

Reading Other Riders

[Revised 3/24/2017]

When riding in a group it is wise to observe other riders to determine how close to ride, and if additional steps are needed maintain your safety and that of the group.

What to look for:

1. Level of panoramic awareness and level of situational awareness
 - ~ Observe: head erect & moving; straight back; head/eyes scanning
 - ~ Indicates: paying attention; anticipates; ability to respond quickly and appropriately
 2. Low breathing & relaxed body
 - ~ Observe: fluidity of movement; relaxed muscles (especially shoulders); bent elbows; relaxed grip on the bars; quiet upper body; moves smoothly
 - ~ Indicates: level of resourcefulness
 3. Tracks straight
 - ~ Observe: rear wheel tracks **very** straight; makes small, gradual adjustments
 - ~ Indicates: paying attention; predictable and trustworthy riding habits
 4. Rides predictably
 - ~ Observe: level of consistency of riding habits; makes adjustment gradually and smoothly
 - ~ Indicates: consistent and trustworthy riding habits
 5. Maintains a high cadence of >90 rpm
 - ~ Observe: rate of cadence; smoothness of pedaling; no coasting
 - ~ Indicates: ability to make micro-adjustments to group effort
 6. Cooperates with other riders
 - ~ Observe: pays attention to and cooperates with others; responds to input from other riders; rides in unison with group members; points out hazards, signals turns and slowing down, yells "Car back", etc.
 - ~ Indicates: paying attention and riding as a cooperative member of the group
 7. Level of responsiveness to changing conditions and situations
 - ~ Observe: focused and not distracted; how a rider adapts to changing conditions and situations; not fiddling with bike, clothing, food or drink; not distracted
 - ~ Indicates: level of concern for safety and regard for others
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