# American Legion Riders









Do Not Lead, I Will Not Follow Do Not Follow, I Will Not Lead Just Ride Side by Side and Be My Friend







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#### Creed

"American Biker's Creed" As we travel the highways of our countryside, may we experience the love of Life and adventure in the great outdoors and find one's peace of mind in our inner self. May we safely soar with pride in one's self and one's machine. Respect the rights of others and seek to quell all prejudices and extend the hand of fellowship to each other. And may we all stand united against the oppressions confronting us with all the spirit, will and determination as our forefathers once did when founding our great nation. For we are one of the last symbols of America's freedom Amen...

## The American Legion Riders

The American Legion Riders are members of the American Legion family who are also motorcycle enthusiasts. They can be found participating in parades, partaking in motorcycling events, and supporting the communities in which they live, work, and play. Members of the ALR come from the Legion, the Legion Auxiliary, and the Sons of the American Legion.

The American Legion Riders were formed:

- To participate in parades and other ceremonies that are in keeping with the Aims and Purposes of the American Legion.
- To promote motorcycle safety programs and to provide a social atmosphere for American Legion members who share the same interest.
- To use our Association to promote and support programs of the American Legion.

The American Legion Riders in not an M/C, and does not practice M/C rules or regulations. The American Legion Riders is family-oriented, just as is its parent organization: the American Legion.











## **Prayer For Our Soldiers**

#### Dear Heavenly Father,

As our country goes forward into war again we ask that you hold our soldiers safely in your hands. We ask that you share with them Your courage, Your strength, Your wisdom, Your divine love, and Your perfect vision of the future. We ask that You keep our loved ones safe and America strong and blessed. We ask for Your blessings on our leaders. May they make the right decisions for the right reasons and be always guided by You. We thank You for this opportunity to lead an oppressed country into freedom and the light. May all of the free world unite in prayer and love for each other.

In Jesus' name, Amen.

## The American Legion Rider

When our country is harmed, there are those that respond.

With honor and duty they're sent.

In war and in peace, with strength and resolve,

It's the blood of the soldier that's spent.

We fight and some die, on those foreign lands.
With freedom and God at our side.
And when our service is done, we need to keep on,
So we join the Legion that rides.

The souls of the fallen and breath of the living, Bestow Gods blessings on this country's side. So with flags held aloft, and the sounds of thunder, We join the Legion that rides.

When our day is past, and our duty is done God's angels will ask, "Have you been a provider?" "What have you done for your country and man?" I'll answer with pride, "I'm an American Legion Rider"

- Rick Babinger -











#### THE ALR'S HISTORY

The Beginning of the ALR as told by one of it's founders

In the fall of 1993 Chuck (Tramp) Dare shared a dream with then Post Commander (Polka) Bill Kaledas at the American Legion Post 396 in Garden City, Michigan. The idea came about to start a motorcycle association that would operate within the American Legion. The idea was to provide an atmosphere whereas Post, Auxiliary and S.A.L.. members, who shared an enthusiasm for motorcycles, could come together. It was meant to be a family oriented group.

Not knowing how to start this group up, and stay within the scope of the American Legion, a letter was written to then Department Adjutant Hubert Hess. In his November 19th, 1993 reply he stated that it "Sounds like a great idea". In this letter, and follow-up phone conversations, he gave us instructions on how to manage this program at our Post. He also provided us information on how to get approval for the use of the American Legion Emblem. We then sought to get this program recognized through our Post Membership. The idea was brought up at our Post meeting to have our Post sponsor the group to be known as the "American Legion Riders". It was passed by our members and thus became the birth of the first American Legion Riders group.

We started with just a small group. Within a few months we grew to nineteen members. We worked on developing a set of by-laws to help us to provide structure to our group. We designed an emblem for the American Legion Riders. This emblem, contained within its design, the emblem of the American Legion. Working closely with our Department Adjutant we were able to gain approval, by the national headquarters of the American Legion, to have our emblem manufactured for our group. This emblem is worn today by Legion Rider groups throughout the country.

