

Basic guidance for leading a ride with Eden Valley CUK

1. You will have completed the entry on the Runs List for publication including likely lunch and coffee stops distance and likely grade (see Web Site, Documents - "Runs List notes on grades"). It is sometimes good to not only check that a venue is open but also to warn them ahead of when and how
2. A few days ahead of the ride date publish further details on the Blog which may include amendments to the ride, route details, wet weather alternatives etc. It may be appropriate to publish further details/changes on the morning of the ride (early 0800) but these should be exceptional. Add your mobile number for members to text that they would like to join your ride.
3. Be at the start ahead of the published start time so that you can get to know who is on the ride and register guest riders (those for whom you do not have ICE details, and those who are not CUK members). Non CUK members are allowed 3 rides before joining.
4. Outline the ride and pace to the group and remind them if necessary of riding etiquette including signals calls and group riding tactics. Inform riders of any potential hazards you have identified (eg busy road crossings, poor road surfaces etc). Choose stopping points carefully and remind riders to avoid blocking roads and junctions.
5. Appoint a back marker so that you can easily see if everyone is present. When ascending and descending it is not expected that everyone will stay absolutely together but on the flats discourage break-aways.
6. When the group is large, special thought should be given to splitting into several units to allow traffic to overtake. When the road is wide enough and the traffic is not too heavy ride in pairs (up to 4) it's safer, more sociable and it saves energy! But if we are in a big group riding in single file because of the conditions then please leave at least a car sized break every 4 so that following vehicles can get past safely. *It should be the responsibility of the fifth rider to draw back from the group to make the space.*
7. At some stage add the names of all who are on the ride to the link "For recording attendees on club rides". Some may join the ride at an intermediate stop and some may leave - all are deemed to have been on the ride! There is a guest rider form available to download on the documents page of the website. If completed this should be returned to the Secretary after the ride.

Mike Barron

(Runs Co-ordinator)