

# *Peloton – Paceline: Be Safe, Be Efficient, Have Fun!*

## Why?

Allows for better efficiency, is safer than scattered groups/unpredictable riders, avoids dropping riders, improves communication.

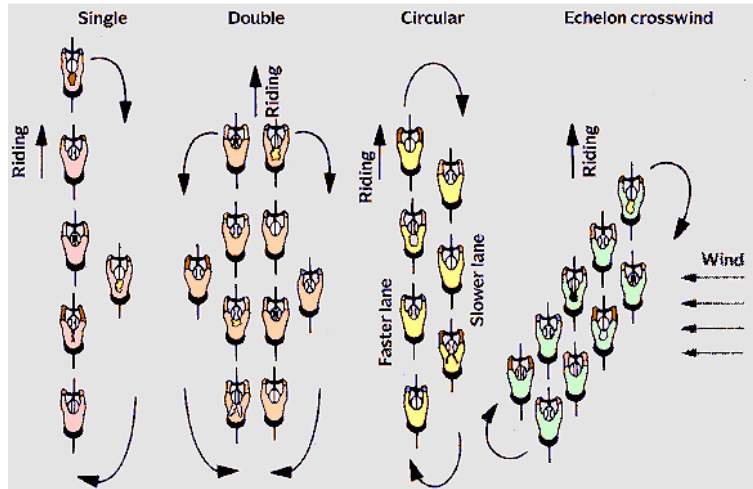
## Line Types

**2 by 2:** Allows for better conversation, tighter group for towns/traffic, best crosswind protection, discourages automobiles from squeezing to pass.

**Single:** Single file line, sometimes staggered. Normally for higher speeds. Not always necessary to drift clear to the back. Fill in gaps!

## General Tips

- Be respectful of everyone you are riding with both faster/slower, more experienced/less experienced. Avoid yelling/shouting except emergency!
- Normally one wheel length to one bike length between the rider in front and to the side for adequate safe space (3-6 ft).
- Remember everything you do affects those behind you and amplifies through the line (braking, swerves, speeding up, spit/sweat, etc).
- Be smooth, avoid sudden changes.
- In general keep eyes forward. Call up the line if pace needs pulled back or other communication. The front should listen back.
- Aerobars should **not** be used in group cycling. Always be ready to brake if needed and avoid sudden hard braking!
- Keep in mind there are many types of peloton/paceline for different situations and group types. Be flexible and logical.
- Always ride RIGHT of center on all roads!
- Calmly point or call out major road holes/cracks/obstacles/cars/dogs, etc. Every little issue does not have to be broadcasted.



## Line Position Responsibilities/Issues

- **FRONT:** Maintain appropriate speed, limited/no coasting. Signal/look to pull off. Highest alert for eyes down the road and call out issues. Be smooth! 10 sec up to minutes is an acceptable “pull” if maintaining speed. Pulling Heroes that get dropped and make the group wait up are no good. There’s nothing to gain in overdoing it!
- **MIDDLE:** Maintain position, note obstacles. Watch all sides. Smooth speed changes. No cross wheeling, limit swerving. Moderate soft pedal/coasting and slight swerving is okay to keep the group smooth. Have an interesting conversation with your neighbor 😊
- **BACK:** Best spot to get a drink, relax. Call forward if you are getting gapped!
- **PULLING OFF:** Look/signal first. Watch for cars and avoid crossing center. When 2 wide, pull off each side a few seconds apart to avoid pulling 4 wide. Keep pedaling as you drift back and don’t lose speed until you are fully off to the side of the line.