Another important decision we made, with concurrence of our Department Adjutant, was to not require members that wanted to become legion Riders to transfer to our Post. Our Post sponsored the American Legion Rider group, but not all of our members belong to our Post. We felt that if we required members to transfer to our Post that this would cause a lot of hard feelings in other Post near our own community. What we soon found out was that our membership grew, not from current legion members, but many joined the American Legion to become members of the American Legion Riders. A very conservative estimate would say that over half of our current membership joined the American Legion to enable them to join the Riders.

Right after starting we proceeded to get down to "business". Our objective was to support the aims and purposes of the American Legion, through service to our Community, State and Nation. We did such things as putting on a "Bingo" at the VA Hospital, putting on fundraisers for local charities, participating in motorcycle "runs" to raise money for charity and participation in ceremonies and parades. We gained a lot of respect in both the American Legion community as well as our own community.

In 1996 we had an article published about the American Legion Riders in the American Legion National publication of the "Dispatch". An article in the American Legion Magazine soon followed up this article. In about 1996 "Tramp" moved to Texas, where he did a great job of promoting the Legion Rider program there. Today, there are groups of American Legion Riders throughout the country.

#### Bill Kaledas





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#### ABOUT US

We are proud members of the American Legion, Auxiliary, and SAL. The American Legion Riders of Kansas was approved in October of 2001 by the membership of Legion Post 136 in Mulvane, Kansas.

The American Legion Riders Association is Nationwide and we are proud to be part of this great group of Legion Riders.

The purpose of the American Legion Riders of Kansas is to promote and support the programs of the American Legion. These include, but are not limited to participation in parades, charities, veterans issues, and keeping with aims and purposes of the American Legion.

The American Legion Riders of Kansas provide a social atmosphere for American Legion members who share the same interest and who keep the POW/MIA issues alive.

Ride Safe and Have Fun.

## Eligibility Requirements

Must be a member of the American Legion, American Legion Auxiliary, or Sons of the American Legion
Promote and Support the American Legion
Motorcycle 250cc or Higher
Have Fun and Enjoy Motorcycling

## Kansas Legion Riders Motto:

Do Not Lead, I Will Not Follow Do Not Follow, I Will Not Lead Just Ride Side by Side and Be My Friend











## Kansas ALR History

American Legion members of Post 136 Cregg Hansen and Bill Baber made their first trip to Cripple Creek Colorado for the Salute To American Veterans / POW-MIA Recognition ride in August of 1998. The American Legion Riders of Colorado were involved in organizing this event.

In August 2001 on their fourth trip to the Rally in Cripple Creek Cregg Hansen and Bill Baber were joined by other motorcyclists from Kansas Dwight Miller, Gary Bird, Pete Delusie, Mike Bird and Steve Marvin. While at Cripple Creek they obtained information about the American Legion Riders from the Colorado Legion Riders, when they returned to Kansas, Dwight Miller and Steve Marvin contacted founding member Bill Kaledas from Michigan, Cregg Hansen contacted President of the Legion Riders in Colorado Roy Box. With the assistance of Bill and Roy furnishing information about the Legion Riders these American Legion members along with other Legion members they recruited, held their first meeting (s) at Post 136, Mulvane, Kansas and Post 268, Sedgwick Kansas in September 2001.

With many phone calls, e-mails and letters and the assistance of Department Adjutant Chuck Yunker, a solid foundation of the Legion Riders Mission and Purpose was established including approval of the By-Laws by Department in which the Kansas Legions Riders will operate.

The Kansas Department Executive Committee approved the Kansas American Legion Riders to form and operate under the Kansas American Legion in February of 2002.

Then Department American Legion Commander Russell Shughart appointed Cregg Hansen as Chairman, Bill Baber as Co- Chairman and Dwight Miller as Committeeman, to serve on the Department American Legion Riders Committee, their duties are to serve as Liaison between the Department of Kansas American Legion and the Kansas Legion Riders, to carry out and enforce the By-Laws of the Kansas American Legion Riders and to furnish an annual report to the Department American Legion.











