

SCVBAC Paceline Rules - A paceline is a pact

- Maintain steady pace - ride one to two feet behind rider - no large gaps - no sudden moves - do not grab brakes - no aerobar use
- Use hand signals for your intention - verbal commands when appropriate - i.e. stopping, slowing, etc.
- When assuming pull keep same pace
- When pulling out from lead position use suggested left arm hand signal - pull for about mile - or less if tiring - pedal softly to end of paceline
- After turns, or after crossing intersection, slow down and allow group to catch up
- Look around the rider ahead of you and up the road
- If you choose to get off the saddle do not coast or slow down - continue pedaling steadily
- Point out obstacles with hand signal and/or verbal command
- Ride 2-3 feet from the usable edge of pavement - if there is a usable bike lane/shoulder ride near the middle
- Watch for traffic (mirror helps) - call "car back" if appropriate - stay single file when traffic around
- Follow the rules at lights and stop signs

Please read the entire content at www.scvbac.org

click on 'SCVBAC Paceline Rules and Guidelines'