

Lomond Roads Cycling Club

Ridesafe Information Sheet

Please take a few moments to read the information below. It will give you some idea of what cycling with a club is all about and a few do's and don'ts to make for a more enjoyable and safe ride.

FITNESS

Cycling is an excellent way of getting fit, however, apart from our clubs introductory rides we make the assumption you have a basic level of fitness to allow you to complete and enjoy the ride. To give you an idea a basic winter run will be paced at about 17 – 20 mph on average. It will be necessary to maintain this pace for a distance of at least 40 miles. This does increase during the summer

For example a run from Kilbowie Roundabout to Helensburgh should take about 45 mins.

The pace in a group changes every few yards due to hills, lights and obstructions and you should be able to adjust to a faster pace where required and pace yourself on uphill.

To facilitate new and novice riders we have an intermediate run every week to help you get to this standard.

Continuity is the secret to increasing and maintaining your fitness.

PRE-RIDE

It is essential that your bike is in a road worthy condition, mudguards are preferable in the winter. Mountain bikes and hybrids are not the best for club cycling as the weight and tyres are more suited to commuting.

Always carry a pump, spare tube, tyre levers and it is advisable to have a drink contained in a bottle that is affixed to the bike. Please be suitably dressed for winter riding with waterproof jacket and overshoes if you have them.

RIDE

Riding in a group can be a daunting task for the first time. It is the safest way of riding providing you concentrate, pay attention and follow the advice of the other riders.

Where traffic allows we ride in pairs with each rider taking a turn at the front referred to as a 'SPELL'. This can be anything from 30 seconds to 5 minutes and is safely done by the outside rider moving forward one bike length, changing to the inside row once clear of the leading bike. The outside row then filters up to replace the gap.

It is beneficial to ride directly behind the rider in front to get the best shelter from the wind, called being 'ON THE WHEEL'. It is essential to leave a suitable gap you are comfortable with and remember the rider in front may drop back a few inches.

ALWAYS BE AWARE OF WHO AND WHAT IS AROUND YOU

SOME DO'S AND DON'TS

Do leave a suitable gap between you and others until you are experienced.

Do keep your eyes on the road and other riders at all times.

Do tell others if you have any sort of problem.

Do shout out pot holes and obstructions.

Do carry some essential spares, drink and food.

Do ride at an even tempo.

Don't stop or brake suddenly if you are in the group.

Don't let your bike fall back if you get up out the saddle.

Don't exceed your fitness or ability.

Don't turn around to talk or take your hand off the handlebars.

Don't swerve suddenly to avoid obstructions unless in an emergency, as the person behind you will hit it.

Don't ride ahead of the person next to you. This is called 'HALF WHEELING' and can result in increased pace and fatigue.

Cycling is a fantastic social sport to be enjoyed by all. There are a few 'quirks' involved in the terminology and a few things to get to grips with. The main thing is to be safe, ride well, have consideration for your fellow riders and other road users and get out as much as you can. There is a wealth of experience within the Lomond Roads Cycling Club and we will offer all the help we can but remember only you can be responsible for your fitness.

ALWAYS RIDESAFE AT ALL TIMES

Yours In Sport.