## Why Be an American Legion Rider?

Lately while searching for more ways to entice more members into being more active, I decided to list why I had become An American Legion Rider.

I had already been involved with the American Legion as both Legion and S.A.L., Charity Golf and Bowling Tournaments. I rarely even walked into the Post. Now I walk into several Posts and known on site.

I was already a member of the Patriot Guard, but I saw something while attending Missions and Homecomings that drew me into it. I saw something that I had not seen since my active duty service, most particularly during my time in Viet Nam. The Camaraderie from that time period, I saw between Legion Riders. What was most amazing, it was not only shared between Viet Nam Vets, it was shared between everyone in the Riders, SAL and Aux alike. I have never seen this ever before. I was drawn to it and wanted to be a part of it. I have not seen this sharing between the Regular Legion, SAL, and Aux, only in the Legion Riders and those that become involved with Us.

Being An American Legion Rider is very Special to Me and everyday becomes more so. It has shown me programs within the Legion that I didn't have a clue existed. Those programs must continue and being First and Foremost a Legionnaire (Something that came to me after becoming involved) it will take my generation and the following generations to do it. Another thing that the Legion Riders has been able to do, is to bridge the generation gap and bring several generations together to work together.

This was originally was only for myself, but after speaking with a Friend, he wanted to see it, so I thought I would share it. We have something very Special in the Kansas American Legion Riders, that even other States haven't seen as yet. I hope that it will continue to blossom.

Thank All of You for Sharing With Me,

Don "Bulldog" Behrens











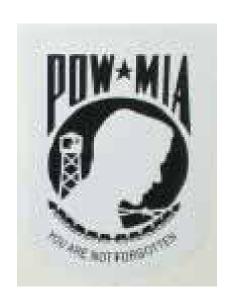
## POW/MIA

You are not forgotten

**CONFLICT POW/MIA** 

WWI: 3,350 WWII: 78,708 Cold War: 120 Korea: 8,160

Vietnam: 1,822 Persian Gulf: 3 Iraqi Freedom: 1



Your War is Not Over, You Will Never Be Forgotten











## Internal Affairs Policy on Legion Riders

- 1. A Post activity for Legionnaires who enjoy motorcycle riding and an ideal activity to assist in supporting the American Legion Programs.
- 2. Family oriented activity for Legion, Auxiliary and SAL members only.
- 3. Maintain the image of the American Legion at all times
- 4. Appropriate wearing of The American Legion Emblem.----The emblem of our "American Legion" demands that the wearer shall ever guard the sanctity of home and country and free institutions.—this rationale is, and always will be the significance of how our name and the emblem of our organization, is represented. Every use of the name and the emblem symbolizes the integrity and principles of the organization, which they represent, and those that we are obligated to serve. This includes any patches, pins and slogans that are dispatched along with the American Legion Emblem. The Goodwill represented by our name and emblem is spread through the communities of America.
- 5. Avoid any perception of being a "motorcycle "or "biker "club—basic purpose is the enjoyment of riding bikes and furthering Legion programs in the community.
- 6. Follow the rules and procedures in obtaining, wearing and displaying Legion Riders name with TAL emblem.
- 7. Comply with the motor vehicle safety and insurance laws/regulations of the State in which operating.











## American Legion Riders Of Kansas Motorcycle

## KANSAS BY LAWS

- I Membership: There are two requirements for membership
- A. A current member of the American Legion, Auxiliary, or Sons of the American Legion.
- B. You must own a motorcycle of at least 250cc or be the spouse of an owner who is an association member
- II Officers of the Association Chapter
- A. Director
- **B.** Assistant Director
- C. Secretary
- D. Treasurer
- E. Sgt at Arms/Run Coordinator
- F. Historian\*
- G. Membership Chairperson \*
- H. Chaplain\*
- I. Veterans Affairs Coordinator \*
- \*These officers are at the discretion of the individual chapter











#### III Elections

- A. Election of chapter officers will be held annually at such time as determined by the general membership.
- B. When two or more Chapters in a State (Department) the practices of the Department will prevail for the naming of state officers. If the Department wishes to impose no practice, then the State Officers will be named by the manner that is in agreement between the involved Chapters.

