



2017/18

Frodsham Wheelers Rider Manual



Frodsham
WHEELERS



Frodsham Wheelers Riders Manual

Welcome to the Frodsham Wheelers Cycling Club. The aim of our club is to provide a relaxed and friendly environment in which to enjoy riding your bike regardless of your ability. We aim to offer a variety of rides both weekday evenings and weekends, from short social rides to challenging full day expeditions with the odd team bonding weekend away thrown in for good measure. By regular riding we hope that you will find a new level of fitness and a feeling of wellbeing. Should you wish to participate in competitive cycling – Road Racing, Cross Racing, Time Trials or Hill Climbs you will receive advice and support from the club's Race Leaders. With our help we hope that you can reach your cycling potential.

Club Membership is £10 for under 18, £20 over 18 and £10 over 65 per annum and entitles you to attend club rides, social events and a vote on club affairs in club meetings. Club Membership should be through the British Cycling website. We recommend all club members take out 3rd Party Liability Insurance.
https://www.britishcycling.org.uk/club/profile/6479/frodsham_wheelers/twelve50_bikes

Club Meetings

The club will meet 4 times per year to discuss the further development of the Club and to vote on any pending issues. The Annual General Meeting is held in October and there are Quarterly meetings in January, April and July. If you have any issues you would like to raise for the next meeting please contact a member of the Committee.

The Committee are here to serve the club. To plan and communicate the timetable of rides to suit all needs, to organise club trips, training weeks and social events as well as to provide links to the local community and to encourage new membership.

Club President – Danny Emmett

Vice President – Mark Stevens

Chairman – Chris Hanson Jones

Treasurer – Matt Steadman

Twelve50 Bikes

The Frodsham Wheelers has close links with Twelve50 Bikes on Main Street, Frodsham, WA6 7AR. Club Members receive generous discounts as follows as well as special offers:

Discounts on kit – 15%

Discount on bikes – 15%

Discount on servicing -20%

Club kit can be ordered by club members either by visiting Twelve50 bikes or by emailing Matthew Steadman at matthew@twelve50bikes.com. All club members are encouraged to wear club kit on official club rides but this is not compulsory. We find that an orderly group in club kit is treated with more respect by motorists than just a rabble of cyclists.

Please support your local bike shop!

Club Rides

There are some seasonal variations to the weekly ride calendar. Weekday rides and Saturdays we have a fixed schedule but Sundays both 'A' and 'B' rides vary the route week by week. Sunday ride route will be announced on the website by the Thursday. Note – Even on B rides there may be a 'Burn Up' in the last few miles on the approach to Frodsham for a bit of fun, once the ride leader is satisfied that any riders who wish to coast home in their own time are happy and able to do so. We are a sports club and our assumption is that all who join us do so in order to improve their general fitness, so although we do not leave riders behind on club rides, if a rider is clearly unable to maintain the pace then we may recommend that some further individual training may be required before the next club ride.

Summer (Light nights after clock change)

Tuesday – The Tuesday Chainy. Meeting 7.00pm at Twelve50 bikes WA6 7AR. Approx. 22 miles dash medium to fast paced, mainly flat but with a few hills thrown in. We shall endeavour not to drop riders but average pace 17-18+ mph so suitable for those with a good level of base fitness.

Wednesday – The Wednesday social. Meeting 7.00pm at Moughland Lane, Runcorn WA7 4SG. Stopping at 7.15 at Aston Fields Road, Whitehouse Industrial Estate, WA7 3DL. This ride will take place on weeks with no Time Trial. Social ride of approximately 25-30 miles, circa 16mph 'conversational pace'.

Thursday - Thursday Night Hilly. Meeting 6.30pm at Twelve50 Bikes, WA6 7AR. A challenging ride of approximately 25 miles tackling a number of local climbs. Steady ride between climbs but all climbs attacked with gusto. A great ride to improve fitness. Regroup at the top of all climbs. Nobody left alone.

Saturday – The classic Wizard ride. Meeting at 'Fire Station Light', Moughland Lane, Runcorn WA7 4SG at 8.30am. Approx 60 miles on flat lanes with a short climb up to the Wizard Café. Steady ride out and quicker back. Average pace 16-18mph.

Sunday- 2 Options every week. Unless stated otherwise, meeting at 'Fire Station Light', Moughland Lane, Runcorn, WA7 4SG at 8.30am and a twiddle to Twelve50 Bikes, WA6 7AR for 9am. 'A' Ride standard distance is 60-80 miles usually with hills circa 17-18mph. 'B' Ride standard distance 45-60 miles circa 16mph. Once per month there will be a more challenging ride to help build stamina. Once every 2 months it's time for 'Wheelers on Tour' as we load the cars and head off to ride in unfamiliar territory.

