

## **Safety Tip: E-bike Guidelines for Group Rides**

It might surprise many Club members that the "A" group now has up to six regular e-bike riders. Given the increasing popularity of these pedal assist e-bikes, we thought it would be helpful to provide a few guidelines to safely blend e-bikes and regular bikes on group rides.

### **Be safe and respectful.**

It is unsafe to use an e-bike to ride two or more levels beyond your ability with a regular bike. In other words, e-bike riders should plan to ride at the same pace they would normally ride on a regular bike. E-bikes are a bit heavier than other bikes, thus riders should anticipate braking earlier than other bikes as needed. Many e-bike riders tend to ride up front and pull (particularly into the wind) or stay toward the rear of the pack. They do not really need to draft behind other riders in normal conditions. E-bike riders with strong bike handling skills can participate in routine pace lines.

### **Adjusting pace as needed**

We recommend that e-bike riders use the lowest pedal assist model to match the pace of the group. This tactic also maximizes battery range and ensures a good cardio workout. E-bike riders should be particularly aware of the need to keep it "cool" on uphill climbs and adjust their pace so everyone in the group can keep up. Conversely, e-bikes tend to coast downhill at a slower pace than regular bikes due to rear wheel motor resistance/drag. For this reason, e-bike riders should slightly increase their cadence or simply turn off the motor on long descents to eliminate drag and best match the group's downhill pace.

### **Help other riders**

E-bike riders are well suited to pull the group into strong headwinds. Likewise, they are encouraged to drop back and assist any rider in the group that has been dropped for any reason.

*Safety Improvement Committee*