

*J. Browne* *Please Return*

# the Sydney Cyclist



NEWSLETTER OF THE SYDNEY CYCLISTS' CLUB AND THE SYDNEY CYCLING CLUB

December 1986

## PRESIDENT'S LETTER

November 24, 1986

An Executive Meeting of the Club was held last night. One very significant matter was discussed and the executive agreed that I would write a note to you all regarding it.

The matter discussed was that of public liability insurance. Probably the majority of us would not have a policy covering us if we were to injure a third party whilst riding. Even some of the normal householders policies which have third party cover have exclusions for such things as injury caused to others whilst participating in sports. Let's face it, there is an element of danger involved in riding. How many times have you heard of children running onto the bike track at Centennial Park. Personally I think it is essential to be insured.

Since early last year, the NSWACF have had a policy which covers all affiliated members up to \$5000000 for public liability. Michael Griffith has examined the policy for me. It covers all affiliated members during all cycling activities, i.e., social and touring as well. It would even include social events. Racing members are already covered in their annual subscriptions to the NSWACF. The Federation have a non-competitive division which has some policy coverage. The cost is \$11 per year. I strongly recommend all our members who are not affiliated to do so to gain this insurance. It really is a small cost to avoid what could be an expensive problem. Let me stress we are not asking for affiliation to be obligatory, if you are convinced you are already covered or that you do not need it, your membership status will not be affected. This is just a strong recommendation from your Committee. If you do decide to affiliate as a non-competitive member, please include the extra \$11 with your annual fee for 1987. You can give the fees to any committee member or send it to myself or Rosemarie.

Hope to see you all on the road this year.

MALCOLM HAMMOND

*Malcolm Ham*



## PICNIC & T. T.

A CHRISTMAS PICNIC & TIME TRIAL HAS BEEN ORGANISED AND WILL BE HELD ON SATURDAY, 6 DECEMBER.... THE PLAN IS TO MEET AT KARINGAL PICNIC AREA IN ROYAL NATIONAL PARK AT ABOUT 8:30 AM, TO PREPARE FOR A TIME TRIAL TO THE WATERFALL WEIR AND RETURN TO THE PICNIC AREA. THIS WILL THEN BE FOLLOWED BY A BAR-B-QUE LUNCH, AND A BUSHWALK DOWN TO THE BURNING PALMS BEACH.

MEMBERS WISHING TO RIDE OUT SHOULD MEET AT THE KIOSK IN CENTENNIAL PARK FOR A 6:30 AM DEPARTURE. THE TIME TRIAL WILL START AT 9:00AM SHARP.

BRING YOUR B B Q FOOD, WALKING SHOES AND SWIMMERS...

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PLEASE NOTE.....

ALL CORRESPONDENCE TO THE S.C.C. SHOULD BE ADDRESSED TO

P.O. Box 538  
Bondi Junction, 2022

MAJOR XMAS EVENT ... PAGE 4

OPEN TO ALL MEMBERS \*\*\*\*\*

# ANNUAL GENERAL MTG.

## SYDNEY CYCLING CLUB

### Annual General Meeting

4 November 1986  
Holdsworth Community Centre

### OPENING

The meeting opened with reports from the Club Officers. The Presidents report highlighted achievements of the last 12 months. These included:

- increased membership; due to club visibility at Centennial Park in group rides, weekend rides and time-trials. Also shop notices
- jersey saga; anticipated availability by Christmas, with an initial order of 100 jerseys
- 1986 Criterium; very successful due to excellent sponsorship, better Federation relations, cake stall and general efforts by Club members who assisted on the day.

Issues needing to be addressed in the coming year include:

- membership growth
- scheduled riding program
- regular representation at the Federation meetings

The Treasurer tabled his report which showed a credit balance of \$2063 after commencing the year with a credit balance of \$1133. The net profit of \$930 was mainly due to the success of the Criterium.

