



Group Ride Rules

We all want to arrive alive! The Marshals (in Red) are requested to reinforce the following Group Ride Rules to help that happen:

- Wear the appropriate safety kit: Helmet & ICE bracelet. Club shirt on Sat and Sunday.
- Single file on single-lane roads with no shoulder.
- 2-abreast on a double-lane road or road with a wide shoulder.
- Stop at traffic lights BEHIND the cars. DO NOT cycle between cars.
- A, B Group: If a man gets a puncture ONLY the car stops & helps him. The car leap-frogs the bunch and he re-joins the group. If a woman punctures, the whole group & car stops to repair. This is for Saturday rides and bigger groups. Sunday rides with smaller group will follow the ride captain's guidance.
- C, D Group: discretionary. Listen to the ride marshals.
- Ride smoothly & predictably. Do not accelerate or brake too quickly and announce when you are stopping or slowing.
- Keep your line. I.e. pretend you are riding in a straight groove behind the rider in front of you. Wiggling all over the road and going left and right unpredictably is unacceptable & dangerous.
- If you are at the front of the group, make decisions thinking of the people at the back of the group. Call out the decision loudly. Keep the pace steady and smooth.
- If you move to the front, don't change the pace dramatically.
- Point out & call out (loudly) potholes: Left, center, right of the lane (not of you). Relay the message about position and size of pothole through the group. Big holes = VERY loud.
- Do not overlap the wheel in front of you. Ride behind and slightly to the side of the person in front of you. So you can see past them (look 3 bicycles ahead of you so you can anticipate and manage change).
- Pass on the right, never on the left.
- Don't let a gap open up in front of you. You waste energy trying to close it.
- No earpods or earphones – you need to hear what others are saying (it might be very interesting or keep you from crashing!)
- Select a group that meets your capability level. Rather underestimate your ability than overestimate it. You will enjoy the ride more. If you fall off your group you should wait for the group behind or get into the support car. ***The vehicle is not there to follow the last rider; the vehicle is there for all Group riders safety; not just the individual.*** If a marshal recommends getting into the car, please be humble enough to agree.