March 10, 2025

Group Riding

One subject that comes up from time to time is where do we put new riders go in the formation. There are two trains of thought on this. One philosophy is that new riders should ride in the back of the formation, so they do not create a situation with more experienced riders. The other is that they ride up front so that the Road Captain can set a pace that is more in line with their experience.

I can see both sides of this discussion. If you have an experienced sweep, they can keep an eye on new riders and communicate with the Road Captain to let them know about any issues. This takes some pressure off the Road Captain.

If they are up front the Road Captain can more easily set the pace and keep an eye as to how they are doing but can be a distraction for the Road Captain.

I have seen new riders in the middle of the pack, but that generally causes a yoyo effect.

There is no definitive answer to this and that is why the Road Captain needs to be aware of not only how many new riders they have but talk with them about their riding experience.

Also, you need to think about if there are trikes in your group. I generally have them ride in back of the trikes so the sweep can keep a closer eye on them. I know that might sound odd but it works.

I personally like to have new riders at the back of the formation and have my sweep communicating with me.

Andrew Trapani

ALR DOC Safety Officer