Winter (Dark nights after clock change)

Tuesday – The Tuesday Chainy– Meeting 7.00 at the Roundabout, Junction of Stuart Road, Warrington Road and Manor Park Avenue. Following a fixed, generally well lit route. Traditional chain gang. Fast pace. Riders who are dropped can coast home alone in the comfort that they are not far from base.

Wednesday – The Wednesday Social Ride. Meeting 7pm at 'Fire Station Light', Moughland Lane, Runcorn, WA7 4SG and passing Twelve50 bikes, WA6 7AR at approx. 7.15pm. Approx. 25-28 miles at a conversational pace. The route alternates between a flat 'out and back down the A56 to Mickle Trafford roundabout and a hillier loop through Delamere. Pace about 16-17 mph.

Thursday – The Thursday Chainy– Meeting 7.00 at the Roundabout, Junction of Stuart Road, Warrington Road and Manor Park Avenue. Following a fixed, generally well lit route. Traditional chain gang. Fast pace. Riders who are dropped can coast home alone in the comfort that they are not far from base.

Saturday – 'Old Faithful' – The Wizard (see summer rides but slightly more sedate).

Sunday – Unless stated otherwise, meeting at 'Fire Station Light', Moughland Lane, Runcorn, WA7 4SG at 8.30am and Twelve50 Bikes, Frodsham, WA6 7AR at 9am. The A and B groups may merge into a single ride over the winter and the pace will be more sedate than in summer but pace circa 16mph expected.

The Christmas Wizard Fancy Dress Ride – The final Saturday before Christmas marks our annual Wizard Fancy Dress Ride. Meeting at the usual time, the club will ride to the Wizard café in festive fancy dress where we will enjoy our festive fry up. This year's ride will take place on Saturday 19th December. Cost (including tip- a tenner)

Dawn 'Til Dusk Ride – 2016 ride will take place on Saturday 25th June.

The Dawn 'Til Dusk ride is on its 3rd renewal in 2016 and has already become an institution. This epic ride of approximately 230 miles is the annual target for many a Wheeler. Beginning at 'Fire Station Light', Moughland Lane, Runcorn, WA7 4SG at 4am, the ride picks up more riders in Liverpool City Centre before heading through the Mersey Tunnel into Wales. Feed stops at Llanwrst (Breakfast), Barmouth (Lunch) and Llangollen (Dinner) before returning home just before dark with a massive sense of achievement. Many months of training are required but it's worth the effort. The 2016 renewal of the 'D2D' will be a charitable ride to raise money for local good causes.

Ride Leaders – Most club rides will have one or more designated Ride Leaders' (or more importantly 'sweepers' at the back) responsible not only for navigation, but more importantly to ensure that the ride is safe and enjoyed by all and to ensure that the bunch remains a bunch and no riders are lost. All Ride Leaders will be trained in First Aid by the spring of 2016.

The club is always looking for riders to step up as Ride Leaders in order that all club rides can be correctly marshalled.

Current ride leaders:

Danny Emmett – 07776 350634

Mark Stevens – 07561 543786

Chris Hanson Jones – 07968 538902

Roy Forster -TBC
Peter Prince -07739 132821
Alan Orme - TBC
John Flynn - TBC

Race Leaders – If you are considering competing for the first time then our Race Leaders are there to offer help and advice.

Road Race – Baz James and Justin Collacott

Time Trial – John Flynn

Hill Climb – Mark Stevens

New Riders – Each new rider may ride with the club 3 times to decide if they wish to join the club on a permanent basis. Upon arrival at the ride start you will be introduced to the club members. We propose to operate a 'Buddy System' for the first ride or two so that you can be safely integrated into the group as many new riders will not have ridden in a group before. Your ride 'Buddy' will introduce you to ride etiquette (hand signals, calls etc)

If you wish to join the Wheelers on your first ride please contact either Danny Emmett on

dannyemmett@hotmail.co.uk or Mark Stevens on msnw38614@blueyonder.co.uk or facebook message.

There is an expectation that new riders will have a base level of fitness and are able to ride for 25-30 miles at an average speed of 16mph in order to join the B group.

After 3 rides, the Ride Leaders will provide feedback and agree the best route for development.

