



Tips for Group Riding



TIPS FOR GROUP RIDING

Stay Alert:

Momentary inattention is the number one cause of accidents. Be aware of what is in front and behind you, watch your line, and keep your hands near your brakes

Make Your Own Decisions:

Stop at all stop signs and lights on your own. What's clear for someone else might not be clear for you.

Ride in a Predictable Manner:

It's especially important to keep a straight and consistent line so other riders and drivers can predict where you're going.

Share the Road:

Ride single file in traffic or on trails. Leave room for cars, pedestrians, and others at intersections or places where you pull over. Take turns in small groups when going through an intersection so other users also have a chance to proceed.

Leave Space Between Yourself and Others:

Leave enough room when riding to be able to dodge obstacles without putting others in danger. Remember also that other riders might not be comfortable if you come too close.

Always Pass Others on the Left and Call Out When Passing:

It's safer to pass on the left since road debris or potholes are more commonly on the shoulder. Also, most riders will not be expecting you on their right.

Announce Obstacles and Approaching Traffic:

Call and point out obstacles and traffic for others behind you.



CAN-BIKE Program

CAN-BIKE Education Program

Encourages participants to become addicted to a fun and fitness enhancing activity by developing the skills, confidence and knowledge to incorporate bicycling into their life-style for fitness, recreation and transportation.

In 16 hours of classroom theory and on-bike sessions participants learn:

- what to look for when shopping for a bicycle
- what to wear when riding
- how to clean a chain, bike
- how to avoid punctured tires
- how to fix a puncture
- how to patch a tube
- how to use bicycle akaido to remount a tire on a rim
- how to adjust a bike to fit
- how to use and adjust your gears
- how to tell what your bike needs before taking it in for repair
- how to select, fit and wear a helmet
- how to ride in a group
- how to ride further than you thought you could
- 3 steps to collision avoidance
- how to execute an instant turn
- how to stop in the shortest possible distance
- where to ride on the road
- rule of thirds
- speed rule
- destination positioning
- nutritional tips
- why cycling is an ideal exercise
- how to achieve/enhance fitness through cycling

CAN-BIKE courses are taught by nationally certified instructors.

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