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Subject: Ready2Roll Cycling - Tips Tricks & FAQs #3 (Passing)
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To: moskose@swbell.net

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Great Tips Tricks and FAQs in Here!

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Before we share a very important lesson with everyone, we need to share a brief volunteer alert that there was some confusion arranging for coolers to get to/from the next four rides. We have a temporary plan to ensure there are enough coolers and, more importantly, water at the ride this Saturday but we're looking for 4-6 riders who can each take home 3 (or more) coolers and bring them back to rides 2-4. This is the Water Wizard (WW) volunteer role. Some of you who enrolled late and are reluctant to serve as a SAG at a later ride may be able to swap your role for the WW role but you need to contact me ASAP by email and I'll see what juggling I can do w.o compromising our SAG support.

OK, lets get back on track...

Good morning everyone! We're two days away from Training Ride #1 and this is usually one of our largest rides of the season so it's time to share one of the most important things you should learn about cycling - how to pass, and how to be passed.

This tip is fairly long because this is one of a rider's core skills that we need to learn, practice, and refresh every year. We realize that it is longer than it could be but that is because if you truly master the art of passing and being passed safely and courteously, it will make you a very respected and admired rider and make your cycling safer and more fun for the rest of your life. Please read this one a few times and, if you ride in a group already, discuss this with your group and practice it at each of our rides.

This tip is important enough that it deserves it own, dedicated email!

Over the years,weI have noticed a fairly regular issue in our rides and have observed several mishaps when a newer rider is startled during a pass and jerks causing them to lose control of their bike. In most cases, the rider recovers but we have seen a few where the rider did take a spill. These accidents can be avoided by exercising a little rider etiquette. Here are some great lessons about how to make a safe, courteous pass - or be passed.

We will practice these passing tips below over and over and will be giving you feedback

we will practice these passing tips below over and over and will be giving you feedback. After a few weeks, this will become second nature but please read the tips below and practice them as well as observing other riders doing the same. Be sure to communicate effectively and say "THANKS!" to show your appreciation for other riders who are learning/practicing these very useful tips. OK, here goes...

Passing on a bicycle is a two-way event. The passer and the passee both have a few simple responsibilities that will make the pass safe and friendly.

The passer should:

- o Call "Rider approaching" as you get close (within 10-20 yards)
- o Check the road behind to ensure no approaching vehicles
- o Move over to allow enough room, speed up just a little and start the pass
- o Call "Passing on the left" as you pull up to the rider
- o Adjust your volume for the weather - if it's calm, you don't need to shout, if it's windy, you will need to raise your voice
- o Call "Thank you" as you move past the rider.
- o Allow plenty of room before pulling back in to the right

The passee should:

- o Be aware of approaching riders (listen, NO headphones!)
- o Acknowledge calls to pass - saying "Thank You" is a GREAT way to do this!
- o Maintain a steady speed and line - don't suddenly slow down or speed up as you are being passed and don't jerk your handle bars.

The process for multiple riders passing is similar with a few extra variations...

The group of passers should do all the above plus:

- o Call "Rider(s) Up, slowing!" as they approach
- o Double check for approaching traffic - allow more room for multiple riders to pass
- o Consolidate to single file if not already there
- o The lead rider should call: "Passing on left, 7 riders" or something similar to let the passees know what to expect
- o The middle rider(s) can say: "Thanks" and/or: "Four more riders coming" to inform the riders being passed
- o The last rider should call: "Last rider, Thank you" so the group knows you are all past
- o Allow extra room before pulling back in so the your line doesn't cut off the passees

Maintain a steady speed, don't speed up or slow down until the entire group has passed and is clear of the group you passed. Groups of riders may feel pressured to pass when it is not safe in order to avoid falling behind - don't succumb to the pressure to pass if vehicles are approaching.

The passees being passed by a group should do all the above plus:

- o Smoothly consolidate to single file when a group approaches (the lead rider should call ", Single file")
- o Listen for the first and last passers so they know what to expect.
(Hint: Ignoring approaching groups that communicate their approach/pass is not a good way to make cycling friends)

Note that the passers have the responsibility to ease up as they approach and wait for safe conditions to pass. The passees have the responsibility to listen, hold a steady speed and line, and go to single file to make room for the passers to get around.

I expect to see you all practicing these tips - they make a huge difference in how much we all enjoy the ride. I also expect to hear a LOT of communicating and "Thank you's" out on the roads this week and for the next three months!

Here is one more group riding tip. A question I received about pacelines.

Q: I've completed several MS150s but never a part of a team. While there have been large groups about, I've never been part of one. The extent of my drafting experience is limited to a group of 3 - and then only sporadically. Will this be covered in the training series?

A: We recommend avoiding fast pacelines which use more "aggressive" drafting in order to significantly increase speed unless you are very experienced and know your paceline riders well.

On the other hand, there is an opportunity to ride in a group and practice simple drafting which does make your work quite a bit easier, especially on windy days. This also makes the ride a lot more fun since it is possible, and probable to meet and visit with other great riders as you go.

The key things to remember in pacelines are:

1. Allow at least 18-24" between front/back wheels
2. NEVER overlap wheels!
3. Communicate with your group - call hazards, car back, slowing, stopping, turning, standing, etc...
4. Ride steady and predictable
5. Don't ride above your ability - pull off and let the group go if the pace feels too fast

Here are a few more related thoughts on this topic:

- If a group is training together, cycling etiquette says to let the slowest rider set the pace
- The ride is supposed to be fun and it is definitely more fun with a group of friends
- Friends DON'T let friends ride alone!

Hope this makes sense. Save this note as it will make a lot more sense as you get more experienced. We will be focusing and providing feedback on passing quite a bit early in the season because it takes us several weeks to master. Once you "get it", you will find that you are a much safer rider and you will enjoy riding even more as well as impressing all the other riders you encounter with your safe, courteous and predictable riding.

OK, that's it for today's. Watch for more of these rider tips emails and, PLEASE read all of the Ready2Roll Cycling emails...

PS - We are watching the weather and, as of this moment, Weather.com is showing a 50% chance of occasional rain showers with thunder possible. We'll keep a close eye on the weather and share what we know again in the late updates Friday.

Thanks!

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