The Newsletter Editors reported a lack of input from members and considered that the newsletter wasn't being read. Discussed possibility of newsletter becoming a "notice of events sheet" in the future.

### 1987 OFFICE BEARERS

The following members were elected Club Officers for 1987:

PRESIDENT:	Malcolm Hammond
SECRETARY:	Rosemary Peerenboom
TREASURER:	Alan Smith
EDITORS:	Steve Turner/Owen Lowe
TOUR ORGANISER:	Spencer White
RACE SECRETARY:	Bruce Vote

### 1987 CRITERIUM

A sub-committee was formed to organise the 1987 Criterium, and consists of:

Malcom Hammond  
Andy Doldissen  
Bruce Vote  
Bruno Sibilila

Other members will be co-opted as required.

### RIDING REGULATIONS

Motion: That the Club determine riding regulations for:

- Training rides
- Club rides
- Tours

After discussion, the following was decided:

Training Rides - conducted at substantial pace with a good level of fitness required. Sunday 6.30am rides are considered to be in this category.

Club Rides - social rides where sub groups of uniform ability are formed when necessary and regrouping at rest stop.

Tours - to be under guidance and jurisdiction of the Tour Organiser who will determine riding formations depending on prevailing conditions of tour.

Proposed : Michael Griffith

Seconded : Majorie Lobban

Amendment: Tour rides to include sag wagon at club expense if necessary - Don Sigsby

Motion Carried

Riding regulations have previously been printed in the newsletter, and the meeting resolved that these regulations be reprinted and also distributed to new members.

### RIDING CLINIC

Motion: That the Club hold a regular riding clinic.

Proposed : Paul Montesin

Seconded : Michael Griffith

Motion Carried

cont...

The clinic will be held on alternate Saturdays by Paul Montesin who was appointed Club Coach. The clinic aims to cover basic skills such as hills, sprints, intervals, speed, time-trials, group riding and etiquette, touring etc. Details concerning venue, dates and time to be determined.

#### RIDING PROGRAM

Motion: That the Club consolidate a summer riding program.

Proposed : Steve Turner  
Seconded : Michael Griffith

Motion Carried

The program may include:

- routes other than the usual northern and southern rides
- extended Saturday rides
- Wednesday evening rides
- hill orientated ride e.g. Bellevue Hills course
- fortnightly time trials

Michael Griffith thought it was a good idea, but the main variable was member participation. Don Sigsby pointed out that the Federation has a racing schedule including criterium events, not just track ones. This raised the issue of non-affiliated members riding in events and the possible problems this created.

Jack Brown requested clarification of affiliation by Club members to the Federation, was it just racing members or all members (i.e. non-competitive members too)? At a cost of \$35, he was not prepared to affiliate. Michael Griffith indicated that the main advantage of affiliation was the injury insurance. At this point, the meeting resolve that the committee collect information from the Federation about the extent and cost of cover available and publish this in the Newsletter. Michael also raised the issue of incorporation to limit liability of club members.

#### OTHER BUSINESS

##### Film Library

Motion: That the Club obtain videos of classic races and tours and make these available to members.

Proposed : Steve Turner  
Seconded : Michael Griffith

Motion Carried

Steve will obtain a film inventory and negotiate prices.

Club Photo: Steve T suggested a club photo in Centennial Park, possibly when the new jerseys are available.

Robertos: Don Sigsby is obtaining posters from J. Abeni to decorate the Club's new social venue - Robertos.

Wooly's Wheels: Steve T indicated that the shop's upstairs room was available for meetings, video nights etc.

Club Awards: Steve T suggested an award for Club Person of the Year. This will be discussed at the next meeting.

Sister Club: Steve T suggested a sister club affiliation in Europe or America with a view to exchange of information. Don Sigsby indicated that BINSW was a more appropriate avenue for this concept. Also, such projects are difficult to sustain.

