

Welcome to Shrewsbury Cycling 2

All the cyclists on our rides are members of Shrewsbury U3A. We usually meet each Thursday outside Stop Café at 10 am and various members of the group will lead a cycle ride generally between 20 and 30 miles on mainly quiet lanes, roads and cycle paths. Those leading the rides will know the route, but each rider is responsible for their own safety and make decisions accordingly. It is a social ride so as well as chatting along the quieter lanes we also stop at a café so don't forget to bring your card or a bit of cash. It's always good to carry water but you may want a small snack as well when we have a stop along the way.

We ride a mix of manual and electric bikes. We are all responsible for our bikes as well as ourselves on our rides although there is often someone willing to give advice or lend a hand if you have a problem with your bike and we will wait for anyone unfortunate enough to have a problem. Do check that your bike is roadworthy before coming – bringing a spare inner tube that fits your bike (it is often easier to swap tubes in the case of a puncture rather than trying to repair it by the roadside). A rear light particularly helps us to be seen on dull days.

We all wear cycle helmets and aim to wear something bright and visible and otherwise dress according to the weather and individual comfort.

Riding etiquette

We ride as a group but if the group is larger we might split or go into 3s or 4s on busier roads and then regroup when we turn back onto lanes. On lanes and paths we often take the opportunity to chat, but still staying responsible for our own safety. (eg moving into the left on bends and looking out for mud and potholes.)

We aim to stop at most turn offs but also we try to notice if a gap has formed behind us and the person in front of the gap shouts forward and stops and waits until the tailenders appear. If you have to stop for any reason (eg a phone call or a call of nature) please try and let someone else know.

Shouting to communicate:

'Car/ pedestrians/ dog or anything even chickens front'!

Or similar *'tractor back'* for something behind the group

'Stopping' to warn others when you're pulling up avoids someone skidding into the back of you!

'Pot hole' 'coming through' 'coming in'

Sorry, that seems a long introduction to our group! I've included most of the things I get asked when people phone to enquire about our group and if there is anything else you'd like to know do email or text me.

Maureen