

Sunday Club Runs -

Meet outside The Broadway pub - OX11 8RG

Start times:

May to October 09:00

November to April 09:30

1. Intro:

The club-run is a social ride, to a cafe and back that we hope is suitable for all members, new and old. Speed and distance vary with the weather and the season (and who turns up); typically we ride for 3-4 hours at 14-16mph average. Most importantly, no one gets left behind!

If you're new: do introduce yourself so we know to look out for you. Feel free to get in touch before the ride.

What to bring:

- a roadworthy bike! Get those tyres pumped up the night before.
- a bottle of water (2 is good in hot weather),
- emergency food (a flapjack or energy bar are good)
- enough clothes for whatever the weather might do (a lightweight waterproof is always good insurance)
- some money for the cafe
- spare inner tube, and basic tools if you know how to use them (pump and tyre levers being a good start)
- a phone, or more cash for a taxi. You should be happy to sort yourself out if your bike lets you down.

Mudguards: It is good manners to ride with at least a rear full-length guard in wet conditions (so that's most of the winter, as the roads rarely dry out properly). Various methods of attaching flaps http://faffing.files.wordpress.com/2010/11/mudflaps_benson.jpg to shorter guards exist. Expect to be relegated to the rear if you are spraying everyone with crud! Clean riders are also more welcome in cafes.

2. Ride Etiquette - More Details:

Here are a few tips that should make group rides easier for everyone:

- **Keep a steady line** - the main thing is to not weave about or make sudden changes of speed/direction. If you look ahead and anticipate hazards you will be able to alter your line smoothly, and early - instead of swerving at the last second causing chaos around and behind you.

- **Punctures** – if you have to stop with a mechanical problem, make sure the nearest riders know. If you hear a call that someone else has stopped, pull over as soon as it's safe to do so.
- **Too Slow?** - If you're finding the pace way too slow, speak to the ride leader at the café stop; we can either split the group or send you off on your own with our blessings.
- **2 Abreast?** – the general practice is to ride 2 abreast except where there's a safety reason not to. This will usually be because the road is too narrow for oncoming traffic to pass, or on fast descents. Follow the lead of the lead riders, who may call "Single Out" or similar.
- **Stick close** - we aim to ride as a compact unit when possible, with no big gaps in the group; this reduces conflict with motorists etc. Always ride the way YOU feel safe with.
- **Hand signals** There are a number of commonly used hand signals and calls to let others know of hazards-n-stuff.:
- **Potholes** (or debris to be avoided). Call out 'Hole!' and point at the problem (you may see riders waving their hand above it instead – same effect). Try to do this before the hazard arrives, if possible.
- **Waving** for parked cars, horses and pedestrians: When overtaking, riders will wave a hand behind them. This signifies there is a hazard that means the group will have to move out. They will do this '**waft**' in the direction you will need to move.
- "**Steady / Easy!**". Riders may also hold their arm behind them, palm facing back. We need to ease up and be ready to stop for some hazard ahead.
- "**Car Up/Down**". This one often causes confusion! Car Down = oncoming car (down your throat), Car Up = car behind us (up your ar**) You may also hear "Car Back" just to confuse things. Generally no action is *needed* - it's just to make folks aware.

And finally, enjoy the ride!

Thanks, Didcot Phoenix Cycling Club