

Staggered Formation Riding

Below is the primary riding formation.

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. This is the minimum amount of time we need to stop or maneuver.

Twelve-Second Rule: Also look ahead at your anticipated path of travel. Twelve seconds is about one city block

Speed /Distance Chart

Speed (mph)	Two-Second Distance	One-Second Distance
20 mph	58ft / 7	29ft / 3.5
30 mph	88ft / 11	44ft / 5.5
40 mph	117ft / 14	58ft / 7
60 mph	176ft / 22	88ft / 11

Example: At 40 miles per hour, your two-second distance would be 117 feet or approximately 14 bike lengths. Your one-second distance would be 58 feet or approximately 7 bike lengths.

Maintain a safe ride distance from the bike directly in front of you based on two (2) seconds for dry conditions and extend this space to three or four (3/4) seconds if wet.

Note: This timing is gauged by selecting a fixed point the bike in front of you is passing and counting in thousands the time it takes you to arrive at the same point. Get into the habit of regularly checking this timing. Safe riding in any formation requires continual concentration!

