

DVCC SAFE GROUP RIDING

Be a Good Wheel

BE A GOOD WHEEL

BEING A GOOD WHEEL is a term derived from bike racers, but applies to all riders. A GOOD WHEEL is the type of person you want to be around when riding. No matter the difficulty, intensity or chaos, these riders who are considered a “Good Wheel” are solid, consistent and trustworthy on a bike.

Our dream is that every rider that shows up to an DVCC ride grows into being someone others consider a GOOD WHEEL.

GOOD WHEELS ARE.....

Smooth / Predictable / Looking far ahead

Respectful / Observant / Group benefit focused

Be open to receiving feedback

[supplementary video](#)

CHOOSE THE GROUP

It is important that people are willing to choose what makes the group safe over their individual desires.

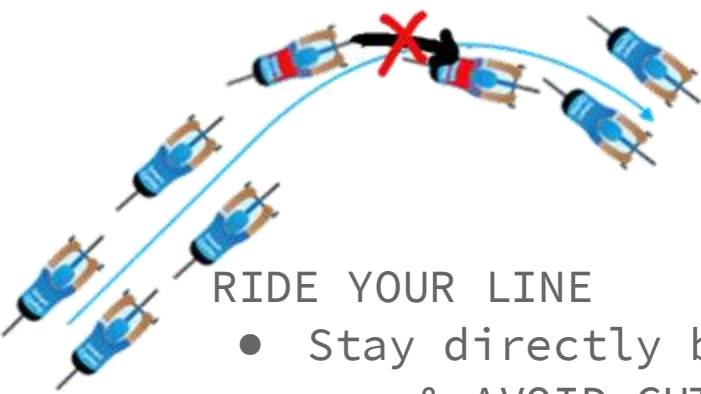
- Participate in the type of ride you are on vs a personal workout.
- Allow yourself to connect with others off the front and understand the ride from the back
- Calmly call out hazards
- Avoid putting others in compromising situations for the sake of fun. (Be the safe example)
- EVERYONE should spend time in the BACK it's where you learn what is really happening on the ride.

RESPECTFUL RIDING - #1

- COME PREPARED - With a **bike** that has been **serviced / tuned** and with equipment to fix a flat (tube, CO2, mini-pump, tyre lever)
- GET TO KNOW THE RIDE - When new to a group or a particular ride, let yourself be near the back. This shows that you prioritize others safety over your ego and that you want to learn how the ride is best executed.
- DO THE RIDE YOU'RE ON - Group rides can become very **frustrating** when certain people are doing their **OWN** thing. Please avoid bringing your personal workout to a group ride. Enjoy being a part of what the group is doing.

RESPECTFUL RIDING - #2

- If you are on the **FRONT** riding down a hill, **PEDAL!!!!** OR **PULL OFF** from the FRONT.
 - Others behind you have a significant draft. If you are coasting, they will be running into you and this is dangerous
 - If you are a good hill climber, there is a good chance that you don't have the power to appropriately lead a fast group down a hill. Consider getting off the front.
- We ride up hills together, as a group, at a pace that suits the weakest rider. We respect that some can ride up hills faster than others but the Good Wheel ensures that the pace is tempered to suit the weakest rider.
- In a paceline, **SHORT PULLS** are typically **preferred** by the group over long pulls. Don't overstay your welcome.



PREDICTABLE RIDING

RIDE YOUR LINE

- Stay directly behind the person in front of you & AVOID CUTTING THE CORNERS
- Avoid HALF-WHEELING where your wheel overlaps the wheel in front of you - this can be extremely dangerous.
- CONSISTENTLY PEDAL throughout the WHOLE RIDE. The YO-YO rider is a dangerous one. Most often people should only hear your free-wheel noise if you are actually slowing.
- Indicate slowing/stopping always



SMOOTH RIDING

Be loved like ice cream – creamy smooth

- Ideally the pace of a ride is quite consistent. QUICK ACCELERATIONS and DECELERATIONS are AVOIDED.
- BRAKES are ideally used SPARINGLY with slow pulls that are communicated to others in the group.
- Accelerating SLOWLY from stop signs/lights helps to keep the group together and avoid the dangerous accordion action where the group spreads out and comes back together.

LOOK FAR AHEAD

WHERE TO LOOK WHILE RIDING IN A GROUP

- FOCUS your sight as FAR AHEAD as you can
- USE YOUR PERIPHERAL vision to watch the wheel in front of you.
- LOOK OVER YOUR SHOULDER before moving right or left and indicate your intention to move. (If you struggle to look over your shoulder without swerving, please practice this outside group rides.) - [How to look over your shoulder video](#)
- POINT/CALL OUT HAZARDS as soon as you see them or you see another rider point them out, not just when you're going over them.- [SIGNALS](#)



BE HUMBLE WITH AN OPENNESS TO FEEDBACK

NO RIDER IS PERFECT! EVERY GOOD RIDER IS CONTINUOUSLY WORKING TO BRING THEIR BEST SELF TO THE RIDE.

IF YOU THINK YOU DON'T HAVE THINGS TO WORK ON, YOUR EGO IS LYING TO YOU.

ASK OTHERS ON THE RIDE HOW YOU DID ON THE RIDE