

DoC/Avantiplus Waitakere Bunch Guidelines

In an effort to bring a better level of control to our rides we have put together some guidelines and come up with a Doc Bunch Riding Mission Statement:

To ride together as a team and in a disciplined bunch that enables all our rides to be enjoyable, safe and effective as we all go farther and faster. To practice safe riding, and be considerate and supportive to all those we share the road with.

In the Bunch:

On the Front:

Responsible for pointing out obstacles, indicating direction and speed changes.

Responsible for smooth pace and consistent effort.

In the Middle:

Responsible for passing signals from the front to the back and vice-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 such as punctures, or if the bunch splits "**EASY**". When the bunch gets back together after a split or lights etc "**ALL ON**".

All Riders

Hold your line.

Keep Your "Eyes Up" Looking ahead will give you more time to react.

DON'T 1/2 wheel or overlap the rider in front of you. This is unsafe!!

DON'T Spend too long on the front. 5km is plenty.

For more information click on the "Knowledge Hub" tab on the DoC website

On Race day:

When a group of riders work together much higher speeds can be achieved than that of a individual rider. The best way to do this is to form a pace line. The formation is similar to a chain, where the rolling off the front occurs at a speed set by the lead rider.



The rider always rolls off to the side the wind is coming from.

The rider rolling off immediately starts soft-pedaling to drop speed.

The rider coming through **does not pick up speed**.

Riders in the slower pace line must stay on the wheel. Do not stop pedaling.

If you cannot do a turn stay out of the pace line.

