

PASSING PROTOCOL FOR SSSAA CYCLING

For the faster rider needing to pass:

1. Simply say "need to pass please" when behind the slower rider.
2. Do not pass until ready.
3. Take your time passing and do not cut off the slower rider.
4. Let them know "passing on your right/left".
5. Do not try passing when there is no room to pass.
6. If there is no room to pass use this as an opportunity to conserve energy.
7. Only pass if you can actually keep it up.
8. If a slower rider isn't being nice, don't get upset or rude as it'll waste your energy. Cruise, catch your breath and be EXTRA POLITE to them. If you are RUDE this will only get the Slower Rider more angry. Pleases' and thank you's will get you around anyone. Being rude will make them angry as they might be upset that they are getting passed by so many riders.
9. Be kind it will get you further ahead and make a better racing experience.

For the slower rider being passed

1. Be aware of faster riders approaching.
2. Ask "need to pass?" when a faster rider comes up behind.
3. Look for the earliest opportunity to let the faster rider pass.
4. Be polite and if the faster rider behind you is rude don't hold it against them, they might be faster than you, but you won't change their attitude today.
5. Listen and let them know when/where passing opportunities arise.
6. Don't ride erratically and if you are walking up a hill, keep well off to the side and even walk off the trail to allow riding or running riders room to pass.
7. If you bump someone say, "sorry".