

Pace Line do's & don'ts...

*Or how to stay friends
in the peloton!*

3 Rules of “the Line”

- **Do NOT overlap wheels**
- **Communicate with other riders**
- **Look ahead**



Confucious say “he who overlaps wheels, goes down”

Rule #1:

when wheels overlap and “bump”,
it’s usually the rider in the back
that goes down.



Confucious say “he who overlaps wheels, goes down”

Rule #2:

– when the knucklehead in front makes a sudden move or hits his brakes & someone’s overlapping his wheel, it’s usually the rider in the back that goes down.



Confucious say “he who overlaps wheels, goes down”

Rule #3:

- When the rider in front of you yells obscenities because you’re overlapping his wheel, you may not go down but you’ll be embarrassed.



Communicate...

or the art of hand language

- Point out objects in the road
- “Elbow wave” to pull off front
- Use hand signals for:
 - Turning
 - Slowing for traffic signals
 - Expressing yourself ☺



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Look Ahead



What is the main cause of accidents in a group ride?

Riders watching the wheel in front of them.

Help prevent accidents in the pace line by learning to anticipate obstacles and ride through them smoothly and safely. **HOW?**

Look Ahead



Look “thru” the riders in front of you and see what they are looking at.



Look Ahead



Be cognizant of what riders 2 and 3 up in the peloton are doing.



Look Ahead

**And most important...
Don't stare at the wheel in front of
you!**



How does one form a Pace Line?

- **Head winds**
 - Single pace line
 - Double pace line
- **Side winds**
 - The art of the echelon

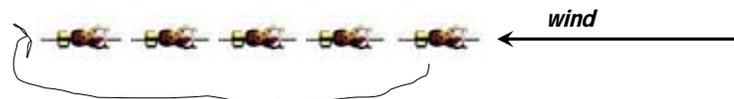


Pace Line *into the Wind*

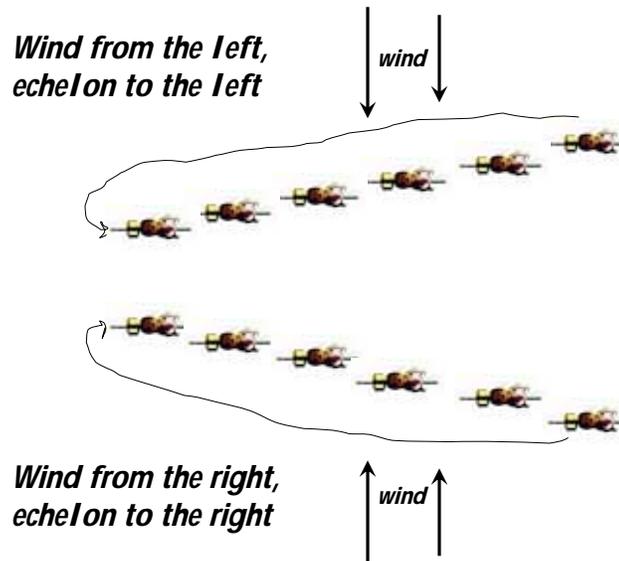
Double Pace Line



Single Pace Line



Pace Line into *Side Winds*



Pace Line “tips” no one tells you!

TIP #1:

**Want to stand up to get power going so
that you don't get gapped off?**

– *GRAB A GEAR before you stand up!!!*

Standing up in too easy of a gear will “jet” your bike backwards – and if the guy sucking your wheel is too close, BAAM! You’ve touched wheels and “boom boom, out go the lights.”

Pace Line “tips” no one tells you!

Tip #2:

Having a hard time “catching back on” at the end of the pace line?

- *Pick up the pace as the last person in the pace line passes you.*

Otherwise you'll be watching the group jet off at 28 mph or worse, using all of your energy to close the gap after each pull.
Bummer.

Hint to make friends: If you're the last person on the line, let the rider know “I'm the last one” to help them time getting back on.

Pace Line “tips” no one tells you!

Tip #3:

Getting “guttered” or thrown into traffic on an echelon?

- *There's no shame in asking the group to “tighten up”. Pass the message up the line...with a smile! ☺*

Play Nice

Pace Line riding is fun...it's a TEAM sport.

Take your turn at the front, even if brief.

This way, no one will make fun of your Mickey Mouse jersey at the rest stop.



Play Nice

If you get tired, don't gap off your friends behind you as you lose steam.

1. Speed up and pull the group behind you up to the rider in front of you.
2. Sit up & wave bye.
3. You'll still have friends waiting for you in the parking lot.



Play Nice

Communicate. Just like in life, love and work, it's the key to all great relationships.