Preparation for the ride – Before you venture out to ride you should always ensure that you are prepared.

See the checklist below:

- You must wear a helmet.
- You must ensure that your bike is in good mechanical order (Check tyres for cuts or excessive wear. Check brake pads for wear. Check gears function correctly)
- On winter rides you must ensure that you have a functioning front and rear light.
- On winter rides you must ensure that your bike is fitted with a rear mudguard. This is actually a safety issue as if you are getting sprayed with muck from the wheel in front the tendency is to avoid riding on the wheel in front and leads to a disorganised unsafe bunch. Any riders arriving for a winter ride with no rear mudguard must ride at the back of the bunch.
- You should ensure that you are dressed appropriately for the ride you are doing (recommend even on dry winter rides to carry a rain cape!)
- You should ensure that you have the necessary tools to fix a puncture or to deal with a minor mechanical problem. Pump or CO2, tubes, levers etc.
- You should carry a mobile phone/bank card or cash to enable you to get home in the event of a serious issue.
- Try to familiarise yourself with the planned route in case you have to ride home alone.
- Please ensure that the ride you plan to join is appropriate for your level of fitness. In general terms in order to ride the B ride you should be able to ride for 25 -30 miles at an average of 16mph over mixed terrain. In order to join the A ride you should be able to ride for 50 miles at an average speed of 17-18mph over mixed terrain. In actual fact the rides will be further than this, but if you are able to achieve this then you should be fine.

Ride Etiquette – Cycling is fun, but riding in a group on busy roads can be inherently dangerous so it is vital that all riders familiarise themselves with the following summary of ride etiquette and that this is followed.

By doing this we can minimise risk and maximise enjoyment.

- FOLLOW THE HIGHWAY CODE. (No jumping red lights!)
- The group should ride in 2 compact neat lines.
- If there is a line of traffic behind or a large vehicle there may be the call 'Single out'. The riders on the inside will create gaps to allow the riders on the outside to pull in to create 1 line.
- You must NEVER ride 3 or more abreast.
- You must never cross the white line in the middle of the road.
- Point out hazards in the road – Grids, debris, holes etc. There is no need to shout for every hazard. If you 'Cry Wolf' too often then the bunch may not take notice when there is a serious hazard. Use your judgement and shout what you consider to be serious hazards (Deep pothole, broken glass) and

- if you shout try to make the message as clear as possible eg. 'Glass left' or 'Hole Middle'. If you are a beginner or unsteady it is better for the group for you to keep both hands on your handlebars.
- Indicate 'Out' with the left hand pointing right behind the back or call 'Out' as you approach a parked car, a dog walker or a pedestrian on a country lane.
 - On narrow roads you may hear the call 'Car Back' meaning a car is approaching from the rear. 'Car Down' meaning a car is approaching from the front.
 - **BE PREDICTABLE** – Try to avoid swerving wildly in the road. Ride smoothly. Don't over react or brake sharply.
 - Be alert and try to anticipate the actions of cars and other road users.
 - Don't cross wheels as this is one of the main causes of crashes on the road. Follow the wheel in front.
 - All riders should take a turn at the front. The shout 'Man up!' means that the rider in the 'Front right' position should overtake the rider in the 'Front left' position and pull to the 'Front left' position. All riders in the outside row move up 1 position. By doing this every 5 or 10 minutes all riders take a turn on the front and it is also more social as you get to chat to every member of the club on the ride!
 - If approaching a hill allow a little extra room between your wheel and the wheel in front. As the rider in front gets out of the saddle the pace will slow perceptibly and their rear wheel will slip back momentarily.
 - **LOOK OUT FOR EACH OTHER.** If you notice a rider in distress or being left behind, shout 'Mile Off' and the rider at the front should lower the pace by 2 or 3 mph to allow the struggling rider to rejoin the bunch. 'Mile Off' does not mean slow from 20mph to 10mph. A severe reduction in pace is a hazard as it leads to riders spreading across the road.
 - **COMMUNICATE** – It is possible a call from the back of the bunch may not be heard at the front or Vice Versa. If you are in the middle of the bunch 'pass it on'. **If you are struggling, please talk to the ride leader who will decide the best course of action.**
 - **BE NICE TO YOUR FELLOW RIDERS** – We are part of a worldwide club. There is a long held tradition of saying Hello or giving a nod or wave of acknowledgement to fellow riders passing us on the road. If the group sees a rider in trouble at the side of the road always offer to help. Also please be considerate and understanding to your club mates. None of us are perfect and mistakes are often made in the peloton. Please be tolerant with your fellow riders. Please be tolerant to 'newbies' as we were all 'newbies' once. If your words or actions result in a new member having second thoughts about coming out with the club again, then you have failed. Offer words of encouragement if they are struggling and if you feel strong and you see a team mate has 'bonked' then offer an arm around the shoulder.
 - **BE CURTEOUS TO DRIVERS.** We all see examples of bad riding when we are driving our cars so please remember that bad riding or uncivilised behaviour from a rider in club kit reflects badly on the club. Be patient but assertive on the road. Try to ride in a safe and predictable manner. If we ride erratically then we cannot be surprised when drivers do the same. In heavy traffic or at traffic lights do not 'swarm' around cars (some undertaking, some overtaking) for your own safety. **Do not become involved in altercations with drivers even if they are at fault or have driven dangerously. Never use foul or abusive language when wearing the club colours. When a bicycle and a car get in an argument there can only be one winner.** In the event of an incident or crash involving a car, ensure you take the vehicle registration and seek witnesses.
 - If the bunch stops to wait for a slow rider, a 'pee stop' or because of an accident **'Get off the road!'**
 - Always slow down for horses.
 - If you have a change of plan and decide to cut your ride short please tell someone!
 - Please respect the Ride Leader's decision (for example to change route or cut short a ride due to weather or safety issue).

