3DTri Sunday cycling

(updated 10/Sep/2014)

There will be four groups, each with a group/ride leader.

Group 1 –

* 22-24kph, 50-80km
* Must have quick release wheels (so as to be able to fix punctures)
* Must have thin tires (ie. hybrid or road bike)
* Very borderline as to whether will be able for Carlow trip, especially if they only start cycling after Christmas.
* Can expect a stop of 3-5 minutes on cycles

Group 2 –

* 25-26kph, 55-95km (95km in the lead up to Carlow trip at the start of March)
* Road bike only
* Be able to drink on the bike
* Responsible for self (able to change a puncture without help)
* Possibility of stop

Group 3 –

* 26-28kph, 65-100km
* Be comfortable eating and drinking on the bike
* Responsible for self (able to change a puncture easily, able to find your own way home if/when get dropped)
* No stops

Group 4 –

* 29+kph, 80+km
* Be comfortable eating and drinking on the bike
* Responsible for self (able to change a puncture easily, able to find your own way home if/when get dropped)

Group etiquette

* The designated group leader(s) is in charge.
* Obey instructions of the group leader(s).
* You may opt out of taking turns at the front if tired/weak. Notify person to left, allow them to drop back and make space and more over to the inside. Consider dropping down a group in the following week.
* You may not opt to take extra turns at the front or stay near the front of the group.
* First priority is cycling, second is talking.
* After a stop (eg. lights, train crossing) or turn you should be in the same position in the group after as before (eg. 3rd on the outside line).
* If leaving the group (eg. to take turn for home) notify the ride leader(s).
* Group size should no more than 12 people.
* No TT bikes allowed.
* All riders should carry necessary equipment
	+ Two filled bottles (eg. water, dilute orange, energy drink) and food (eg. banana, nutri grain bar, energy bar, chocolate brownies) for the cycle
	+ Two tubes, a pump (not just CO2 canisters) and tools (tyre levers) to fix two punctures
	+ Emergency taxi money/credit card and phone
	+ Optionally coffee shop money
* When stopped (for puncture, break etc.) pull in off the road and allow the space for others to do the same.
* All members should have ICE (In Case of Emergency) details on them. Recommended methods are:
	+ Road Id braclet (<http://www.roadid.com>)
	+ ICE app for Android phones (<https://play.google.com/store/apps/details?id=com.appventive.ice&hl=en>) or an equivalent
	+ Paper laminated to your bike frame via cellotape or similar
* Mud guards should be used. Not the type that protect only your rear end from getting wet and dirty – full length ones of the type that stop mud and water spraying up in the face of the person cycling behind you. So something like these (<http://www.wiggle.co.uk/crud-roadracer-mk2-mudguard-set/>) or these (<http://www.wiggle.co.uk/sks-velo-42-urban-clip-on-mudguard-set/>). To be clear this is to stop you getting other people wet and dirty, it’s a nice bonus that they’ll keep you clean and dry too.

Additional considerations for club members

* A coach/group leader will assign people to appropriate group. Their decision is final. This is the exact same as a swim coach assigns people to lanes.
* Know the route where this will be provided in advance.
* Pay attention to the route - all cyclists should be prepared to take leadership of a group when judged capable by club coaches. When your turn comes “I don’t know any routes” is not an acceptable reason for opting out.
* If you move up a group be prepared for a significant step up in effort.
* Groups’ fitness will increase over time. If you miss a period of training the group may have moved on past your ability.
* Distances and difficulty (ie. terrain or speed or both) will steadily increase in the run up to Carlow and beyond.
* There is an obligation on members to the club. Candidates whom coaches feel are capable shall be added to the rota of group leaders. You will only be assigned as group leader to a group you are fast enough to be comfortable in.

Resources to be provided by club

* A rota of group leaders will be put in place and published on the website.
* A set of routes are will be drawn up (mapmyride or similar) for the route for groups for each Sunday cycle. These will be available in advance. Please suggest and provide additional routes to be added to the archive.
* All group leaders should have a sign on sheet (see club website under “Training & Events” -> “Document archive” for “Guest sign on sheet”) for people who are trialling the club/cycle so that are covered by TI insurance.
* A new rider to the club will start off in group 1 and progress from there (to confirm fitness and ability to ride safely in a group) unless there is significant reason to skip forward. This must be signed off by a club coach.