



Santa Barbara Triathlon Cycle Club – Road riding Rules of Etiquette

- When riding with the SB Tri club, obey traffic laws. They apply to cyclists the same as drivers: same roads, same rules, same rights. Outlaw behavior gives us a bad reputation, discourages membership, and impresses other riders as a cheap shot by a weak rider to get ahead. If club members are riding in an unsafe manner, tell them. Riding in a pack is dangerous (but fun).
- When riding close behind another rider, do not let your front wheel overlap the rear wheel of the rider in front of you. If they move sideways and hit your wheel, you will crash.
- Hold your line. Look behind you before moving sideways. If you move sideways and someone's front wheel overlaps your rear, you will make them crash.
- Do not make sudden moves that the rider(s) behind you have to react to.
- Point at upcoming obstacles and call them out: "Glass", "Hole", "Stick", "Rock", "Gravel", "Runner up", "Tracks", "Door", "Sign", "Junk", "Avocado".
- When slowing, call out "Slowing", "Stopping", "Red light", "Stop sign", "Crash!." Put your hand down and outspread, or in a fist behind your back.
- Repeat the warnings of other riders to relay them to the other end of the pack.
- When a bike lane is present, stay within the lane boundaries and do not ride in the open road. This also means riders generally should be riding single-file unless there's room within the bike lane to ride side-by-side. If no bike lane is present, always ride single-file and as far to the right as is safe.
- Call out traffic overtaking from the rear: "Car back", and form a single file.
- When a group gets split up by a red light, the group ahead will slow down until the group is whole again. This courtesy discourages running red lights.
- T-intersection stoplights must be treated as if you were a motor vehicle. It is the law.
- In a paceline, the leader signals by pointing to their left when pulling over to drop back. The lead rider may also signal that it is the next rider's turn to pull by "flicking" their right elbow. Riders moving forward in the paceline will pass the leader on the right.



- The rider in the rear of the group should call out "Clear to move left" for an upcoming left turn. This will allow the group to move safely and stay together.
- Pass on the left or call out if passing on the right.
- When riding in a pack, always have your hands covering your brakes, whether in the hoods or the drops.
- Do NOT draft while in aerobar position. Aerobars may only be used if the rider is out front with no wheels ahead of them, or at least 6 bike lengths off the back of the pack. Violation of this rule may result in exclusion from future group rides.

Suggested equipment

- Bike with freshly pumped tires (if soft, find out why).
- Two water bottles are usually enough to get to the midway rest (25 miles). On many of the routes there are locations to refill water bottles.
- Fuel, about 250 calories is usually enough to get to the midway rest, and carry fuel for the second half of the ride, or money to buy it (on routes that include stops at stores). Use energy drink in the water bottles, or an energy bar, or whatever you can easily digest. Eat some breakfast before the ride, or you will bonk.
- For flats, bring two inner tubes, tire levers, a pump, and a tire boot (2" length of old tire).
- Identification: Photocopy or carry your driver's license and medical card. Without ID, a police officer can search you and take you into custody.
- Helmets are required on club rides. Tape emergency information inside your helmet.
- Cell phone.
- Twenty dollars, and a credit card for emergencies, and to eat with us after the Saturday ride.
- Mirror, or eyes in the back of your head

Group Ride: Groups and Start

- Group A



- This group is for experienced riders.
- Average pace for this group is between 17-20 mph
- Ride distances will generally be 40+ miles
- This is a “drop” group meaning that if riders fall off the pace, the group may not wait for them. If you plan to ride with this group, be aware that although there are times the group may wait (for instance, at the top of long climbs), generally riders may be dropped.
- This group often stays together for the first 15 miles, and then segments into sub-groups depending on what individual riders prefer to do (some opt to go farther on a flat course, some prefer to climb, some prefer to go around Lake Casitas, etc)
- Group B
 - This is an excellent option for newer riders or those not looking to ride as quickly or as far as the Group A.
 - Average pace for this group is 16 mph or less
 - Ride distances will generally be 30+ miles
 - This is a “no-drop” group which means that if riders fall off the back, the ride will re-group at various locations along the route. This group will start and finish together.
- Rides depart on time from the East Beach parking lot, so arrive at least 15 minutes early. Stragglers are not supported.
 - Arrive no later than 8:00 am on Saturday rides for pre-ride instructions.
 - Group A will roll out at 8:05
 - Group B will roll out at 8:15
- If it is raining, assume the ride is cancelled. We generally will not ride in rainy conditions. Use your own judgement if the weather is “iffy.”
- Read the entire route slip (if available) before the ride starts. If you are unfamiliar with the route, tell someone, so we will watch out for you.

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