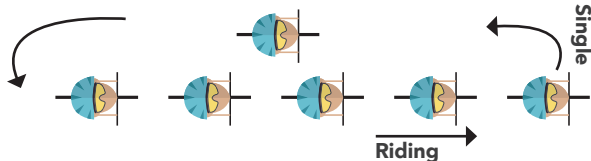


# Introduction to Riding a Pace line

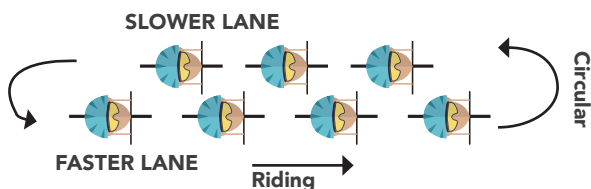
8



Stay at a constant pace.

Follow the person directly in front of you.

Communicate to other riders if you are not able to rotate, stay on the back.



Stay even with the rider beside you.

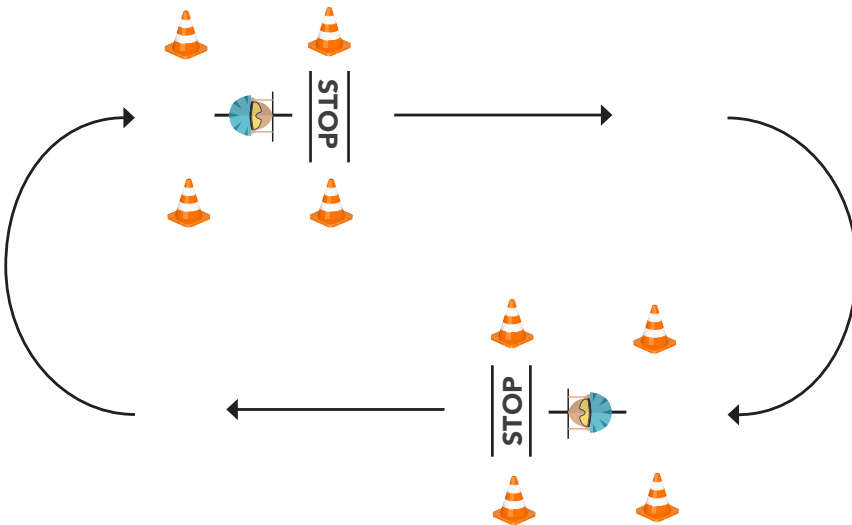
Be aware of speed changes adjust speed in small amounts when moving on and off the front.

Awareness of movements between riders is key, do not switch off in the middle of the group. If the road narrows or conditions do not allow return to single file (outside moves forwards).

# Stop Box Rotation

This skill can be done as a controlled race by seeing who can stop longest without putting a foot down, causing the back rider to catch the front rider in the box.

Key points are to cover the brakes with your hands, keep your weight centered on the bike and controlled braking into the stop box (no skidding).



Can be made more difficult by doing in pairs or adding more stop boxes.