



Club Ride  
Information  
and Guidelines  
for Marshals

Due to the large numbers of members at Cycle Lab Supercycling Club, it has become necessary to introduce marshalling during our Club Rides on Saturday mornings.

The marshals are drawn from two groups: the race team members and volunteers. No matter what the reason for marshalling, the Club relies on its marshals to ensure that Club Rides are safe and enjoyable for all members.

The following are guidelines (and some rules) for marshalling a ride. Should you have any suggestions, please forward them to the Club committee!

Firstly, please ensure you are aware of the dates you are required to marshal on. If you do not have these dates, please get them from the Club office. If you cannot make a specific date please arrange for a substitute. Do not just not pitch up! It is not the Club office's responsibility to arrange for a substitute, but they can provide the marshal list so you can contact other marshals to swap out with.

On your allocated marshalling dates, please arrive at the Club at least 10 minutes before the ride. Also, please get yourself a reflective bib from the Club support vehicle. Finally ensure you know which bunch you are riding with and find out where they are.

The aim of a Club ride is to allow Club members to either train by selecting a group that will challenge them, or else have a social ride where they can meet other people. Our aim as marshals is to ensure these two objectives are met.

The announcer's tasks are to:

- make sure members know of the "Buddy System" and the support vehicle;
- ensure people are aware of ride etiquette (keep left, in twos, ...);
- to announce the groups, their distances and average speeds;
- to decide who will marshal the front of each group and who will handle the rear, when there is more than one marshal for a group;
- and to ensure the groups' starts are clearly announced and that they start on time.

As a lead marshal your tasks are:

- to take control of the group at the start;
- to control the appropriate pace for each group from the front. The average group speeds for the entire ride should be:
  - C+ riding 75km at 28+kph with one marshal to regulate the speed;
  - C riding 75km at 26+kph with one marshal to regulate speed;
  - D+ riding 60km at 24+kph with one marshal setting the pace at the front and another at the rear;
  - D riding 60km at 22+kph with one marshal setting the pace at the front and another at the rear;
  - E (Beginners) riding 30km at 22-kph with a marshal;
- to arrange for two or three short stops (typically around 45 seconds each) to allow the group to rejoin after some of the more difficult sections;
- to control stronger cyclists in the group who may want to surge ahead and pull the group with them;
- to ensure that the groups obey all relevant traffic laws. More advanced groups often “skip” red traffic lights, for example. This is unacceptable for marshalled groups since the groups are larger and a clear intersection for the front of the group may not be clear for the rear, the riders are not as well versed in road riding and may miss an oncoming car, and so on. In addition to the safety aspect, the Club Rides are a very visible show of the Club to the public and the disregard for traffic laws does not reflect well on the Club.

As a sweeper marshal at the back of the group, you should:

- alert the lead marshal if there are problems at the back due to speed;
- if a member is having problems due to speed and he is clearly in the wrong group, suggest to him to drop out and wait for the next bunch ;
- ensure all members who puncture have a buddy;
- ensure all mechanical failures are aware of the support vehicle and can contact it, if required.

Remember that each individual is not your responsibility – you must look after the group. Ensure that members in trouble are helped out and then keep with the group.

These are your duties. The Club Rides are not a training ride for you. You are required to ride at the group's pace and not leave the group until your return to Cycle Lab.

Ride etiquette:

- please ensure you are properly attired (official Club kit, Medi-Band and bib). We are ambassadors for the Club;
- be friendly to the riders. They may not be good cyclists, but they do look up to the marshals;
- ensure the riders keep two abreast (or in single file if the road requires this);
- let the riders know what is going on: "We'll be stopping to regroup up ahead";
- do not swear at motorists and other road users: be polite;
- try to keep to the average speed: go slightly faster on the way out, but reduce speed on the way back when the group (maybe not you!) is getting tired;
- keep a steady pace: pedal both down and up the hills – ease back on the hills;
- obey the laws of the road: stop at traffic lights. It is distressing for people at the back to have to negotiate an intersection that was clear when the front part of the group went through it. Remember that most of the rider's road skills are no where near on a par with yours;
- if a rider is dropping out of the back, check your speed;
- stay with your group – don't go on your own ride (no matter how tempting);
- you are not a nanny – if any rider wishes to go off and do his own thing, let him, but ensure it does not affect the group.

Finally, remember that although the above are guidelines – use your common sense!

Please remember that we are "paid" by the Club to do these duties. The club committee supports you and if you have any constructive criticisms or suggestions, please bring them forward.