

The goal: Take group riding to the next level of fun.

Step 1: *Let's agree* that group riding is a **sport**\* and we'll develop some necessary fundamental skills and some basic rules *to increase our enjoyment on the bike.*

Step 2: *Let's agree* that on certain rides, we will become a “de facto” **team**\* and share a common mindset to work on a common mission.

Step 3: *Let's agree* that the common mission is doing all we can to roll together in a compact, efficient, and **safe formation**, given the weather, terrain and traffic.

Step 4: *Let's agree* that we will freely talk to each other to reinforce learning, encourage achievement, resolve differences, clear up misunderstandings, and avoid resentments.

**\* Sport defined:** “...activity needing physical effort and skill that is ...done according to rules, for enjoyment...”

**\* Team defined:** “...a group of people who perform interdependent tasks to work toward accomplishing a common mission or specific objective.”

### Team Medicare



**Still here. Still cranky.**

**Maintaining your position in a group is the fundamental skill, so:**

Front-to-back.

- Keep pedaling and look forward. Use your peripheral vision to judge distance.
- No sudden swerves if you can help it.
- Adjust following distance by:
  - a) soft pedaling (...slow leg speed to 10-15 rpm for 1-2 seconds)
  - b) pedaling “against the brakes”
  - c) sliding over just enough to be briefly (1-2 seconds) out of the draft
- If you have to scrub speed quickly, use your rear brake first.

Side-to-side.

- Keep pedaling and look forward. Use your peripheral vision to judge distance.
- No sudden swerves if you can help it.
- Adjust your pace (...per “following distance, above”) to keep your handlebars “even” with the rider next to you.
- Keep as close to the riders/s next to you as possible.

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| Even though you're riding side-by-side, both riders still get a draft and/or you get a benefit from a passing line of riders.   |
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| Depending on the road, the wind and <i>the rider you're following</i> , riding directly behind the wheel in front of you may not produce the best draft. You may have to overlap a bit, to either side. |

**From the experts:**

[CTS: Cycling Skills all Riders Need to Master](#)

[CTS: Group Riding](#)

[CTS: Pedal Stroke and Power](#)

## Safety Discussion, motorists:

Excerpt from the Fla Traffic Statutes 316.2065 Bicycle Regulations:

(6)(a) Persons riding bicycles upon a roadway or in a bicycle lane may not ride **more** than two abreast except on a bicycle path. Persons riding two abreast may not impede traffic when traveling at less than the normal speed of traffic at the time and place and under the conditions then existing and must ride within a single lane.

From the website of Jacksonville Attorney and Cycling Advocate, Chris Burns Esq.  
<https://floridacyclinglaw.com/>

In 2006, Florida passed its own three feet law. The law requires motorists to pass cyclists by giving them at least three feet between the vehicle and the bicycle and rider.

How can the motorist pass legally when the travel lane is the **standard 12 feet width** or less? Is there room for a motorist to stay in the same lane as the cyclist, and yet pass with 3 feet? The answer is "no". The motorist will be closer than the mandatory 3 feet to the cyclist. **One option for passing is for the motorist to pass by changing lanes.**

What if there is "no passing" markings on the road? May the motorist cross the double yellow line (no passing zone) and pass the cyclist while in the oncoming lane? ...**In practice**, most motorists cross a double yellow line to pass a cyclist – rather than stay behind the cyclist for a long period of time at the slower speed.

Does Florida law allow the motorist to pass as shown above? **Florida Statute 316.0875** says that motorists may cross the double yellow line when **"an obstruction exists making it necessary"**. The problem for both motorists and cyclists is that this statute does not define the term, "obstruction".

**Is a cyclist classified as an obstruction?** How about a stopped trash truck? How about garbage cans? How about runners? Is the speed important? Is a stopped trash truck an 'obstruction' because it is not moving? Most people would agree that it is. What about a cyclist traveling 15 mph? Or 5 mph? Is that slow enough? **Unfortunately, the definition of "obstruction" is left to the police officer in deciding whether to write a traffic citation and for the traffic court judge to determine if a violation occurred.**