Events and Awards

The Wheelers/1250 Bikes are scheduled to sponsor and run 2 events during 2016. The details are as follows:

Hilly 2 Up – Broxton (insert date)

10 Mile TT – Rainford (insert date)

These events are run by Chris Hanson Jones. This is an opportunity for club members to give something back to the club. We need as many volunteers as possible to marshall these events in order that they can be run safely. In the event of having insufficient marshalls to run the event it will be necessary for the required number of club members to withdraw from the event to assist.

There is also a series of 10 mile Time Trial events to be held on the Hale circuit every 2 / 3 weeks from May to September on Wednesday evenings starting 7pm from the Beehive in on Halebank Road. Just roll up and sign

up on the night for £3. This TT series runs through the summer and each rider accrues points based on their finishing time and position. The rider with the most points at the end of the season will be declared TT Champion.

At the end of the TT season we shall also run the annual 'Handicap' event where each rider will ride based on their 'Handicap rating' through the season. This is another chance to win some silverware.

Trophies will also be presented to the fastest 10 mile and 25 mile TT for both men and women.

A trophy will also be presented to the 'Road Race Champion' who will be the person who accumulates most British Cycling points during the season.

The Hill Climb Trophy will be presented to the fastest rider (Male and Female) in the annual Hill Climb up Bellemonte Road (Frodsham Hill).

TT Standards

From 2016 the club intends to reward riders for improvement and achievement in the TT sphere.

If you are able to meet one of the Bronze, Silver or Gold Standards you will receive a medal of recognition.

Male – 10 mile

Gold Standard Time – 22.00 mins, Silver Standard Time 23.30 mins, Bronze Standard 25.00 mins

Female – 10 mile

Gold Standard Time – 25.00 mins, Silver Standard Time 26.30 mins, Bronze Standard 27.30 mins

Male – 25 mile

Gold Standard Time – 57.00 mins, Silver Standard Time 1:00:00, Bronze Standard 1:04:30

Female - 25 mile

Gold Standard Time – 1:04:00, Silver Standard Time 1:08:00, Bronze Standard Time 1:12:00

Only 1 medal will be presented per standard.

If a member achieves 2 different standards in 1 season then they will receive the medal for the higher standard.

Christmas Dinner/Social and Prize giving

Our annual Christmas Social and Prize giving will be held at the end of November when we have an opportunity to mark the achievements of the clubs riders and party! (There is still a Sunday ride the following morning!)

Social Media – The website and the Facebook page.

We shall very shortly unveil the Club website which should provide members and potential members with all the information you would expect to see on there. As well as all the information above, there will be ride routes, café reviews, a picture gallery and many more features. There will also be a secure login for members and a Club Forum which can be used not only for club discussions but for general chat as per the current Facebook page.

The current Facebook page is open to members and non-members. The Facebook page is there for your convenience and entertainment. Please remember that comments made on the page are seen not only by members but by friends and members of other clubs. Please ensure that no comments that may show the Club in a negative light are posted on the Facebook page.

Should you have any issues or questions regarding the running of the Club please raise them with a member of the Committee and not post on the Facebook page or website.