



# Group Ride Guidelines

Our group rides are designed to promote **fitness, friendship, and safe cycling**. We welcome riders of all abilities and aim to provide an enjoyable, organized experience for everyone. All riders must follow these guidelines and respect the ride leader and fellow cyclists. Together, we ride stronger.

## Ride Categories & Pacing

Five pace groups from Party Pace to Race Pace – find your fit.

## Structure & Group Etiquette

Communication, positioning, and pace management keep everyone safe.

## Safety Rules

Helmets mandatory. Traffic laws apply. Carry your essentials.

## Post-Ride

Many rides end at a local café or brewery – all are welcome!



## KRBC Club Kit

While not required, it's encouraged to wear your KRBC Club Kit on Group Rides.

# Ride Categories & Pacing

To make sure every rider can find their fit, KR Bike Club offers rides based on pace, experience, and goals. **Average speeds refer to GPS moving average speed (assuming a 6 mph cut-off).** Rolling speeds will be affected by wind and terrain. It is highly suggested to have a realistic evaluation of your speed capabilities before joining a ride.

Ride	Avg. Speed	Format	Description
<b>A Ride</b>	21+ mph	Drop	<b>Race Pace</b> – Fast, competitive. Riders must be self-sufficient. Limited or no regrouping.
<b>B Ride</b>	17–20 mph	Drop w/ Regroups	<b>Fast to Moderate</b> tempo. Strong pace line encouraged. Regroups at key points.
<b>C Ride</b>	14–16 mph	No-Drop w/ Regroups	<b>Moderate</b> pace, ideal for developing riders. Focus on skills and communication.
<b>D Ride</b>	10–13 mph	No-Drop	<b>Relaxed Pace</b> – Entry-level and recovery. Emphasis on safety, fun, and group etiquette.
<b>E Ride</b>	8–12 mph	No-Drop	<b>Party Pace</b> – Any bike. Socializing takes precedence. Group stays together.

# Ride Structure & Group Etiquette

## Ride Structure

### Ride Ambassador / Leader

Each ride has a designated leader responsible for safety, route guidance, and communication. There will also be a designated Sweep.

### Pre-Ride Briefing

The leader will review route, pace, regroup points, and any hazards before departure.

### Start Times

Arrive at least **10 minutes early**, ready to roll at the posted start time.

## Communication on the Road



### Call Out Hazards

"Slowing - Stopping - Car Up - Car Back - Hole - On Your Left"



### Use Hand Signals

Clear, consistent signals for stopping, slowing, or changing direction at all times.



### Pass Signals Up & Down the Line

Every rider is responsible for alerting those behind as well as in front of them – audible and visual cues.

## Positioning, Formation & Pace Management



### Hold Your Line

Ride two abreast where legal; single file on narrow or busy roads. Avoid erratic movements and sudden braking. No half-wheeling – do not overlap wheels with the rider ahead.



### No-Drop Policy

Announce clearly at the start if the ride is no-drop. A designated **Sweeper** stays at the back to ensure no one is left behind and to assist with mechanicals.



### Predictable Pace

Keep a steady pace; avoid sudden surging or braking that causes a ripple effect. When pulling off the front, signal and drift smoothly left before easing back. New leaders should never surge.



### Regroup at Climbs

Fast riders wait at the top of long climbs. Allow the last rider time to catch their breath and hydrate before the group moves on. The ride leader directs all regroupings.

## Tips for Riders



### Techniques for Fast Riders

- **Pull Longer, Not Harder:** Stay at the front longer at a consistent, moderate speed.
- **Soft Pedal on Downhills:** Keep pedaling downhill so slower riders behind don't need to brake excessively.
- **Do Extra Credit:** Turn around at the top of a hill, ride back down, and climb again if you need more of a workout.



### Techniques for Slower / Newer Riders

- **Take Shorter Pulls:** Lead briefly or skip your turn, then rotate to the back to rest.
- **Sit in the Draft:** Position directly behind a stronger rider – reduce effort by up to 50%.
- **Choose the Right Wheel:** Follow an experienced rider who holds a steady pace, mimicking their gearing and braking.

# Safety Rules, Equipment & Conduct

## Mandatory Safety Rules



### Helmets Required

Mandatory. No exceptions, no excuses.



### Obey Traffic Laws

Stop at signs and lights. Yield appropriately at all times.



### No Earbuds

No music or earbuds while riding in a group – ever.



### Lights Encouraged

Front and rear lights strongly encouraged, even in daylight. Be courteous – avoid blinding others.



## Carry These Essentials

- Flat repair kit (tube, CO<sub>2</sub> or pump, tire levers)
- ID and emergency contact info
- Water and nutrition appropriate for ride length

## Special Equipment Notes

- **Aero Bars:** Permitted only while pulling at the front. Switch to standard handlebars immediately upon pulling off.
- **TT Bikes:** Permitted on the ride, but rider must remain at the back of the group for the entire ride. A standard road bike is strongly encouraged for group rides.

## Regroup, Support & Emergencies

### Regroup Points

Communicated at the pre-ride briefing. Points may include stop signs, lights, turns, overpasses, or businesses. Stop safely to the side – do not block traffic. Allow last riders to catch their breath before continuing.

### Mechanical or Flat Tire

The group pulls over safely (unless it's a drop ride) to assist. Always be prepared with your own repair kit.

### Emergency Protocol

Stay calm. Protect the rider from further danger. Call 911. Notify the ride leader immediately.

### Leaving Early

If you must leave the group for any reason, inform the ride ambassador **before** you leave and text the leader once you safely reach your car or destination.



## Weather & Cancellation

- Rides may be canceled due to lightning, rain, or unsafe conditions.
- Cancellations posted on club website/social/text group at least **1 hour before** ride start.
- Always use your own judgment – **safety comes first.**

## Club Values & Conduct



### Be Courteous

Show respect to motorists, pedestrians, and other cyclists at all times.



### Represent the Club

We share the road and the responsibility. Represent KR Bike Club positively everywhere you ride.



### Support Newer Riders

Encourage developing riders. A rising tide lifts all cyclists.



### Zero Tolerance

Unsafe, aggressive, or disrespectful behavior may result in exclusion from future rides – applies to leaders and participants alike.

# Post-Ride & Community

Many of our rides end at a local café or brewery for social time – **everyone is welcome to join**. We like to have fun, stay safe, and build community together. The KR Bike Club is more than a riding group; it's a family on two wheels.

“ We like to have fun, stay safe, and build community together. ”

## Ride Smart. Ride Together. Represent KRBC.

### Know Your Category

Choose the right ride for your current fitness level and goals. Be honest with yourself.

### Communicate Always

Call out hazards, use hand signals, and pass messages up and down the line. Every rider is responsible.

### Ride Predictably

Hold your line, keep a steady pace, and be the rider others can trust and follow safely.

### Leave No One Behind

On no-drop rides, we look out for each other. Check in with the rider behind you. That's the KR way.

- ❑ **Questions or concerns?** Speak with your Ride Ambassador / Leader before, during, or after the ride. We're all here to help each other enjoy the sport we love. Welcome to the KR Bike Club family – see you on the road!