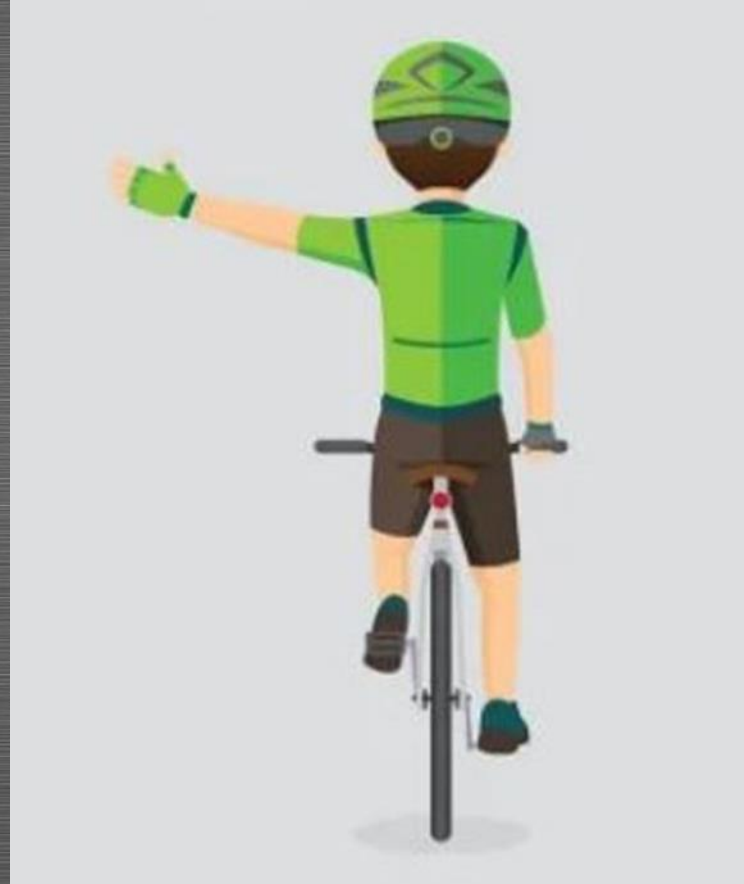




HAND SIGNALS AND PACELINE STANDARDS

Hand Signals

Left Turn



Hand Signals

Right Turn



Hand Signals

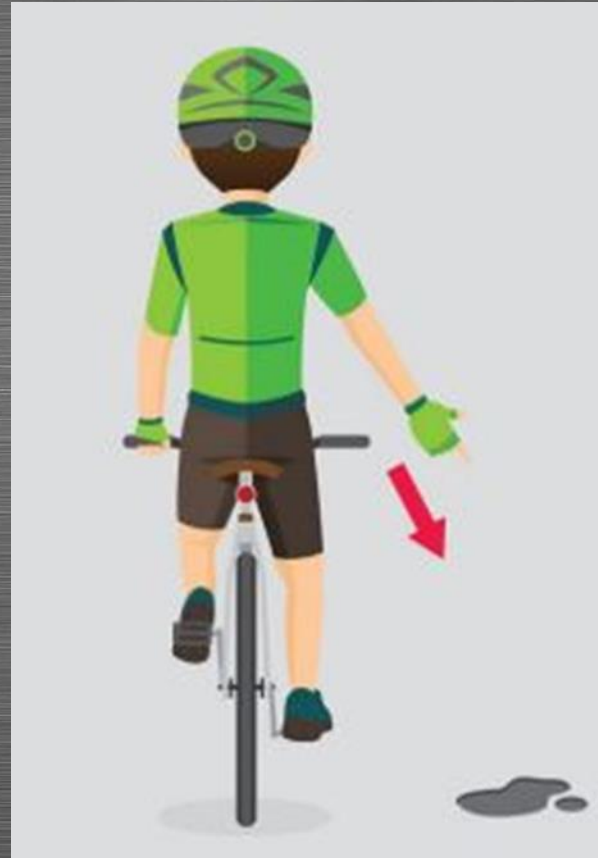
Stopping



Hand Signals

Road Hazards

Call out cracks, holes and debris.



Hand Signals



Rotation Signal

Rider has completed his turn drafting on the front and signals to riders behind to pass on the right or left.

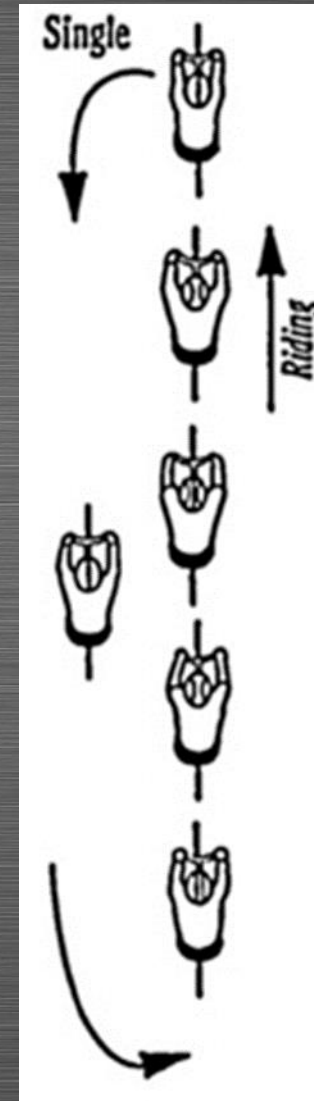
Lead rider pulls off in the direction of the wind while slowly and safely decelerates to the rear of the pace line.



