



Good Ride Practices

29-May-2023

1. **Ride Predictably** – Keep a steady smooth pace without any sudden unexpected movements and pass on the left unless unsafe. Signal in advance any change including braking, coasting, standing, overlapping wheels, passing, pulling out of a paceline, crossing the white line, etc.
2. **Ride Communicatively** - You have an important responsibility to those who cannot see around you or to predict your unexpected movements to always communicate. Lack of communication is the most common cause of accidents. Also, notify the Leader or another rider if you leave a ride unexpectedly.
3. **Ride Attentively** - Scan your surroundings frequently to give yourself more time and space. This includes gravel, potholes, animals, roadkill, debris, change in pedal stroke, verbal or visual signals of other riders, riders re-integrating into the paceline, etc.
4. **Ride Compliantly** - Obey all traffic signs and signals as if driving a car. Come to a virtual standstill and at every stop sign and never run a red light to say with a group. Groups with riders less than a bike length from each other may pass through a stop sign together; otherwise the separated group must stop.
5. **Ride Conservatively** - Minimize risks by riding to your level of experience and comfort. A nervous rider is an unsafe rider. Build your confidence initially by staying to the rear of a paceline and allowing larger gaps until you become more comfortable.
6. **Ride Responsibly** - You are representing Cactus Cycling and should act as an ambassador of the sport, setting a good example for less experienced riders, and building a cooperative relationship with motorists. Avoid confrontations with motorists and take the lane only in unsafe conditions.
7. **Ride to Learn**- Report any issues with riders or motorists to the Leader. We must constantly try to improve practices while integrating new riders into the group and improving our relationship with motorists.