

Group ride rules

Safety first. Then the group. Then the pace.

We are road cyclists. We ride fast, on the flat too, so bring a good base fitness. Some rides are slower, but fast is the default.

The rules

- 01** On the flat, we ride two abreast from four riders on. Up to three riders, we ride single file. Three abreast never happens.
- 02** On descents, we ride single file.
- 03** The front pair rides ahead of the group: no sudden braking, and everyone must be able to turn safely at junctions. Nobody eats, drinks or stands up at the front.
- 04** At a change of lead, the group keeps rolling. The pace does not go up.
- 05** Climbs may be attacked. Wait at the top, and roll on only when the last rider has arrived and given the OK.
- 06** Regroup after descents. Stop if you have to.
- 07** Mechanical or puncture: we wait together.
- 08** Ride with care through villages.
- 09** Stronger riders take the longer turns at the front.

- 10** Call out obstacles, stops and hazards, and pass the call back.
- 11** Keep your wheels apart. No wheel overlap.
- 12** No half-wheeling: do not push ahead of the rider next to you.
- 13** Nobody gets dropped on the flat.
- 14** Announce planned stops, like a toilet stop or a café, in good time.

Also

- 15** We follow the road traffic regulations.
- 16** A helmet goes without saying. So do lights in poor visibility, and no headphones.
- 17** If someone crashes: stop, secure the spot and call 144 or 112. One rider stays with the injured person.
- 18** Group rides are not an organised event. Everyone rides at their own risk.