

Vispa Cycle - General Info

1. Basic Requirements

a) A roadworthy bicycle in good running order -

A bike that is fully functional and well lubricated with efficient brakes and gears and with all bolt-on items well tightened. Tyres and tubes should be sound and well inflated (under-inflated tyres do not roll easily and invite punctures and rim damage). Wheels should be tightly spoked and true with all bearings lubricated. Mud-guards should be fitted in the winter season (or whenever necessary).

b) Adequate clothing for the conditions -

Comfortable and protective clothing ranging from summer wear of light top/vest and comfortable shorts to winter wear of long-johns, warm leggings, thermal under/outerwear, hat, gloves and overshoes. Comfortable and stiff-soled shoes which properly fit pedals/toe-clips are essential. A helmet is a necessity. Rainwear - a waterproof jacket should be carried.

c) Some basic items of spare equipment etc. -

A good pump, tyre levers, at least one spare tube, a repair kit and some basic tools (e.g. allen keys, screwdriver, spanners). A spanner is needed if wheels are not a quick-release type. These items can be carried strapped behind the saddle, wrapped in your waterproof bag or in a small bag. It is also useful to carry a mobile phone in case of emergency. **ALSO** a statement of any special medical condition, treatment, allergies or medication being taken.

2. Food/Drink

Never set out on an empty stomach - hunger weakness ("knock") is easier to prevent than cure. A bottle of water or juice is worth carrying, also a "reserve" energy or chocolate bar. Money should be carried for the purchase of food/drink.

3. Riding Conduct

For beginners, but if the cap fits...

- a) Do **not** brake unexpectedly when other riders are behind you.
- b) Do **not** free-wheel when riding uphill, changing gear or when leading the bunch; do **not** "kick-back" into the following rider when rising from the saddle on a hill.
- c) Do **not** "half-wheel" your partner when leading - it is bad manners.
- d) Do warn your companions of potholes, vehicles and other road hazards.
- e) Do shout to let club leaders know if you puncture or have other trouble, or if you see another rider in trouble.
- f) Do ride safely, steadily and considerately; do **not** overlap the bike in front and do **not** switch about or turn around to look behind you.
- g) Do choose the right gear, change quickly and smoothly - one gear at a time.

Code Of Conduct

Always...

1. Cycle in accordance with the Rules for Cyclists in the Highway Code.
2. Give consideration to other road users particularly pedestrians, horses and other animals.
3. Acknowledge motorists or other road users who give you right of way or other consideration.
4. Give clear and precise hand signals.
5. Slow down and be prepared to stop at roundabouts.

Never...

1. Use foul language.
2. Throw litter from your pockets.
3. Be guilty of Indecent Conduct along the road side or public place.
4. Make rude gestures to drivers when cut up by other road users. Your life could be in danger if they retaliate. The British Cycling Federation states; "it is clearly now a fact of life that cyclists may find themselves to be victims of road rage or similar attacks arising from the use of the highway".

Remember...

When cycling on the road you represent all cyclists in general.