



KLCC 2022

Here is a brief update on the group rides and plans that people have for joining open events in the first half of the year.

Weekend Club Rides

We continue to get a great turn-out for the Black Group Saturday morning ride and the Red Group Sunday morning ride, despite the more challenging winter weather. To ensure that these remain enjoyable for all who participate, it seems a good time to formalise a few things and to remind all riders of their roles and responsibilities.

Black Group - winter rides will be between 75km and 90km long depending on the expected weather. We have decided that we should change the expected speed for these rides to reflect reality! From now on, Black rides will be in the 27kph – 29kph range, unless otherwise posted.

Red Group – winter rides will be 40km – 60km long. These will be in the 24–26kph range and an average of 25kph.

Yellow Group – rides will restart on March 27th when the clocks change. Initially once per month and then, twice per month after Easter.

Ladies - the ladies rides are going strong. Hopefully this will continue as the weather starts to improve. We'll make sure routes are posted as with the other group rides.

All Group rides are **“NO DROP”** but it is the responsibility of those joining the group to ensure that they are able to maintain the effort required to stay in the group. If a split occurs, the ride leader will wait to regroup at the next opportunity.

For each ride, there will be a **ride leader** and a **sweeper**. Between them they will communicate with the group to ensure the pace is maintained, that the group is not causing a road-block and that everyone is aware of potential hazards.

Here is a simple guide to expectations for each role:

Ride leader – sets the route and pace. Should know the route including difficult junctions and ensure that the group navigate those junctions successfully.

Sweeper – will be at the back to make sure that the group stays together, and nobody is dropped. Also, importantly, notifies the group of vehicles approaching from behind and makes the call if the group needs to split or even stop to allow traffic to pass.

Riders – All riders have the responsibility to know the route, to have adequate spares and knowledge to repair punctures and other issues they might meet. Whilst we hope not to use it, **we also ask you carry an emergency contact number in an accessible place**. The main benefit of riding in a group is the shelter of riders in front that greatly reduces the effort required. Please respect the pace set by the ride leader and others riding in the group, stay safely on the wheel of the rider in front and share the work ([click here to see how to ride in a group](#)). If the ride leader slows the pace to re-group, then don't push on ahead just because you feel strong.

For successful and enjoyable group rides, the most important thing is communication. If your bike has a mechanical issue or if you are feeling unable to maintain the required effort you need to, make sure that the riders around you know that. If you want to go faster than the group speed, or slower, let the ride leader know that you are heading off alone. Likewise, if you want to join/leave the group anywhere other than the start or end point, make sure that the ride leader knows this.

Events and plans for first six months of 2022

Etape Loch Ness, April 24th

<https://www.etapelochness.com/>

Fred Whitton, May 8th

<https://www.fredwhittonchallenge.co.uk>

Etape Caledonia, May 15th

<https://limelightsports.club/event/etape-caledonia-2022>

Etape du Dales, May 15th

<https://www.etapedudales.org/> (Entries still open)

Plans are being made for a mid-summer's Lakeland loop to include a climb up Great Dun Fell and also for a club sportive in the Yorkshire Dales, hopefully with a choice of route length so all can join.