

“A” Group General Guidelines

Sun City Cyclists “A” Group rides can be a spirited group ride, but it is not a race. We strive to stay together, be safe, share the word, get a great workout, and have fun. Although we intend to stay together, it’s not a no-drop ride. These are the general guidelines for “A” group rides:

- 1. Please be ready to ride on time. Remember to turn on your taillight.**
- 2. The ride is M/W/F with a distance of 45-55 miles at 16-19 mph average.**
- 3. There will be a store stop for beverages. Bring what you need to ride at least 35 miles.**
- 4. Bring supplies to repair a puncture.**
- 5. No riding on aerobars.**
- 6. Point out and call out all road hazards.**
- 7. Don’t pass other riders on the right side or in the gutter.**
- 8. If you drop something, please find a safe place to stop rather than stopping in the middle of the group.**
- 9. Keep the pace steady. If you’re pulling when we get to a climb or rise in the road, ease up slightly so that everybody can stay in the group comfortably.**
- 10. Work together for the benefit of the group. Stronger riders should voluntarily ride the windy side in a crosswind to balance the overall effort of the group. If you want to show how much of a badass you are, ride in the wind! We will designate sprint zones on certain rides for those riders so inclined.**
- 11. Let’s avoid riding three abreast or more, since this violates laws of the road and is not safe. It’s okay to draft in a paceline, but we need to naturally form echelons to avoid spreading across the middle of the road into oncoming traffic.**
- 12. “See something, say something.” If somebody’s doing something unsafe, talk to them. If someone talks to you about how you’re riding, listen to what they’re saying.**