



**CYCLE OF**

**HOPE**

**2026**

**Group  
Riding  
Information**

# Group Riding Etiquette

## Ride Safe. Ride Smart. Ride Together.

- Group riding is about more than just cycling, it's about **trust, teamwork, and awareness**
- Whether you're new or experienced, these guidelines help keep **everyone safe and confident**
- Our rides are **no-drop**, meaning we support each other every step (and pedal stroke) of the way
- By following proper etiquette, we create a ride experience that is **smooth, predictable, and enjoyable for all**
- **Let's build strong habits early and make every ride a great one.**



# Group Ride Etiquette

## Arrive on Time & Be Ready to Ride

- **Bring with you:**
  - Smart phone
    - All waivers are done online
  - Helmet
  - Headlight & taillight
  - Clothing to suit the weather
    - Bright colours recommended
  - Water bottle(s)
    - Practice drinking & cycling



# Group Ride Etiquette

## Other recommended items

- Spare tubes, tire levers, pump
  - Be as self-sufficient as possible
- GPS / speedometers
- Padded cycling gloves
- High energy snack food
  - Especially for longer rides
- Mirrors and bells
- Money
  - Sometimes we stop for treats



# Group Ride Etiquette

## General travel

- We ride 1 meter out from the curb or hazard (puddle / parked car)
  - Ensure you always have room to maneuver
- We “take the lane” when there is not enough room for cars to pass safely.
  - IE: Roundabouts, narrow roads, passing parked cars
  - The sweep rider will inform the group when it is clear to take the lane



# Group Ride Etiquette

## Overtaking

- Always pass on the left and announce “On your left” before passing
  - Do not pass on the right
- Stay in your lane
  - Do not cross the center line of a street.  
There is a risk of being hit from behind
- Please stay behind the ride leader at all times



# Group Ride Etiquette

## Intersections

- When we are riding as a group, we act as one vehicle.
- We will “take the lane” at intersections
- We will cross the intersection as a group
- Starting from a stop, should be slow and controlled to ensure the group stays together



# Group Ride Etiquette

## Aero Bars

- These type of handlebars can be very dangerous in a group setting
  - Hard to access your brakes quickly
  - Hard to maneuver quickly
- Participants are prohibited to use them on group rides
  - Note: The bars do not have to be removed from your bike



# Group Ride Etiquette

## Flat Tires – It Happens...

- Notify the other riders by yelling “FLAAAAT”
  - Other riders should echo it
- Carefully move to the right side of the road if you can
- Slow down and stop when there are no riders behind you
  - DO NOT stop abruptly
- The group will stop while flat is repaired



