

*This document is a guide for challengers who have, or who are planning to, sign up to a cycling challenge event. It is designed to help you stay safe and enjoy your challenge, if you have any specific concerns we will be glad to help. (info@adventure-café.com).*

## **Space Apart from Other Riders**

The most common cause of accidents is riding into hazards or other riders. **DO NOT** rely on someone in front to tell you if they're slowing down/ stopping or if they see a hazard. **YOU MUST** ensure that you give yourself enough time and space. Nor should you ride close side by side - there is a serious danger of locking handlebars - not a good day out :-)

## **Communication**

The most important factor to safe riding when near other riders is communication. Make sure you pass any verbal or hand signals to riders behind you if you are slowing down, or if there is a hazard ahead on the road. Give riders a shout if you are going to overtake or come alongside.

## **Be aware—Keep Eyes Up and Looking Forward**

Stay relaxed in a group but constantly look around, don't just follow those in front. Make sure you can see past riders in front to see what is ahead.

## **Obey the Rules of the Road**

We will be riding on roads open to traffic, always stay on the correct side of the road and respect junctions. If you need to pull in make sure it is safe to do so and **once stopped get yourself and your bike off the road**. Be courteous to other road users.

## **Single File**

Please stay single file unless on a very open quiet road - **never double on descents or twisty roads**.

## **Ride Consistently**

Your movements will affect those cycling close to you. Try to hold a straight line, when braking try not to grab your brakes. Never overlap wheels (half wheeling) with the rider ahead of you, he/ she will be concentrating on what's ahead and if they need to move out it is likely to cause an accident.

## **Responsibility**

It is your responsibility to ride safely and to be mindful of other road users. Remember to keep hydrated and eat well whilst riding as this will help you to maintain your concentration.

## **No Alcohol During The Day & No Headphones**

These are 2 areas where risk levels are increased - please wait until the end of the days riding before consuming any alcohol. If a ride leader sees riders consuming alcohol during the day, then they will strongly recommend that you join the support vehicle to get home!

## **Bright Clothing/ Rear Light**

You may wish to pop your own rear light on the hire bike, and you should definitely ensure you wear bright clothing. This is to draw attention to yourself on the road - to make sure that drivers spot you!

## **Safe Descending**

Always give plenty of space between you and the rider in front. Feather the brakes and do not build up too much speed. Brake well before any corners and look at the exit as you enter a bend. No overtaking manoeuvres should be done whilst descending. Check your tyres are in good condition and pumped up to the correct psi, if unsure just ask.



## **Stay Single File and on the Correct Side of the Road**

Never ever cross the white lines in the middle of the road, always stay tucked in to the left in England - or to the right in France. We DO NOT recommend riding 2 abreast, especially when there are high hedges and you can't clearly see approaching traffic. A head on crash or glancing blow have very very serious potential consequences, so stay on your side of the road to stay as far away from oncoming traffic as possible.

## **Hot & Sunny Conditions/ Cold Weather/ Wet Weather**

We recommend you bring not only your regular cycling gear - but some long arm protectors, and rain jackets - getting either too hot or too cold can seriously impair your judgement and ability to ride safely. In wet conditions you should slow down and modify your riding behaviour to suit. Please carry your extra layer if the weather forecast is mixed. Remember to drink plenty - to avoid too much caffeine. During the day you may consider adding electrolytes to your drinks. The brand we like especially is Nuun - available online.

## **Bike Checking**

Please check your brakes, quick releases on your wheels and tyres every morning. If unsure about any aspect of your bike, then approach one of the Adventure Café team member who will be happy to help and inspect/ mend your bike.

## **Narrow Country Lanes**

Be careful on narrow lanes with lots of blind corners. You MUST ride single file as oncoming traffic is difficult to see and you do not have anywhere to go when flanked by dry stone walls.

## **Allow Spaces between Riders**

If you are riding as a long chain - then allow spaces to develop at regular intervals. When overtaking you may need to squeeze back in if a car comes the opposite way. You don't want to get pushed into the hedge when this happens.

## **Stay Aware of Road Surface Conditions**

Look out for wetness, potholes or grit - all potential hazards. Be especially careful if you cycle into shaded woodland where it may be difficult to see what is happening at ground level if you have dark glasses on.

## **Expect the Worst - Anything Else is a Bonus!**

When dealing with other road users you should always expect the worst. Anticipate the worst consequences possible, especially at road junctions when a car is about to pull out, or when passing through built up areas.

## **CHECK IN AT ALL FEED STATIONS AND AT THE END !**

In order for Adventure Café for keep a close eye on how our riders are getting on, we require you to check in at all feed stations. We can then make sure that everyone is fit to continue riding!

## **Be sure that your phone is charged and you have the emergency number(s) saved in your phone!**

