

Monmouthshire Wheelers Club Ride Rules

Ahead of all the other suggestions below always remember the Highway Code, rules, regulations and laws of the road apply. You're responsible for your safety!

1. **Have fun:** Above all, the club runs are the centre of our club for a reason. It's where all members can come and enjoy a social ride, good company and cake. There may be some rules here but the club run isn't a military drill, it's about enjoying getting out on the bike!

2. **Highway Code:** when riding, first and foremost you must at all time comply with the Highway Code and more than that, you must ride with courtesy and respect for other road users. You are responsible, not only for your own safety but for other riders around you. There will be a leader but their role is limited to choosing the route and so far as possible, making sure the Group stays together and respects other road users. They are NOT responsible for your safety, you are. You are also responsible for the cohesion of the Group and helping keep it together. Experienced Club members may ask you to adjust your speed, road position or style. Please respect them, as they are only concerned for everybody's safety.

3. **Don't race:** The Club Run is a social ride, it is NOT a race.

4. **Group riding etiquette:** Aim to ride with less than one metre between you and the rider in front. Ride in pairs, NEVER more than two abreast and directly behind a rider in front and not diagonally. Single-out if a car is behind and when filing out would enable the car to pass, or if the road conditions make it sensible to do so. Be careful when braking suddenly. When descending in a group please increase the gap to other rides and importantly hold your line – if you approach a bend on the inside aim to corner around the bend on the outside where it's safe to do so.

5. **Ride together and wait:** Everyone takes time to set-off, clip-in and get settled back in the saddle. Keep the group together. Likewise, re-group at the top of hills and if necessary at the bottom. The lead riders should make sure that all riders are back in the group before resuming the at normal pace. It is okay to keep moving but slowly, until everyone is back together.

6. **Warnings and help:** Front riders should warn of hazards ahead and inform the rest of the group verbally and/or with hand signals. Rear riders should ensure that no-one is falling behind. If they are, then they should inform those in front and the Group should slow to allow it to be reformed.

7. **Change the lead:** Every few minutes, the lead should change. So if you've been sitting on the front for a while, when it's safe to do so, tell the others and swap the lead. But if you're tiring and suddenly it's your turn to be on the front, tell the others as it's fine to take it easy.

8. **Say hello:** If you're new, please identify yourself to those leading the club run. Please listen to them, as they will explain how the run works and where it's going.

9. **Join:** We especially welcome new members on the club run and if you like the club run, please become a member. We're happy for you to try the ride a few times but after three or four rides please join if you want to ride with us.

10. **Wear club kit:** Members are expected to buy and wear the club kit if they can. The Wheelers clothing is pro-team quality and stylish, it's a nice gesture to support our sponsors and the club. The wearing of a helmet is compulsory on all club rides.

11. **Mechanicals:** If someone punctures or has a mechanical, everyone is expected to stop. So in return for delaying everyone, make sure you start the ride with spares like an inner tube, tyre levers and that your bike is roadworthy.

12. **Horses:** If you see horses slow down, let them know of your approach and say good morning. There is further guidance available here, <http://www.bhs.org.uk/~media/BHS/Files/PDF%20Documents/Safety%20leaflets/Cycling%20Guidance%20leaflet.ashx>

These rules aren't set in stone, it's all about being sensible and aware whilst riding on the road. Remember, you are responsible for your safety and take part in activities at your own risk.

Club Run FAQs

Do I have to be a member to come along for the Sunday Club Run?

We welcome all potential new members, so please feel free to come along as it's a good way to find out more about the Monmouthshire Wheelers. If you like us, contact us about signing up.

Do you have other rides apart from the Sunday ride?

Yes but for members. We have fun TT's, self sufficiency rides, hill climbs and informal rides on weekends and week nights.

Do I have to tell anyone or ask permission to join you?

You can always let us know you're coming via the contact us page above, this way we'll let you know who to ask for and someone will be there to greet you.

Alternatively just turn up before the start time and introduce yourself to a member in club kit, they'll explain more.

Do you meet every Sunday?

We currently meet every week – we may start a smaller 'in between' run around 30 miles. This might be a good place to start and come and introduce yourself.

Do you always start from the same place?

We actually rotate starting points for a number of reasons. Firstly, Monmouthshire is a large county and rotating start points allows people to sometimes start from their own house, or even have a short ride to the 'ride start' point. Secondly, we have fantastic roads and scenery surrounding so starting from a new place each ride

ensures we have different routes and roads to enjoy!

What sort of distance and pace can I expect on your Sunday club rides?

The distance varies according to the route but 40-50 miles is normal. We usually split into two groups; steady group is usually 15 and faster is usually 17. When you come along, introduce yourself to some club members and explain that this is your first ride with the club so we can make sure you don't get dropped or too tired. If you can handle a 40 mile ride, you'll be fine. Remember that riding with others is a lot easier than riding by yourself.

Am I fit enough?

It's always a personal question but you should be comfortable with a 40 mile ride at 13-15mph with one or two hills in them. That said, we don't ever leave anybody behind so if you're in doubt come along and see how you find it, most people leave us smiling after their first run!

What do I need to bring?

Bring some spares like an inner tube and pump and you should be capable of repairing a puncture. Also, bring some cash so when the ride stops at a cafe, you can get something to eat and drink.

Do I have need to own a racing bike and all the kit?

A road bike is highly recommended. Enthusiasm for cycling is the most important thing. Some members do have flashy bikes but the truth is they don't help you ride that much faster, a roadworthy machine is the main thing. A road bike is preferable although a mountain bike or hybrid with slick tyres should be ok too – but you need to be very confident about your fitness.

What about mudguards?

They will keep you dry and modern versions like SKS Race Blades Longs can be fitted to most bikes. But there's no requirement to ride with them. If the weather's bad, you'll always get mucky.

What about insurance?

You should accept responsibility for your own conduct and safety (including the safety of your bicycle and other equipment) during Club activities. You take part in Club rides entirely at your own risk. We strongly recommend that you take out appropriate third-party insurance for your own sake. Membership of British Cycling or the CTC can offer you this form of cover and you're supporting cycling in this country too.

Is there a minimum age?

We currently only allow over 16's due to our size. Please contact us for further information if needed and we can point you in the direction of youth clubs.