

Cycle

Triplings have a long ride scheduled each week, usually on a Saturday morning, but this can change depending on season. Numbers and time in the season determine group ride destination and distance. Becoming a proficient bunch rider takes time and experience. The more seasoned members are there to help.

Cycle Etiquette

Stick close to the rear wheel of the rider in front of you, six inches or less is a good measure. You save about 30% effort when drafting. This keeps the bunch tight. If gaps are consistently being left open, other riders will move around you and you'll find yourself hanging off the back.

Maintain a distance, no more than 12 inches from your shoulder to the shoulder of the rider next to you.

Never ride "half wheel", this means riding with your front wheel halfway along the bike in front. They can't see you and don't know you are there, any wobble or sideways movement will cause an accident.

Always keep one hand on your handlebars. It may look cool to ride with no hands, until you hit the bitumen, or worse, make someone else hit the ground.

Be predictable. Smooth, consistent riding is the key to ensuring everyone riding around you feels comfortable and that you are not a hazard to yourself or anyone else.

The person behind you is your responsibility.

Call out any changes or hazards;

"Slowing"	Coming to a stop sign or red light.
"Stopping"	Usually a green light has just changed to red, this indicates we need to stop. Now.
"On your left/right"	To indicate to another rider you will be joining them two-abreast or overtaking.
"Car back"	Indicates there is a car behind on a narrow road, might need to move to single file.
"Car up"	There's a car in front, or coming towards, doing something we are not sure about!
"Hole/Door"	Shout out if there is a particularly large and deep hole, or to be mindful of a parked car where the door may open on to the group.
"Glass"	Equally self-explanatory. No one wants a puncture.

Hand signals are used to indicate hazards or your intentions;

Pointing down	A hazard coming up on that side
Hand waves up behind back	An obstruction to move around
Arm out left/right	Turning that way
Arm down, open palm	Stopping
Arm down, hand side to side	Rough surface or gravel on that side
Arm down, hand up and down	Slowing



Use caution on descents. Watch for signage indicating dangerous descents and be ready to slowly apply the brakes if necessary.

When turning, make sure your inside leg is at the “12 o’clock” position, not “6 o’clock”.

Take your turn at the front, even if you are slower, the faster ones will appreciate the rest and your commitment.

When riding in a group, you may find you start to creep up on the rider in front, don’t use your brakes, instead stop pedaling and gently move out to the side a few inches, the wind resistance will slow you down. Pulling on your brakes can mean a domino effect on the riders behind you.

Do not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of cycling in a bunch and is quite safe provided riders do not panic, brake or change direction.

Know how to change a flat tyre. Others will help you, but don’t expect them to do it for you.

Toileting. There are plenty of public toilets around. If you need to go, let the group know, guaranteed someone else will need to go too.

Spitting or the “bikey blow”, not a great look, but if you must, check behind you and move over, we don’t want to share. Hankies are not expensive.

Do not litter. Put your rubbish back in your pocket until you find a bin.

If your mobile phone rings, ignore it or pull over safely having indicated your intention to those around you (by this time, the phone would have rung off anyway). If you don’t, you are on your own.

Road Rules for Cyclists (Reference: Cycling and the Law booklet, Government of South Australia, 2010)

You can be charged with traffic offences whilst on your bike, so it pays to obey the road rules. Any infringements can earn demerit points for your licence. Don’t have a licence? Points can stay awarded to you and may affect obtaining a licence in the future.

Obey bicycle lane signs. During lane times, groups may need to cycle single file if two abreast does not fit inside the white line.

Never ride more than two abreast. At times, single file is safer and also courteous. The leader of the group will indicate when to move to single file.

Never run a red light and make sure obey all road signs.

Brush up on your road rule knowledge. Most car drivers do not know what we are legally allowed to do.

Be mindful, that whilst a cyclist may be in the right, from the law’s perspective, we are the vulnerable ones!



Equipment

Bike	It needs to be roadworthy, and have good working breaks and gears. Clicking and grinding noises firstly aren't great for your bike but can get annoying after a few hours.
Helmet	It's the law. It must adhere to Australian standards (AS/NZ2063), and it is recommended to replace it every 3-4 years and definitely after any crash. When worn, the helmet should be tilted as far forward on your head as possible and never at an angle.
Drink	Water for short rides, electrolyte for longer than an hour. Any longer than a few hours, you should think about food as well. Bikes should have space for at least two 750ml bottles.
Spares	Spare tube, tyre levers in your saddle bag or back pocket. Don't rely on others, be self-sufficient and others will help you.
Pump	Or CO ² cannisters to aid in the use of the above spares.
Lights	A must for early mornings or overcast days. White on the front, red on the back. It's ok to look like a Christmas tree.
Phone	These days it's almost a must.
Money	For coffee afterwards, supplies on the go or for a taxi home if you've run out of spares.
ID	ID bracelets or helmet tags are recommended. These have emergency contacts and any medical information on them in the unfortunate event of an accident.
iPods	Etcetera. Not allowed. Full stop.
Lube	Chamois cream is not essential, but very handy on the longer rides and for any spots which chaff.

