



Guide to Safe Racing

by Christopher Jones

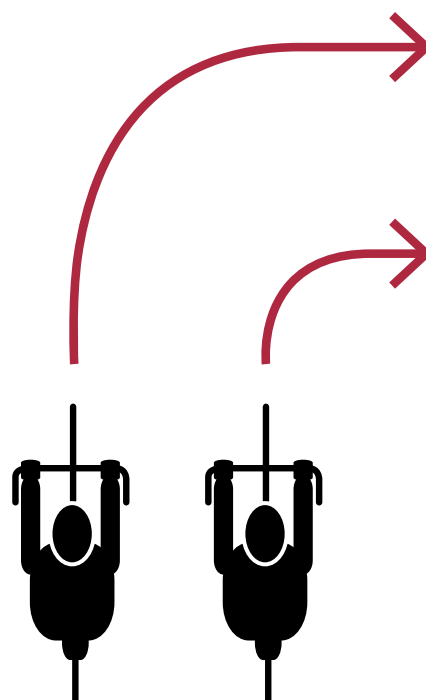
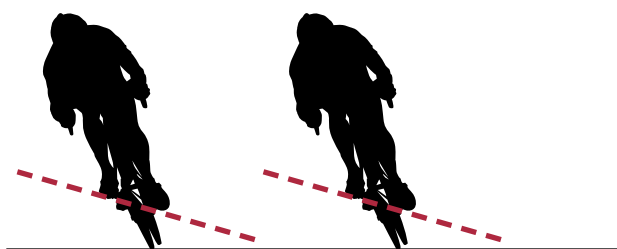
1. At the race start, listen carefully to all announcements and directives from race officials.

2. Cornering:

Hold your line around corners, go in tight - stay tight, go in wide - stay wide

Do not undercut other riders and force them to change their line

Unless you know the corner well, keep your inside pedal up as you lean in to avoid it clipping the road and throwing you off line.





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3. In the bunch:

Some riders will change their line so avoid overlapping wheels as far as possible

Watch for bunching on the hills, give yourself space to manoeuvre.

Avoid sudden braking, a common cause of crashes

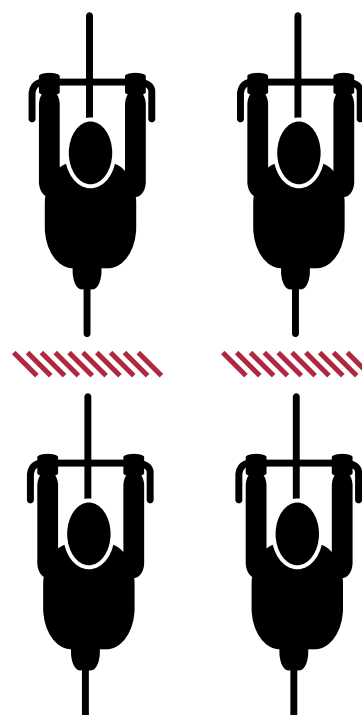
Be aware of the “kick back” when riders get out of the saddle, give yourself space

A firm grip and soft arms will help you stay upright if you get nudged by another rider

Be vocal, let other riders know if you are slowing or have a flat

When taking a drink, hold up your bottle and keep to the side of the group

Above all, be smooth and predictable so riders around you do not have to keep changing their line





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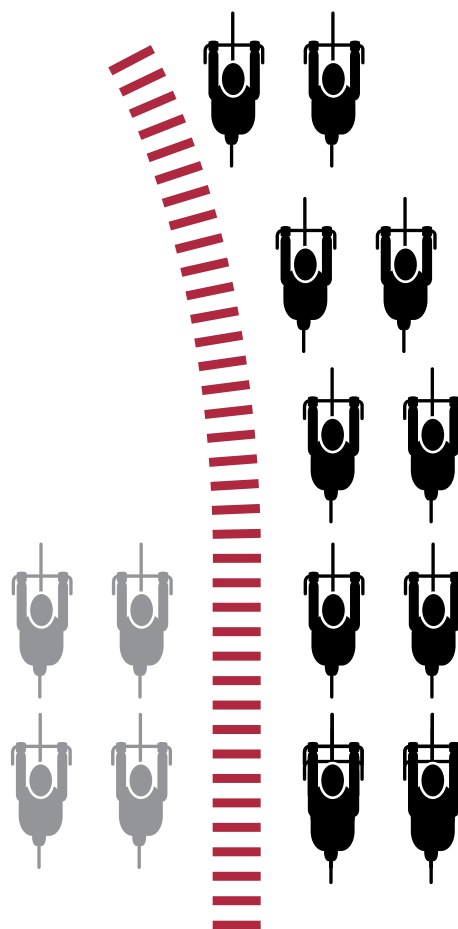
4. Passing other Grades:

