



TRIATHLON
NEW SOUTH WALES

Bunch Riding

What you need to know

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Pre-requisites

- You must demonstrate competence to handle your bike adequately (holding your line, riding one handed etc)
- You must demonstrate bunch riding skills and knowledge (e.g not half wheeling)
- You must **pass** your Learners permit (online permit if not of age or have not got your L's)

Communication - verbal

- Each cyclist in a bunch is relying on **you** to communicate on hazards, traffic, etc. You are also relying on everybody else to do their job!
- Bunch calls include:
 - **Left/right/middle** (to call hazards)
 - **Car back** (when a car is overtaking)
 - **Rider/runner up** (when passing a slower rider or runner)
 - **Clear** (when turning corners)
 - **Over** (when crossing lanes)
 - **Stay** (when not safe to cross lanes)
 - **Roll** (when rolling turns)
 - **Single up** (when merging from 2 abreast to a single line)
 - **Slowing/stopping** (when coming to a give way, stop sign or traffic lights)
 - **Flat** (when someone gets a puncture we all must stop)

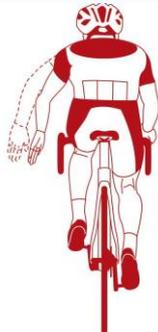
Communication – hand signals



Indicate turning



Point to indicate hazard



Hand by the side and motion to back to indicate single up



Indicate stopping

No one gives 'the bird'



Hand signals are used **ONLY** when safe to do so, otherwise verbal communication is used.

Bunch Formation

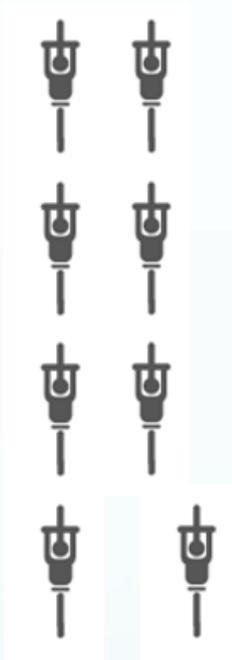
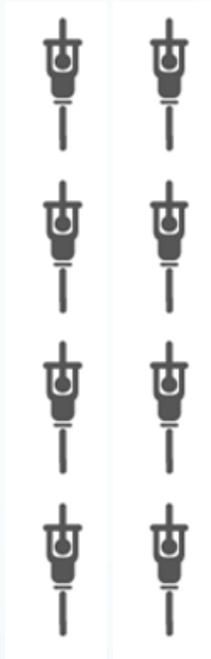
- Unless leading, ride directly behind the wheel in front of you
- Leave a gap suitable for your skill level and the conditions (half to 1 wheel length on flat road)
- Allow further distance when starting a climb and on wet roads
- Keep your handlebars parallel to the person next to you. Do not “half wheel”
- Ride within 30 – 60cm of the person next to you
- Ride 2 abreast where possible, otherwise “single up” when called. NEVER ride 3 abreast
- **Be predictable** with your movements

Wet roads

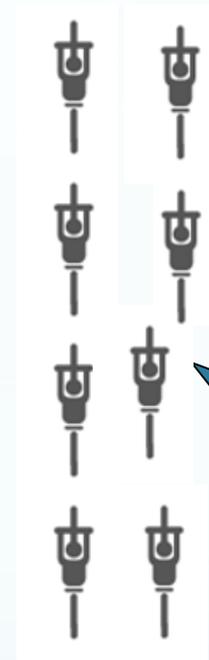


- Do not ride through puddles
- Avoid riding on road markers (lane lines, arrows, etc)
- Take out 10 – 20 psi of tyre pressure from normal inflation levels
- Always wear eye protection (clear lenses)
- Ride with front & rear lights
- Ride with bright, protective clothing
- Avoid sudden accelerations as you may skid or slip
- Avoid unnecessary sudden braking as you may slide out
- Brake earlier than normal as brake pads and rims are wet & it will take longer to brakes
- Take corners slower and stay in dryer tyre marks if possible
- Avoid riding on wet roads straight after long periods of dry weather as there is more likely to be more car oil on the road making roads more dangerous

How the bunch should ride!



