



## NEW MEMBER GUIDE



### Welcome to Leyburn Cycling – providing social rides for the over 50's

#### The basics

We are a friendly and informal group who ride all year round. Our rides are on-road and usually start from **Leyburn** at 9:30am on a Thursday. There are three different length routes each week so you can choose one that suits your ability. Importantly every ride includes a café stop! An experienced ride leader is assigned to each group and a “back marker” so that no-one gets left behind.

We are not a formal club and don't organise competitive races, sportives etc. The Useful Information section lists a number of clubs in the local area.

#### The rides

Each week we run three routes, referred to as Long, Intermediate and Short. To keep numbers manageable with traffic we generally ride with a maximum of 8 in a group. That means there can be two or three groups per route so start times are staggered. Usually each route heads to a different café stop so we don't end up with a long queue to get served!

- ❖ **LONG** routes are generally 35 to 45 miles in length and ridden around 15+mph average
- ❖ **INTERMEDIATE** routes are generally 25 to 35 miles long and ridden around 13mph average
- ❖ **SHORT** routes are generally 15 to 25 miles long and ridden around 11mph average

To add a bit of variety roughly every 5 or 6 weeks we have an “away” start from places like Reeth, West Tanfield or Wharfedale so we can explore further.

There is no advance programme of rides. Instead, the route map (pdf and /or gpx file) and meeting arrangements are uploaded to [Spond](#). People intending to ride are asked to confirm, via the App or email, which group / time so we have an idea of numbers.

#### The ride leader

Each group is assigned a ride leader who briefs people before and during the ride on proposed stopping points to allow re-grouping. Rides often naturally split up due to traffic, hills etc. They may also ask members to act as navigator or back marker. They will flag potential hazards on the route (e.g. steep technical descents) picked up on previous rides.

They will have a list of who is riding and also note any extra people who turn up on the day. You may not be able to join on the day if that makes the group too large to manage safely. They have a first aid kit and mobile phone. If conditions change they will decide if the route should be revised or curtailed.

For new members a “buddy” may be nominated to ride with you for the first couple of rides.

Another key responsibility is deciding when it's time to leave the café stop!



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### Riding in a Group

If you're used to riding alone these tips should help you get used to being in a group:

- ✓ Riding two abreast allows you to chat but return to single file if traffic needs to overtake and the road isn't wide enough for them to otherwise safely get past.
- ✓ Don't get too close to other riders in case they need to swerve to avoid a pothole etc.
- ✓ If you fall behind, don't worry – your group should wait for you at the next junction or at the top of a climb
- ✓ Shout 'Slowing!' or 'Stopping!' to alert following riders when braking unexpectedly
- ✓ Point out road defects or other hazards to others
- ✓ Don't ride in a continuous long line. Make it easier for vehicles to overtake by leaving a space approx. every fourth rider so they can "leapfrog" the group.

### Personal responsibility

When riding with Leyburn Cycling you are still responsible for your own safety and actions on a ride. This includes ensuring your bike is legal and roadworthy, you understand the ride requirements and you do not ride in a manner that could be hazardous for other road users.

Leyburn Cycling is affiliated to Cycling UK to provide group Organiser Liability Insurance for the rides but this does not provide individual third party insurance. You may already have this through personal insurance policies or you can obtain cover by becoming an individual member of Cycling UK. A reduced Affiliate membership rate of £33 per annum (*adults - 2022*) applies to group members.

### Contact us

For more details about joining Leyburn Cycling please contact our ride administrator for a chat;

**Andy Downs** at [enquiries@LeyburnCyclingGroup.org.uk](mailto:enquiries@LeyburnCyclingGroup.org.uk)

Or have a look at our web page: <https://www.cyclinguk.org/group/leyburn-cycling>

### Useful Information

Local cycle clubs:

- ❖ [Richmond Cycling Club](#)
- ❖ [Hambleton Road Club](#) – based in Northallerton
- ❖ [Ripon Cycling Club](#)

Local cycle shops:

- ❖ [Caygill Cycles, Richmond](#)
- ❖ [Dales Bike Centre, Fremington](#)
- ❖ [Stage 1 Cycles, Hawes](#)
- ❖ [360 Cycleworx, Aiskew near Bedale](#)



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### FAQs

**Is there a membership fee?** We offer two free rides as a Guest member then we ask for £10 as a one off joining fee (2023). There isn't an annual membership fee.

**Can I ride with you on an E-bike?** No problem. We have several members who use an e-bike to help "flatten" the hills and complete routes that would otherwise be too long/ difficult for them. Members ride a variety of bike types including road, touring, hybrid, mountain bike, tandem and hand cycle

**What time do the rides finish?** We usually return to Leyburn around 12:30 to 1pm. When it's an Away start it's usually about an hour later.

**Do I have to complete the whole route?** No, everyone rides under their own responsibility so if you want to shorten a ride that's fine. Our only requirement is you tell the Ride Leader what you're doing so they know not to wait for you.

**What happens if I get a puncture or other problem with my bike?** Let the ride leader or back marker know what's happened so the group know to wait for you to re-join. They will ask another member to stay with you to assist in fixing the problem.

**Do I need to wear a helmet?** No, that's a personal choice although we would recommend one.

**What do I need to bring with me?** Always have sufficient equipment to fix a puncture (i.e. spare inner tube/ patches; tyre levers; pump/ CO<sub>2</sub> canister). A drink is a good idea and remember some cash or a card for the café stop.

**Should my bike have lights?** Not generally needed on summer rides but in winter or with reduced visibility (mist, heavy rain) they are very useful to help drivers notice you.

**What type of clothing is best?** Lycra is not mandatory! Wear whatever is comfortable and practical. As all the riding is on-road it's a good idea if clothing is bright to improve visibility to drivers. All in black isn't great especially in winter. You'll also see us riding in our Leyburn Cycling jerseys.....

**Do you ride whatever the weather?** Rides will be cancelled if the weather could make it unsafe to ride. This is typically for snow/ ice, very strong winds or thick fog. If it's just wet we'll ride but may shorten the route to get to the café quicker!

**Is there much traffic on the rides?** We're fortunate with generally low traffic volumes in our area and we plan routes to minimise riding on main A roads. Traffic on the minor lanes though infrequent can be quite large (*tractors, milk tankers etc.*) so you still need to be traffic aware and prepared to pull over to let them pass. We also regularly meet **horse riders**. Follow this link for good advice on how to pass them: <https://www.britishcycling.org.uk/knowledge/skills/article/izn20150106-Horses-on-the-road-0>

**Will I enjoy riding with Leyburn Cycling?** Absolutely!!