

Bicycle Racing Safety Suggestions

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While racing can be an exhilarating experience, it includes a serious responsibility from every racer. The safety of each individual depends on the group's behavior — a group of assertive, competitive, sometimes intimidating, aggressive racers attempting to advance or to be the first one across the finish line. Many riders will singularly focus on that goal alone, and may not be aware of others.

How each racer remembers, interprets, and executes the rules may be as different as the number of racers.

Be aware that:

- Your actions affect others.
- Excessive risk-taking jeopardizes everyone.
- The group's safety depends on responsible riding from each individual.

ON THE BIKE

Expect the unexpected. Unanticipated things can happen in a millisecond.

Avoid the recreation lane. Treat the double white line as a barrier.

Scan the road ahead. Avoid looking down to use water bottles or see gear selection.

Look where you want to go. The body and bike will follow the eyes.

Identify risky situations and racers. Avoid them.

Anticipate risks and racer behavior.

Adapt your speed, handling, and equipment to conditions.

Be predictable. Maintain a smooth, predictable line of travel.

Avoid abrupt moves or changes. Feather your brakes to slow down. Choose gears that allow smooth accelerations.

Communicate. Signal for hazards or pack speed changes. Use hand signals when safe; otherwise use verbal signals.

Avoid overconfidence. Are you the best bike handler in the race?

Reframe how you view racing. It is not *IF* you will be bumped or cut off, it is *WHEN*. Include skills work in your preparation.

OFF THE BIKE

Maintain your equipment. A well-maintained bike is a safe bike.

Know your tolerances. Anxiety increases poor decisions.

Read and know the USAC Rulebook.

BIKE-HANDLING SKILLS

Practice, practice, practice the following skills until they are automatic:

- Close riding
- Bumping at race speeds
- Wheel touching and recovery
- Cornering techniques and when to use them
- Bunny hopping
- Rock weave
- Instant turning
- Slow riding
- Track stand
- Extreme weight shifts

Take advantage of the CRCA coaching program.

To see current schedule of sessions:

<http://www.crca.net/coaching/coaching-schedule>