

EASY EVENING RIDES FROM STEVENAGE

THE ESSENTIAL GUIDE TO CLUB CYCLING



First enjoy the ride and come again! Our rides are “led” and “swept” by experienced CTC members so, unless you’re really determined, you shouldn’t get left behind. As our Wednesday rides have become very popular we’ve recently gone radio controlled with a link between the front and back of the ride. Expect to

ride 15 to 20 miles with a short break – about 30 minutes - in a country pub. The pace will be sufficient to get us to the planned stop and back to Stevenage for 10p.m. but slow enough to be sociable. We ride with each other not against each other.

Here are a few points to consider:

- (1) If you are new please make sure we have your contact details (e.g. name, address, ‘phone, e-mail). There should be some forms around. If not please give your details to the ride leader or send them to Jim Brown (see below).
- (2) *You may be new to riding in a group.* Sometimes we’ve had more than forty on our evening rides so please remember (a) the safety of everyone is paramount (b) never ride more than two abreast (c) do not stop or change direction suddenly and/or without warning (d) listen and watch out for the advisory messages and pass them on e.g. the leader may point out a hazard or say we’re slowing down, the “sweeper” may advise that we’re travelling too fast for some riders or that a car is trying to get past (e) do not overtake on the inside and (f) if you overtake the leader you’re on your own!
- (3) Please keep to the left hand side of the road. If asked to single out to get traffic past please do so quickly but taking care of those round you. The usual arrangement when “singling” is for the rider on the inside to move forward and the one outside to drop in behind. If we have to stop please try to get off the road or keep in to the side.
- (4) Hills can be a problem. Our legs hurt! Don’t worry if you seem to be falling behind on a climb as we’ll regroup at the top.



(5) Please bring good working lights. Bring a pump, tyre levers, spare inner tube (it's much easier to change the tube rather than fiddle about with patches during a ride), water bottle, an extra layer of clothes for the ride home, waterproof and some money for the stop.

(6) We advise that you carry something with the name and number of an emergency contact (relation or close friend) – just in case.

(7) The rides are fun, will help you to get fit and are free. If you enjoy them we'd really like you to join the CTC after your first few rides.

JARGON BUSTER

- * **EASY.** From the front to avoid concertinas a warning that we're slowing down. From the back – tell the leader we're going too fast.
- * **INSIDE.** Hole, broken glass, etc., in the road surface on our left hand side.
- * **LOOSE.** Gravel, or similar, across the road.
- * **MIDDLE.** Assuming we're riding two abreast this a hole, broken glass, etc., between the lines of bikes.
- * **OIL DOWN.** Sometimes "car down" or "on the nose." Car coming from in front i.e. down the line of cyclists. Only really needed on narrow roads.
- * **OIL UP.** Also "car up" or "on your tail" (these things seem to be regional). Car from behind i.e. up the line of cyclists. You'll often hear this used on all sorts of roads. Sometimes you get just plain "car."
- * **ON THE LEFT.** Come out as there's an obstruction. Maybe a parked car on the left hand side of the road.
- * **PELTON.** Usually only heard in July when we've been watching too much Tour de France. Just means the bunch, main group of cyclists.
- * **SINGLE OUT.** Get into one line. Usually to get some traffic past.
- * **STOPPING.** Usually from the leader. A warning just before stopping e.g. just before a junction so we don't end up sitting on top of each other.

In addition to the conventional signals there are also some gestures (!) e.g. pointing to the road on the left is the equivalent of "inside;" pointing to the road on the right is the equivalent of "middle;" left hand behind is the equivalent of "on the left."

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