Show respect for other grades, there is no automatic right to pass if it is not safe

Pass on the Right Hand Side and give slower riders at least 1 metre of space

Don't cut in immediately after passing a slower grade, allow at least 10 metres before resuming the normal race line.

Keep up your pace after you pass or you will impede their race and cause unrest.





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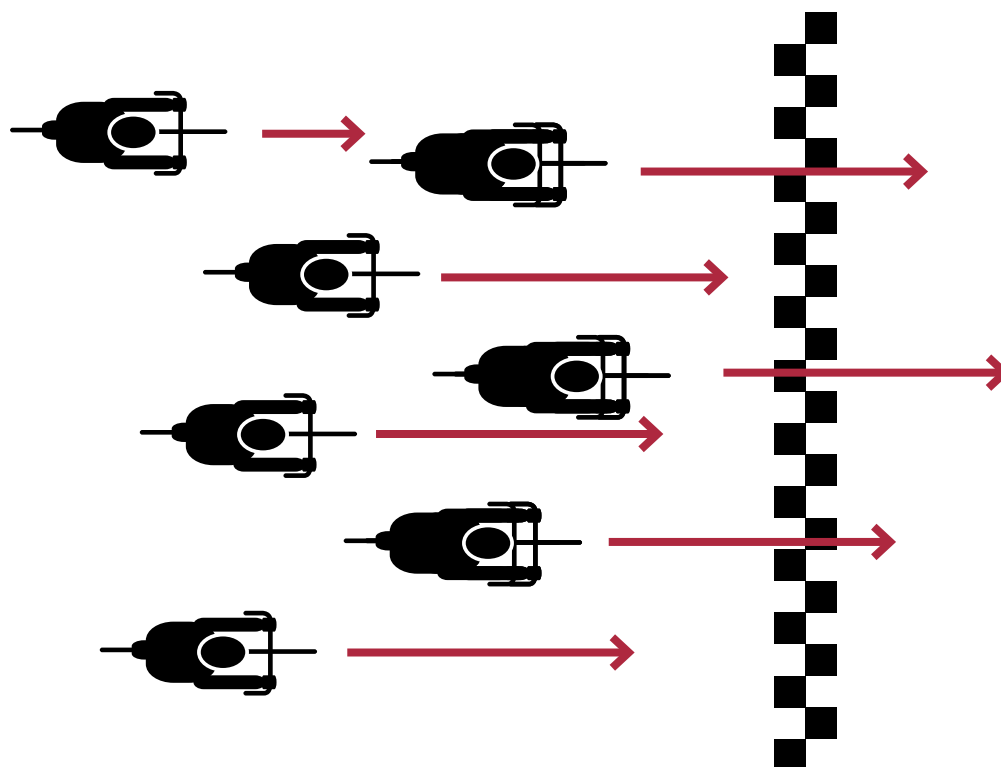
5. The Sprint:

Many accidents happen in the final 200 metres

If you wind up for the sprint keep going to avoid riders having to come around you early in the sprint

Most importantly, keep a straight line in the sprint, do not move sideways and block the effort of other riders.

Keep both hands on the bars until well after the finish line.





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6. After your Race:

If other races are still in progress keep close to the left hand side of the circuit and get off the circuit as soon as possible.

Many race finishes are impeded by inconsiderate riders who are rolling back to the finish line and not giving riders still racing a clear run

