

bike

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Texas MS 150

Group Riding – Know the Lingo

Group riding has its own form of communication.

Remember to pass all communication on to the cyclists behind you in the group
Speak loudly and clearly

- **"On your left"** – This means a rider is approaching your left side; move to the right (as able) to allow room for the other rider to pass
- **"Car back"** – This means a car is approaching from the rear. All cyclists move to the right side of the road to allow the car to pass (in most states, the law requires cyclists to ride no more than two abreast, ensuring easier and safer passing of cyclists by automobile traffic)
- **"Gravel"/"Pothole"/"Sand"/"Tracks"** – Each of these messages is to alert the cyclists behind you of hazardous road conditions, relayed not only by words but also by the gesture of pointing to the hazard well in advance
- **"Flat"** – This indicates that a cyclist has suffered a flat tire and needs room enough to slow down and move to the right side of the road or trail for repair; offer assistance if needed
- **"Slowing"** – The cyclist in front of you is slowing down, so use caution and prepare to stop (the common hand signal for this is to display the palm of their hand toward riders behind them to indicate slowing and stopping)
- **"Stopping"** – This indicates that a cyclist ahead is stopping; when at a stop, do not forget to unclip from your pedals

**Group communication between teams and between individual riders is vitally important to ensuring the safety of all riders. Therefore, use of headphones, cell phones, radios, or similar devices are NOT permitted while riding the Texas MS 150*