



Riding the Chain Gang

When riding:

Please ride in a safe and considerate manner. This is a ride, not a race.

On all the roads, please ride no more than two abreast.

When riding in a group, please remember that there are people behind you, so avoid sudden breaking, freewheeling & sudden movements.

Always shout to people behind if there are any hazards or if you are stopping OR slowing

Please take special care when crossing roads, look and only cross when you feel safe to do so.

The Summer Chain Gang starts at Kingston Upon Soar crossroads.

We ride at a steady pace until we get there as a group.

If you get dropped, then we will regroup when we get back on the A60 main road, just past Bradmore.

If you don't want us to wait & want to go at your own pace, let someone know.

The chain gang leader will set the pace for the group and will tell you if you need to slow / speed up.

You need to have 3rd party insurance when out on the road with Beeston RC. We recommend CTC or British Cycling.