



Bunch Riding Rules and Etiquette

There are benefits with bunch riding; the social aspect, the sharing of work, the development of riding skills that are essential for racing. Riding safely in bunches is reliant on all members of the group adhering to accepted road rules and correct cycling etiquette. Rules & tips are listed below:

Road rules

Obey all road rules, including stopping at red lights. Check with Qld Transport www.transport.qld.gov.au for current traffic and cycling rules.

Riding 2 abreast

Pair off in formation of never more than 2 abreast. Certain roads might require single file. Some double lane roads without a shoulder dictate that it is better (and legal) to sit in the middle of the lane rather than have vehicles squeeze past.

No Half wheeling

Half wheeling is when the person next to you rides with their front wheel slightly in front of yours and the speed gradually increases as you try to level up. Ride beside the person next to you, not in front of them.

Pedal on downhills

The leaders of the group should never coast on the downhills as this leads to the group behind bunching up and causes unnecessary braking.

Fill the gap

If there is a gap next to you, then signal for someone to fill the gap from behind, or you can peel off to the rear of the bunch.

Loud and clear calls

As the people behind cannot generally see where they are going, the leaders have to be the "eyes" of the bunch. Point to all obstacles (holes etc) and communicate the problem in a loud, clear voice. These are passed along the peloton.

Constant pace

Keep the pace smooth and steady, particularly on up-hills. Avoid surging when you come to the front of the bunch

Re-group

If the group splits after lights or longer climbs slow down or in some cases stop to allow the bunch to regroup.

Be predictable in all actions

Avoid sudden braking or changes in direction. To slow down move gently out into the wind and sit up a little to brake without braking hard.

Ride Leaders

Follow the directions of the ride leader

Aerobars

Whilst riding in a bunch, no athletes are to be down on their aerobars (regardless of their ability/experience).

Safe & Clean bike

Keep your bike well-serviced, clean and with good tyres. An un-roadworthy bike is a danger to everyone in the bunch.

Bike skills

If you are not confident of your bike handling ability or feel that the pace is too fast for you to do a proper turn on the front of the bunch then request to stay at the back of the bunch and call people to change in front you. The ride leaders would encourage you to have a turn even if only to learn techniques for changing positions in the bunch.

Echelon changing

Most long rides involve the rotation of riders by a simple echelon formation. This generally means the person leading on the outside right moves forward to inside left and the person behind them becomes the new leader on the right side. If you are not sure how this works then take note and watch the people in front of you. Always retire to the back of the bunch. Everyone can have a turn on the front even if only for a short time. Always change when it is safe, particularly when riding 2 abreast safe spots may need to be found so to avoid getting motorists upset