



Ride Captain Feedback - Rotation

Who knows better than our Ride Captains on issues, and concerns, with safety in our group rides. After some enquires, we have started to compile their concerns for communicating back to the club.

We'll start the Ride Captain series with matters around Rotation.

Rotation and Wind Direction

We normally ride double line and rotate clockwise, however, there are times when the wind comes from the right-hand side and we should be reversing the rotation as it is safer and more efficient. The reversing helps protect the weaker riders in the group from becoming tired quicker which then brings into play unsteady and unsafe riding

Group riders need to listen to the Ride Captain and ask questions about the change so that they can better understand the reasoning.

Maintaining the Rotation

Look, we all love the social aspect of riding, but it's not appropriate to create a large gap on one side of the rotation just to maintain your conversation. If you feel the need to do that, then find a way to work to the back of the pack and let the rotation take place ahead of you and your conversation buddy. After all, we are riding double pace line so we aren't strung out for a long distance, and cars can pass us more quickly.

Dropping Off the Back of a Rotation

While there are times when a rider needs to drop off the back (recovering from an injury, overly estimated their riding fitness or simple it is one of those days that you just aren't feeling it). But dropping off the back unannounced is not appropriate without first warning the riders ahead of you.

It creates confusion and concern and slows or breaks up the group. While often accommodations can be made if other riders in the group are encountering similar issues, the biggest decision is not during the ride, it is before signing up to the ride and being honest about your abilities/fitness level.

Be honest in your evaluation of your abilities early in the ride and express concern to the ride captain or other members in the group early on if you are struggling. If the group has split, you can drop down to a slower paced group.

If you can not keep up and no other rider is willing to ride with you, you will have to advise someone in the group that you will be excusing yourself from the ride and either short-turn or confirm that you will get picked up.

Is your bike now ready for the new season?

Check out **Chain Reaction** [CR website](#) or **Forza Performance** [FP website](#) who are both affiliated with the club for any assistance or advise.

If anyone has any suggestions for the 2026 program, please e-mail us at safecc@etobicokecycling.com.

Stay tuned for Week 4 of **SAFECC** : Ride Etiquette

Ride Safe and Ride Longer