

BUNCH RIDING SKILLS by Stephen Hodge – former Olympian and Tour de France cyclist

WHAT SHOULD THE BUNCH DO?

First and foremost, **obey the law!**

Stop at red lights and at other appropriate times. Running lights runs the risk of accident and serious injury, you may be lucky and get through without incident, but the riders following you may believe it is safe to do so without having the benefit of the field of view you have.

Also, it is not in anyone's interests contributing to aggression on our roads, so let's be safe together!

Good bunches also look after their riders by:

- Stopping to help fix small mechanical problems and punctures quickly, so that inexperienced riders are not left behind to fend for themselves;
- Regrouping after hills or other difficulties to keep everyone together;
- Waiting for the others if the group gets split up by a changing traffic light;
- Helping the less experienced riders with tips and a helping hand when needed;
- Working as a group. For example, the front riders calculate actions for the group as a whole to ride safely not just themselves, and the tail end riders should assist the group negotiate lane changes by acting as the rear turn indicators and signalling when the road is clear of traffic.

SUMMARY OF THE MAIN POINTS:

- Obey the law;
- Check out what is happening around and ahead of you, don't look at the wheel in front - only the back of the rider & beyond;
- If you are leading the group, act responsibly for the sake of all the riders behind you, not just yourself;
- Keep your braking, changing direction and other movements progressive;
- Signal hazards to the other riders of your group;
- Place yourself to maintain a safety run-out directly in front;
- Welcome new members to the bunch;
- Look after everyone in it by stopping to assist with mechanicals and incidents;
- When in front, remember you have the responsibility of guiding the whole group who are following along behind you.

There are now many articles and videos posted online that can further assist in understanding how to ride safely in a bunch. This link contains some useful information - <https://www.cycling-inform.com/tips-on-cycle-bunch-riding> and a quick web search will show many other results.