

## Ride of Silence Attendee Guide Lines

The RoS is unlike most any other ride you have attended, being held in silence and with a group of riders. As such there are a few guide lines that will make your experience better and the group dynamics better.

Arrival- Please arrive in time to park, I suggest about 6:15, get you and your bike ready and sign in at the registration tent. This might take 15 minutes for some. By 6:30 we'll gather about the starting area with our partner.

Sign In- We ask that all sign in at the tent. We have arm bands for those who wish to wear one. The signup sheets ask for a **legible** name, email contact address and the rider who you are honoring (if any). If you registered on line **please sign in on the sheets** at the tent. We use these signup sheets as the official attendance record and for future email communications.

Ceremony- Starts about 6:35. We speak to our cause, some rules, some thank yous, the poem is read. At 6:58 "Amazing Grace" starts and we roll out a couple of minutes later.

Group Arrangement- **We will pair up while in the starting lot** and roll out as pairs, side by side. Our volunteers will help with this. This two abreast pairing will continue as we ride along and go around the few corners. We will pull into the lot at our finish in these pairs. We ask that, barring problems, riders remain as pairs and in their place along the line that forms our group. We also ask that riders try to keep a straight line while riding. Weaving right and left only takes more room and confuses those behind.

Pace- The ride rolls along at about 10mph, slightly faster on the minimal down slopes and less on the rises. But the nature of the group is to "accordion" back and forth. The less you go through the speed up then slow down cycles the easier it will be to keep your place in the line of riders. **By watching a pair or three ahead of yours** you will be better able to anticipate pace changes and reduce the bunching/gaps.

Communication- Excepting the hand full of designated Rider Escorts this will only be from body language and arm/hand indications. It is imperative to keep an eye on the riders a few pairs ahead of you to be better able to anticipate the changing pace of your portion of the group.

Clothing- Riders won't create their own warmth given the 10mph pace. Wearing warmer clothing and gloves then you would typically will keep you warm and far more comfy. I have experienced shivering during the ride which makes for less safe bike control. We ride rain or dry, bring a **variety of clothing options** to the start.

Rider Escorts- We have a number of riders who will help attending riders with problems and who will help to insure the group's cohesiveness. They will be wearing Safety Vests and are to pull out of their paired position, approach a troubled rider(s) and **instruct the riders as needed**. They might ask a rider who is or has mechanical problems to pull out of the group (to their left) and wait for the rest of the group to pass by. They also will instruct the rest of the group as to the need to pass by and continue. If a rider(s) is pulled they will be able to continue with the last Escort Riders to the finish, being guided by and helped through the intersections by these trailing Escort Riders.

Moto Escorts- The escorting motorcyclists will be leap frogging the group as needed to be able to control the next intersection. Please try to maintain your position behind the riders ahead of you so the left side of the lane is kept open for the escorts to pass by. These Moto Escorts will only protect the main group.

Ride's Completion- We will ask that riders remain in place and as pairs and continue to ride into and across the parking lot. The group will roll to the back of the lot and then double back toward the front. This will allow all those behind to have room to pull into the lot. The ride is officially over when the last riders are in the lot. We also ask that any arm bands that were handed out be returned to the ride volunteers.

After Ride- Many will mill about as they pack up and prepare to depart for home. We encourage this interaction as our sharing the experience can and does create strong feelings that deserve their own recognition.

Ride of Silence information available at:

[Rochesterbicyclingclub.org](http://Rochesterbicyclingclub.org)- events page

[RideofSilence.org](http://RideofSilence.org)

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