

from a seated position to a standing one. Inexperienced riders can "stall" the bike. Standing up results in a drop in speed. This may cause those behind you to rear end you. By making a smooth transition, you avoid a chance of a crash and also maintain your speed.

Going Down Hill - Fun for all!

If you are on the front, pedal to maintain speed. Those behind you will get a wind break and roll faster than you. If someone is ahead of you, maintain comfortable following distance and ride predictably - no swerving or hard braking.



Cornering - Pick your line and hold it

When cornering, try and pick your line and also brake before entering the corner. Enter the corner wide, cut as close to the apex as possible and exit wide. Braking before hand reduced the chances of you sliding

out. Also be aware of those around you as nobody likes to be cut off or pushed wide in a corner.

Be Courteous - "Car up", "Pothole"

To improve safety during bunch rides, it is courteous to indicate when cars are coming on quiet roads. It is also good form to point out pot holes, road kill, sticks or anything else that may cause a rider to swerve or damage their bike.



When to Attack - Inflicting Pain

If you are good on hills, attack on them. If you are a fast at cornering, be the first through and attack out of the corner. During sprints, it pays to be 1 or 2 riders back and to start the sprint. Hopefully by the time you pass those in front, they will have too much ground to catch up. With luck, those who were behind you

will stay there.

Obey The Road Rules - Set a good example

It only takes one mistake to get run over by a car or truck. During races you must stay on the correct side of the road when lines are marked. When attacking or sprinting, ensure you do not cross the centre line. The same goes for cornering,

Have fun - The Most Important Rule!

Whether you get off on smashing your opponents or enjoying how good it feels to recover after a hard sprint, we want you to enjoy your racing experience.



Bunch Riding Etiquette & Tips

While riding in a bunch, certain rules and etiquette needs to be followed in order to ride safely.

Doing Turns - Having a break from the wind

To help others and last longer by moving up on the wind



protected side, or down the bunch on the windy side, you allow yourself to be protected from the wind. This is the reason you see the pros form lines of riders in a diagonal line across the road.

Holding a Wheel - Trying not to gap

By riding as close to the rider in front of you as possible (while still at a comfortable distance), you get a break from the wind. By staying within 30cm of the rider ahead you keep the bunch tight and can respond more effectively to changes in pace. It is important to not overlaps your front wheel with the rear wheel of the rider you are following. Any unpredictable movement by them may cause you to crash.

Holding your line - Being Predictable

As well as holding wheels, you need to hold your line. This means you ride in a straight line and do not swerve suddenly. You should also try to maintain a constant speed as swerving over the road and slowing down and speeding up will quickly alienate you from your fellow bunch riders.



Going Up Hill - Fun for some!

An easy cadence at your own pace is the best way to climb. Blowing up will see you rapidly lose touch with the bunch. Here it is important to maintain your speed when moving