



WHAT TO EXPECT AS A TOUR LEADER ON AN 'A/B/C' RIDE

Our club offers rides that have a speed rating of 'A/B/C,' essentially meaning that the ride can accommodate riders who would like to travel at any one of these speeds. This is not always easy to manage from a Tour Leader's perspective, so those present will need to help out the Tour Leader! Most of the 'A/B/C' rides include a cue sheet supplied by the Tour Leader or downloaded by members from the website.

Here is the theory: The Tour Leader should survey the riders to determine who would like to be in each of the three groups. Each group will then need a member to volunteer as the Tour Leader and another as the sweep. Each group will then stay together for the duration of the ride, re-grouping as necessary.

Sometimes there are not enough riders present to warrant three groups, so possibly two groups will form. Examples: 'A/B' group and a 'C' group OR an 'A' group and a 'B/C' group. In either case, each group will stay together and re-group as necessary at STOP signs or turns. 'A' riders in an 'A/B' group will have to reduce their speed to that of a 'B' pace to stay with the group. 'B' riders in a 'B/C' group will have to reduce their speed to that of a 'C' pace to stay with the group. Finally, if there is only a small group of riders, the entire group will stay together and ride at a pace manageable by all present.

The Tour Leader should remind riders to:

- stay with the group
- re-group as necessary
- make sure that no rider is ever left behind
- ride at the designated pace
- advise the Tour Leader or another rider, if they plan to leave the group/ride for any reason (so we do not go looking for them)

Riders should be reminded that they can always choose another ride with a single speed designation if an 'A/B/C' ride does not meet their needs.

Summary of the speed categories:

A	26+ km/h, vigorous pace, few stops
B	21-25 km/h, steady pace with re-grouping
C	16-20 km/h, sightseeing pace with re-grouping
S	12-15 km/h, relaxed scenic pace, staying together

Website: thefreewheelers.com