

GROUP RIDE GUIDE

Raise the Bar Triathlon Club

All riders participate at their own risk and are responsible for their own safety. These guidelines help keep everyone prepared and having fun — regardless of pace.

PACE GROUPS

Group	Pace	Notes
A	18+ mph	Not a drop-free group. Riders are expected to be self-sufficient.
B	15–18 mph	Not a drop-free group. Riders are expected to be self-sufficient.
C	15 mph & under	We will attempt to arrange a sweep when possible — not guaranteed. Come prepared to get home on your own.

Not sure which group? Start with Group C. There's no shame in riding conservatively — we want you to finish strong and come back next week.

ROUTE & NAVIGATION

You are responsible for knowing how to get home. Not every ride has a predefined route — carry a device that can navigate back to the start:

- Garmin bike computer or GPS watch
- RideWithGPS, Strava, or similar app

Download the route before you leave.

WAIVER

A signed waiver is required to participate. If non-RTB members are present, they must sign **before the ride departs**.

Sign at:

form.jotform.com/261186221546051

YOUR RESPONSIBILITIES — EVERY RIDER, EVERY RIDE

Essentials	Bring the downloaded route, a flat kit, a bike light, and a cell phone or inReach. Be visible.
Rules of the road	Obey all traffic laws. You are individually responsible for your own compliance.
Group etiquette	Give space to riders around you. Call out hazards. Announce when passing or slowing.
Self-sufficiency	Know your route home. Do not rely on other riders or a sweep to navigate for you.