



TACC Cycle Routes 01/02/2015

There are two proposed club cycles this Sunday both leaving from pitch and putt at 9am. Copy and paste the links below into your browser to check out each route. The routes vary in length and with shorter routes mapped out for leisure and longer routes for those with more miles in the legs. The objective is that for the second half of each route A and B all the club is returning to base on the same route ensure that any problems are dealt with accordingly. Each group would select a road captain which should be a member of the committee on the morning who would set the parameters for the spin on the day and to make sure all comfortably make their home.

Route A, Seasoned Group which is aimed towards the more seasoned cyclists is structured to provide a weekly cycle to improve fitness over the Winter and prepare to participate in the longer sports or improve general cycling ability.

<http://cyclerule.org/?slat=52.5578249&slng=-8.7956719000000002&elat=52.557775&elng=-8.7967622999999954&mode=DRIVING&wp0lat=52.5100712&wp0lng=-8.743246&wp1lat=52.50072979999999&wp1lng=-8.718987299999998&wp2lat=52.4675659&wp2lng=-8.792670400000002&wp3lat=52.4720299&wp3lng=-8.860921599999983&wp4lat=52.4630069&wp4lng=-8.916530299999976&wp5lat=52.52523910000001&wp5lng=-8.941130499999985&wp6lat=52.53019949999999&wp6lng=-8.908499000000006>

Leaving Adare heading towards Croom via Dunaman, then joining the N20 to Anhid cross and on towards Ballingarry. . From Ballingarry heading towards Knockaderry, turning right at Gorteen cross and then on towards Rathkeale joining the N21 towards Adare.

Route B, which is aimed towards anyone if any of the following applies to

- Would like to participate in a group cycling / regular training
- Would like to prepare for the many sports / charity events taking place throughout the country.
- Want to improve your fitness through cycling
- Returning to cycling after a few years
- Want to try cycling as a new sport

<http://cyclroute.org/?slat=52.5578249&slng=-8.795671900000002&elat=52.557775&elng=-8.796762299999954&mode=DRIVING&wp0lat=52.49314219999999&wp0lng=-8.801748800000041&wp1lat=52.4775952&wp1lng=-8.856632699999977&wp2lat=52.4630069&wp2lng=-8.916530299999976&wp3lat=52.52523910000001&wp3lng=-8.941130499999985&wp4lat=52.53019949999999&wp4lng=-8.908499000000006>

Leaving pitch and putt heading towards Nevilles cross, left here and up through Killfinny. Right at T junction after Killfinny and on towards Ballingarry. From Ballingarry heading towards Knockaderry, turning right at Gorteen cross and then on towards Rathkeale joining the N21 towards Adare.

Rules of Group Riding

Everyone wants a good training session when they're out cycling – but where possible and for the more experienced club members, it would be great if we could keep an eye on fellow club members on cycles. Ensure nobody gets lost or dropped from the pack, or injured. If this happens it is good to ensure that they're with someone if they need help through injury or some other circumstance.

- Be aware that everything you do has a knock-on effect on everyone behind and beside you.
- You are responsible for the safety of everyone around you as you are for your own wellbeing.
- Don't half wheel. When you hit the front, keep the pace consistent and matched to your riding partner. Some groups allow the cyclist on the left-hand side dictate the pace.
- When you hit a hill, maintain your effort level, not your speed.
- When you come through for your turn and move over to the recovering line, do so smoothly and close to the rider you are taking over from. Don't leave them with a massive gap.
- Don't leave gaps. Full stop.
- If you are struggling to close a gap, wave the rider behind you through.
- Do your fair share of work at the front. Forget any nonsense about ☹ saving yourself on a club run. If you are hanging and can't take a turn, stay back rather than disrupt the rhythm of those who are working.
- If you are feeling strong and someone else is suffering, give them a shove on the back to help them back onto a wheel. Keeping gaps closed will ensure the group stays together and you'll maintain the pace better.
- If someone gives you a shove, accept it graciously. Everyone has bad moments.
- Always carry the tubes, pumps, food and tools you need to look after yourself and your bike.

- Don't nail yourself trying to do super-hard turns if the pace is above what you are capable of or you know you are tiring. If you start to get dropped, the group will have to slow down to look after you, or in some cases you will be abandoned.
- Don't ever sit at the back on a group ride doing nothing all day and then brake cover simply to win a town-sign sprint or hill climb. If you are that strong, get yourself to the front. You are there to work and get fitter.
- If someone is repeatedly making mistakes, tell them discreetly towards the end of the ride. Don't shout at them in the heat of the moment. If it's you being given constructive criticism, then try to learn from it.

NEW MEMBERS – TRY GROUP CYCLING

The Club is inviting as many new members to come along and join the Leisure Group cycles on Sunday mornings.

If you want to try cycling as a means of keeping fit or want to prepare for the growing number of mass participation cycling events. such as charity cycles then come along and join in the Clubs weekly cycle. The benefits are many; confidence in riding in a group, improve your cycling skills and raise your general fitness levels.

The Leisure Group is a great way to establish where your current level is at from absolute beginner, returning cyclist, preparation for an event. The club is based on ensuring all cycling levels are catered for and nobody is left behind.

If you are new to cycling bring along an energy drink, some food (energy bars, etc) spare tubes in case of puncture, pump and mobile phone.

**Adhere to the rules of the road –they're there for a reason – to protect you and others.
And remember ...you're representing the club when you're out there – particularly
when you are wearing CLUB KIT!!!**