



Blaydon Cycle Club: Development Rides | A quick Guide

First of all, hello and welcome to Blaydon Cycle Club, this small document outlines what happens on our 'Development Rides' and will cover:

- Introduction to 'Development Rides'
- The ride structure and aims
- How rides are led
- Ride guidelines
- Safety information
- Joining the club

Introduction to 'Development Rides'

Our development rides were introduced in early 2014 as a bridge between traditional club rides, the purpose of the club from the outset was to be different to traditional clubs, for those who found clubs who specialised in time trials, races etc etc somewhat daunting. The development rides then became a fast favourite for those wishing to start on their road cycling careers or wishing to refine skills and learn new skills to develop onto longer club runs or rides in general, others have used the rides as a 'first contact with the club, and already within two months of joining progressed onto longer rides the following week and entered sportive events as part of our club.

Ride structure and aims

All rides start with a small greeting and briefing about the days ride (information on hazards, weather or anything which may affect your ride)

Development rides generally consist of a 10-15 miles 'first loop' followed by a longer loop of around 30 miles. This brings the total ride up to usually 40 or so miles. We will meet at a designated place (these will be advertised via social media) usually at 10am. (time may change due to weather, time of year etc). We will set off on loop one going at whatever pace is needed to keep everyone close together, there will always be a Designated Blaydon Cycle Club member at the front and back. you **must** not pass whoever is designated leader as we can't look after you if you are ahead of the ride (think of us like a safety car at a motor race). The rear cyclist will not allow anyone to fall back behind them, they're like the 'Broom Wagon' you hear about on the pro races! they make sure no one is left behind, if you need to leave the ride for whatever reason (i.e to get home for a certain time) let them know before you drop off, we carry on like this until we get back to Ride HQ. on the second loop we re-count who is staying with us for the extended ride and say our goodbyes to those just there for the first loop. On the second loop the Leader and rear Blaydon Cyclist system is still in operation, in this part of the ride we're trying to help riders develop their skills, be that group riding, cornering, climbing... Whatever you wish to improve on, even if thats just 'getting the miles in'.

We return to the ride HQ usually for a informal debrief and a chat over coffee and cakes.

How rides are led

Rides as above are led by Blaydon Cycle Club members, generally these riders are experienced in cycling and can pass on down tips to newer riders, usually they are wearing Blaydon Cycle Club colours, but sometimes they may not be, your ride leaders and contacts will be introduced during the ride, they may change from being at the back to a leader, or they may sprint up and down the groups just checking everyone is okay, if you have any problems, need to stop, or have any concerns give someone wearing club colours a shout, and we can sort out what is needed for you if we can.

Ride guidelines - A summary.

The 'back marker' rider won't allow anyone to fall behind them. you **Must Not** overtake the designated leading rider as they are there to help navigate and help manage the pace of the ride, also we can't look out for you if you are ahead. Naturally, groups will split a little but there will always be a Blaydon jersey (or ride leader) nearby.

If you have to stop, let whoever is leading your group know for example with any mechanical issues, or you need to stop for a rest.

we will re group at various points on the ride.

if you spot a hazard such as a pothole generally cyclists will point down at it, if you are not confident you can just shout something such as 'Pothole!' you may hear other things such as 'Car!' which generally means a car is behind and we should go into single file in smaller groups or allow the car to pass. other calls are made for cars but generally they are obvious as to what is happening.

ensure you drink enough fluids, hydration is vital, sip small but often generally is the advice from cyclists.

Finally... enjoy the ride, chat to people, ask questions, make suggestions!

Safety Information -

Please Read the following carefully. The below text is essential for everyones safety and wellbeing on Development Rides.

- Cycling whilst enjoyable, carries risk like all sports, whilst out with Blaydon Cycle Club you must make sure that you do not put yourself, or others (other riders or members of the public at risk) Cycling activity is undertaken at the individuals own risk. You at all times are obliged by law, to adhere to the relevant rules of the road (Highway Code, Road Traffic Act)
- Riders **must always** wear a helmet (approved to British Standards)
- You must ensure your bike is in good working order for our rides and of a roadworthy condition.
- Riders must not use Mp3 players or similar whilst out on the roads
- Riders **must** obey reasonable instructions from ride leaders, they are there for your own and others safety.
- if you are turning, intend on stopping make sure your intentions are clear ideally by hand signals as set out in the highway code.
- When we encounter traffic from the rear only those designated as ride leaders should indicate it is safe to pass, we need to keep the signals to a minimal for the drivers to avoid confusion. if the overtake become unsafe we need to be able to quickly and safely communicate this to the driver. We much prefer allowing drivers to make the choice themselves, or for us to pull into a lay-by or passing place where it is safe for all before the vehicle moves on. We understand it can be frustrating for a car to be stuck behind for all involved but our number one priority is safety. it **must be safe for all**. Remember, we all have equal rights to share the road.
- if you see a 'Pothole' common practice is to shout '*Pothole!*' or point downwards at the hazard. A hand behind the back pointing usually means a hazard on the road (such as a parked car, traffic calming, skip or similar)
- if you feel unwell at anytime let someone know, we will arrange for help if you need it.
- If you have a 'mechanical' (something goes wrong with your bike) again let a fellow rider know
- Drink and eat plenty, cycling is an intensive sport so ensure you have plenty of fluids, and re-fuel at any opportunity.
- The club phone should be saved to your own device this is 07572 760 953 and will be on through development rides as a single point of contact for all riders.
- Safety is everyones responsibility, if you have any questions or observe any unsafe practices please inform one of your ride leaders so we can take note for future reference or take action at the time.

Joining the club

We encourage new riders to come along to a few rides on a no obligation basis, after this we strongly recommend riders join and become 'full club members' this can be done via British Cycling. Click the 'Buy Club membership' option near the top. <http://bit.ly/joinBCC> currently (June 2014) it is £10 for a full year which runs from 1 January to 31st December or £5 if you are joining us midway through the year (1st June to 31st December). We run subscriptions via British cycling, Please make sure you select the correct option. British Cycling levy a £1 charge for this service, this goes towards allowing our, and other clubs to manage their members online. This charge is not refundable.

Being a club member helps support your club, and allows us to remain affiliated with British Cycling as well as develop the club, its facilities and it's riders for the benefit of all.

if you have any questions please ask us:

we can be found at Facebook.com/BlaydonCycling and twitter.com/Blaydoncycling. our website is www.BlaydonCycling.co.uk

We look forward to seeing you at one of our rides in the not too distant future, keep your eyes on our social media for details, Regards, Blaydon Cycle Club. (BCC) - June 2014