



Biking Etiquette and FAQs

Prior to joining our group rides at the National Museum of the United States Army, we encourage riders to prepare themselves by reading about proper group ride etiquette. It is important to know good group rider etiquette to keep not only yourself safe but the other riders of the group safe.

The Do's

1. **Point Out Hazards** - Getting a flat tire is not great, especially if it is while on a ride. To minimize flats, try to physically pointing to the holes, glass and random things that might litter the roadside. To communicate that there is an object in the road use a hand signal to point it out. Make sure the hand signal is visible to others behind you to so that other riders get the message.
2. **Be Proactive around Safety and Pacing** - You want to be aware of your surrounding and how you communicate hazards. Riders should be aware and communicate when the group needs to thin out to share the road better as well as when a large vehicle might be passing. It is everyone's responsibility to watch out for potential bicycle-car collisions. If you see something, say something!
3. **Stay Off Your Brakes** - Going fast is always fun but sometimes you have to slow down. You might need to slow down for a minor speed adjustment during a group ride but try using air resistance rather than braking. That means sitting up straight instead of pulling hard on the brakes. If you need to slow down faster, try using a hand signal prior to braking. This hand signal helps riders behind you know you will be braking.



4. **Ride With a Buddy** - Try having a buddy to keep pace. That way you have someone who knows where you are and help navigate if you drop off the group.

The Don'ts

1. **Show Up Late** - Be on time. Our various groups leave a different times. To make the most out of your experience make sure you arrive about 15 minutes early to meet your group and prepare yourself for the ride.
2. **Run Red Lights** - Just don't do it. Besides putting yourself in danger, breaking the law and possibly damaging your bike and oncoming vehicle it is also disrespectful to all the groups who are working hard to convince communities to improve the cycling infrastructure and enhance cyclist's safety.
3. **Sprint the ride** - We have various groups with different speeds too accommodate as many riders as possible, so please don't speed off. If you are looking to hold a pace of more than 20 mph, this group may not be for you.