

Helpful Hints for New Riders (drinking)

On a group ride (especially in a pace line) be careful when wanting a drink. A crunch can easily happen if you swerve or slow down while looking down to reach the bottle, drink and put it back. It's best to signal you are moving left out of the group where you can drink safely, but first check for overtaking vehicles (including cyclists). The same applies if shifting from the saddle to ride standing up. You may inadvertently slow down and those behind are confounded.

Cyclists overtaking other cyclists should loudly announce "On your left" as they pass, but many do not! As a precaution and before it happens, overtaken cyclists should loudly announce "Bikes back". Wearing a rear view mirror makes all the above so much easier.

More next month,
John McKee