

SAFE BIKE HANDLING SKILLS

COMMON USAT RULE VIOLATIONS

1. **Helmets must be worn at ALL times during the cycling portion of the race.**
2. **Chin Strap must be buckled (buckle up as soon as you place helmet on your head in transition area.)**
3. **NO MUSIC in the form of IPODS/MP3 players, etc. may be worn or carried with you at ANY time during the course of the race (violators are subject to penalty per USAT rules.)**
4. **DRAFTING**
 - **Riding close to another participants rear wheel, side, or in close proximity to another cyclist during the race is prohibited!**
 - **Per USAT rules you must maintain a minimum of three bike lengths (of clear space) between you and the cyclist in front.**
 - **You have 15 seconds to pass through the “draft zone.”**
5. **POSITION**
 - **Keep to the right hand side of the road accept to pass**
6. **BLOCKING**
 - **Riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass is prohibited!**
7. **OVERTAKEN**
 - **Once passed you must immediately exit the draft zone from the rear, before attempting to pass again**
8. **COURSE RULES**
 - **All competitors are required to follow the prescribed course**
 - **Stay within ALL coned lanes**
 - **NO detours OR deviations from the designated course is allowed**
 - **Cyclists must obey ALL applicable traffic laws at ALL times**
 - **Watch for “race officials” and/or police at intersections who are directing traffic**
9. **LEFT OF CENTER LINE**
 - **Cyclists shall not cross a solid yellow center line for ANY reason**

10. CORNERING

- Be aware of other cyclists around you as you approach a turn.
- Give the other cyclist some room.
- **LET THEM KNOW YOU ARE THERE** (ie: say to the other cyclist “on your right” OR “on your left.”)
- When passing on a turn (or anywhere on the course) always pass on the **LEFT** side of the other cyclist.
- Control your speed (don’t fly through or around corners in heavy traffic.)
- If you use aero bars remember that the slightest movement left or right will move you bike radically in those directions, therefore, it’s smart to come out of the aero position as you negotiate a turn to avoid a crash.
- Lift the inside foot when cornering and place your weight on the outside pedal as you gently lean into the turn.

11. DESCENDING A HILL

- a. Maintain a safe distance between you and other cyclists.
- b. **DO NOT RIDE YOUR BRAKES** – apply equal pressure to both front and rear brake levers (when needed) to control your speed.
- c. Stay low on your bike (arms tucked in and close to your body) Ride in your drops or aero bars.
- d. Keep your fingers on your brake levers and ready to brake if necessary.
- e. If you use aero bars, be prepared to move one hand at a time to your brake levers in order to use your brakes.
- f. If you are **NOT** comfortable riding downhill on aero bars then it is best to ride in your drops making it easier to reach your brakes!

12. BEWARE OF:

- a. Cattle Grates/Railroad tracks – either cross on a slight angle OR use the covered section that maybe provided by the race
- b. Railroad tracks are best passed over perpendicular to the directional flow of the tracks
- c. Pot holes
- d. Gravel
- e. Other obstructions (sticks, stones, tumble weed, road construction, etc.)

13. IT IS YOUR RESPONSIBILITY TO OPERATE YOUR BICYCLE IN A CONTROLLED AND SAFE MANNER FOR YOUR SAFETY AND THAT OF THE OTHER PARTICIPANTS IN THIS EVENT.

WHEN IN DOUBT.....SLOW DOWN!!!!!!

“Safe Bike Handling Skills/Common USAT Rule Violations” was brought to you by Scott Kelly, Head Coach, TEAM FASTLANE. TEAM Fastlane is a USA Triathlon sanctioned club based in SLC. We offer group OR personal training in ANY one or ALL three triathlon disciplines. For more information visit www.teamfastlane.com OR call (801) 558-2230.