Different Types of Drafting

Straight or Single Paceline

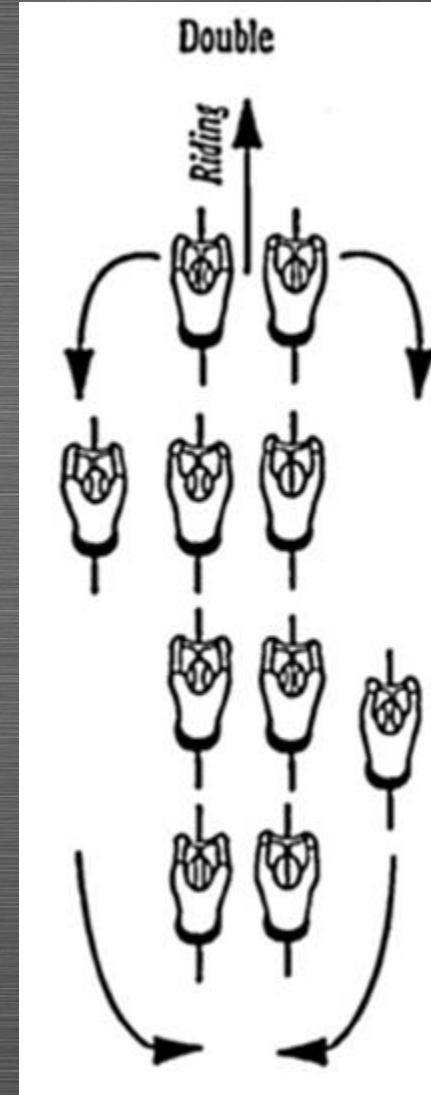
- Everyone shares the work of shielding the wind.
- Riders rotate position in a line, each one taking a turn at the front where he or she pulls into the wind before rotating off.
- Be extra careful when rotating, hold your line and exercise caution of other riders, traffic and road debris.



Different Types of Drafting

Double Paceline

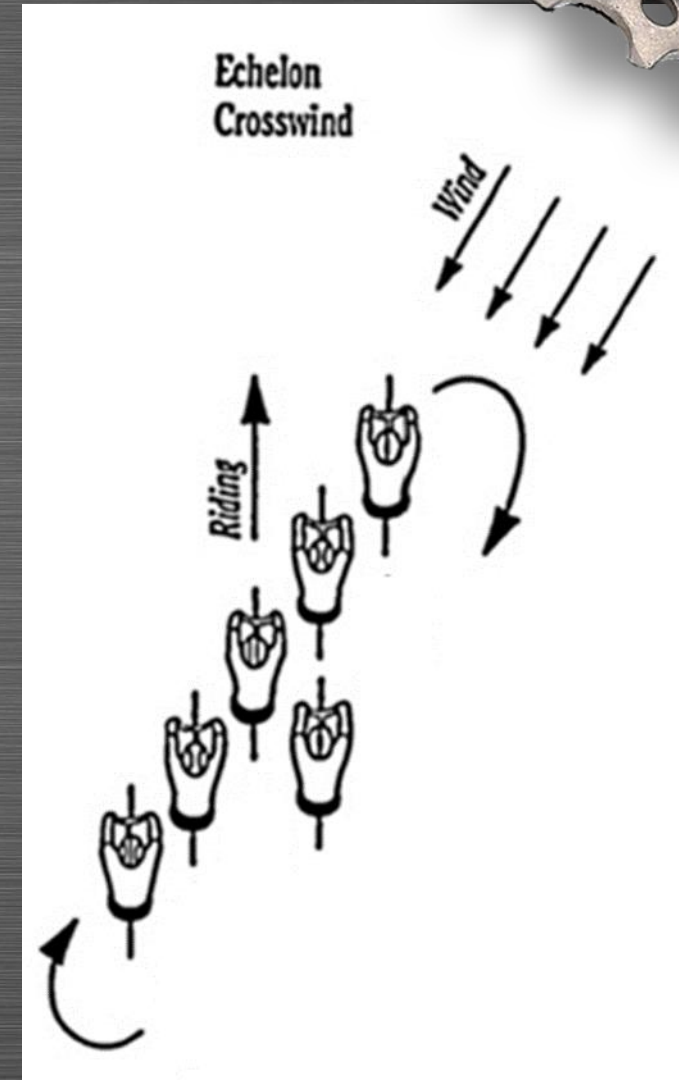
- Be aware of your local traffic laws; it may not be legal in your area
- If it is permissible to ride two abreast, make sure you drop back into the paceline quickly after taking your pull at the front.
- No two riders should pull off at the same time. Allow a minimum of 15 seconds between each single rotation.



Different Types of Drafting

Echelon or Crosswind Paceline

- This is the hardest, most dangerous, and most enjoyable paceline to ride.
- Lead rider must determine the direction of the wind and cautiously position himself toward the windward side of the road so riders can position themselves correctly for the draft.
- Be extra careful when rotating, hold your line and exercise caution of other riders, traffic and road debris.





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