

Riding in a group with Ruthin Cycling Club

Here are the guidelines for riding with Ruthin Cycling Club:

The etiquette all club rides should adhere to is to “Start as a group, Ride as a group and Finish as a group”.

Riding two-abreast

So when traffic and road conditions permit, riders form up and ride in a two abreast two by two formation. This allows significant protection from the wind (up to 30% easier than riding solo!), for all but the leading two, as well as allowing a sociable atmosphere within the group.

Riding single-file

The group might have to "single up" to allow traffic to pass in narrow lanes or heavy traffic. The leading two riders should give loud voice and hand warning of hazards such as the need to 'single up' or of potholes, grids, parked or oncoming cars etc, while those at the back should warn of overtaking cars on narrow roads.

Signals in a group

Group riding sometimes means that stronger riders might have to ride a little easier than they might wish and weaker riders might occasionally find the ride hard but manageable.

If gaps form, then a call of "Easy up!" from the rear of the group should result in an easing of the pace in order to keep the group together.

Look around you and when you see riders are fractured into groups of two and three spread over a mile of road, something is seriously wrong, it is no longer a club ride. Stop and regroup!

Climbing in a group

It's often unrealistic for groups to stay together on climbs. In this case those first to the top should wait or roll easily at the top, to allow dropped riders to get back onto the group and recover.

Sudden moves in a group

Only riders very confident of their riding skills should attempt to eat or drink inside the group. Remember, another rider - possibly inexperienced - is trying to follow only a couple of feet behind your back wheel and so if you sit up and freewheel and possibly wobble to eat or drink, then that rider could easily run into your back wheel and crash. If in doubt, wait until a stop to regroup or go to the back of the group to eat and drink.

No dropped riders

No dropped rider should ever be abandoned. A rider who wants to leave the group should explain that to everyone and the group should be sure that he/she has food, drink, directions, and tools, to continue safely on his / her own.

Break aways

On some group rides, especially with larger groups, it might prove practical to split the group into two mid-way though a ride. If this is the case, the group should fully reform for a leader for each group to be established, , before any break.

Respect other road users

While it's great fun to be riding in a group, we need to respect the roads are primarily used by cars and do our best to let traffic flow freely, especially on country lanes. Slow or stop for horses.