

VICC CYCLING TIPS





RIDE PREPARATION



- **Bike:** Inflate your tires, make sure you have your saddle bag -> (CO2 cartridges, CO2 inflator, tire levers, a dollar bill & patch kit)
- **Attire:** Kit, gloves, socks, shoes, glasses & Road ID (or some form of identification)
- **Hydration:** Summer make sure you have at least 2 bottles, winter at least one. Use an electrolyte mix in at least one bottle during the summer.
- **Nutrition:** For the VI 30-40 mile rides you may want to have a gel/gu/block for quick energy on the go. On longer rides, you may want to bring a bar, nuts or some nutrition that fits easily into your jersey pocket.
- **Speed device:** Highly encouraged to have a way to know your speed on the ride so you don't cause the group to yo-yo when you take your pull. Charge it before you ride.
- **Lights:** Lights are highly encouraged for visibility. They are required for night rides. Ensure they are charged & on for the ride, but not in blinking mode for group rides.

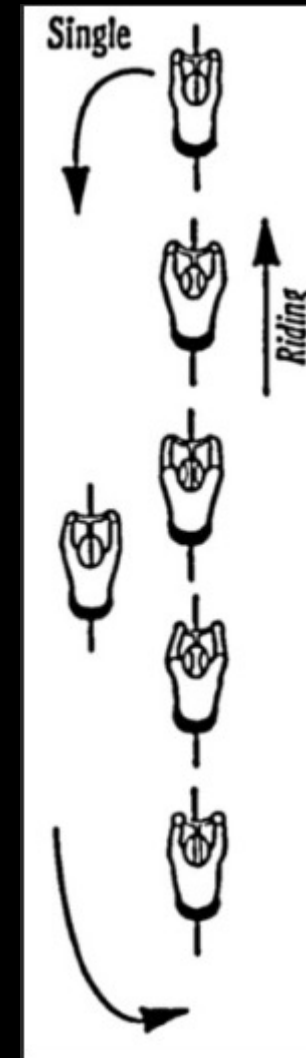
HOW WE RIDE

SINGLE PACELINE

In a Single Paceline, each rider follows the rider directly in front of her/him in single file. When the lead cyclist wants to move to the rear, they should first check for traffic and then signal using a “chicken wing” with the right arm to signal his/her intention. Then move to the left *before* slowing down BUT continuing to pedal. This rider will drop to the back of the paceline before moving to the right behind the last cyclist in the line – who should call “last wheel”. The new lead rider should maintain the same speed.

How long should you pull?

Generally no more than 2 miles. All riders should rotate through the paceline. If you are new to the group or “grouping up” (riding a group faster than you usually ride) try to count 30 sec and then come off the front. In headwinds, take shorter pulls.



VICC TIPS - COMMUNICATION



No distractions:

No ear buds, no headphones, no Aftershokz

Don't check your phones during rides unless you're stopped. If you need to take a call, signal to the group that you are dropping and pull over.

VICC TIPS - COMMUNICATION



The lead rider should use Hand Verbal and Signals & everyone should ECHO them throughout the paceline

- **Road hazards** (hole, glass, debris, gravel, sand, roadkill, water)
- **Turns** (Left, Right, U-turn) – Call them out. We want to use our hands to not only signal other riders, but cars as well
- Signal & call out Slowing!, Stopping!, signal moving out of the bike lane
- Call out Car up, car back, car passing
- Call out Runner up, walker up, dog up
- **Intersections** – **LOOK** make sure it's **CLEAR for YOU**, don't rely on someone else's "clear"
- Don't make a **LEFT turn** unless it's clear for the entire group to proceed (adjustments made for traffic situations)

EXAMPLE OF BICYCLE HAND SIGNALS

Use hand signals in combination with verbal communication throughout paceline to notify other riders (and cars when we're turning)



Borrowed from Sports In Cycling

PACELINE CYCLING SKILLS

- **Soft pedaling** means turning the crank without applying force. You're actually coasting but with the **pedals** still going around. **Soft** pedaling allows you to smoothly apply power or back off a bit, feathering speed to keep a nearly constant distance from the bike in front without braking.
- If a gap opens in front of you, pick up your speed gradually to close the gap.
- Keep your head up. Look ahead up the road. This will help you ride in a straight line and enable you to anticipate changes in speed & debris or obstacles ahead.
- Don't overlap the wheel in front of you. If you do, let the rider in front of you know that you are "on your left" or "on your right" and then call "all clear" when you have resumed your paceline position.
- Stay focused at the front of paceline. You are directing a line of cyclists behind you – call out debris, don't turn unless the whole group can go (traffic permitting).

GROUP GUIDELINES

(NOT MENTIONED ABOVE)

Please be aware of, and follow, these guidelines when participating in our group rides:

- No positioning on aero bars, unless you are riding off the back
- When assuming the front of a paceline, keep your speed constant. Do not accelerate rapidly! Keep in mind that there may be a large group behind you. Accelerate slowly after corners, stop signs, lights, etc... so the group does not "yo-yo".
- Never brake when at the front of a paceline. (Kill the squirrel!)
- Do not coast or soft pedal at the front of a paceline. (Pedal down the hills)
- If someone surges at the front of paceline above group speeds, **LET THEM GO.**
- You are responsible for your own front wheel.