



Group Rotation

Group riding is one of the greatest benefits of riding in a club. When performed correctly, it is safer, and much more efficient so the group can go further and at a greater pace, while exerting less energy.

Given that most of our rides commence in the city we follow the “**social pace line**” approach to group riding which is first detailed in the attached link below to our Draft Ride Guidelines and Etiquette brochure and by the link to the GCN video.

If riding at the front intimidates you, or you might be recovering from an injury, it is permissible:

- If you wish to participate, but uncertain of your abilities, you can simply get to the front and then signal that you wish to immediately move to the right until you gain more confidence
- Alternately, you may choose to join the rotation and when you reach the second pairing from the front, simply indicate to the rider on your right that you wish to move over.
- For slower riders, it is perfectly fine to remain at the back of the group for the full duration of the ride.
- And as always, if you are uncertain, speak with the Ride Captain at the beginning of the ride

What we don't want is for newer riders to decide not to come to club rides because they feel they can't manage the group rotation!

Click here for your club specific reminder on group rotation:

[*ECC Group Rotation*](#)

Click here if you would prefer a video session from our friends at GCN. Please note there can be additional nuances in the video which will become self evident when riding with ECC: [*Group riding video*](#)

For those who have any questions, suggestions or comments, please send us an email at safecc@etobicokecyclingclub.com and if a response is appropriate, we will get back to you as soon as we can.

Next week: *Hand and Voice Signals*

Ride Safe and Ride Longer