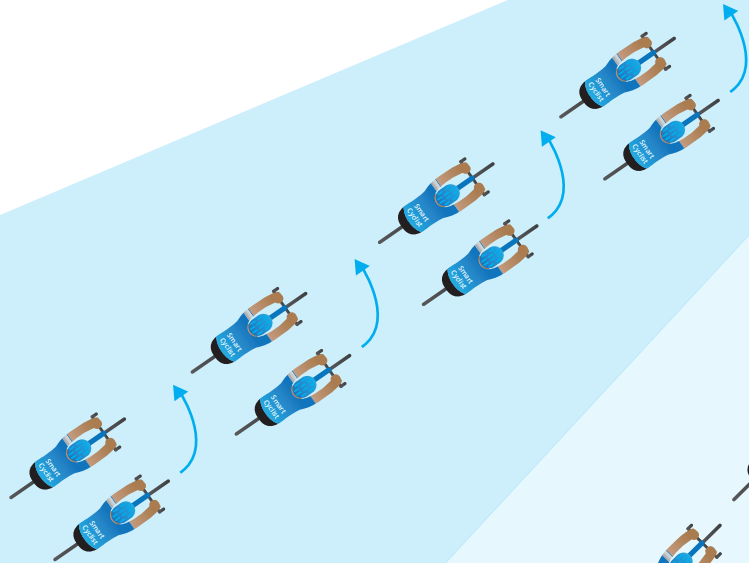
Leave a gap to the rider ahead



Moving Out

If you can't close to the gap to the rider in front or need to move out of your position, signal your intentions and move out to let the other riders through

Bunch Riding - Two-Abreast, Single-File and Corners

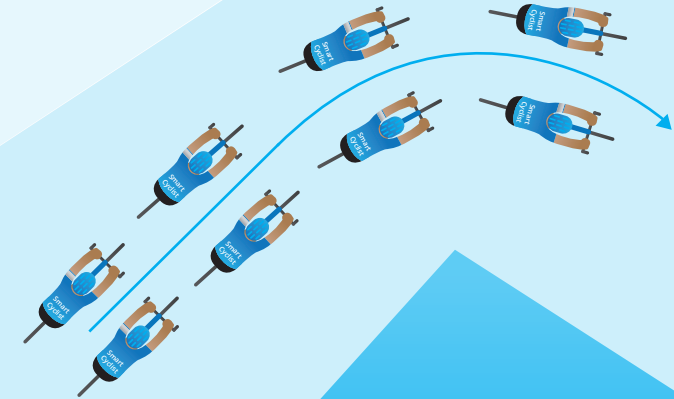
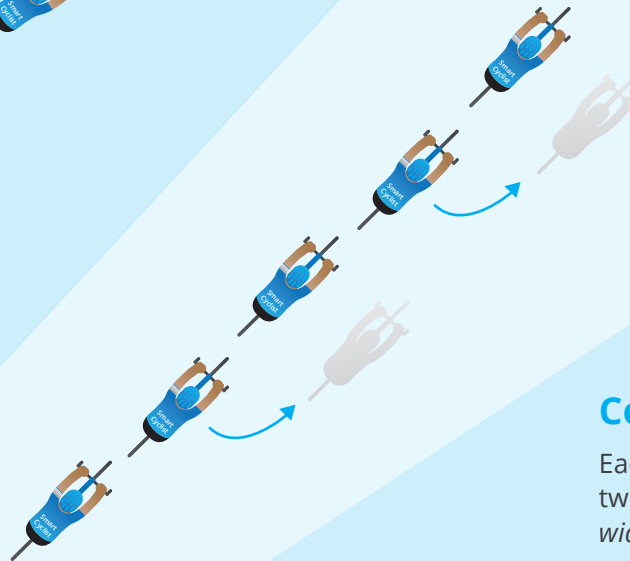


Unzipping / Two-Abreast

Every second rider moves out to the right and forward, abreast with the rider on their left

Zippering / Single-File

The rider on the right moves forward and pulls-over left to change from two-abreast to single-file



Cornering

Each rider must **hold their line** and ride two-abreast. The outside cyclist rides *wide* and the inside cyclist rides *tight*

For countries with right-side traffic flow, these guidelines with left/right movement by riders are reversed

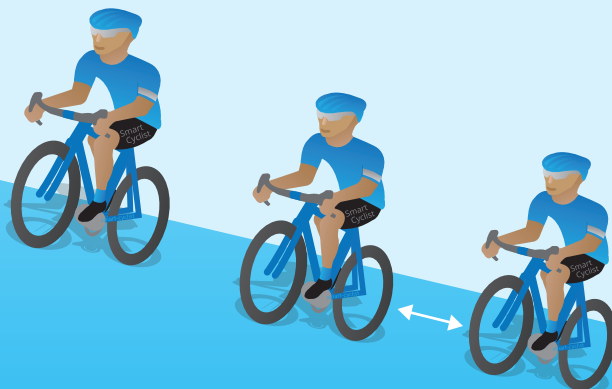


Faster Riders

Wait at the top of the ascent to regroup and resume gently to allow slower riders an opportunity to recover

Let Faster Riders Pass

On ascents and descents, let faster riders pass by keeping to the side



Increase the Gap

More space should be given to the rider in front on ascents and descents as the pace can change quickly

Be Predictable

If you get out of the saddle, do it smoothly to avoid slowing riders who are behind



HOLD YOUR LINE!

(we need to talk)

Speak-Up for Safety

All cyclists need to be informed if they are riding dangerously, from a reminder to *hold your line* to asking careless riders to ride at the back of the bunch



A Quiet Word

A polite conversation while riding in the bunch with a new or inexperienced rider and with cyclists with bad habits can help them improve their bunch riding skills

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