Too far out, a car may hit you!



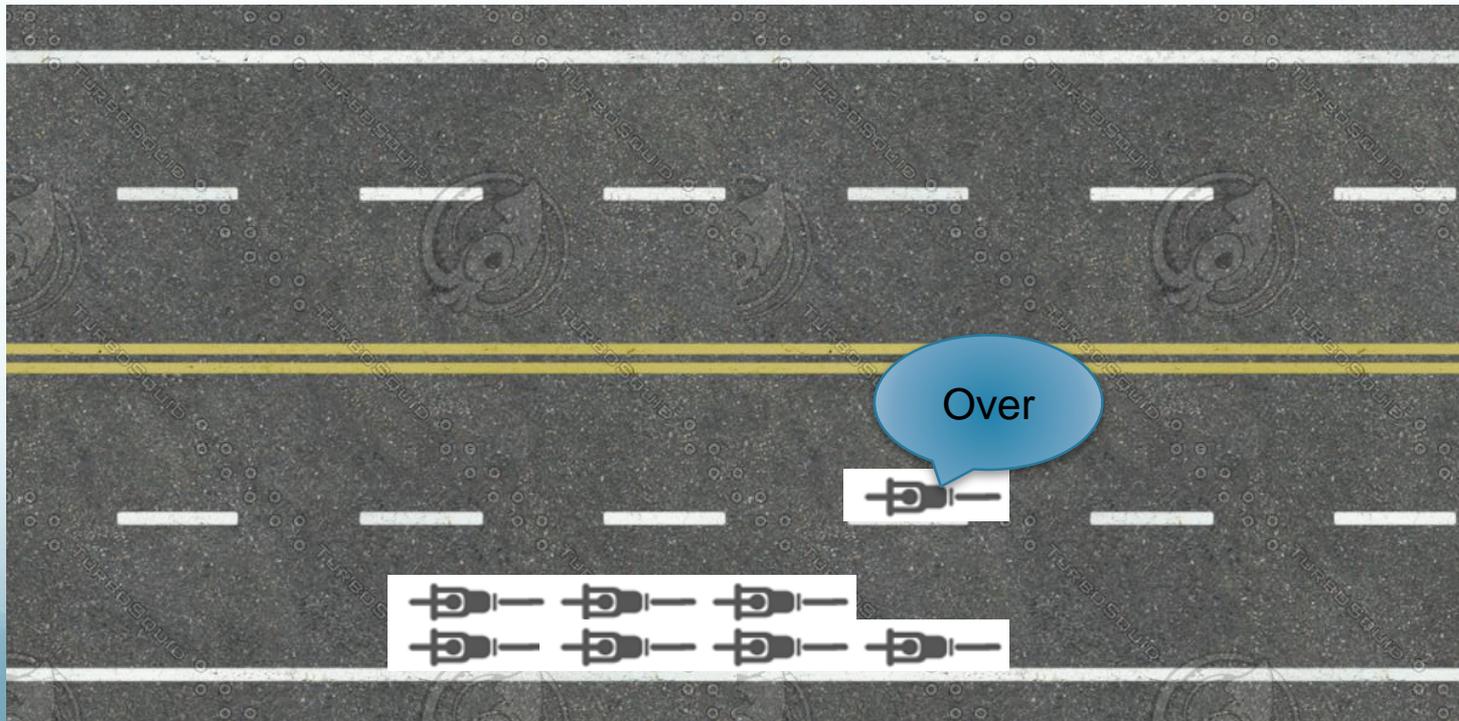
The rider may clip a wheel

Moving across lanes

- Riders need to know when it is safe to move across to lanes
- The rider positioned at the back right of the bunch must call “over” when it is safe for the bunch to move across
- The “over” call must be made by each cyclist up to the front of the pack **AFTER** they have merged across into the lane themselves. Therefore cyclists in front do not need to look behind them & risk falling!

