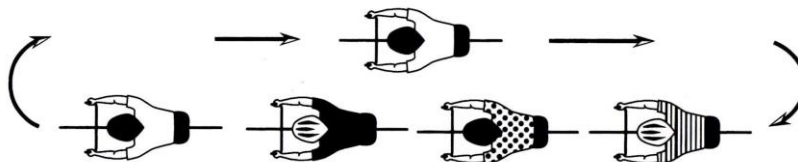


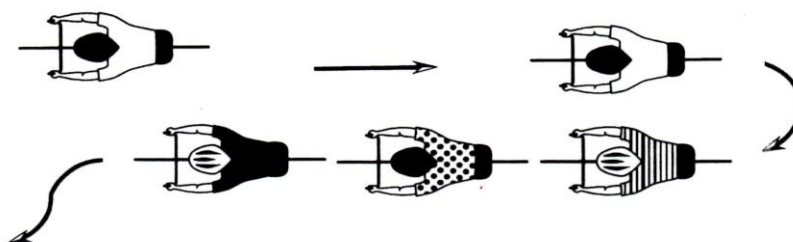
Rolling Paceline Change of Direction

When riding in a rolling pace line formation, i.e. two rows, (Fast lane & Slow lane), the rotation is either “Clockwise” or Anti-clockwise”. There will be times when a change of direction of the rotation is called for due to a change in the road direction and therefore a change in the direction that the wind is blowing onto the peloton. By utilising this change of direction technique, the pace line continues in a smooth, uninterrupted manner, without any rider having to take an additional or “double” turn.

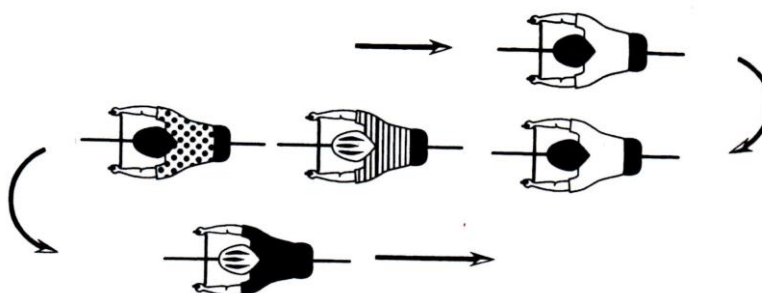
The group is rolling in a Clockwise direction



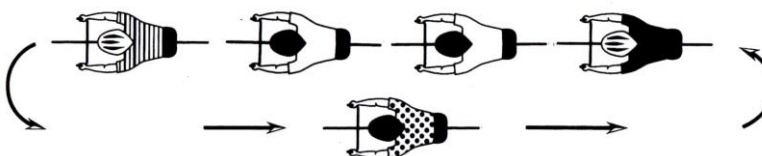
The road direction changes and the rider in the black jersey decides to change the direction of the rotation to Anti-clockwise. The rider in black moves to the left side of the road instead of following the rider in white down the right side of the road.



The rider in polka dots continues on through the centre then moves to the right side of the road following the rider in black. At the same time the rider in white continues to move to the back of the line, and for the period of the transition, riders are 3 abreast on the road



The rider in black moves to the back of the line, completing the transition from Clockwise rotation to Anti-clockwise rotation.



The same process applies, but in reverse, when the rotation needs to change in the opposite direction.