

## RIDE LEADER GUIDELINES

It is strongly recommended that you go on at least 3 or 4 rides before leading your first ride. Observe the ride leaders and how the dynamics of the group operate.

### **Select destination**

- Ask for suggestions from other members
- Ask the ride co-ordinator if they can suggest a place that we have not been to for a while - the route notes may be available.
- Surprise us.

Short rides - morning coffee run - 30 to 80km from start

Lunch Ride - 100 to 200km from start to destination - includes morning tea break + fuel stop

Long Ride - > 200km from start to destination - morning tea, lunch, + possible multiple fuel stops

### **Select start point**

Wherever possible use one of the following regular start points

Maccas Gateways - cnr Beelair Dr and Mitchell Freeway

Maccas Armadale

Maccas Midland

Gingers Gull Roadhouse Gt Eastern Hwy Upper Swan

Gull Roadhouse Karragullen Brookton Hwy

If you have to use another start point make sure clear directions are provided as to its location.

### **Select a route**

You cannot avoid using roads that have been ridden before so don't worry - it is the ride that matters.

Try to avoid long sections of the ride using main roads such as Freeways, Highways etc if at all possible as there are a lot of back roads available.

Get out of the metro area as soon as possible

Try to avoid excessive numbers of corners if possible.

### **Planning**

Ride the route before your ride day to check on road conditions, road works, road closures etc.

Work out where to safely position corner markers

### **Timing - speed**

Allow sufficient time for the ride because the average overall speed is that of the slowest rider and you will probably average 60kph over the day when allowing for breaks, fuel, meals, catchup etc

### **Breaks and destination**

Break destination - make sure they are open - check if they need advance warning on the number of riders especially if it is for lunch.

Allow 30 minutes for morning tea and at least 60 minutes for lunch  
Get the phone number and ring them at the start of the ride if necessary  
The tail end riders will arrive later than you do so give them a chance to have a break and drink

### **Fuel**

Fuel - some bikes only have a maximum 180-200km fuel range  
Ensure the outlet will be open - check the week before the ride if using small country suppliers

### **Getting lost!**

If you get lost do not worry we have all done it - stop & work out where you are and if necessary ask for assistance from other riders. We will possibly rag you but that is part of the fun - what goes around comes around and you will get your turn - maybe!

### **Trip Notes**

Advise the co-ordinator of the start point, distance, destination and other relevant facts such as type of meals etc so your ride can be included in the ride calendar.

Read the ride calendar for an idea of what information to include.

Email the trip notes to the ride co-ordinator for filing for future reference

### **Tail end Charlie**

Ask for a volunteer and ensure everyone knows who it is

### **Corner Marking**

Ensure everyone in the group knows the principles of corner marking.

### **Passing**

Always continue on past a vehicle at the same passing speed for at least 300metres or more to allow following vehicles to slot in

Always remember that you are riding at the front of a lot of riders. Try and judge passing distances and make sure new riders to the group are aware that they must always ride at their own pace. It is not a race.

### **Catch up**

There will be time when the ride strings out over a large distance especially after numerous corners. Pull over in a safe (shady) place and wait for the riders to regroup and re-start once tail end Charlie has caught up.

### **Learner riders**

Are always welcome on rides however you need to ensure that the instructor rider stays with the learner and it is recommended that they ride at the rear of the group just in front of tail end Charlie. This will avoid the learner getting caught up in the group and attempting to ride beyond their level of skill.

**Accidents**

Heaven forbid that an accident occurs but if it does then you will be the last to know because you are at the front. This is where Catch up is important so stop the ride until the problems can be sorted out and wait until the group has been reformed before deciding on further action.

Tony Collins

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