# Group Ride Etiquette

## Be Aware of your Surroundings...

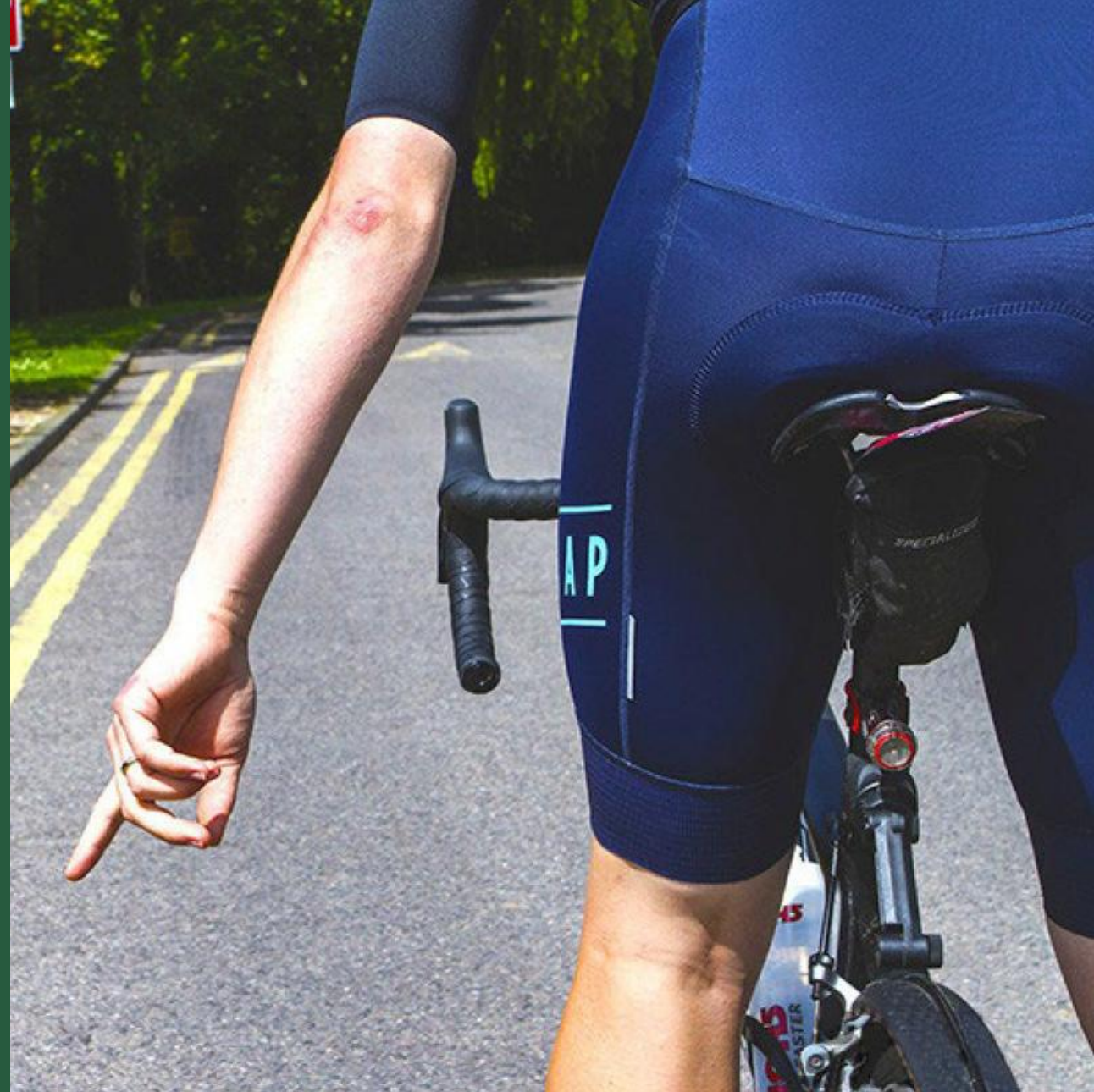
- Keep your eyes up
  - Look past the rider ahead of you
  - Do not focus on the wheel in front of you.
- NEVER overlap your front tire with the rear wheel of the rider ahead
  - If they swerve, you will crash (as shown in the photo)



# Communicate

## You are responsible for the people around you

- Point out road hazards
- Periodically check to make sure your friends are still behind you
  - Advanced tip: Look for their shadow
- Be consistent & predictable
  - Don't surge forward
  - Don't swerve left or right
  - Don't brake abruptly



# Communicate

## Share messages & signals with the people in the group

- “Slowing” / “Stopping”
- “Gap” (unable to keep up with the group)
- “Glass” (broken glass on road)
- “Flat” (flat tire)
- “Rider Back / Car Back” (overtaking)
- “Walker Up / Car Up” (approaching)



