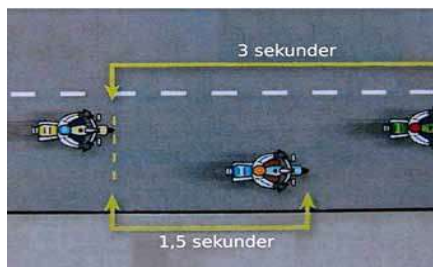


## Rules for group running Nordic Run 2026

Driving in a group is fun but can come with some risks. Therefore, there are rules for how to carry out a group drive and it is important that the group participants follow the rules below.

**The Road Captain (RC)** is responsible for ensuring that everyone drives according to the same rules. One of RC's appointed **Tail Gunner (TG)** is last in the group.

1. Arrive at the assemblingpoint/drive fully fueled and on time. Refueling is only stopped with the whole group so everyone can refuel at the same time.
2. Before driving, RC goes through the choice of route and if there is anything in particular that may be good to take into account.
3. RC always runs first with placement at the front left and TG always last also on the left side. Participants must pay attention to the driver in front and also keep an eye on those behind so that no one gets lost. If there is a big gap/distance to behind, slow down.
4. In group driving, the motorcycles must be placed in a zigzag formation with every other left and right, this applies to two or multi-lane roads. On narrow single-lane roads, the zigzag formation ceases and everyone falls in behind each other.
5. The three-second rule is suitable to use to maintain a safe distance to the person closest in front in the same track. Respect the wiggle room of the person in front. See picture.



6. Overtaking and changing tracks in the cortège must not occur.
7. Drivers who are unaccustomed to motorcade driving as well as three-wheeled motorcycles such as trike and sidecar combinations are advantageously placed closest to the two main motorcycles.
8. The current speed limit must be followed but should be adapted based on the prevailing traffic situation and road surface assessed by RC.
9. RC controls the speed of the cortège and should avoid sharp accelerations. Driving as smooth as possible should be sought.
10. When overtaking another vehicle is to be carried out, RC must quickly carry out the overtaking and those behind in the cortège follow, do not turn off the throttle too early and take out a considerable distance to the overtaken vehicle so that those behind also have the opportunity to overtake and not remain in the left lane longer than necessary.
11. TG carries out lane change at the same time as RC so as not to let another vehicle into the cortège when overtaking or lane change is to be carried out.
12. It is important to have good visibility to the rear when driving a cortège. If you lose contact with the person behind, you should stay in the first suitable place, in the end everyone has stopped and RC goes back and checks. RC is also the one that starts up the cortège again.
13. If someone suffers from problems along the road, it is TG who stays with them until the problem is solved. The others continue driving together with RC.

14. If someone needs to deviate from the cortège at the intermediate goal or break, RC and TG must always be notified.
15. Anyone who needs to leave the group while driving must notify RC before driving or restarting after a break or stop. Then the person who is going to leave the cortège must lie down in front of TG so it does not get messy in the line. Consequently, no overtaking on the inside. This involves great risk. Participants may be unaccustomed and not everyone has a mirror on the right side.
16. For example, if a car starts overtaking the cortège but doesn't make it past, slow down and make room for the car but stay in your lane and lane.
17. On arrival at the intermediate or final destination, parking must if possible be done in a collected and neat manner with the motorcycles parked side by side with the front wheels in the continued direction of travel. Remember not to park too tightly as you need space to get on and off the vehicles.

### **Examples of hand signals.**

Using hand signals can be a great way to communicate with each other.

1. The go-ahead for departure. Hold your right hand up with your palm open and face forward.
2. Stop. Raise your left hand with your palm facing forward.
3. Slow down. Bring your left hand up and down with your palm facing down.
4. Your turn signal is on. Clench and open your left hand repeatedly.

### **Report deviations**

If you intend to deviate during the tour, inform RC and people in your surroundings that you will deviate and when, so you do not have to cause any anxiety to others, which can happen if you just hux flux deviate or "disappear".

### **Position in the joint**

If you are rusty, a beginner on a motorcycle (as everyone once was) or lack experience riding in a group, place yourself in the bow or middle of the cortège. This also applies to three-wheeled motorcycles, trike and sidecar combinations. Lying at the back is harder and you usually have to go faster and faster. Lying last is thus not the best placement if you want to drive a little calmer.

### **Tips for RC.**

1. Gather all the motorcade participants before departure to go through the rules, destinations and routes.
2. To get a good flow at breaks, intermediate goals and refueling, always specify departure times.
3. Remind the motorcade participants when there are five minutes left until departure.
4. Sidecar combinations, trike and inexperienced drivers must be placed far forward in the cortège where the pace will be more even than after the middle of a longer cortège.
5. At the end of the day, inform about what has been good and bad during the day regarding the driving.  
Also inform the general about the upcoming day and departure time. If breakfast and/or supper not will be served at the place of overnight stay, a stop for shopping for food must take place before the final destination.