Tour Overseas: Steve T suggested a cycling tour in say, New Zealand. This appeared to be a popular idea.

#### CLOSURE

The meeting closed and members partook of refreshments provided by Michael Griffith.

#### SUGGESTED RULES FOR

#### INTRODUCING NOVICE RIDERS TO PACK RIDING

1. Ride beside and outside the person you are introducing, not ahead or behind.
2. If introducing 2 or more novice riders, co-opt other cyclists to assist you - one novice each.
3. Do not expect a novice rider to lead out until he/she is skilled at close-in pack riding.

If these rules are adopted, there is less chance of mishaps.

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Reprinted from  
March '86 issue  
as a reminder that  
the Club regulations  
do not mention common  
sense ... see Club  
regulations , this  
issue

Recently, criticism has been levelled at bicycle clubs that little or no instruction has been given to newer riders. Conversely, newer riders have felt (and justly so), that nobody wants to know them, or bother to show them how to ride correctly. Evidence of this must surely lie in the case of the budding triathlete. There are other riders who fall into another category - the intermediate grade person who has been riding for some time - but generally on their own (commuting, touring etc).

Riding in a group is, for the most part, a very enjoyable experience; riding in a small group of experienced riders will enhance that enjoyment. With correct techniques, relaxed safer riding, longer and more frequent rides, and a generally improved level of fitness will ensue. For the inspired, competition at club or open racing, or triathlon may follow.

It is with these aims in mind that Paul Montesin has been appointed Club Coach with the view of holding a Training Clinic on alternative Saturday mornings at Centennial Park.

During these sessions, we will discuss:

1. Design features, layout and choice of bike to suit your build and needs.
  2. Positioning and setting up your bike to suit you.
  3. Principles of group riding.
  4. Techniques in doing turns, changing turns, maintaining your position in a peloton, windy conditions, filling in gaps.
  5. Do's and Don't's of peloton riding; the role of the leader, etc.
  6. Hillclimbing and descending.
  7. Riding at speed - personal stance on bike, position in group, leader's role, gear ratios etc, useful hints during racing or high tempo training sessions.
  8. Preparation for long training rides or tours.
  9. Some tips on dieting.
  10. Possibly a bike workshop on maintenance, running repairs, emergency repairs - this will be dependent on demand.
- From this outline, you can see that a great deal will be covered for the novice as well as intermediate grade riders.

However, it is imperative that persons attending the clinic be ON TIME and at ALL SESSIONS. It would be unfair to repeat previously discussed items simply for the benefit of those who are late or just don't bother to turn up.

The training clinic is open to all members of the Sydney Cycling Club. As our aim is to promote good riding, friends and associates of S.C.C. members are also welcome by invitation and at NO COST.

Those non-members who may wish to join the Sydney Cycling Club and enjoy its benefits, may do so subject to S.C.C. committee approval and a joining fee of \$10.00.

Each session will commence at 7.00am, meeting at the Centennial Park Kiosk, and be approximately 1-1 1/2 hours duration. Date of commencement of the course will be advised in our next newsletter. The starting date will depend mainly on expressions of interest from participants, and consideration due to the forthcoming Xmas holidays.

Those who wish to attend must contact Paul Montesin on 6611394 registration.

Club Coach



SPECIAL XMAS ANTICLIMAX

COASTING COMPETITION ( inaugural )

Christmas day .....3 pm

Wallarah Gate , Centennial Park .

Rules Taped cranks ( tape provided )

Standard bike

No added external weights

First Prize ... One bottle Champs ,

One Xmas cake .

Contact ... Bruce Vote 399 9452

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1987 FEES...FEES...FEES...1987  
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Total fees for membership of the Sydney Cycling Club , AND affiliation with the N.S.W. Cycling Federation are :

Category	S.C.C. M'ship	N.S.W.C.F. Aff'n	Total
Non-competitive	\$10		\$10
Non-competitive	\$10	\$11	\$21
Veterans / Seniors	\$10	\$35	\$45
Women / Juniors	\$10	\$30	\$40

PLEASE NOTE ... DO NOT READ THIS

NEWSLETTER IN THE DIRECT SUNLIGHT.

