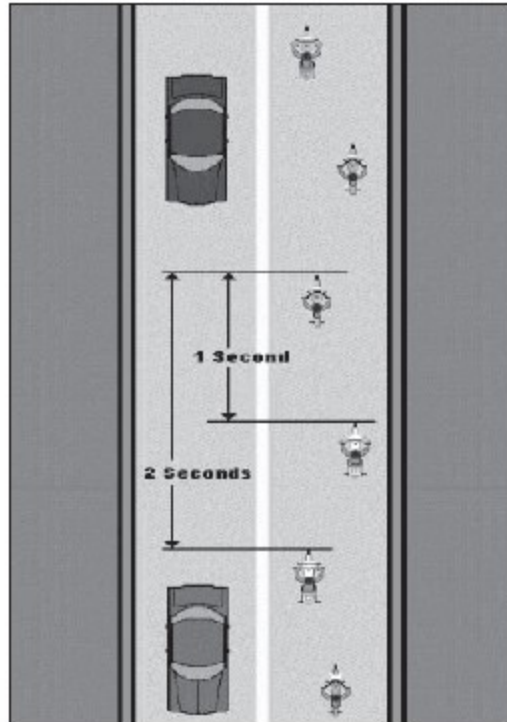


# STAGGERED FORMATION RIDING

- ◆ This is the primary riding formation.
- ◆ Single file is used when directed by the ride leader.
- ◆ One-second rule: the bike in the lane to your left or right should not be less than one second ahead of you.
- ◆ Two-second rule: maintain at least two seconds between you and the rider in front of you.
- ◆ Four-second rule: look ahead four seconds at your immediate path of travel to give yourself more time to react to a hazard.



- ◆ Twelve-second rule: also look ahead at your anticipated path of travel. Twelve seconds is about one city block.