

**Subject:** Road/Trail Cycling - Special Topic Note - Passing

**Date:** Thursday, February 7, 2019 at 1:01:52 PM Central Standard Time

**From:** Road/Trail Cycling

**To:** Steve Matthews

## Very Useful Tips on Passing & Being Passed plus FOR EVERYONE!

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*Good afternoon everyone!*

We're two days away from Training Ride #3 and you are doing a great job getting used to our team start. This process makes for a much safer, and less congested start. Well, there will be many times when you need to pass other riders or will be passed so, it's time for one of our most important, and useful cycling tips of the year - how to pass, and how to be passed.

This tip is fairly long because this is one of a rider's core skills that we need to learn, practice, and refresh every year. This tip is VERY important because, if you truly master the art of passing and being passed safely and courteously, it will make you a very respected and admired rider and make your cycling safer and more fun for the rest of your life. Please read this one a few times and, if you ride in a group already, discuss this with your group and practice it at each of our rides. (Please note that this tip also explains how to pass, and how to be passed - unless you are VERY fast, or VERY slow, we will be doing some of both over your lifetime of cycling...)

PS - To make sure you all read to the bottom, there is one more, very important, and very fun item slipped into the end of this note - read on...

**This tip is important enough that it deserves it own, dedicated email!**

It's also important enough to remind you to please save it in the folder you set up for your Road/Trail Cycling correspondence!

Over the years, we have noticed reports on - or a fairly regular issue - near midways when a faster rider is started during a pass and gets caught, then is too confused to get back. In most cases, the rider recovers but we have seen a few where the rider did take a spill. These accidents can be avoided by exercising a little rider awareness and etiquette. Here are some great lessons about how to make a safe, courteous pass - or be passed.

We will practice these passing tips before over and over and will be giving you feedback. After a few weeks, this will become second nature but please read the tip before and practice them as well as observing other riders doing the same. Be sure to communicate