#### IV Duties of Association Chapter Officer

- A. Director: Will serve as the Chief Administrative Officer of the Association and preside over all meetings. Shall have general supervision over the affairs of the Association. Shall perform such other duties as directed by the membership.

  B. Assistant Director: Will assume the duties of the Director when absent. Will assist The Director in the performance of duties, when called upon to do so by the Director.

  C. Secretary: To keep a full and correct record of all proceedings at the meetings. Keep membership records as may be required by the general membership. To give detailed financial reports at each regular meeting.
- D. Treasurer: To have charge of all finances of the Association. To have charge of Disbursing funds as directed by the general membership. To give a detailed financial report at each regular meeting. (Copies will be furnished to the sponsoring post if requested)
- E. Sgt at Arms/Coordinator: Will be the logistics person in charge of organized runs of the Association. Will determine dates, Times, routes and meeting places for those taking part in the run activity. May appoint assistant road captains or take any other measures that may be necessary to help insure the safety of the group during a run. Will also help to maintain order during chapter meetings.

#### V Meetings

A. Meetings will be held at a date, time and place as voted on by the majority of members at any regular meeting. Seven members will constitute a quorum.

#### VI Finances

A. Finances of each Association Chapter will be from Association membership dues or such other sources as approved by the membership.











#### VII Expulsion

A. Any member may be expelled or suspended from the Association by a majority vote of the general membership at a regular Chapter meeting.

B. Vest Patches: If membership in the Kansas American Legion Riders is non-renewed either by vote of the Chapter membership or the required dues are not paid: the member is required to relinquish his/her Center Patch and Rockers to their respective Chapter. By vote of the Chapter membership the Chapter will reimburse the member one-half of the cost not to exceed \$25.00.

#### VIII Charter Membership

A. Each State Chapter may determine eligibility for Charter Membership in its own State Chapter

#### IX Residency

A. Each Chapter will be known by the state in which its majority of members reside. Chapters may further be broken down into District and Post(i.e. .Kansas Chapter 5th District Post 136)

#### X Governing Rules

A. Each State Chapter may elect to adopt a set of standing rules to govern its membership or, at the Chapter's discretion, amend these by-laws. These standing rules or by-laws amendments shall be no less stringent then those contained in these by-laws, nor can they be in conflict with the national constitution and the by-laws of the American Legion or that of the sponsoring Post.

#### XI Disbursement of Funds

A. Disbursement of funds will be only those authorized at any regular meeting of the Chapter. Each Chapter will be a non-profit organization and may only disburse in a manner that is in keeping with all local, state and national laws regarding non-profit organizations.

#### XII Order

A. All meetings will be conducted under "Roberts Rules of Order











## The American Legion Riders of Kansas, Department Committee

- A. Department Committee Chairman
- B. Department Committee Vice- Chairman
- C. Department Committeeman
- D. \* Department Committee Secretary

The Department Chairman and the Department Committee are appointed by the American Legion Department Commander. Officers of The American Legion Riders of Kansas Department Committee must be Legionnaires.

Section 1. The American Legion Riders of Kansas Department Committee shall be governed by By-Laws and the Robert's Rules of order. The Department committee has the authority to appoint a Secretary. He/she must be a member in good standing of the Kansas Legion Riders.

Section 2. Vacancies. The Department Commander shall fill all vacancies in the American Legion Riders of Kansas Department Committee. Each American Legion Riders of Kansas Department Committee Officer shall hold his/her office until a successor has been appointed and qualified. In the case of Department Committee positions, the Department Commander will appoint any of the positions where a vacancy exists.