THE NEW TYPESETTER KNOWS LITTLE

ABOUT WHITE SPACE .

EDITORIAL

Without a concerted membership drive , S.C.C. has still gained a group of new members this year who we hope will maintain the solid core of our small club . These folk must be made felt welcome by all . The new Executive aims to assist new members by publishing a tour and race programme to keep all members informed of social and competition events .

Steve Turner's enthusiasm has spurred many members to trial against the clock , and the success of these Trials can be measured by the number of competitors presenting themselves.

The A.G.M. ran as usual , with most members staying away in droves . Important discussions were had , and decisions made concerning the running of your club . If you disagree with any outcomes of the A.G.M. then you had better attend the 1987 A.G.M.

Tour Organiser , Spencer White , is working on a programme for 1987 . This should hold some interesting events for all members , and will be published in the next newsletter

John and Christine Sunde are the proud parents of a son , Edward . Congratulations !

The cross-up of wheels has found Pat Israel off her bike for one month. Pat suffered a fractured skull in her fall . She is recovering under the mother's stern eye .

Please send any contributions for this newsletter to Owen Lowe or Steve Turner , at the P.O.Box shown on page 1.



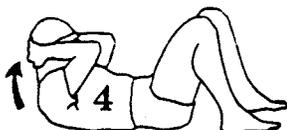
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10 times each direction (page 31)



30 seconds (page 24)



3 times 5 seconds each (page 25)



30 seconds each side (page 24)



30 seconds (page 56)



15 seconds each side (page 59)



5 seconds (page 35)

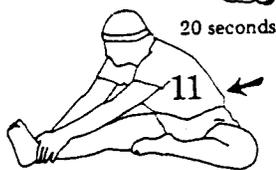


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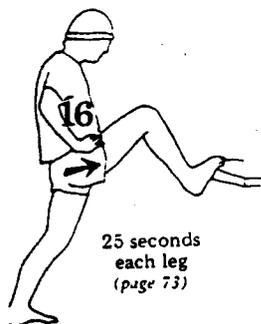
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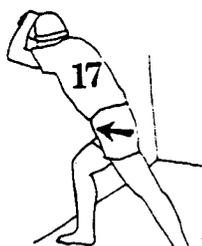
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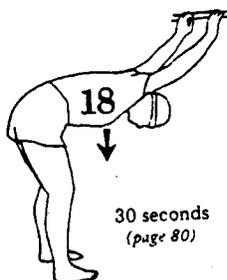
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New Membership Applications

(REVISITED-REVISED)

For many years the Club has had an informal membership vetting procedure, where prospective members participated with the club riders for a short period, before actually joining our ranks.

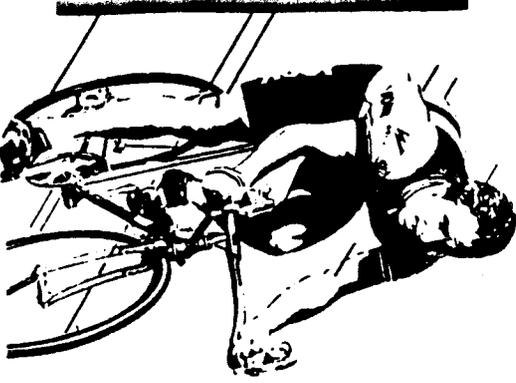
Procedures that were discussed at the 1984 A.G.M. were again aired at the 1986 A.G.M. and the following policy has been adopted for prospective new members ...

When a cyclist, or a person who supports the objectives of the Sydney Cyclists' Club, approaches the Club for membership information, he / she will be given an information prospectus. If, over a reasonable period, the person satisfies the Committee that he / she will continue to support the Club and its ideals, and that he/she abides by the Club's regulations then this person will be invited to join the Club. This procedure will save the Club from potential embarrassing situations / confrontations.

