

Guidelines for group rides

Follow these basic guidelines when leading or participating in group rides:

- Arrive early, introduce new riders, and start on time.
- Review the route before starting the ride.
- Always wear a helmet when riding.
- Pass other riders only on the left, and announce your pass to other riders.
- Stay hydrated: bring water and/or sports drink.
- Bring some money for snacks and emergencies.
- Carry a spare tube, tire levers, pump, and multi-tool.
- Ride friendly, and be aware of traffic conditions.
- Obey traffic laws. Cyclists have the same rights and responsibilities as motorists when using public roadways. For Massachusetts law on bicycling, see www.state.ma.us/legis/laws/mgl/85-11b.htm.
- Ride single file unless not obstructing traffic (never more than double file).
- Never leave anyone alone on the route. Include new members even if you have to slow your pace to help.
- Make sure everyone completes the ride safely.
- Promote a culture of safe cycling. Get some [local tips](#) from CRW.
- Have fun!

RECOMMENDED READING: For more info on safe and legal cycling, download the [Group Riding Manual](#) produced by the League of American Bicyclists (PDF, 8 pages).

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*Copied from website <http://www.landrys.com/>