



PALS SATURDAY MORNING GROUP RIDE

MAJOR SPONSOR



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Start Time: Every Saturday 7.30am

Start Location: Caffè Primo Mawson Lakes (Shp1, 18-28 Main St, Mawson Lakes)

Routes:

Various routes are ridden with each being approximately 70-80km. Currently, routes alternate between Outer Harbour, Glenelg, and Alternative ride with a hills ride on the last Saturday of each month.

History/Background:

The PALS Group commenced around 2001 with foundation members including Gavin and Adrien. Original participants were both social and club riders of various fitness levels and abilities as is the case now. The original training route consisted of a ride into the City via Bridge Road/Grand Junction Road/Main North Road/Melbourne Street, returning via North East Road and Golden Grove Road.

The Group has gradually increased in numbers over the years and received sponsorship in 2007 from Parafield Airport Liquor Store (PALS), Caffé Primo – Salisbury, Forty Winks – Munno Para, EmbroideMe – Prospect and Appset.

The majority of the riders finish off after the ride with a coffee, and a chat at Caffè Primo Mawson Lakes.

Starting Out:

Everyone is welcome to join the Group as long as they have an Australian Safety Standards approved helmet and a bicycle in safe running order. Road bikes are recommended.

Before joining a bunch ride make sure you:

- Are comfortable riding close beside another rider without wobbling
- Are able to ride a very straight line even when having a drink from your bottle
- Can ride with one hand or sitting up to observe traffic coming from behind.

It is very important to be comfortable in close proximity to other riders.

Group/Sub Groups:

Given the diversity in riding skills/experience/ability in the group, it is sometimes beneficial to ride in sub groups. These sub groups currently head out to Gawler, Norton Summit – Lobethal – Kersbrook. Rides may also include commencing as one group and then separating into smaller sub groups along the route.

Group Leaders will be nominated at the commencement of the Ride. Leaders will be nominated from the more experienced riders and they will provide guidance and control over the Group during the ride (i.e. setting pace, calling when punctures occur, determining regroup points)

Group Riding Rules/Tips:

While riding in a Group provides benefits and advantages (both socially and from a safety standpoint), there are also a number of inherent dangers riding in close proximity to another rider. Riding in a group also carries responsibilities. Everyone needs to stay alert, ride predictably, and follow a few basic guidelines.

In the interest of your own safety and the safety of other riders in the group, all riders should adhere to the following guidelines. These guidelines and skills are not difficult to learn.

Always obey the road rules:

- Stop at red lights and stop signs.
- Give hand signals where necessary.
- Traverse roundabouts on the correct side.
- Slipstreaming larger vehicles is discouraged due to the inherent dangers involved.

Share the road:

- In general, cyclists are required to ride single file and keep to the left. Riding two abreast generally occurs when riding in a larger Group. Riding more than two abreast is NEVER permitted.
- Be courteous by not taking up more room than necessary to ride safely.
- When stopped at a red light, avoid blocking turning lanes.
- When passing parked cars, stay at least one metre wide to avoid being "doored."
- When the road narrows and there is traffic, we MUST work together to share the road as well as use available bike lanes.
- If you're holding up traffic, (particularly in the back when the pace can sometimes be slow), then you could be upsetting a driver that might take it out on the people in the front.
- When you hear "CAR!" MOVE OVER and/or single up. The goal is to move as a coordinated unit.
- Be a team.

Communicate:

- Let others know your intentions.
- If you are slowing, stopping, or turning, signal or call out your intentions.

- Watch for potholes, storm drains, sand, and other hazards and point them out.
- If you hear a car approaching from behind, shout, "Car back!"

Passing another rider

- Always pass on the right.
- Check for overtaking traffic and call out, "On your right" as you approach the other rider to let them know you're there.
- Try to pass on a flat, straight section of road.
- Passing on curves or downhill runs can be dangerous.
- Try to match the pace of the other riders and avoid frequent passing.

Turning:

- When making a right or left turn, maintain your position within the group.
- Don't swerve or pass during the turn. Especially avoid passing on the inside of a left turn.
- Use hand signals when approaching a turn.
- When preparing for a right turn, check for overtaking traffic, signal your intent, and move to the right.

Be alert:

- Socializing with the other riders is part of the fun of group riding but stay tuned in to what's going on around you.

Be cool:

- If something unexpected happens (like if someone drops a water bottle), **don't slam on your brakes**. That can create a pileup.
- Keep riding smoothly.
- The group will usually do a controlled stop a short distance up the road.

Never let your front wheel overlap the rear wheel of another rider:

- If that rider swerves and the wheels touch, you will almost certainly both go down. This is how the majority of falls occur particularly when you are fatigued.

Drafting:

- Is important in racing and is sometimes practiced in our Group rides.
- This means keeping a consistent gap, paying attention and taking a turn at the front if required.
- If you're new to group rides, then feel free to ask someone for help or advice.

Pace line riding:

- Is sometimes undertaken on some fast-paced rides. This is a more advanced skill and is best learned in a small group and at moderate speeds.
- Always make sure the person you're drafting knows you're there.
- In the beginning, stay about a metre behind the bike in front and always keep your pace and movements smooth.
- It is extremely important to communicate (voice or hand signals) when riding in a pace line since the following riders don't always have a clear view of the road ahead.

Punctures:

In most situations the Group will stop when someone has a puncture unless the person that punctures calls the group to go ahead. On some occasions it may be agreed by the Group for two other riders (usually of similar abilities) to stop and assist with the puncture and to chase down the group when the puncture has been fixed. This sometimes depends at what stage in the ride the puncture occurs.

Group Sprints:

In most routes there will be at least one designated sprint (e.g. second 60km/h sign at the end of Victoria Road, Outer Harbour and just before Patawalonga Bridge, Glenelg). Please ensure you are confident in your riding abilities if participating in these sprints and ensure you do not deviate from your line or slow down unexpectedly when the sprint has commenced. If you are unsure of the sprint locations please ask prior to the group leaving at 7:30am.

IMPORTANT

Given the generosity of our current sponsors who are clearly identified on our jerseys and knicks, we have an added responsibility to be seen behaving in a safe and law abiding manner.

If these basic guidelines are followed it will make for a more enjoyable and safe ride and that is what we are all about. If you are in any doubt ask another rider, it is better to be safe than sorry.

HAPPY AND SAFE CYCLING!!!

