

Practice Card

The 7 Golden Rules

- 1. Establish & communicate group norms.**
- 2. Relax, breathe, and maintain "panoramic awareness".**
- 3. Ride evenly and predictably. No sudden changes.**
~ Track directly behind the rider in front of you
- 4. Maintain the group's level of effort and pace.**
~ Hold your relative position in the group
- 5. Maintain 360-degree situation awareness.**
- 6. Communicate.**
~ Point out hazards clearly; signal changes early
- 7. Promote safe, cooperative riding practices.**

General Guidelines

Follow the law; promote goodwill

Hold your position, especially during transitions

Don't make sudden changes or ride helter-skelter

Follow distance: "The 6 to 6 Rule"

Follow from 6" to 6' or more; adjust smoothly

Riding position: "The 18 - 24 Inch Rule"

The front tire should be at least 18 inches from the ride-able edge of the road.

Group size: "The Rule of 5"

On narrow, winding roads, ride in groups of 5 or fewer

Instructions:

1. Copy this sheet
2. Fold in half right above "General Guidelines"
3. Cut neatly to size
4. Laminate with packing tape
5. Clip to handle bars
6. Focus on & practice one skill per ride