

## Structure Of The Three Groups

### Beginners Group

- For those not used to road riding, and/or a low level of riding fitness, returning from injury or illness, etc.
- Hybrids or road bikes only, no mountain bikes.
- Maximum speed 25 kms per hour.
- To learn the meaning of bunch riding and build confidence in road riding.
- Ride from Seaford to Mordialloc, rest 10 minutes, return to Seaford. No stopping between these points. With consensus, the ride can be extended.
- Volunteers will be called for from the larger group to act as leaders/mentors.

### Relaxed Group

- For those with some level of road riding experience, and a degree of ride fitness.
- Hybrids or road bikes only, no mountain bikes.
- Speed between 25 ó 28 kms per hour.
- To learn the skills of bunch riding, communication, hand signals, etc.
- New members have a buddy who rides at the back with them on the first ride.
- Group-nominated leader every week, who leads from within the group making sure the skills are being practised. May be a nominated rover and/or Tail End Charlie to look out for any struggling or stragglers.
- Ride from Seaford to Black Rock, rest 10 minutes, return to Seaford. No stopping between these points, unless decided on the day with consensus, e.g. for sprints, etc.
- Maximum 8 riders in group. If more than 8 riders, another Relaxed group will form. Groups will stay discrete.

### Challenge Group

- For those with bunch riding experience. This must be demonstrated in the Relaxed Group before riding with the Challenge Group. Riders must be ride fit and regular riders.
- **Drop bar road bikes only – this is a safety issue.**
- Speed between 28 ó 30 kms per hour.
- No new members join this group until they've ridden with the Relaxed Group and have shown themselves to be skilful and fit enough for the Challenge Group.
- Ride from Seaford to destination decided on the day of the ride ó 50 kms +. No stopping between Seaford and turn-around point, and reverse, unless decided on the day with consensus, e.g. for sprints, etc.
- Group-nominated leader every week, who will lead from within the group making sure the skills are being practised. May be a nominated rover and/or Tail End Charlie to look out for any struggling or stragglers.