

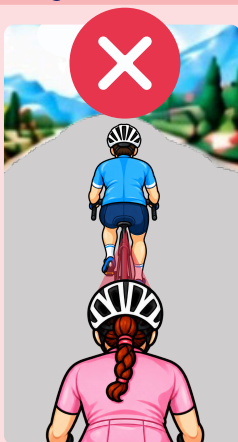
Group Riding Basics

Good habits for riding safely in a peloton

Looking

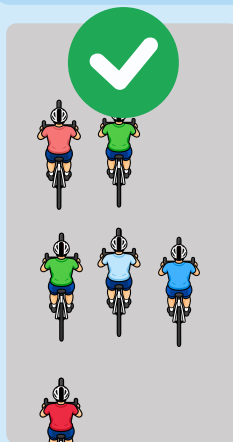


Look ahead through the group and use your full field of vision to maintain the right distance from the rider in front of you.

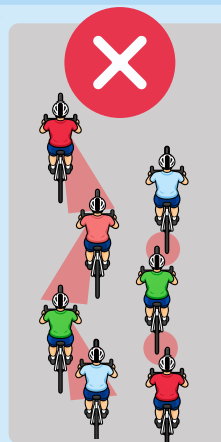


Don't stare at the wheel directly in front of you. Watch the rider: they show you what is happening, not their wheel.

Position

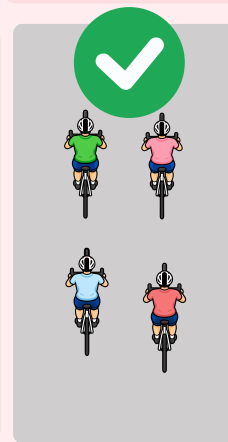


Stay directly behind or clearly alongside another rider so that you remain visible.

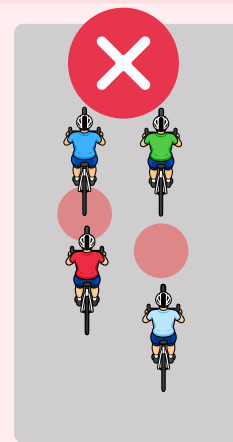


Don't stay in another rider's blind spot. Don't overlap wheels.

Distance



Keep roughly half a wheel to one wheel of space ahead of you.



Don't ride too close or too far away.

TOPIC

DO

DON'T

Pedalling

Pedal smoothly and **continuously**, in a gear with a bit of resistance, to stay at the group's speed.

Freewheel: when you stop pedalling, you slow down. The rider behind you has to slow down too, then the next one, etc. The group stretches out, then sprints to close the gap: that's the **accordion effect**. Plus the noise of the freewheel itself signals a slowdown and creates stress in the group.

Slowing down

Ease off the pedals first, then brake progressively when necessary.

Avoid sudden braking.

Gaps

Gradually close the gap to the wheel in front of you.

Don't sprint back onto the wheel and then immediately slow down.

Line

Hold your line, look before moving sideways and change position gradually.

Don't suddenly change line or position. Don't swerve around small objects or imperfections in the road.

Hazards

Signal obstacles that require a reaction: potholes, large objects, vehicles, etc.

Don't signal every small imperfection in the road.

Communication

A peloton works best when everyone plays their part: communicate and pass information through the group.

Don't assume the riders behind you can see what you can see.

Eating & drinking

Eat and drink regularly. Aim for 30–60 g of carbohydrates and one bottle per hour.

Don't wait until you're hungry or thirsty: you lose energy, reflexes and judgement...and you risk ending up in the broom wagon.

Mindset

Stay relaxed and positive. Smile, laugh and chat with the riders around you.

Don't focus on everything that could go wrong. Stress wastes energy, increases fatigue and eventually reduces your reflexes.



[More tips](#)

Smooth, predictable riding makes the peloton safer for everyone!