

A Guide for Ride Captains:

Preview the Rides:

1. Review the day's scheduled Routes and Maps* (HRER website).
2. Ride or drive the routes in advance to identify safety issues, abnormal road conditions (potholes, traffic, construction etc.).

Present the Rides:

1. Arrive early (09:30h).
2. Call the group together (09:45h).
3. Welcome any NEW members and/or Guests** to the ride.
4. Outline the distances of each of the day's routes and flag road condition issues you identified at your preview.
5. Ask riders to indicate which ride (Shorter, Medium, Longer) they wish to do.
6. Ensure that NEW members and Guests are in appropriate group.

Precautions:

1. Be safe, Be courteous.
2. Cycle in single file: no more than 6 cyclists in a "groupetto".
3. Leave at least 100 metres between each "groupetto" so that drivers have adequate room to pass progressively if needed.
4. Cycle with a "buddy". Tell your buddy if you leave your group or end your ride.

Dispatch the Riders (10:00h)

Longest Group first, Middle next, then the Group for the Shorter ride.

Important Notes

* Maps: Each member is responsible for reviewing the route prior to the ride and following a PDF map (see website) or Ride with GPS navigation (download app).

**Members who bring a Guest must accompany the guest throughout the ride.