

Members Guide on KCC Club Rides

What club rides do the club offer?

The organised weekly Club Rides have evolved from one ride on a Sunday morning, to two rides on Saturday and one on Sunday. This allows members and prospective members to choose the ride that suits their ability and needs, and also allow for progression through the rides as riders get fitter and more confident.

Historically in cycling clubs the weekend cycling runs are social runs whilst training and improvement in fitness is primarily done mid-week. KCC offer 12 Time Trial events roughly every 2 weeks on a Thursday evening.

KCC Weekend Runs

All KCC weekend Club rides are primarily social, group-riding experiences, not full-on training rides. This enables riders to build confidence, fitness, cycling skills and social contacts in a supportive cycling environment. There may be times where you are distanced particularly going up hills but the group shall wait for you at the first safe and convenient point somewhere near to top of the hill.

This guidance has been drawn up to help riders and leaders alike to make the most of the Club rides that we offer.

Ride Leaders

Each of the Club rides will have a Ride Leader who will have planned and posted a route, (although depending on circumstances this route may be adapted on the day, particularly for the Social ride). Cyclists attending rides are advised to familiarise themselves with the route beforehand, and to come prepared for their ride with a phone, fluid, a snack, suitable clothing, equipment to mend a puncture, and lights and mudguards as appropriate. We recommend that you consider using front and rear lights all year to increase your visibility and mudguards are strongly recommended on winter rides. It is important to understand that Ride Leaders are volunteers from the membership of the club who give up their time to support other cyclists. They are not cycling coaches. The ride leader can ask another experienced rider to be a deputy ride leader particularly if the group is large

Saturday Social: This ride covers 20 to 30 miles and there is a café stop either en-route or at the end. By the end of the Run the average speed would be approx. 10-13mph. This would be your entry into club cycling if you lack experience or are returning from injury. The ride leaves at 9:30 a.m. in the summer; 10:00 a.m. in the winter, with a café stop approx. half way around the route.

Bun Run: There may be seasonal variation with regards to distance, but the ride typically covers 35 to 50 miles at an average speed of 13-15mph. This speed should allow progression from the Saturday Social for improvers. The ride leaves at 9:30 a.m. in the summer; 10:00 a.m. in the winter, with a café stop approx. half way around the route.

Sunday Club Run: This run typically covers 50-75 miles in summer and 35-50 miles in the winter. It often splits into 2 or more groups to reflect different speeds and abilities. This ride can accommodate average speeds of 14- 18 mph. There is not usually a café stop on this ride but the ride stops to regroup and refuel on several occasions. Meeting time is 9:00 a.m. in summer and 9:30 a.m. in winter.

Start Locations

Mostly the rides leave from **Loch Leven Community Campus in Kinross**. There are parking and toilet facilities, and riders should be ready to go about 5-10 minutes prior to the start time.

Occasionally the ride will leave from a different location- usually within 30-40 minutes drive from Kinross. This allows riders to reach lesser known roads and locations and adds a bit of variety.

What can I expect?

Ride leaders will do a brief prior to departure of the ride. Where appropriate the Ride Leader may split the ride into 2 or more groups and will delegate another experienced club member to look after the other group/s. The Ride Leader may also ask an experienced member (Deputy Ride Leader) to act as a pacemaker at the head of the ride, and we politely ask that you do not pass this cyclist unless given express permission to do so. The Ride Captain would normally take responsibility for the hind-most group unless agreed otherwise at the start, ensuring that everyone safely completes their ride.

Communications

Good communications is key to everyone's safety. Everyone should be aware of where each other are in the group and pass information to the group if someone has been distanced from that group. Also information such as the traffic at the rear, the front, holes in the road, gravel and anything that could affect the group's safety, should be passed on to the nearest in the group, then in turn should communicate on to the next nearest person, and so on.

Group Pace

We understand that some people may wish to go faster than the average speed of the group, but please remember that for every person pushing the pace there will be someone at the back who is suffering and unlikely to wish to ride with the group again. Saturday riders who wish to increase their pace may wish to consider switching to the next highest run which could be the Sunday Club Run as their fitness improves. The Ride Leader and Ride Deputies role can be difficult enough keeping everyone together without people driving on whilst other are struggling, so please do not drive ahead of the Ride leaders.

However people can get distanced on hills or whilst cycling into strong headwinds, so ensure that you

- Are aware that your club mate may have been distanced.
- Give the group notice that your club mate has been distanced
- Slow down (stop if need be) to allow re-grouping.
- Look for reasonable waiting points such as the top of hills but ensure the location is safe to stop.
- Do not continue until the ride leader has arrived and give instruction to move on.

The ride leader and deputy are there for all the riders.

Group Riding

Group riding can offer some safety advantages and also allows riders within the peloton to maintain a higher speed with less effort. It can be safer to ride two abreast in some circumstances where visibility and road width allow, but please single out where appropriate on narrow, twisty roads. There is video advice on group riding available on the British Cycling website.

[British Cycling: Riding in a Group](#)

Group Riding Safety

Remember, when riding in close proximity to other riders there is little margin for error so please pay extra attention to those around you, and to maintaining control of your bike, with hands on the bars at all times and no sudden braking or manoeuvring. It is generally not practicable to ride as a peloton on a climb so riders are encouraged to ascend at their own pace and to regroup at the top.

Cancelled Runs

Ride Leaders may occasionally take the decision to cancel a ride at short notice if weather conditions dictate. Every effort will be made to communicate this to the group via **Facebook** / website or text message at least an hour in advance (if the forecast is bad in winter this may be decided the night before). If in doubt please check before leaving home.

On the day.

- Check the **Closed** KCC Facebook page in case the ride is cancelled
- Check you and your bike are fit for the ride – tyres, brakes, tools, food, water, phone, route etc.
- Listen to the pre-ride instructions – it's only polite!
- Do not leave the group without letting the Ride Leader know
- If someone drops behind pass the information up the group so that the pace can be adjusted
- When re-grouping let everyone get organised before setting off – the last person to arrive should get at least 3 minutes to refuel.
- Wait at the top of the hills to regroup.
- Do not sprint off ahead on your own. If you are frustrated at the pace then speak to the Ride Leader who will either split the group, or advise you to complete the ride at your own pace.
- Indicate hazards – point to potholes or shout “Hole”, slow down for horses and advise them of your presence, “Nose” for oncoming cars, “Tail” for cars at the back about to pass.
- Soft pedal after junctions, stops etc. to allow the group to re-form
- Help new riders and offer encouragement.
- Have a great ride!