(Ed.)

S.C.C. 1987 TOURING / RACING PROGRAMME ... COMING SOON

**NORTHERN SUBURBS CYCLING CLUB**  
**1986/87 SUMMER ROAD RACING PROGRAMME**



Sponsored by Eurocar Mazda  
Fahcraft Aquarium

October	Sat 11th	SATURDAY MORNING TRAINING RIDE - 80km Conducted every Saturday morning until April. Details on reverse of programme. All welcome.
	Sat 25th	UNDERWOOD ROAD, HONEBUSH BAY Graded massed start. 2:00 pm Senior/Junior/Veteran 70km 3:30 pm Juveniles 30km
November	Sun 9th	OKLEY EYESHADES ROAD RACE Tepko Road, Terry Hills 7:30 am Senior/Junior/Veteran A 90km, B 60km, C 50km 8:00 am Juveniles 30km
	Sat 22nd	RONI CYCLES TROPHY Underwood Road, Honebush Bay Graded massed start. Senior/Junior/Veteran 4:30 pm A 80km, 4:15 pm B 60km, 4:40 pm C 42km 5:00 pm Juveniles 30km Riders must have a current NSW Licence Information only! Contact Scott 387 1989
	Sun 23rd	BIRCHWA WATER TRAINING RIDE 90km 7:30 am Depart Forest Way/Hone Vale Road 7:35 am Pearce Corner, Waitara 7:35 am Pearce Corner, Waitara All welcome. Cancelled if wet.
	Sun 30th	JUVENILE COACHING CLINIC Mecherston street, Honebush 8:00 am. All Juveniles welcome Cancelled if wet
December	Sun 7th	"PRISCHALF AQUARIUM" ROAD RACE Tepko Road, Terry Hills 7:30 am Senior/Junior/Veteran A 90km, B 60km, C 50km 8:00 am Juveniles 30km
	Sun 14th	BIRCHWA WATER TRAINING RIDE - 90km 7:30 am Depart Forest Way/Honevale Road 7:30 am Telegraph Road/Pacific Highway 7:35 am Pearce Corner, Waitara All welcome. Cancelled if wet.
January	Sun 21st	"PROCHER STAINLESS STEEL" ROAD RACE Tepko Road, Terry Hills 7:30 am Senior/Junior/Veteran A 90km, B 70km, C 50km 8:00 am Juveniles 30km
	Sun 28th	BOBBIN HEAD TRAINING RIDE - 60km 7:00 am Depart Forest Way/Hone Vale Road 7:30 am Telegraph Road/Pacific Highway 7:35 am Pearce Corner, Waitara All welcome. Cancelled if wet.
February	Sun 11th	"DEERMY ICE CREAM SALOOM" ROAD RACE Tepko Road, Terry Hills 7:30 am Senior/Junior/Veteran A 80km, B 60km, C 50km 8:00 am Juveniles 30km
	Sun 25th	"TIRABAIPIRA CYCLES" TROPHY Tepko Road, Terry Hills 7:30 am Senior/Junior/Veteran A 80km, B 60km, C 50km 8:00 am Juveniles 30km
March	Sun 8th	"GIBCOAS MAZDA" ROAD RACE Tepko Road, Terry Hills 7:30 am Senior/Junior/Veteran A 80km, B 60km, C 50km 8:00 am Juveniles 30km
	Sat 14th	EUROCAR MAZDA TEAM PRESENTATION PHOTO 8:00 am Akuna Bay Marina All club members requested to attend. Club jerseys must be worn. All welcome. (To be conducted Sat 21st Feb if rained out)
	Sun 22nd	"JUST JUICE" ROAD RACE Tepko Road, Terry Hills 7:30 am Senior/Junior/Veteran A 80km, B 60km, C 50km 8:00 am Juveniles 30km
	Sun 8th	"WESTFIELD CYCLES" TROPHY Tepko Road, Terry Hills 7:30 am Senior/Junior/Veteran A 80km, B 60km, C 50km 8:00 am Juveniles 30km
April	Sun 6th	ANNUAL GENERAL MEETING 9:30 a.m. Tepko Road All welcome. All positions vacant.
	Sun 27th	TEPKO ROAD TERRY HILLS 7:30 am Senior/Junior/Veteran A 90km, B 60km, C 50km 8:00 am Juveniles 30km
April		WINTER SEASON COMMENCES Weekly races every Saturday until September (Dates to be advised) Alternate Dulfy Forest/Honebush Bay Contact secretary for details
		HOW TO ENTER Entries accepted no later than 15 minutes prior to advertised starting time. EMPHY FEES: Non-members \$3.00 Juveniles (under 16) \$1.00
		CIRCUIITS TERRY HILLS Start/Finish in Tepko road, Terry Hills Compete to Wyong Road, Dulfy Forest and return (10km lap) Honebush Bay Start/Finish the past State Sports Centre at Honebush. Compete to Steer Bickelords and return (6km per lap)
		RACE RULES Keep to the left hand side of the road at all times. Crash hats mandatory. Racing cancelled in wet weather. President: Graham Kenny 432 3138 Secretary: Mike O'Keefe 411 2261 Membership Enquiries: Max Bowling 84 3711 (week).
		SATURDAY MORNING TRAINING RIDE (from October to end of March) Depart Akuna Avenue/Pittwater Road, Callaway 5:30 a.m., then One Hwy. Marriahall Road, Berrville bridge, Pacific Highway Chalwood, 6:00 a.m. Pearce Corner, Bonahy, Bobbin Head, Turramurra, Bahal Tepko 8:00 a.m. All welcome.

