

# WINTER CYCLING

Brought to you by John Lambe

## What to bring with you

- A pump
- At least one spare tube (2 tubes are even better along with a puncture repair kit) If you need to borrow a tube then replace it the next week
- Tyre levers
- Water bottle (2 bottles if the spin is going to be over 2 hours)
- Food – keep nibbling
- An emergency gel to get you home if you experience the dreaded hunger knock
- Money for a coffee or a coke
- Bringing a phone is always a good idea
- Warmth – Layer up & use shoe covers & good warm gloves

## Safety



- Be aware that everything you do has a knock-on effect on everyone behind and beside you
- Lights should be used day and night during the winter months for your safety
- The riders at the front must always shout out the obstacles that are up ahead
- A pothole on the left should be called as 'Left' or 'Hole left' on the right 'Right' or 'Hole right', or in the centre between both front riders 'Centre' or 'Hole Centre'
- Traffic Islands, parked cars or any other obstacles can be called as 'Left', 'Right' etc.
- These shouts must be passed back down along the group
- Riders at the front on narrow roads should shout 'Car down' when a car is approaching and riders at the rear should shout 'Car up' when a car is passing out from behind.
- The riders at the front must always be aware of the number of riders behind them when approaching roundabouts and junctions. Allow enough time to brake gradually and always be aware that whilst there may be enough time and space for one or two riders to 'make it' the decision to 'keep going' should be made whilst allowing enough space for the entire group to proceed safely.

## Shelter



- Riding in the shelter of a group uses 30% less energy than riding alone or at the front facing the wind
- To get the most benefit from this shelter your front wheel must be within 12 to 18 inches of the rear wheel in front of you. That's close so Concentrate!
- In a group, out on an open road it is best to be in two lines directly behind each other.
- Try to avoid large gaps opening up as this has a knock on effect back down along the group. It also negates the benefit of sheltering behind the riders ahead.
- The riders at the front should ride up hills at a steady pace that allows everyone to stay within the group as much as possible. If you separate then regroup at the top of the hill or at the bottom in a safe place.
- If someone is under pressure it is good to shout 'steady' to alert those at the front to reduce the pace slightly.
- The group will either slow down to look after you or if there is a slower group following then you could also drop back to them.

## Punctures



- If you get a puncture, raise your hand or shout 'puncture' to alert people behind you
- Then drift to the back of the group before stopping
- Pull in at a gate or somewhere safe in off the road
- It should be on a straight and not on a bend or corner
- One person should stop with the person who has punctured to assist them
- The rest of the group should ride about 2km up the road before returning to collect them at which stage the new tube should be fitted and the person should be back on the bike