

Saint Mark's Cathedral Bike Ride to Alki

BIKE RIDE TIPS

- When you see a pothole, point it out before you go round it so the rider behind you knows what you are about to do and can avoid the hole.
- If you need to move out around an obstacle or parked car indicate with your arm behind your back which direction you are moving in, before you change your line.
- If you are stopping or slowing, indicate with your hand down at your side, palm toward the rider behind you.
- One important rule is never to overlap your front wheel with the rear wheel of the rider ahead. It's all too common that the rider at the front will shoot across just as the lights change. If you're at the back of that string, simply don't risk running the light.
- Descending on the wrong side of the road, for example, is lethal but not unheard of when riders are looking to move up the group.
- While pointing out slippery drains and big potholes is necessary to help the riders behind, erratically yelling is not.
- Slower paced casual group rides typically have an even pace to them with no surging or attacking. Surging when in the group is often unwelcome as it disrupts the pace.