

Bunch Ride Starter Info

Must Have's

Nutrition

- Breakfast
- Adequate water (1 bottle per hour)
- Energy food (e.g. banana, honey sandwich, dried apricots, jet planes or snakes)

Equipment

- Spare tube
- Tyre levers
- Pump
- Helmet
- Appropriate clothing
- Lights (tail light recommended)
- Towel & warm clothes for after wards

Bunch Etiquette

- Hold your line (no weaving side to side)
- Keep your eye's up (focus on 4-5 riders ahead of you in the bunch)
- Don't overlap wheels with rider in front
- Ride maximum 2 abreast (share the road with other users!)
- Brake and accelerate with care (no sudden actions!)
- Signal obstacles (point and shout)