



Club Ride
Information
and Guidelines
for Members

Welcome to Cycle Lab SuperCycling Club! If you have joined us, the odds are that you wish to cycle with and meet like minded individuals at our Club Rides. These are organised every Saturday morning from mid-January to mid-December each year. In summer the ride times are 06:00 and in winter 07:00 from in front of the Cycle Lab shop in Fourways – please refer to the weekly Club Newsletter for current times.

For a safe and enjoyable ride for all our Club members, the Club provides certain things, but in return expects certain responsibilities from members. The aim of this document is to ensure that all members are clear as to what the Club will provide and what it expects in return.

The aim of the club ride is to provide an environment for members to either train or ride sociably in the safest possible manner. To meet these aims, the Club provides the following:

- A there-and-back route. This provides the following benefits:
 - it is easier to patrol with a backup vehicle;
 - riders who wish to turn back may do so without fear of being left alone.
- A and B groups for experienced riders. These people ride at average speeds of 32+kph for the As and 30+kph for the Bs. No marshals are provided since these riders are expected to be able to look after themselves. These riders may extend the ride beyond that where a backup vehicle is provided, so they must ensure they are self-sufficient. In case of emergencies they can call the Club support vehicle, but must realise that the vehicle may be far away or may have returned with the last of the supported groups. Typical distance is 100km, but this may be changed on the morning of the ride.
- Marshalled groups:
 - 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.
- Two or three short stops (typically around 45 seconds each) to allow the group to rejoin after some of the more difficult sections;
- A support vehicle follows behind the last group and returns when the last marshalled group returns. Should you or your bike suffer a terminal fault, you can be picked up. The vehicle also carries basic spares and a pump – but please do not rely on this!

What we expect from you is:

- to wear your Club kit. This includes your Club supplied Medi-Band to help us help you in the case of an emergency. The club rides are an official Club event and from a safety point of view the marshals and support vehicle tend to focus on people in Club kit;
- to listen to the marshals if they ask you to stop, keep left or slow down;
- to obey the rules of the road (helmets, road signs, traffic lights, keeping left, ...);

- to ride two abreast, or in single file where the roads are narrower;
- to be polite to other road users (especially motorists as they are usually grouchy);
- do not look behind you in the bunch and do not overlap wheels (these are the two basic rules of bunch riding);

Please note the following comments regarding marshalling:

- the groups are demarcated at the start with flags in the road outside Cycle Lab. Go to the group where you feel you belong. If you are a beginner or coming off a long rest, it is often best to be conservative in your choice and go for a slower group than a faster one. It is better to do a nice, steady base ride than be blown out the back of the bunch on every hill;
- it is impossible to marshal every individual. The marshals have to look after the group. It is your responsibility to ensure you ride with the group;
- the groups tend to go faster than the averages on the way out since the average will drop on the way back as people get tired;
- it is the member's individual responsibility to ensure he rides with the correct group. The marshals cannot change the ride because you made the wrong decision;
 - if the group is too fast for you, please inform the marshals, drop out the back of the group and wait for the next group to come along;
 - if the group is going too slowly for you, enjoy the base training and go up one group the next ride. **DO NOT GO TO THE FRONT AND RAISE THE PACE AS THIS WILL DESTROY THE RIDE FOR EVERYONE ELSE!**
- please make use of the buddy system. When waiting to start, introduce yourself to your fellow Club members and make buddies! It'll give you someone to chat to during the ride and you'll be surprised at who you meet! Get sociable... In addition, should you puncture, the group cannot wait, so fix your problem with your buddy and wait for the next bunch or the support vehicle and join them. It's unfortunate, but it's all a part of cycling and having a buddy makes it safer;
- please remember the marshals are people, too. It is difficult to marshal a group and some do better than others. If you do need to speak to a marshal (e.g. if you feel they are going too fast), do so politely and they will listen to you;
- the marshals are not "nannies". They are there to regulate the pace and help ensure the group does not break up. It is up to you to stay with the group and keep it together;
- if you have a problem that is not resolved or any suggestion to improve the Club rides, please feel free to contact the Club secretary or the Club committee. We always welcome constructive criticism and suggestions.

Finally please remember that although we have provided the above guidelines, riding in a bunch is often more guided by common sense and consideration to your fellow riders, marshals and other road users!