



Abbotsford Park Road Club

Club Runs

What are they?

The club run is a sociable and enjoyable bike ride with a café stop for lunch. As with most cycling clubs it forms the hub of the club's activity that is enjoyed by all of its members.

The regular Sunday club run is however not for total cycling novices. The distance, pace and the riding style which the club run regulars take for granted can seem difficult and daunting to the newcomer. Like any sport, tuition and training is required to make sure activities can be enjoyed in a safe environment. We provide shorter rides and advice on technique and equipment to anyone wishing to take up our sport. Don't be afraid to ask, we were all beginners once!

If you are thinking about joining a cycling club, either for the first time or otherwise, then please email the club secretary who will be happy to discuss your requirements.

Club Runs – Do's and Don'ts

- Do Be comfortable riding 40-50 miles alone before coming on the club run
- Do Make sure your bike is in good working order, including brakes and all gears
- Do Wear cycling shoes with clipless pedals. These will make cycling a lot easier. The club run is too hard for even the regulars in a pair of trainers.
- Do Carry a water bottle on your bike with an appropriate sugar/salt drink in it, but not too sweet to drink
- Do Carry a spare inner tube and basic tools
- Do Have full mudguards and full mudflaps on your bike between November and March and any other rainy days. These are not for the benefit of the rider but for the rider behind who does not want to be sprayed. Riders without mudguards in the winter are welcome, but expect to sit at the back all day.
- Do Wear appropriate clothing for the weather, overshoes and full gloves in the winter, and carry a rolled up waterproof when the forecast is for rain.
- Do Indicate hazards to those behind. The riders at the front are the eyes and ears of the group. When at the front alert the group to any hazards such as parked cars, potholes, lights and advance warning of any turns the group is to take.
- Do Bring a few pounds for lunch
- Don't Brake sharply, freewheel, or swerve unnecessarily or unexpectedly. You have a responsibility to the safety of the rider behind to ride in a safe and steady manner.
- Don't Carry any bags. If it doesn't fit in your back pocket or on your bike then leave it behind. Carrying a bag is ok for nipping down to the shops but will cause back problems if done for any distance.
- Don't Ride three abreast
- Don't Half-wheel the rider next to you, especially when you are at the front.
- Don't Be late. The club run meets at 9.30 sharp!
- Don't Treat the club run like a race. It is a sociable day out, keep the racing for when you have a number on your back!