

RIDER ETIQUETTE



Whilst we do not wish to underestimate the significance of this challenge, a few general points will help you complete the event more efficiently and most importantly make it more enjoyable. Remember IT IS NOT A RACE!

Don't be too anxious about the challenge. Ride with your head up taking notice of what's around you both from a safety perspective and in order to see the beautiful surroundings the UK has to offer.

It is important to communicate clearly with other riders and above all remain polite and courteous to other road users and fellow cyclists. The key to completing the challenge will be a successful pacing and fuelling strategy. In other words try and conserve energy levels by:

- Riding in a group and sharing the pace making (far more sociable).
- Eating little and often throughout the legs and refueling at pit stops.
- Riding at a consistent pace not only throughout each stage but also each climb and throughout the whole nine-day challenge. There is a tendency for riders to tear away from the start and this will lead to utilisation of precious glycogen stores too early and leave you trying to cram carbs in during the day.

Some key points of rider etiquette

- Riders should all obey the law and ride in accordance with the Highway Code.
- Riders should ride no more than two abreast on the left hand side of the road.
- If a car driver acts irresponsibly and either performs an illegal manoeuvre or shouts abuse, "pips" the horn etc then do not retaliate however much you may feel inclined to. You are representing the event and cyclists in general.
- If you suffer a puncture or mechanical breakdown and you are riding in a group, make sure that you shout out that you are stopping and move off the road. This also applies to waiting cyclists. DO NOT remain standing in the carriageway...!

Some key points on group riding

- When riding in groups there are a few simple guidelines that should be followed to maintain safety and increase enjoyment.
- It takes practice to ride in pairs as part of a group. Sitting close to a wheel in front saves considerable amounts of energy and the social aspect associated makes the time pass quickly.
- Following riders should 'feather' their brakes and not 'slam on' as this has a chain reaction down the group and causes riders to 'fan out' across the road creating a wider hazard for following vehicles to try and pass.
- Following riders should look beyond the rider immediately in front to assess the next action and when to take action such as braking, turning etc.
- If there is a need to single (if a car is due to pass) then the outside rider drops back and fills the space left by the rider on the inside behind.

Communication

Communication is key to successful group riding technique and a number of standard calls or signals are:

- Point out potholes
 - “On the left”
 - “On the right”
- Point out other obstructions
 - Parked vehicles
 - Pedestrians etc
- Point out oncoming traffic
 - “Car down”
- Point out following traffic
 - “Car up”

These calls should be made verbally in a direct and clear fashion.