

Welcome!

This ride is being arranged by the Colchester and North Essex section of the Essex District Association of the CTC.

These rides are open to everyone but you are expected to join the national CTC by your fourth ride. Everyone on this ride is expected to pay a 20p fee which goes towards the Essex CTC newsletter.

We intend to hold this ride each Thursday until early September.

Your ride captain today is William Bramhill, 01206 854045, or 07758 464 958. You can e-mail me at william@bramhill.net

About the CTC

The CTC is the national cycling club; for more details about CTC go to www.ctc.org.uk, ring 01483 238300 or write to CTC, Parklands, Railton Rd, Guildford, Surrey GU2 9JX.

Membership prices start at £12 for students and range to £55 for a family. There are lots of benefits of CTC membership including a two-monthly magazine and third party insurance.

For your safety:

Ensure that your machine is in good working order before joining the ride and that you have a pump and puncture repair kit/spare tube to take with you. You should also have lights in case the ride is delayed.

Helmets and fluorescent jackets are your personal choice. Mudguards are a politeness to the people who will be riding behind you - if you don't have mudguards, try to avoid puddles *without putting your safety at risk*.

Riding in a group

Ride considerately and obey the law. Don't ride on footways and don't go through red lights. Irresponsible behaviour can place other riders in danger. You are an ambassador for all cyclists, so don't give us a bad name!

Concentrate: Maintain concentration and avoid swerving. Each rider should maintain a steady line.

Keep your distance: just as in a car, riding into the person in front can be painful! Make frequent checks on all the riders ahead of you, not just those immediately in front. Ride smoothly and avoid hard braking. Allow a three-second gap between you and the rider in front. If you are slowing or stopping, shout it out so the people behind can hear you - even someone touching your wheel can cause a crash.

Looking back: Be aware that looking back can throw you off balance. Practise tucking your chin into your shoulder to see behind without twisting your body. A good quality cycle mirror will prove invaluable.

Overtaking: If you want to move up the line, do an overtake by checking

that there is a gap for you ahead, then looking behind you; move well out from other cyclists. Complete your overtake as quickly as possible.

Two abreast: the law allows you to ride two abreast, and it can make riding safer as it will stop most drivers passing at high speed. If you are causing an obstruction, switch to single file (the outside rider should go ahead, the inside rider should fall behind). Some drivers don't like cyclists riding side by side - but most of them have an empty seat beside them most of the time!

Communicate: Riding in a group impairs visibility, so flag up hazards. The traditional club ride calls are:

- "Oil up": car approaching from the front
- "Oil down": car approaching from behind
- "Stopping": to warn people behind that the group is slowing
- "Gravel", "Sand", "Glass" or "Hole", accompanied by a pointy finger: road hazard

Know the route: Key riders should ensure they know the route in advance in case the group is separated.

Leaving early: If anyone has to peel off early (for another commitment, for instance) please let the ride captain know in advance.

COLCHESTER CYCLING CONTACTS

Colchester and North Essex CTC: Richard Whittam
the.whittams@ntlworld.com

Colchester Cycling Campaign: www.colchester-cycling.org.uk or ring Will on 01206 854045

Cycling in Essex: www.cyclinginessex.com

Cycle Training: www.cycletrainingeast.org.uk or ring Pam on 01206 525480 or 07812 - 209862

Colchester Re-cycle (Bikes to the Third World) www.re-cycle-east.org or ring Sue on 0845 458 0854

Colchester Rovers (race cycling) Ring Tony on 01206 522680 or visit www.colchester-rovers.org.uk