Section 3. Duties of the Department Committee Chairman. The Department Committee Chairman is the Department Head of the American Legion Riders of Kansas Department Committee. He or she shall carry out and enforce the By-Laws of the American Legion Riders of Kansas Department Committee. He/she shall preside at monthly and quarterly meetings of The American Legion Riders of Kansas Department Committee .He/she has the authority to appoint a vice-chairman. The Department Chairman and the Department Committee shall provide an annual report to the Department Executive Committee of the American Legion of Kansas.









Section 4. Duties of the Department Committee Vice-Chairman. The Department Vice Chairman shall assume and discharge the duties of the Department Committee Chairman in the absence or disability of or when called upon by the Department Chairman. He/she will succeed to the office and have all the powers and duties of the Committee Chairman. He/she, upon request of the Department Committee Chairman attend monthly ALR meetings of the Posts, attend The American Legion functions at the request of the Department Committee Chairman; and perform such duties as are usually incident to the Office.

Section 5. Duties of the Department Committee Secretary. The Department Secretary shall record all proceedings of The American Legion Riders of Kansas Department Committee. He/she is charged with conducting his or her office in an efficient and businesslike manner, for the best interest of The American Legion Riders of Kansas Department Committee. He or She shall give notice of the Department Committee meetings and special meetings in the State. He or She is hereby vested with all such authority as deemed to carry out the Duties of the Secretary.

Section 6. Duties of the Department Committeeman. It shall be the duty of each Department Committeeman, under the direction of the Department Chairman to assist the Department Legion Riders Committee in the performing of their duties and carrying out That American Legion Riders of Kansas programs in the State: and to perform such other duties as may be assigned him or her by the Department Committee Chairman or The American Legion Riders of Kansas Department Committee.











## Your Dept. ALR committee representing you at the Department Level are as follows:

<u>Chairman</u>: Cregg Hansen member Post 136 phone 316-788-4205, cell: 316-655-8861 P.O. Box 518, Derby, Kansas 67037 cphans@sbcglobal.net <u>Committeeman:</u> Dwight Miller member Post 268 phone 316-755-2490, 8830 North Ridge Road, Valley Center, Kansas 67147

<u>Committeeman</u>: Tim Heggins member Post 240 P.O. Box 407, Chapman, Kansas 67431-0407 ph. Home: 785-922-7136 cell 785-223-3379 wk 785-239-2418 e-mail: t.heggins@sbcglobal.net, timothy.heggins@us.army.mil

<u>Department Committee Secretary:</u> \* Deb Steele ( Giggles ) , 2215 So. Waco, Wichita, Ks. 67213 ph 316-806-7828 e-mail dsteele@gh-wichita.com

#### <u>Area ALR Directors (appointed by Dept. ALR Committee)</u>

- Alan Hagans (Gasman) 136 N. Logan, Utica, Ks 67584 ph 785-391-2254 cell: 785-731-5321 e-mail abhagans@gbta.net
- Greg Hansen (Ebay), 2045 Marc Ave, Andover, Ks 67002 ph 316-733-2775 e-mail hamchop@sbcglobal.net
- Leonard Graber (Sledgehammer) P.O. Box 81, Peru, Ks 67360 ph 620-673-9071 e-mail sledgehammer@ixpres.com
- Al Longstaff (Sheriff) P.O. Box 468, Little River, Ks 67457 620-897-6786 email northforty@lrmutual.com
- Deems Peterson (Doc), 19671 West 87th Lane, Lenexa, Ks 66220 ph 913-492-5219 cell: 913-634-3087 e-mail chevytruck@everestke.net

For any questions, concerns or starting a Kansas Legion Riders at your Post please direct them to a member the ALR Dept. Committee or Area Director

Our goal is to allow as much of the ALR program as possible to be run from the Post Level.











