



WHEN THE JOURNEY IS THE POINT

VICPARK

R A C E T E A M

VRT Ride Expectations & Etiquette

Rev 2_June 2026

Prepared for:

Vic Park Race Team

Prepared by:

VRT Committee

1 General Group Ride Expectations

These apply to **all VRT rides** and help keep the bunch safe, smooth, and enjoyable for everyone. These are developed on the back of our club pillars of **race, develop** and **community**.

Be Predictable

- Hold your line and avoid sudden movements.
- No overlapping wheels.
- Don't brake abruptly unless necessary.
- Signal hazards and changes early.

Remain Organised

- Ride in formation as directed by the group style (rolling turns, two abreast, pace line etc.).
- Keep gaps tight but safe.
- Move smoothly through rotations.

Communicate Loudly & Clearly

- Call hazards.
- Pass signals and calls through the group.
- Use hand signals where appropriate.

Respect Other Road Users

- Be courteous to motorists, pedestrians and other cyclists.
- Don't block intersections or traffic unnecessarily.
- Don't run red lights.
- Keep noise respectful in residential areas early in the morning.
- Represent VRT positively at all times. Our kit stands out!

Look After Each Other

- Ride safe.
- Ride fast.
- Be predictable.
- Support your mates.
- Coffee tastes better when everyone gets there safely.

2 Tuesday Chase

Group Departures – North Side Narrows

- **G4:** 5:25am
- **G3:** 5:35am (3B goes when 3A are at the Brewery)
 - Group 3A - Can join other groups as they pass. Drop ride
 - Group 3B - Can NOT join other groups – must start and finish together. Group ride with intent to not drop one another
- **G2:** 5:40am
- **G1:** 5:45am

Ride Format

- Pace line or rolling turns depending on group size and dynamics.
- This is a **drop ride for all groups**.

Group Expectations

- We recommend riders start and finish in their assigned group.
- However, VRT supports riders challenging themselves and developing by joining a faster group as it passes.

Passing Another Group (faster group)

- Early call “bikes back”.
- Single file.
- Do not cross the middle white line.
- Only look to pass when safe to do so, looking to avoid stretches with road furniture.

Joining a Faster Group (from a slower group)

- Always join at the **back** of the faster group.
- Sit in initially and assess the pace and flow.
- Once comfortable, contribute with smooth turns.
- If the pace is “spicy”, keep your turns shorter.

Joining a Slower Group (from a faster group as you pass)

- If you are struggling, safely join the slower group from the rear.
- Clearly communicate to your group you are joining it, by drifting to the back and signalling your intent.
- Do not insert yourself into the middle or front of the bunch.

Passing Other Groups

- Pass safely and respectfully. Be considerate of the size of your group and choose the right time to pass.
- Give adequate space.
- Avoid cutting across or “chopping” the front rider’s wheel when moving ahead.

If You Get Dropped

- Settle into your Zone 2 and cruise to coffee.
 - We’ve all been there... and we’ll all be there again. 🤪😂
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3 Wednesday Point 9 Ride

Departure - Cnr Douglas Ave and Canning Hwy

- 5:30am

Ride Format

- Recovery-focused social ride.
- Ride two abreast where safe.
- Front riders roll off whenever they choose.

Group Expectations

- The ride stays together, with the pace dictated by the slowest rider.
 - Keep the vibe relaxed and conversational.
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4 Thursday Intervals

Start Locations Varies (Jet Ski Car Park or Kings Park)

- 5:25am

Ride Format

- Interval session set by the coach the night before.
- Where the real gains are made!
- Riders complete efforts individually or in small groups.

Group Expectations

- Regroup at designated points.
- Respect each rider’s workout and recovery periods.
- Safety first during hard efforts and regroup sections.

5 Saturday Chop Shop

Details

- Alternating routes
- 6:30am
- Ellam St Carpark
- Groups G1–G5

Ride Format

- Group ride focused on working together.
- Rolling turns and bunch efficiency are key.

Group Expectations

- Contribute to the group where possible.
- Smooth, consistent turns help everyone.
- Tapering – if you have dropped down a group due to upcoming races/events, you must respect the integrity of that group's ride, do not blow it up.

Regroups & Drops

- If you cannot stay with the group, drops may happen.
- Rest and get ready to join the next group as it comes by.
- Regroup points vary depending on:
 - Group level
 - Route
 - Conditions

Examples:

- G1/G2 may ride straight through without regroup.
 - Other groups often regroup at agreed locations. Eg. Foothills route commonly regroups at Kalamunda Rd.
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6 Sunday Hills

Details

- Typically smaller group(s)
- Alternating routes

- 6:30am
- Ellam St Carpark
- Groups G1–G5, combined

Ride Format

- Group ride focused on working together.
- Rolling turns and bunch efficiency are key.

Group Expectations

- Contribute to the group where possible.
- Smooth, consistent turns help everyone.

Regroups & Drops

- Ordinarily a no drop ride, unless otherwise stated
- Regroup points at top of major climbs, vary depending on:
 - Group level
 - Route
 - Conditions

7 Final Word

Ride hard. Ride smart. Ride together.

The strongest bunches are not just fast — they're smooth, predictable, respectful, and safe.

These expectations will be updated based on member feedback and changing group dynamics.