

Milton Bicycle Club

Ride Guidelines

The following guidelines allow you to ride with confidence and safely on Milton Bicycle Club (BMC) group rides.

Requirements for participation in club rides:

1. All participants must be a MBC club member.
2. You need to be familiar with and willing to abide by our ride guidelines, be courteous and respectful of other cyclists and road users.
3. You must wear a helmet and brightly colored clothing is recommended.
4. Prepare to be self-sufficient. Do not rely on others for flat repairs, water, food etc. Bring a charged cell phone, ID, emergency information and the proper clothing for the day.
5. You need to have a certain minimal level of fitness for the planned ride.
6. You need to have a basic understanding of group riding skills.
7. If the Ride Leader determines that a rider is not prepared for a ride, as per above, the ride leader has the discretion to refuse to allow participation in that day's ride.

Group Riding with MBC

All group rides Start and End at the Scott Neighborhood Park on Scott Boulevard in Milton. Starting times vary based on the season. All routes and start times are posted, in advance, on the MBC Strava page. Joining a ride from the Strava page enables email notifications for the ride.

Plan to arrive at the start with adequate time to prepare for the ride. At the designated start time, you should be ready to receive instruction from the ride leader and depart on the ride. Designated ride leaders will brief the group on the route, the expected average speed, and any planned stops along the route.

Each rider is responsible for her or his own safety. Although club makes every attempt to conduct its events safely, you should recognize that riding a bicycle on public roads can be hazardous and you must prepare adequately.

Single File Paceline

Our cycling routes target the quietest roads at the lowest traffic times. When we must travel on busier roads, we ride in a single file paceline. Otherwise, all our group rides are two abreast to increase our visibility to drivers and to reduce the time for overtaking by vehicles.

Social Paceline

In most group riding situations, we use the Social Paceline. In the Social Paceline we start from the premise of the two abreast formations where everybody is 2-3ft apart laterally and fore/aft. The two leading cyclists are breaking the wind and setting the pace. The lead cyclist on the right, after a reasonable period of time (ie 1- 2 minutes, it's flexible) asks the cyclist on their left to "Cover Me". That means the leading left cyclist will gently ride forward and fade right to shelter the right side of the

group. In turn the left side of the group will gently advance forward to the front of the group beside the right line. Those two riders will now lead the group for whatever time they feel comfortable with, again it's negotiable. All passes are to be done smoothly and gently and make sure that your rear wheel is clear before you fade right.

An especially important point to rotating a group: While you are in front of the group, you are leading, and other riders are following you. Anything you do, good or bad, will affect the entire group. If your pass is smooth and steady, then the group will remain smooth and steady. If you accelerate aggressively it will start to shatter the group and create gaps and confusion. If you half wheel the lead rider beside you it will offset the whole group or create gaps. We all have a responsibility to the riders behind us to move in a smooth and predictable way and watch the road surface ahead.

Rotating Paceline

The Rotating Paceline may be used in smaller groups travelling at higher speeds. This rotation is different from the Social Paceline in one fundamental way: The act of rotating is constant. There are no static moments. When the left lead rider moves smoothly and gradually forward and clears the right line of riders, he/she then gently fades to the right. The transitioning lead rider must be careful not to touch wheels with the passed rider's by checking under their arm for the rider's wheel. The right rider can assist by calling out 'clear' when the passing cyclist is safely ahead. As soon as that first rotation is complete the next one begins as if all the cyclists in the group are part of the same chain. In the Rotating Paceline all the cyclists should be moving through the rotation at the same speed.

Ride cancellations

Rides may be cancelled due to a lack of riders, weather conditions, or other unforeseen circumstances. Please be aware that club rides will be cancelled due to weather if:

- It is raining at the start of the ride.
- There is a forecast of 70% POP or more of rain or lightening or extremely high winds on the day of the ride.

Although you may choose to ride in any sort of weather the club must always maintain a margin of safety.