## Kansas American Legion Chapters

**ANDOVER Post 406** 

**ARKANSAS CITY Post 18** 

**BAZINE Post 392** 

**BELLEVILLE Post 133** 

**BURLINGTON Post 38** 

**CANEY Post 138** 

**CANTON Post 192** 

**CHANUTE Post 170** 

**CHAPMAN Post 240** 

**CHEROKEE Post 35** 

**CLAY CENTER Post 101** 

COFFEYVILLE Post 20

**CONCORDIA Post 76** 

EL DORADO Post 81

GARDEN CITY Post 9

GREAT BEND Post 180

**HAYS Post 173** 

**HIAWATHA Post 66** 

**HILLSBORO Post 366** 

**HUTCHISON Post 68** 

**INDEPENDENCE Post 139** 

**JUNCTION CITY Post 45** 

**LARNED Post 106** 

**LEAVENWORTH Post 23** 

**MANHATTAN Post 17** 

MARYSVILLE\_Post 163

**MCPHERSON Post 24** 

**MEDICINE LODGE Post 69** 

**MORAN Post 385** 

**MULVANE Post 136** 

**NEWTON Post 02** 

**NORTONVILLE Post 242** 

**OLATHE Post 153** 

**OVERLAND PARK Post 370** 

**OZAWKIE Post 225** 

**PITTSBURG Post 64** 

**PRATT Post 86** 

SEDGWICK Post 268

SALINA Post 62

**TOPEKA Post 400** 

WICHITA Post 04

**WICHITA Post 256** 

**WICHITA Post 401** 

**YATES CENTER Post 13** 











## Order of Precedence for Flag Display

The order of precedence for flags is 1) National, 2) State, 3) Military (in order of creation date), and 4) Other.

According to the Department of Defense Directive 1005.8, the prescribed precedence of military flags is determined by service birthdays. The appropriate order is given below:

Army Birthday --14 June 1775 Marine Corps Birthday - 10 November 1775 Navy Birthday - 13 Oct 1775-Abolished Feb 1781-Reinstated 7 Sep 1781 Air Force Birthday - 18 September 1947 \*Coast Guard Birthday - 4 August 1790

\*According to the Institute of Heraldry, and in keeping with the order in which troops are listed in Department of Defense Directive 1005.8, during peacetime the Coast Guard falls under the Department of Homeland Security. During wartime, if the Coast Guard comes under the control of the Department of Defense, then the Coast Guard flag would come before the Air Force flag in order of precedence.

The Merchant Marine, Vietnam Veterans, and POW/MIA flags can be displayed following the military flags. There is some latitude in the order of display regarding these three flags. Our government has not officially recognized the Merchant Marines as being a branch of the military (its members are often not given veteran's status), but we feel it is appropriate to honor them as a military branch and thus have placed their flag at the end of the military branches.

The Vietnam Veterans and POW/MIA flags could be reversed in their order if so desired. We felt it appropriate to place the flag for the living veterans (who are here to see the honor so accorded them) before the flag for those not presently in our midst.

You can use your discretion here.











## In a Parade or Procession with Other Flags

The flag, when carried in a procession with another flag, or flags, should be either on the marching right; that is, the flag's own right, or, if there is a line of other flags, in front of the center of that line.

## Flag Order

It is recommended to fly only one 3X5 flag on a motorcycle so as to not disrespect any other flags in the procession. It is also a safety concern. Following is the order in which the flags are flown:

- United States Flag
- Kansas Flag
- Army Flag
- Marine Flag
- Navy Flag
- Air Force Flag
- Coast Guard Flag
- POW/MIA flag
- Veterans Organization Flags
- Any Service Unit flags
- All other flags











### Motorcycle Hand Signals and Pointers While Riding In Groups

Point to tank I need gas, stop at the next station

**Point at ground** Careful, there's something on the road (Note that you aren't pointing at the hazard necessarily, as this might not be convenient)

Point at ground, rub fingers together -road is slippery.

Flash brake lights very rapidly Major watch out! Be prepared to stop QUICK.

