

Notes for bike leaders- February 2015

- 1 For your first rides check out the route first by bike or car. After that you can ride from downloaded routes or maps. Send out a group email the Wednesday or Thursday before giving approx. distance, places on the route and bun (coffee) stop
- 2 Don't worry if you get lost – it happens to us all. There will always be someone who can help. It's a good idea to have google maps loaded in your phone.
- 3 Make sure that all riders have your mobile number so that they can contact you if they become detached. Count the number of riders
- 4 The ride will progress between safe regrouping points eg: a layby or other place where bikes can be moved off the roadside. At each point explain the route to the next regrouping point typically no more than two or three turnings. The length between regroupings can be as little as two miles or maybe 10 miles or more on a straight road.
- 5 Often it is best to lead from the middle of the ride but when an obscure turning is coming up lead from the front
- 6 If riding with a large group break the group up to give vehicles a chance to pass and ride two abreast with discretion. If on a narrow road with vehicles behind, pull in when you can to let the vehicles pass. Just imagine you are a car driver and then ride taking into account what the reasonable car driver would expect.
- 7 Don't worry about having to fend off those with local knowledge coming up with better ideas for a route. We have very few rules in the club but an unwritten rule is that we always follows the leaders route unless there is a very good reason not to do so .
- 8 If there is a new rider in the group, arrange for a more experienced rider to be available on the ride to help them with any questions and queries. Riders are of course responsible for ensuring they are properly equipped for the ride and their bike is roadworthy. However when a new rider joins it is worth just checking unobtrusively a few points such as the fit of the helmet – two fingers to fit snugly under the chin strap and the helmet head size adaptor properly adjusted.
- 9 If you post on Facebook please add :-

'This is a PAC-Tri club ride. Non club members are very welcome to join rides but there is a limit of three rides per person because of our club insurance requirements. All riders, whether club members or not, must have third party liability insurance. Information on obtaining third party insurance is on the club website, www.pac-tri.com '
- 10 And please also remember to put the ride onto the club email ([click here for link](#)) as less than half club members are active Facebook users