" ANYTHING THEY CAN DO , WE CAN DO BETTER ! "

The "Lion of Flanders" & The Stones of France

Some time ago I received a request from my wife's nieces' cousin, Al Fresco, to communicate news, & other items of interest from the European Cycling scene. I hadn't seen Alfredo since he emigrated some years back, but I knew he was associated with the World famous Sydney Cycling Club, & so for me, his request could only attract one reply.

Today, I want to tell you the story of The "Lion of Flanders", Cyrille Van Hauwert, who arrived on the International Racing stage in 1907. The son of a Flemish farmer, Cyrille saved for over 5 years to acquire his first racing bike, made of Reynolds tubing. After considerable success in local races, Cyrille decided to take the plunge, & make his way to Paris. On March 30th, 1907, he boarded a train for the French Capital with a one-way ticket. In his pocket were a few francs, & in his musette were some fruit tarts, hard boiled eggs, & a bottle of lemonade. In the baggage car rode his fortune, his bicycle. The day before that most famous of Classics, Paris-Roubaix, Cyrille arrived & promptly presented himself to the Race organiser. His letter of introduction drew a most unenthusiastic response from Monsieur Pierrard, who tried to explain the facts of life to the boy. "Look, I need all my pacers for the Georget brothers & the others who have a chance to win (In those days teams of pacers lead the racers). All I can do is offer you a job as a pacer. Alone, without a following car, without food, you haven't a shadow of a chance. If I were you I'd go home. In fact I'll even give you the money for the train". Cyrille refused the offer, & Pierrard told him "Okay, but your entry is not for me to decide. You must wait for the owner, Monsieur Hamont". Cyrille left, & Pierrard & Hamont soon had their heads together, finalising details for the race. All thoughts of the Flandrian dissappeared. When they eventually left the building they were shocked to find Cyrille sitting on the gutter, eating one of his fruit tarts. "Listen", said Pierrard, "It's not possible to change our plans now, but to show you our interest I offer you these new tyres, but do not expect to finish".

