

Subject: 2023 Training Series Special Topic - Passing**Date:** Tuesday, February 7, 2023 at 8:54:06 AM Central Standard Time**From:** Road/Trail Cycling**To:** Steve Matthews

Very Useful Tips on Passing & Being Passed

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This is one of the most useful and important notes we will be sending this training season. How to pass and how to be passed, safely, courteously and profitably, has and has not been every rider, always with a few tweaks and improvements as we are constantly learning and sharing with all our riders.

The value of this note will increase significantly, for everyone, if each rider digests the content you, most important, practices these lessons consistently and integrates them into your cycling.

Please spend some quality time with this information. It will have a very positive impact on the rest of your cycling life.

First off, Marshall Cohen, one of Road/Trail Cycling's founders, sent some observations/feedback from our riders to share.

Take it over Marshall...

Safety Tip – When Passing Riders

As part of the past organizers of Road/Trail Cycling, I have the pleasure to also join in and ride in the weekly rides. My ride begins over all of the road bike volunteer teams and drive backing and it needs to cut up the first group. Over the past few weeks, I have observed a few riders with what I will call a "Gorilla and Bad Habit" that I want to not only point out to those concerned but more importantly, cause an immediate change in behavior.

Again, remember with my late start, I am approaching our riders from the back and observing rider etiquette. What I have seen is on occasion, a rider will approach another rider in front of them and although I am not clear enough to hear if they communicate "approaching," "passing on the left," etc., what I do see is the rider DOES NOT look back behind them and instead just moves left to pass. In fact, rather than pass these riders just a few feet to their left, these riders have moved way out into the lane of the roadway where a vehicle could travel. On a few occasions, the vehicles approaching from the rear had to dramatically slow down until the rider made their way back over to the shoulder to