



TriLaVie® Triathlon Training - Martha Szufnarowski, Founder & Head Coach

## Cycling Safety and Skills Review

Enjoy this summary of TriLaVie Cycling Standards and *feel free to follow the guidelines during all your rides*.  
**All TriLaVie Team Members must adhere to these cycling safety standards or risk expulsion from the team.**

The most important elements of good cycling: **Safety, Safety, Safety!** Be attentive to your safety and the rules.

- NO IPODS – NO EXCEPTIONS. They are illegal on the road and not permitted in races anyway.
- This is training time, not social time. Stay focused and alert to your surroundings.
- **Ride single file at all times. No side-by-side riding please.** (coaches will do this briefly... but not you!)
- **No Drafting!** Stay 3 bike lengths behind a rider. USAT race legal and safety focused.

**In the event you cannot see what's ahead of you on the road or trail, stay to the right side of the trail.  
You are not even passing a runner. Blind spots are risky!**

**Passing Rules:** Please yell “On Your Left” and pass a TLVer within 15 seconds (USAT rules and TLV rules). I recommend signaling when you encounter other riders, runners, strollers and dog walkers while riding. Give them enough notice to move, but try not to startle them. Options: “good morning” or “cyclists coming!”

**Group Riding and Passing:** If you are riding in a group and you pass a pedestrian (runner, walker, rider, etc), be sure to tell them that you are part of a group or pair. “Good morning, there are 3 of us coming.” This alerts them to stay out of ALL the riders way and not just come back into the trail or road after you have passed.

If you are passing someone and another rider is coming in the opposite direction: it is the OUTSIDE rider's (passer) responsibility to slow down and “fall back” into position safely. Do not speed up to complete the pass.

### **GOOD FORM = FREE SPEED!**

Powerful, comfortable and safe riding is easier with good form. Practice at indoor classes, be attentive on the road. Good posture: long spine aligned with neck, relaxed shoulders, bending at waist to reach bars, elbows softly bent. Core: keep core engaged. Think of belly-button-to-spine and use this strength to protect the lower back. Peddle Strokes: smooth, complete circles. Feel every element of leg muscles working. Press and lift fluid motions. Standing: Keep your center of gravity above the peddles and over the seat. Don't lean forward too far. Rocking the bike: advanced cyclists can gently rock your bike from side-to-side to maximize power up a hill. However, your body position including hips and shoulders stays relatively stable. Shift weight through leg power.

### **A word (or 100) about clips (clip-less peddles that attach to your cycling shoes):**

YES! They are more efficient and powerful. YES! They are indicators of an advanced cyclist. YES! They are risky!

You must practice with your new clip-less peddles in a safe area or on a static bike (propped against a wall!) before you take them out on the road. Most of us (all of us....) fall using clips at one time or another. The good news? It's usually when we are stopped. Our instinct takes over and we can't clip out. We topple over. 99% of all falls at TLV trainings are clip-related. Most are not serious injuries, but they are no fun to experience!

**Cycling Shoe Recommendations:** You may buy one pair of shoes that is versatile and safe, says Martha!

1. SPD Clips (they are compatible with indoor cycling rooms and they are inexpensive). Choose 2 sided.
  2. Mountain bike style shoes with “embedded clips.” This allows you to run on the sole of the shoe fully.
  3. Choose velcro closures for swift transition from swim/bike/run. (can be 1-3 straps)
- \*All cyclists can use regular peddles, but invest in straps or cages to keep your foot stable while you ride.