

### General Riding Etiquette:

1. **Ride to the right of the white line whenever possible. Ride to the right of the white line whenever possible. Ride to the right of the white line whenever possible.**
2. Ride single file in dangerous areas, busy roads without wide shoulders, narrow roads, and where prudence otherwise mandates... communicate the need to ride single file as it arises.
3. When on the front, keep a steady pace. In particular, don't coast or soft peddle while on the front, especially down hill. As speed increase so does the benefit of the draft. If you soft peddle on a downhill, the group "stacks up" behind you. This does not mean "hammer every time you are on the front," just be smooth and steady. Watch those down hills!!
4. When riding two-by-two, pull off to the right (both riders go right). When it is time to pull off, signal the rider behind you and move right. DON'T decelerate or coast just prior to pulling right ... in fact, as very small, slight acceleration just prior to pulling off helps make the transition smooth. Each rider should drop back one behind the other. Rare is the occasion when we should allow 4 - rider abreast ... avoid this situation at all cost - even for the briefest moment.
5. Turning, slowing, stopping: use hand signals to communicate with riders behind you. Not everyone knows route and rides in the back cannot always see what's coming. Also, note while a rider can HEAR someone speaking from behind, BUT it is very difficult to hear riders who are in front. So when you speak to someone behind you, they may not be able to hear you (use hand signals).
6. Ride steady, smooth and straight. **Avoid rapid decelerations (even small changes) and quick changes in direction.** Hold your line as best you can.
7. Car back. If you are at the back, please communicate the presence or absence of cars when the group is turning left or coming to a stop at a crowded intersection. Riders at the front have a difficult time turning around and seeing past riders behind them. Please be conscious of this duty if you are at the back. Communicate VERY LOUDLY and clearly. The words "clear" and "car" can sound very similar. This very simple act of communication and literally help avoid a potentially lethal situation.
8. Stops: Proper hydration is encouraged (20oz per hour minimum). For rides over two hours, a stop to refuel is wise. However, this responsibility falls to each individual. Communicate your needs and try to work together (be patient). In the end however, you are responsible for you own health ... you may end up riding on your own, but better to be smart, hydrated and alone than stupid, dehydrated, and with company. (by the way ... since we drink, we pee ... try to be quick about it and be patient with your peeing teammates .. but in general ... pee at your own risk).
9. Common sense and responsibility: In the end, each individual is responsible for their own health, safety, enjoyment, etc .... Use common sense and prudent judgment. However, what may seem so obvious to you may not to another. Please, kindly and patently communicate ....