

SAFECC

Before we get started on this week's topics, Steve wanted to further last week's rotation messaging when a rider is struggling to keep up:

“If you feel that you are at the limit of your energy level for that day and might not make it through another rotation of the echelon, do everyone (including yourself) a favour and miss a rotation or rest at the back of the group as riders rotate through.

It is EXTREMELY dangerous to the group (and yourself) to pedal your heart out to the front of the rotation and then completely let off the power while joining the right side of the group (if rotating clockwise) while the riders behind you are maintaining pace with the peloton. Remember, be predictable!!!”

Now to this week's messaging

Ride Captain Feedback – Ride Etiquette

The Ride Captains have spoken on Rider Etiquette to ensure that everyone has an enjoyable and safe ride. While most of this is commonsense, it is certainly worth repeating.

Lead Riders

- Maintain a steady pace, no surges or jackrabbiting off the start at lights or stop signs.
- Make the decision to stop or not at stop lights. Make the call and communicate the decision clearly. Keep in mind the size of the ride group
- Be observant of road conditions ahead and adjusting pace as necessary
- Point out potholes or other obstacles. Yelling "pothole" does not state the location of the pothole
- Hand signs signaling the direction of the route. This is not only important for the rider group, but also for the vehicles on the road

Good Group Citizens

- Encourage others
- Offer help (e.g., holding a bike during a flat fix)
- Don't half-wheel — Keep handlebars level with your partner
- Keep egos in check — No flexing on no-drop rides

If you're feeling strong, don't show off by riding off the front. Instead, use that energy to take longer pulls or help bridge dropped riders.

Descending

- Maintain safe distance — gaps help avoid accidents
- Communicate hazards loudly
- Don't overtake on the inside of corners

Engagement with Vehicles

We have noticed an uptick in frustration with vehicles, particularly at stop signs.

It is worth reminding members that drivers have all kinds of experiences with cyclists, from the good, to the bad and the ugly. Said another way, many drivers simply don't trust what cyclists do as they have seen all kinds of behaviour. They can't differentiate us from their other experiences.

As such, as a club, we need to maintain our patience, make eye contact, use hand signals to help them understand what we plan to do. Obeying the rules of the road is a topic we will address next week. More on this next week.

Your bike certainly must be ready now!!

If not, check out **Chain Reaction** [CR website](#) or **Forza Performance** [FP website](#) who are both affiliated with the club for any assistance or advice.

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

Stay tuned for Week 5 of **SAFECC**: Rules of the Road

Ride Safe and Ride Longer