



# Evolution Tri Club

## Group Cycling Guidelines

The purpose of the Group Cycling Guidelines is to ensure that all cyclists have a safe and enjoyable training experience when participating EVO's outdoor cycle rides. These guidelines specify the expected minimum level of experience from cyclists whether beginners, intermediate or advanced ability in order that the training session is well co-ordinated and that all members can benefit fully from each session.

It is important to note that it is mandatory for all members to adhere to the EVO Club Rules (*insert website link*). Specifically for cycling, this is:

1. Helmets must be worn at all time
2. Cyclists must obey the Highway Code
3. Cyclists must be courteous to other road users
4. Cyclists must ensure their bike is in safe & good running order & carry essential bike puncture kit and bike pump

The following guidelines apply:

### (A) Road Bike Familiarity

- Cyclists must be confident to ride their bike safely on public roads
- Cyclists must be able to use the gears, brakes and, if appropriate, to cleat/de-cleat safely
- Cyclists must be familiar with their bike and understand the minimum bike mechanics of (a) changing their seat post and (b) changing a punctured tube.

NOTE: Road Bikes are different to Mountain Bikes, so if you are new to using a road bike, please ensure that you are comfortable with your gears, brakes and bike set-up.

We strongly recommend any novice riders who are new to road cycling to attend a **Novice Support Session**. These are short cycling sessions focusing on building your confidence with brakes, gears and cleats.

**Novice Support Sessions** are open to full members of the Evolution Tri Club and **MUST BE BOOKED IN ADVANCE** by contacting Kevin Wallace on 077 8099 4772.

These sessions will be held on Sundays approx every 4 weeks and will cover:

- Introductory Road Bike setup – a high-level assessment of your current helmet and bike setup and suggested minor adjustments
- Road Cycling familiarity – held on quiet roads or within Great Windsor Park, this is an opportunity to understand how to cycle safely as a group
- Road Bike usage – changing gears, using brakes, using cleats

Alternatively, private 1-to-1 Novice Cycle Training sessions can be organised at a Club discounted rate of £25 per hour session, at a time convenient to you with our qualified



Fitness Coaches of either Kevin Wallace (Mb: 077 8099 4772) or Liz Ainslie (Mb: 079 3033 4852).

### **(B) Outdoor Club Rides**

Outdoor club rides are split into 3 ability groups:

- (1) Beginners;
- (2) Improvers and;
- (3) Experienced

Depending on the number of cyclists participating on the ride, ability groups may vary and may combine. The allow members to choose their correct ability group, the table below outlines a guide on the expected speed and distance ability for each group.

Please remember, if you are completely new to Road Cycling, please book your free Novice Support session first!

	<b>Novice</b>	<b>Improvers</b>	<b>Experienced</b>
<b>Approx average speed</b>	12-15mph (19-23kph)	15-18mph (24-26kph)	18-22mph (27-32kph)
<b>Approx distance for longer rides</b>	12-15miles (19-24km)	15-25miles (24-40km)	25-45 miles (40-65km)
<b>Group cycling experience</b>	Cycling as a well-spaced group	Some opportunity to ride as a close group or in 2s and 3s	Riders should be confident to ride as a group / peloton
<b>Group "etiquette"</b>	The group will always wait for the slowest riders with frequent catch-up opportunities	Rendezvous points established at longer intervals to enable catch-up	Cyclists should be confident to ride solo should they get dropped from the main group

Prior to setting out on the club ride, each group will have an agreed nominated leader. The leader may not be a qualified coach but is a competent cyclist with knowledge of the planned route, emergency procedures and confident to lead the ride based on the ability of the cyclists within their group.

### **(C) Road Cycling Training Seasons**

Each ability group will follow a similar training plan and periodisation through the tri season.

The degree of cycling challenge and training intensity is varied according to ability of the group.

The table below outlines the broad objectives of the club's Road Cycling Training Session for the coming year.

	<b>Oct –March 2009</b>	<b>April – May 2009</b>	<b>June- Sep 2009</b>
<b>Training Objective</b>	Endurance Distance Technique	Speed Hills Technique Maintain endurance	Competition Phase
<b>Ride Format</b>	Long, slow rides with	Shorter, faster rides	A mix of faster



	<p>some hill work</p> <p>Emphasis on cadence and a steady effort.</p>	<p>with some sprints</p> <p>Emphasis on increasing and holding your speed over the tri distances</p> <p>Continued hill specific work to maintain technique and cycle strength</p> <p>Approx 1 ride per month will be a longer routes to maintain endurance</p>	<p>rides, time trials and hill sessions</p>
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**(D) Safety Considerations**

- Cycling on public roads inevitably carries a level of risk.
- Club members are reminded that they must take individual responsibility for their own safety, the safety of others and must be confident to ride alone should they become separated from the group for any reason.
- We encourage members to carry their personal mobile phone and exchange mobile numbers with 1-2 of the other cyclists within the ability group prior to setting out on the Club Ride allowing a ‘buddy’ support should any cyclist encounter problems or become separated from the group.
- The Evolution Triathlon Club takes no responsibility for loss or damage of equipment or personal injury.

We hope you enjoy your cycle training with the Evolution Tri Club.

Please feel free to feedback to any member of the TriCrew your comments and suggestions