Moving across lanes

The rider at the back right, checks there are no cars coming & it is clear for the bunch to cross lanes. This rider crosses the lane and then calls “over” to move into middle lane

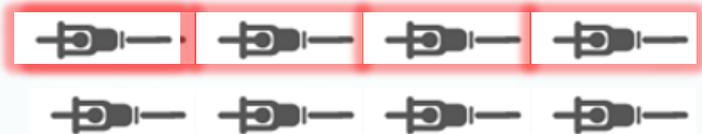


Single up

- The call to “single up” will come from the front rider
- The rider on the inside (left) stays in their position with the wheel behind opening up a gap for outside rider to come in
- The cyclist on the outside (right) will move in behind the rider to their left

Single up

Call made to "single up"



Inside riders make gap for red riders

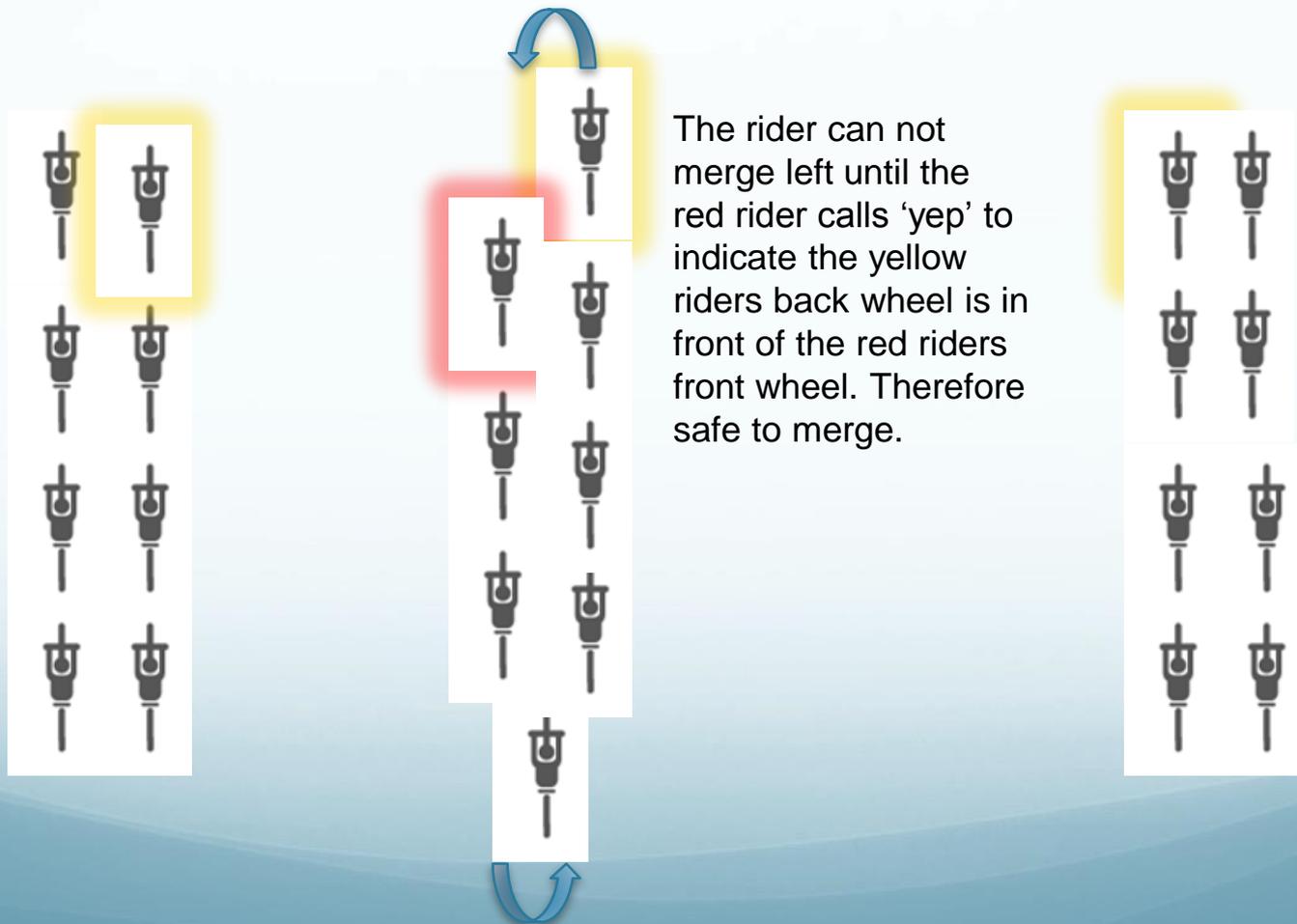


All merge into single file



Rolling Turns

The front right rider moves forward and over to the left upon calling 'roll'



Splitting of the bunch

- Sometimes the bunch may split due to traffic lights, hills, fatigue, punctures
- TNSW bunches wait for slower riders!
- Stop or slow down & wait where & when it is safe to do so (i.e. top of a hill, or breakdown lane)

We'll stop
at the top
of this hill



Wait for
us guys!



Look & listen

- Be aware of other road users who may not be aware of you (reversing cars, opening car doors, pedestrians etc)
- If talking to each other, **do not** look at each other, stay focussed on the road
- Look **through** the rider in front of you, not just the wheel in front
- **Stay alert**, bunch riding on roads is not a game!



Road rules



- Riders over 18 must carry ID. \$106 fine
- (All riders must carry ID, regardless of age)
- All riders must carry their mobile phones. (with mobile location turned on)
- Wear a helmet with AS sticker (\$319 fine)
- Use the bike lane if available, if not, use a normal lane
