

## New Riders Information

### New Riders

Welcome to Sodbury Cycle Sport! Here are a few tips and advice if you have not been on a club ride before. Please introduce yourself to someone in club kit when you arrive at The Clock Tower, High Street, Chipping Sodbury, BS37 6AH and they will in turn introduce you to other club/committee members.

The Strava routes (posted on our [Sodbury Cycle Sport Facebook](#) page each week) can be downloaded to your Garmin/GPs and provide details of distance, elevation and pace. Remember, it is always better to underestimate your abilities than overestimate them so you have an enjoyable ride.

New riders are encouraged to try out the club, but you will be expected to [join \(Sodbury cycle Sport membership link\)](#) after 3 rides.

### Equipment

- Helmets must be worn please. Tri-bars are not permitted. In winter we prefer everyone to have mud guards to avoid your club mates being hit in the face by a jet of cold, dirty water when following a wheel. If it is wet and you do not have mudguards, you may be invited to ride at the back of the group.
- A basic repair kit containing 2 inner tubes (or one tube and a patch kit), tyre levers, pump/CO2 and a multitool.
- Check the weather forecast and dress appropriately.
- Keep your bike in good condition and well maintained.
- Bring your own drinks and food and money for the café stop.

### How to ride in a group

- Stay as close to the rider in front as you are comfortable. The closer you are, the more energy you will save.
- Do not overlap wheels with the rider in front. This is the biggest cause of crashes in group rides.
- Do not half-wheel (i.e. ride half a wheel ahead of the rider alongside you to encourage them to go faster). This is often an unconscious action; gently remind others not to do it and make sure you don't do it yourself.
- Ride steadily and predictably at a smooth pace without surges or sudden braking. This will help keep the group together and avoid tiring the riders at the back.
- Ride two abreast in pairs. When singling out (on narrow or very busy roads) the rider on the outside will ease off and slot in behind the rider on the inside. The two lines should have no more than a handlebar width between them; they should not occupy the whole lane.
- Hold your line (i.e. follow the wheel in front) without swerving across the road. This is particularly pertinent through bends.
- Be aware when getting out of the saddle on a hill to avoid slowing sharply or throwing your bike back into the rider behind; make a conscious effort to push hard on the initial pedal stroke before you stand to avoid it.
- Give other riders extra space on a hill in case they are not experienced with the point above.

## Communication

Communication should be relayed both up and down the group. Shouting should be kept to a minimum - noise is no substitute for good observation and clear signals.

Hazards/potholes should be pointed out for following riders and all communications should be passed up and down the line. You are likely to hear/see the following calls:

- "Clear" - the junction ahead is clear to ride across without stopping.
- "Car up" - Used on narrow roads when a car is approaching from behind.
- "Car down" - Used on narrow roads when a car is approaching from the front.
- "Hole" / Pointing at the road surface - indicates a hole or other hazard that needs to be avoided.
- "Easy" / Patting up and down - the group is slowing down (for a junction, horse etc).
- "Out round / Keep in" / Hand pointing or wafting behind the back indicating the direction - the group should move out/in as indicated to avoid an obstacle or other road users.
- "Mechanical" / Hand up in the air - the rider needs to stop (eg. to repair a puncture) and so the rest of the group should wait at a safe location.
- "Single out" - When singling out the rider on the outside will ease off and slot in behind the rider on the inside.
- "X off the back" - X number of riders have been dropped, and the group should drop the pace a notch to allow them back on.
- "All up" - All riders are back in the main group.
- "Last rider" – last rider in the chain gang

More information can be found at <https://www.britishcycling.org.uk/>