

Bunch Riding Do's and Don'ts

Do:

- **Keep Your "eyes Up"** Looking ahead will give you more time to react if you need to stop or change direction/pace. Also you will be able to see and pass on signals from the riders at the front. Avoid focusing on the wheel of the rider in front of you.
- **Fall into the pace line early if a gap occurs.** This will help the bunch remain smooth and avoid sudden acceleration from the riders at the back.
- **Come over slower riders if they are causing a split in the Bunch.** Do this at a controlled pace to help the bunch remain smooth and avoid sudden acceleration from the riders at the back.
- **Keep up the pace during a decent.** If you're on the front during a decent keep the speed up to avoid bunching up behind you.
- **Stay on the front longer if you are a stronger rider.** Longer not faster is the key to keeping the bunch together but remember to save some energy to get back on the back.
- **"Hold your line"** No sudden movements left or right.

Don't:

- **Increase speed when you get to the front.** This will only make it hard on the rest of the group and cause a split in the bunch.
- **Overtake on descents and race ahead.** Remain patient and wait for your turn on the front. It is normal for the bunch to compress on descents so you may have to use your brakes to maintain formation.
- **1/2 wheel or overlap the rider in front of you.** This is unsafe!!
- **Spend too long on the front.** Only stay on the front as long as you are comfortable keeping a steady pace but remember to save some energy to get back on the back.

Roles within the bunch

On the Front:

- Responsible for pointing out obstacles, indicating direction and speed changes.
- Responsible for smooth pace and consistent effort at the front.

In the Middle:

- Responsible for passing signals from the front to the back and visa-versa.
- Responsible for maintaining a consistent gap between riders.

On the Back:

- Responsible for calling out information about traffic approaching from behind **"CAR BACK"**
- Responsible for calling out information about the bunch, If the bunch splits **"EASY"** When the bunch gets back together after a split or lights etc **"ALL ON"**