- ALWAYS indicate to cars what your doing (turning left, right or stopping)
- Give Way to traffic, riding dangerously is a \$425 fine (cars always win!)
- Be defensive (if in doubt, stop or give way)
- Stop at traffic lights (\$425 fine)
- Holding onto a moving vehicle is a \$425 fine
- Riding at night without lights = \$106 fine
- Riders should provide pedestrians 1 metre of space on shared paths
- Cars must give riders 1 metre of space if speed limit is 60kmph or less
- Cars must give riders 1.5 metres of space if speed limit is over 60kmph
- Drivers can cross marked lines to pass riders and not be fined
- Drivers must wait behind riders until it is safe to pass

Bike Maintenance

- Make sure your bike is road worthy
- Check it before EVERY ride
 - Brakes are evenly adjusted (& not rubbing on the rim or tyres)
 - Tyres are pumped up
 - Gears are working properly
 - Nothing is loose or rattling
 - Chain is lubed & clean
 - Cleats are not worn out
- Take what you need on your rides
 - Spare tubes
 - Bike pump
 - Tyre levers
 - Water bottle(s) with electrolytes/water
 - Food adequate for length of ride
 - Front and rear lights
 - Money
 - ID
 - Mobile Phone

Clothing

- Dress appropriately for the conditions you are riding in
- Wear glasses (clear lenses on rainy days) to protect your eyes
- Make sure your helmets fits & is not cracked & has an Australian Standards sticker on it
- Don't wear undies under your bike pants!
- Wear a raincoat/rain jacket if raining
- Wear gloves to protect your hands (fingerless in summer)
- Bring an appropriate sock game 😊
- Wear a brighter cycling Jersey, black doesn't stand out

Terminology

- Bunch riding can sometimes mean a new language



- If you don't know a term, ask someone what it means