

# Group ride guideline – updated 2026

**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.

**PUMP up your tires before EVERY ride!**

**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, and sufficient hydration.

**Be Predictable** - Ride in a straight line. Single file along the right edge of the road. Keep a constant speed. Don't make sudden stops

## **Communicate with others**

Use signals

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

Talk to other riders

- o Say “Car Back” to tell others a car is approaching from the back
- o Say “Car Up” for car coming towards riders
- o Say “Slowing” as you begin to slow down
- o Say “Stopping” before you stop
- o Say “Clear” if an intersection is clear of traffic as you approach it
- o Say “Car left/right” if you see a car as you approach an intersection

- o Say “On your left” as you pass another rider on the left
- o 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
- NEVER pass a rider on the Right!!
- 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