# Know Your Hand Signals



# General Tips

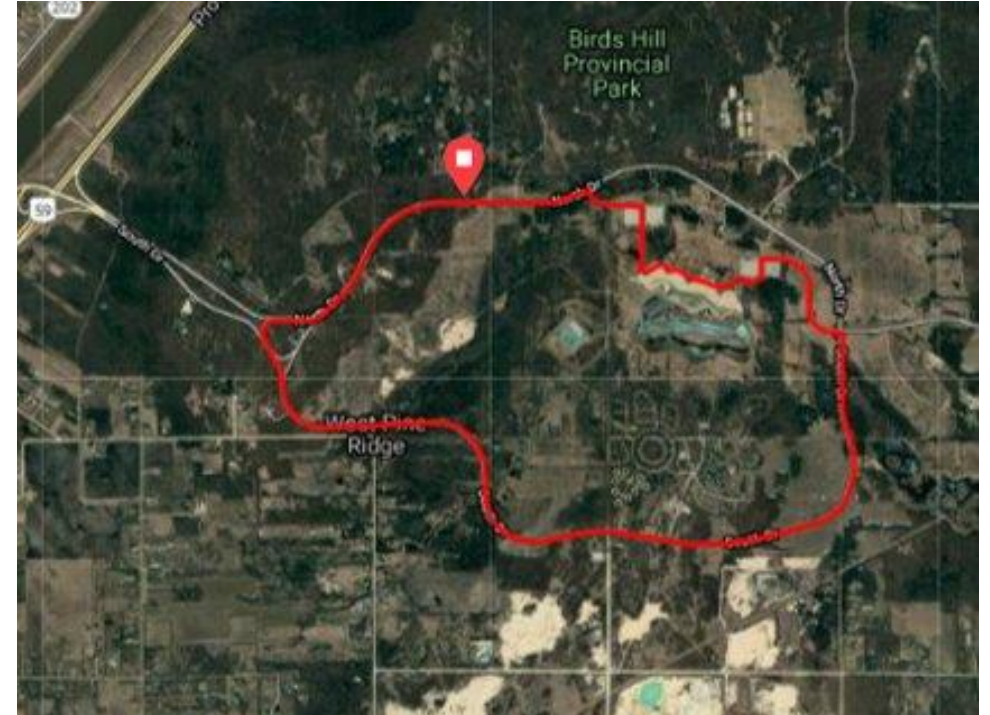
## Riding in the Heat

- Stay Hydrated!
  - Set a timer to go off every 10 minutes and alternate between water and electrolyte beverages.
- Use waterproof Sunscreen! Apply liberal amounts of SPF 30 everywhere.
- Use Chamois cream to prevent chafing
  - I recommend Bag Balm available at Lee Valley Tools



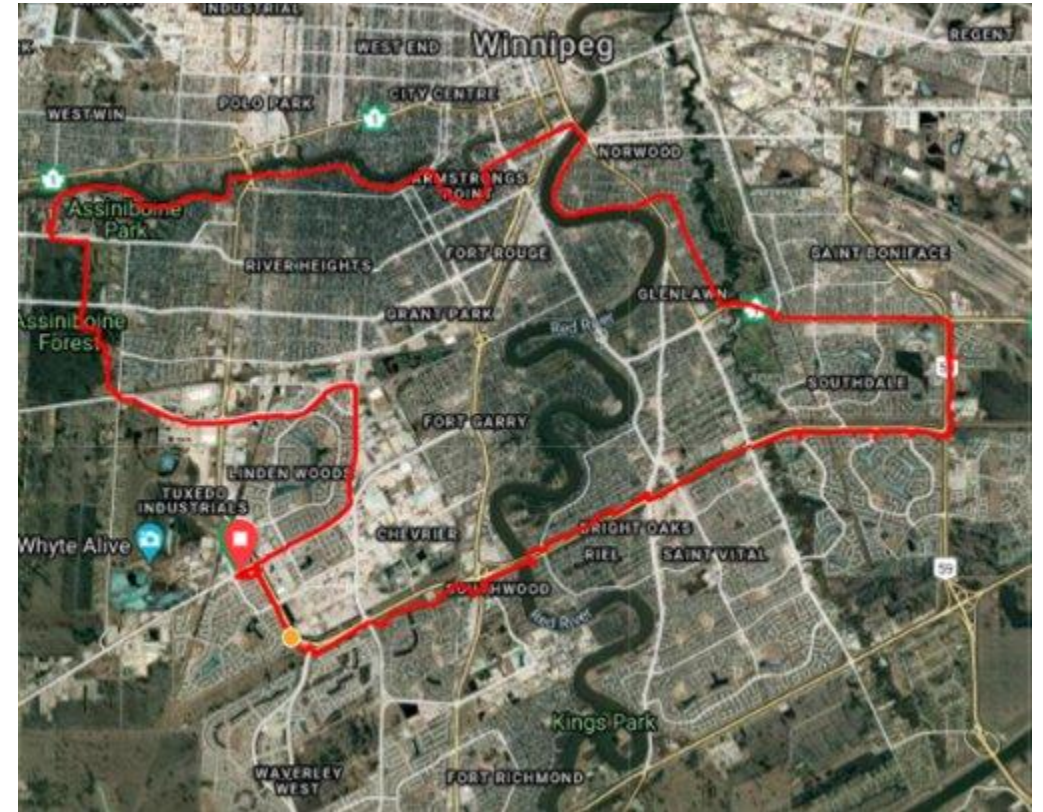
# Popular Local Routes

- Birds Hill Park Loop (11 km)
  - <https://ridewithgps.com/routes/36291617>
- Habitat – St. Vital Loop (27 km)
  - <https://ridewithgps.com/routes/36291035>
- Habitat – Birds Hill Loop (28 km)
  - <https://ridewithgps.com/routes/35911811>
- Habitat – St. Boniface Loop (29 km)
  - <https://ridewithgps.com/routes/36291124>
- Grants Mill – Forks Loop (30 km)
  - <https://ridewithgps.com/routes/36083855>



