

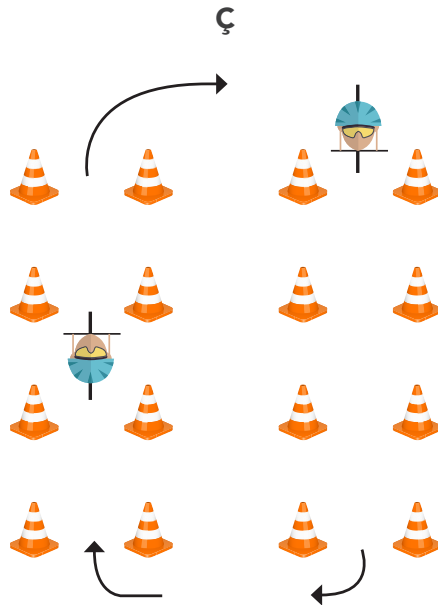
# Riding in a Group

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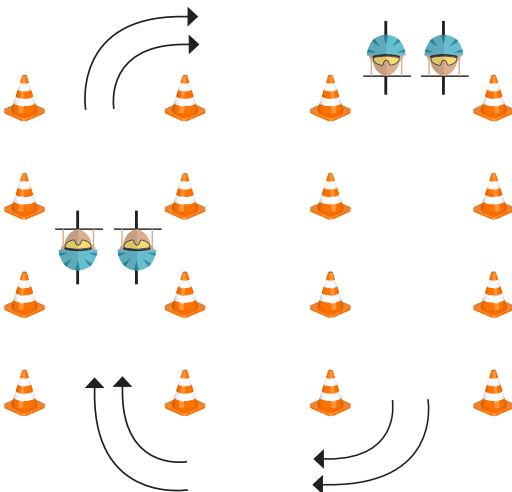
- Be aware of others around you
- Make all your moves predictable
- Maintain the pace of the group - DO NOT HALF WHEEL
- Do not brake suddenly
- Four forms of braking - anticipate, stop pedalling, sit up - brake smoothly
- Look ahead to see what is coming and anticipate changes
- Communicate throughout the bunch, pass messages on
- Use both hand and verbal signals

# Holding a Line

This drill encourages riders to keep riding in a straight line, making them more predictable when riding in a group.



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To help keep the rider tracking straight it is important for them to keep looking forward towards the end of the course.

You can make it harder by putting the cones out wider and having two riders go through while touching elbows or shoulders to get used to riding in close proximity to others.