



## Club Ride Guide

- Our rides are NOT races. Each member is expected to ride safely.
- Our rides are open to visitors, but they will be asked to ride at the back of the group for at least their first ride.
- Obey all traffic laws. No exceptions!
- Helmets are mandatory!
- Members are expected to wear their Velo Allegro kits when riding with the club. This is meant to dissuade other riders from inserting themselves into the middle of our club rides and creating a safety hazard. Please be respectful and ask them to please move to the back of the group.
- Don't be a jerk toward motorists and other cyclists. When you do, it makes all of us look like jerks.
- Always carry Emergency ID
- Communicate road hazards and when stopping, slowing, or turning.
- Group rides are to be no more than two riders wide except when passing other riders.
- Hold your line and do not swerve. If you need to move left or right, do so gradually after checking for other riders and pointing out your move to make fellow riders aware of your intentions.
- Don't overlap wheels by putting your front wheel next to the rear wheel of the rider in front of you. An evasive move by the rider in front will immediately take you down. Always remain behind the bike(s) in front unless passing.
- Don't half-wheel your partner. Keep your front wheel even with that of your partner. Being wheel-to-wheel and shoulder-to-shoulder ensures a tight double paceline and increases overall safety.
- Be careful when looking back. Looking back causes even skilled riders to swerve, which can cause a crash. If you must look back, ask the person next to you if you can put your hand on their shoulder. That will keep you riding straight. Also position your hands closer to the stem for more control.
- Pass carefully. Look to your sides to make sure it is clear. You may even verbally warn the rider ahead that you are coming by.
- If you get tired, move to the rear. Fatigue leads to poor reaction time which can cause an accident. It's safer to go to the back of the group than to remain in the middle of the action. Tell those around you that you're dropping back so it's a safe move.
- Do your business at the rear of the group. If you need to take your vest, arm warmers, wipe your sunglasses, eat a gel, etc. Any activity that involves removing your hands from the bars and taking your attention away from the group should be done at the back to avoid a crash.
- When standing from a seated position maintain a constant pedal stroke and speed. DO NOT allow your bike to stall as you stand. It may cause a crash if the rider behind you hits your rear wheel.
- If you have a mishap (flat, mechanical, etc.), remain calm, raise your hand to indicate to those around you that you're experiencing a problem and need to pull over. Slowly slide out of the pace line and move to the side of the road.
- If you are leading a group ride begin pedaling slowly when starting up from a stop sign or traffic signal. Riders behind you need a few seconds to clip in. Keeping the pack together helps to maintain safety.
- While in a rotating paceline, if you find that you are unable to take a pull, remain in the line of riders and if possible, indicate to riders around you that you need some recovery time.
- Bring along enough water and food for the ride you are on.
- Ensure your bike is in good working order and you are carrying tools, tubes, CO2 and lever.