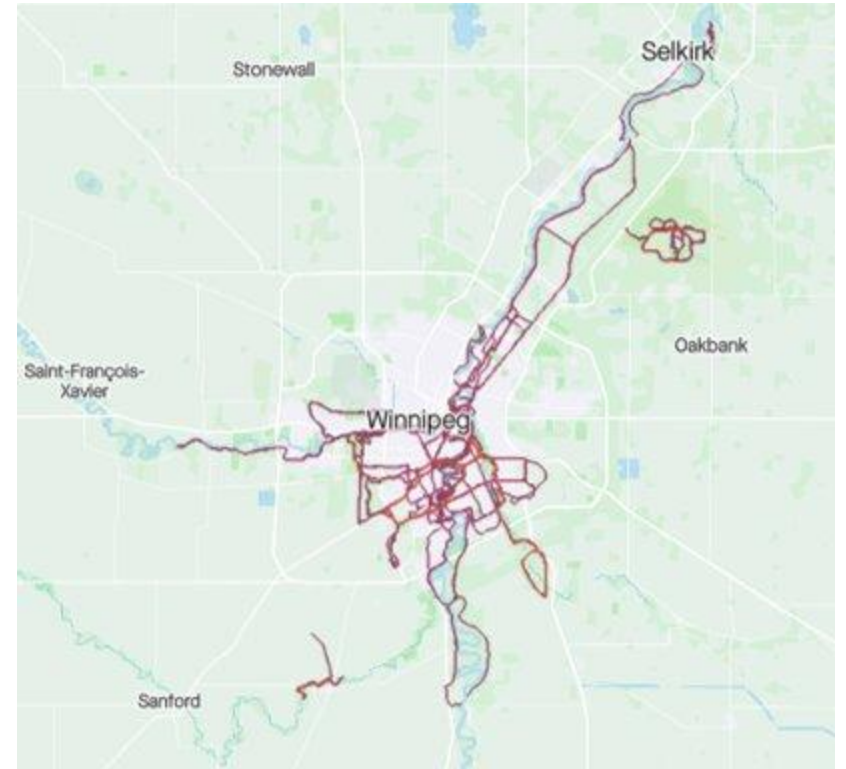
# More Local Routes

- Assiniboine to Headingley Loop (32 km)
  - <https://ridewithgps.com/routes/36291873>
- South Winnipeg Loop – (50 km)
  - <https://ridewithgps.com/routes/36038907>
- Habitat – Lockport Loop (53 km)
  - <https://ridewithgps.com/routes/36290806>
- Muddy Waters (70 km)
  - <https://ridewithgps.com/routes/29440284>
- Muddy Waters (110 km)
  - <https://ridewithgps.com/routes/29440297>
- Muddy Waters (160 km)
  - <https://ridewithgps.com/routes/29440443>



# Route Resources

- Other relevant route information:
  - [Bike Map](#)
  - [Bike Winnipeg](#)
  - [City of Winnipeg Maps](#)
  - [Manitoba Cycling Association](#)
  - [Manitoba Randonneurs](#)
  - [Northgate Trail Maps](#)
  - [Trail Forks App](#)
  - [Winnipeg Trails](#)



# No-Drop Training Rides

- Easy Peasy Rides
  - April to September\*
  - Tuesday nights - 6:00 to 9:00 pm
  - Distance: 20 to 30 km
  - Speed: 17 to 22 km/h
- Destination Rides
  - May to September
  - Friday nights - 6:00 to 9:00 pm
  - Distance: 50 to 80 km
  - Speed: 25 to 30 km/h

\*Start date is based on weather and road conditions



# No-Drop Training Rides

- MCA membership is required
  - Cost: \$80 (General membership)
  - Click [HERE](#) to get yours
- Ride Club Etiquette
  - Don't be THAT person... read [THIS](#)
- If you have questions about the rides, contact Brett or Miles for more information



**MANITOBA  
CYCLING  
ASSOCIATION**



**Any  
Questions?**

**Contact Brett:**

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