

Pre-ride

1. Introduce yourself. ID newcomers.
2. Assign "buddies" to newcomers; sweeper(s) if needed.
3. Review the route, muster points and rest stop.
4. What pace? Explain no-drop caveats. 10' for mechanicals.
5. **Don't:** Leave gaps, half-wheel, sprint from green lights, surge.
Do: Communicate. Holler "Gap!"
Single up at "Car back!" or at a raised finger.
Encourage: Any rider should call out unsafe behavior.
6. How many? Who's going short?
"Tell others if you leave the group."

Roll out

Start when "6-corners" light is **red**.

En route

1. Be at the front at key turns.
2. Manage the group, front to back
3. Coach riders who are not adhering to rules of the ride.
4. Review paceline rotation as needed.