

# Be a Better Roadie

**Always wanted to join a group ride but felt a little intimidated? Follow these techniques to become a more confident, safe, and skilled cyclist.**

*By Vic Brown and Cort Cramer*

## **CYCLING ETIQUETTE**

Your lead actions affect all riders in your group, so be predictable. Make your intentions known early using clear and direct verbal and/or hand signals. The rear rider is responsible for signaling intentions to following traffic.

## **MOUNTING AND DISMOUNTING**

Practice mounting and dismounting from your bike without losing balance and then practice in between cones set three feet apart in a 60-foot corridor. Also practice bringing the bike to a complete stop in the final 10 feet.

## **RIDING STRAIGHT**

Start on the indoor trainer, practice taking sips from your water bottle or looking over your shoulder while maintaining speed, balance, and cadence. Next, practice riding through a staged course with cones eight inches apart. Finally, practice on a quiet road with a partner to provide feedback.

## **SPEED CHECK**

Changes of speed occur often, especially on hills when lead riders slow as back of the pack is still riding swiftly, creating an accordion-effect. Descending triggers an opposite affect.

## **CONTACT MANAGEMENT**

Physical contact occurs when riding close together, but maintaining composure is important. Become more confident by bumping and leaning on fellow cyclists, beginning ideally on a closed grassy course with someone of similar size.

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