

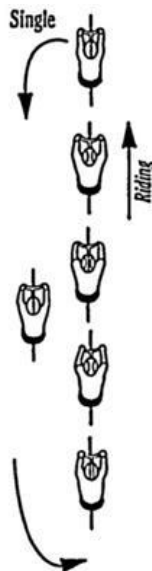
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Week 6 Single Pace Line (*let's do it again*)

One of our regular riders has asked that we recap single pace line rotation as he has found that there remains some confusion, and even resistance, to following the practice.

There are times when the ride captain will call for a single pace line, so it is important that we all know what to do. A single pace line will commonly be formed when the road is a single lane and does not have an appropriate bike lane, a single line pace line will also be formed organically during a spirited section.

Cycling in a single pace line with exchanges involves a coordinated effort where cyclists ride in a single-file line to reduce wind resistance and maintain speed. A single line pace line does not involve one rider carrying the brunt of the effort for an entire effort or road length. Here's how the exchange works:



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Formation: Cyclists ride in a straight line, with each rider close behind the other. The rider at the front leads the pace and breaks the wind, while the others draft behind, conserving energy.

Exchange Process: Unlike a double pace line where riders come up from the back to take the lead and break the wind for others. Riding in a pace line involves the lead riders in the pace line to take the brunt of the work for a respectable amount of time and then peel off to the left as the front rider gets tired, they signal or naturally begin to peel off to the side, making space for the next rider to take over. The new leader moves to the front and maintains the same pace to achieve a smooth exchange. When he or she is tired, the rider will then pull to the left to continue the single line pace line exchange.

Smooth Transition: The exchange should be smooth to avoid disrupting the line. When you get to the front, this is not the time to show off your 30 second power output as it will create a large gap to the second rider and defeating the purpose of working together. The departing rider moves to the left side (never to the curb side), then falls back into the line behind the last rider, while the new leader takes the front position. It's important for riders to maintain the same speed and cadence during the swap.

Communication: Riders need to communicate clearly, signaling when they're ready to exchange. Communication can be done verbally, a flick of the elbow or a physical hand signal that you are moving out of the pace line. Maintaining a consistent pace and following the rhythm of the group is key.

By alternating the lead position, each rider conserves energy, making it easier to maintain a faster pace over long distances. Practice and trust in the group are essential for smooth, efficient exchanges.

The same principles will be used during single pace line spirited sections when the going gets tough. It is ESSENTIAL that the exchanges mentioned above are followed during spirited sections as stronger riders sprint for town lines in a safe manor. Please continue to exchange front to back and always in a counterclockwise lead exchange.

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For the visual learner, our friends at GCN have an excellent 6-minute video:

[Single Pace Line Video](#)

For those who have any questions, suggestions or comments, please send us an email at safecc@etobicokecycling.com and if a response is appropriate, we will get back to you as soon as we can.

Next week: Practical Safety Tips

Ride Safe and Ride Longer