**Point at sign** read the sign. If it's a highway sign with multiple exits listed, hold up the number of fingers corresponding to which exit you want (e.g. two fingers for the second exit listed)

**Point at another rider, then pat leg** you want that rider to come alongside you (usually so you can talk)

Point at another rider, then point to side of road pull over now.

Arm out, palm back stay behind me

Arm out, forward waving go past me

Waving arm in quick downward motion, with palm down and parallel to ground - slow down! Often used for bikes traveling in the opposite direction to warn of hazard or police.

**Tap top of helmet, or hand on helmet** cop nearby (This signal is designed to be both noticeable and undecipherable by the cop)

**Point forward, shrug shoulders** I don't know where we're going, I probably shouldn't be leading!

Little wave to oncoming motorcyclist "Aren't motorcycles great?"

Finally, when someone gives you a signal, you should nod your head so they know you understand, since they can't see your face very well behind a helmet.

Next, here are some hints for formations for various types of riding:



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On the highway staggered within one lane to provide good visibility for all riders. Lead rider should ride smoothly, and not shoot into gaps that aren't big enough for the whole group (if possible). Leader also should point out exits in advance by pointing to signs, and get in the correct lane soon enough so the entire pack can follow safely. When changing lanes, the leader should maintain the same relative position in the new lane, so the stagger doesn't have to propagate all the way back. Riders should try to note how many are behind them. Everyone should know what the exit is before hand just in case. Riders should not pass each other, as it messes up the stagger and makes it hard to keep track of where everyone is in the pack

Canyon Bombing Single file, fastest to slowest. Leaders should stop at intersections if there's a chance someone could make a wrong turn, and also periodically (perhaps every 10 minutes) to make sure everybody's still there. Be sure to signal turns well in advance. Don't fixate on the rider ahead, watch the road. If this is a problem, drop back. When passing cars, don't assume that when the rider ahead of you goes, you can too, or that they won't about their pass and nail the brakes! When passing multiple cars, watch for the cars deciding to pass also! Glance in your mirrors before pulling out.

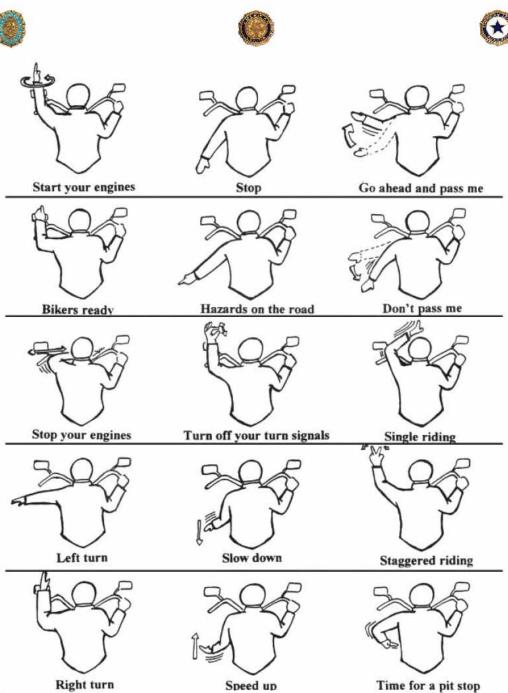
City Streets Two per lane at stops, staggered while riding. Don't split traffic if not everyone has their own lane. Signal and get in the correct lane in plenty of time. Avoid unnecessary lane changes. With larger groups it won't be possible to stay together, so split into smaller groups. If someone gets stranded at a light (leaders must watch for this!), the leaders can pull to the side of the road in single file and wait for them, assuming there aren't too many leaders. In all cases, the leaders must keep track of what is happening behind them, as it is much more difficult to pass information forward than back. It can also be a good idea to designate a sweeper, generally an experienced rider who agrees to ride last in line and make sure everyone is OK.

When going on runs, meet at a predetermined place of start on time. Start the ride as a group and come back as a group as this promotes safety in numbers.

It's much more enjoyable (and safe) when everyone in the group follows the same plan. Happy riding!









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