Cyrille had no illusions about the task before him. In 1907 the route to Roubaix was 300 kms of cobblestones, unlike the token portion we see today. On the starting line he was an object of curiosity. A racer without pacers or support vehicles? How could he keep up? How could he eat? How would he cope with mechanical problems? Around his shoulders were slung the new tyres, & in his handlebar bag rested two hard-boiled eggs & a bottle of lemonade. As the starting gun sounded, the various racers attached themselves to their pacers, all except Cyrille of course, who locked onto the wheel of a big French pro. After 3 hours, a following vehicle pulled alongside the Frenchman & gave him eggs, chops, chicken, & drinks. Cyrille begged the car for some food, but received a stern rebuff. Approaching Beauvis, a dog brought Cyrille down, but without injury to either himself, or his bike. Finding himself in front of a deli, he rushed in & bought six eggs. 20 kms later he was back on the wheel of the Frenchman. Bystanders at Amiens further fortified Cyrille with chops & eggs, & he set off in pursuit of the leaders. He passed rider after rider until he arrived in the front group of nine. The winner had to be in this bunch. At Arras he attacked alone, against the cream of the professional world. Passerieu & Trousselier managed to catch him, but that was all. About this time, the race organisers began to remember this peculiar Belgian. None of the big guns were anywhere to be seen. They told him to rest on the wheels of the others & soon he would have his own pacers. They would also make sure he had plenty to eat & drink. But in a moment of inattention he hit the back wheel of Trousselier & came down heavily. The others took off. It was some time before Cyrille could get going again, & in the meantime a number of riders had gone by. Chasing yet again, he made each a target, & one by one they were caught & dropped. Only Passerieu remained, & with new pacers provided for him Cyrille screamed "Faster!, Faster!". But it was too late, for Roubaix was in view.

He crossed the finish line one minute behind the winner. He cried with despair. But no one else saw his defeat in such negative terms. Monsieur Hamont handed him 1500 francs, & said "Come see us in Paris". The Flandrian was indeed a lion.

I hope you enjoyed this story, & I look forward to keeping you informed

Romano Pisi

Romano Pisi

**MERRY XMAS!**



## ROAD REGULATIONS

- + A cyclist is a vehicle in law with similar rights and responsibilities to motorists and must observe all relevant traffic regulations.
- + Riders should always ride for the safety of the group and for the reputation of the cycling movement.
- + Riders should wear clean, well-designed and brightly coloured clothes to be prominent in traffic.
- + Bicycles must be in clean, mechanically sound condition and free from protrusions which may injure others.
- + Group members ride two abreast only, occupying the inner lane where possible; or in single file on busy roads.
- + Lead riders should call out any instructions of approaching intersections, turnings, etc. They should also point out any hazards on the road.
- + Riders should ride at least one metre from the road edge to assert their position on the road, and avoid hazards.
- + Riders should always leave an escape route for following riders, and never ride closer than one metre to parked cars.
- + Riders must ride in line and not allow their front wheel to overlap the wheel of the bicycle in front.
- + Riders should keep their eyes to the front, and both hands on the bars.
- + When riding in a large bunch (peleton) the following always apply:
  - never swerve or brake suddenly,
  - never freewheel in front of the group,
  - do not leave your saddle unless climbing a hill.
- + The group should ride at a pace to suit all riders with the front pair changing regularly to share the work. When finishing a spell at the front the pair should part to allow the group to move forward between them.
- + The group should always stop in formation, in one lane at intersections and take off with a minimum of disorder.
- + The rear pair of riders should signal to following traffic to indicate the group's intention. No rude signs!
- + Riders should never harass or abuse other road users.
- + Some riders should stay back to assist a rider with mechanical difficulty or a puncture.
- + All riders should carry identification, including emergency contacts and medical data (blood type, etc.).
- + All accidents involving injury or extensive damage must be reported to the police. Obtain witnesses.