



Cycle Club Ashwell

Club Run Guidelines

Version 1, November 2014

Obey the rules of the road

All rules of the road must be obeyed. Give way when required, stop at red lights, respect junctions and always stay on the correct side of the road.

Ride consistently and predictably

Your movements will affect everyone in the group. Hold a straight line, don't weave and always overtake around the right hand side of the group. Don't grab your brakes and, if you stand out of the saddle, don't let your back wheel drop back.

Don't overlap wheels

In case the rider ahead needs to brake, don't follow their rear wheel directly. It's perfectly acceptable and you'll get the same drafting benefit from riding six inches either side of it. However it's essential that you don't overlap their rear wheel as any sudden movements by them will be likely to bring both of you down.

Riding two-abreast

Riding two-abreast is perfectly acceptable where conditions allow and can be easier for drivers to overtake than a long single line. However riders should be bar to bar, that is next to each other and there should be less than a handlebars width between them. Riders should 'keep tight' and not stray towards the middle of the road. Riders at the back of the group have the responsibility to shout 'single out' if needed and to warn of traffic behind. In order for a group to single out the riders at the front have to speed up to allow others in the right hand line to come into the gaps.

Communicate

Communication is very important to successful group riding. Make sure you know the meaning of and always pass on any verbal signals through the group. As well as obvious shouts such as 'slowing' and 'braking', others to be aware of are 'car up', meaning there is a car ahead to be aware of, 'car back', meaning there is a car behind and 'single out', meaning to adopt single file. Also use hand signals to point out pot holes and upcoming obstacles as it is often hard to hear shouts.

Slowing and stopping

Be aware that a slowing group often gets wider. Always look ahead past the riders in front and try to anticipate slowing. If stopping for puncture, mechanical problems or a rest, get completely off the road and wait in a safe place.

Etiquette

Don't half wheel the person next to you. That means maintain an even pace and stay level with the person next to you. Do not constantly up the pace whenever a rider draws level to you. Don't always sit in the group and shirk your stint on the front. Even if you just put in a few turns of the pedals, it'll be appreciated. However, if you're finding the pace easy, don't get on the front and accelerate, try to maintain the pace of the group. Consider the weaker riders in the group and the intended speed of the ride. If you want to ride faster or show how strong you are there are plenty of club racing opportunities.

Sprinting

Sprinting at the end of rides or during the ride is fine but the rules of the road and all guidelines above MUST be adhered to, especially staying on the left hand side of the road. Reckless sprinting is dangerous. If you cannot do it safely don't do it.

Some dos and don'ts

- Do not use clip on tri bars or TT bikes in group rides. You do not have adequate braking control when on the TT bars and they are dangerous in the event of a crash.
- Do not use mobile phones when riding
- Do use mudguards in group rides from the beginning of November through to the end of March and at other times when the road is wet.
- Do always carry tools, inner tubes, pump, money etc and do not rely on others to get you out of bother.
- Do remember that when in club kit you have a duty to behave in a responsible and considerate manner. Always obey the Highway Code rules for cyclists: you must obey all traffic signs and traffic light signals. Treat all other road users with respect and pay particular attention to pedestrians and horses. Even if you think a motorist is in the wrong remain calm and try and see things from their perspective too.
- Do make sure your bike is well maintained and tyres are in good condition and are suitable for the ride you are on.
- Do not use earphones while riding on the road or in groups.

