

Staggered Formation Riding

Below is the primary riding formation.

Single file is used when directed by the ride leader.

One-second rule: The bike in the lane to your left or right should not be less than one second ahead of you.

Two-second rule: Maintain at least two seconds between you and the rider directly in front of you.

Four-second rule: Look ahead four seconds at your immediate path of travel to give yourself more time to react to a hazard.

Twelve-second rule: Also look ahead at your anticipated path of travel. Twelve seconds is about one city block.

