

Group Riding Guidelines are for the benefit and safety of all riders. Our goal is to provide a safe and enjoyable group ride environment supported by professional ride leaders. If you have any questions, please ask one of the group leaders.

Arrive at group rides early so you are ready to roll out at the designated ride time.

Always wear a properly fitted helmet – Straps should be somewhat snug under chin.

Headphones are not allowed at ET Group Rides!

Recommended items - spare tube(s), CO2 cartridge(s)+inflator, seat bag to hold your supplies, cell phone, food, sufficient hydration.

Be Predictable - Ride in a straight line. Keep a constant speed. Don't make sudden stops

Communicate with others

- Use signals
 - Left arm up for left turn
 - Right arm up for right turn
 - Hand/Arm down at side or on your back to signal a stop or slowdown

- Talk to other riders
 - Say "Car Back" to tell others a car is approaching from the back
 - Say "Car Up" for car coming towards riders
 - Say "Slowing" as you begin to slow down
 - Say "Stopping" before you stop
 - Say "Clear" if an intersection is clear of traffic as you approach it
 - Say "Car left/right" if you see a car as you approach an intersection
 - Say "On your left" as you pass another rider on the left
 - If you must pass on the right, say "Passing on your right"

Tell others of hazards on the road

- Point to and tell others of hazards such as, gravel, potholes, bumps, roadkill, etc.

Riding etiquette

- Stay with the group. Don't leave the group without checking in with the assigned group ride leader. Individual riders can do short surge-ahead intervals but should wait for the group at agreed-to intersection ahead.
- Ride on the right side of the road
- Slower riders keep to the far right
- Ride single file at all times unless on roads without traffic (country roads, etc)
- Pass on the left and say "On your left" as you pass
- If you need to stop, pull off the right side of the road
- No riding in aero-bar position unless you are at least two bike lengths behind.
- Give yourself space – don't let your tires overlap with others