

FLC Seniors Cycling Club

Group Riding Guidelines for E-Bike Riders

- Always pedal your e-bikes while using your power assist. Throttle use is illegal on the pathways.
- Ride the same speed as the leader and the other riders of the group.
- If you are a leader, obey the pathway speed rules and be conscious of the abilities of the other riders in the group and set your speed accordingly.
- Gear down as needed to pedal at slower speeds while using the power assist.
- On approaching steep hills or long hills ask the leader for permission to go up the hill ahead of the group so you can maintain your speed. With some e-bikes if you are going too slow, your motor will cut out and you may end up pushing your bike up the hill. It is hard to start on a hill because you often need to be going a certain speed before the power assist kicks in.
- On approaching smaller hills, leave a space in front of you or drop back to allow everyone up the hill ahead of you to avoid the need to pass other slower riders. It is easy to catch up with an e-bike.
- Remember not everyone has an e-bike so be courteous and use your extra power boost only when needed.