



# MOVE MORE CYCLING GAINING MOMENTUM



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The aim of our Move More Gaining Momentum 4-week programme is to support you to increase your cycling distance from 16km - 28km. If you're nervous about cycling a longer distance than you do usually, please don't worry - we're here to support you!

Our programme is led by our friendly and qualified ride leaders who have undertaken the British Cycling Ride Leaders course - they are experienced in supporting people throughout their cycling journey. Cycle routes during the sessions will include mixed terrain (including flat, incline and descents), traffic free and quiet lanes going to suburban routes, roads and shared user paths, with some main roads to link lanes.



# SOME TOP TIPS!

## RIDING SKILLS

It's essential you already know how to confidently cycle before participating in our Move More Gaining Momentum programme.

## WEAR A HELMET

Helmets help protect your head in case of the unlikely event of an accident. When putting your helmet on, make sure it fits properly. For it to fit properly, your helmet should sit horizontally on your head and shouldn't move about. Two fingers should fit tightly between your chin and the strap.

## GLOVES

Your hands can be effected by the weather whilst cycling and can become cold and fatigued quite quickly -so we encourage you to wear a good pair of gloves to help you to cycle better.

## POSITIONING

When you're cycling, be mindful that cycling very close to the kerb means that other vehicles may be tempted to overtake you when they shouldn't. Being close to the kerb also puts you in the path of potholes, drains, and other debris.

We recommend that you ride about a meter from the edge of the road and when you're approaching a junction, roundabout, queue of traffic, or a potential hazard, you should adopt the 'primary position' or 'take the lane' by moving into the middle of it. This makes you more visible and means cars can't squeeze past you dangerously.

## BE AWARE

When cycling you must be attentive to what's around you, as well as what's in front of you. Knowing what's behind you means you can make informed decisions to keep yourself safe and be courteous to other road users. Be proactive about your safety!

## SIGNAL SAFE

Make sure your intentions are clear to other road users. You can provide clear intent by signaling early and decisively. Signaling with your hand is a turn signal and a brake light for you, so it's extra important you communicate this when cycling in traffic.



# BIKE SAFETY: THE 'M' CHECK

Regular 'ABC' Check that should be done before every ride

**A** = Air (inflated tyres?)

**B** = Brakes (front and rear OK?)

**C** = Chain (seizing, slipping or rusting?)

## CHECK YOUR BIKE IS READY TO RIDE

Before setting off on your session, don't forget to undertake an M-Check of your bicycle to ensure it is safe to ride:

### SADDLE

- Check it's secure
- Check it's the correct height (should be in-line with your hips)
- Check max extension mark
- Check seat post clamped/ bolted

### BRAKES

- All components are tight
- No frayed cables
- Brake pads clear from the rim
- No excess pull required with the levers
- Brake levers easily accessible

### HANDLEBARS

- Align with front fork
- No movement or swaying

### GEARS

- Derailleur is clear of spokes
- All gears can be selected
- Ensure gears don't slip

### FORKS AND FRAME

- No cracks or holes
- No wrinkling paintwork or rust

### CHAIN

- Chain remains on sprockets
- No excessive play in the chain
- No sign of rust or stiff links

### TYRES

- Check the condition (not worn or cracked)
- Check pressure

### BOTTOM BRACKET

- Hold pedal crank arms and check there's no side-to-side movement

### FRONT WHEEL

- Check wheel nuts and quick release levers are secure and the wheel sits centralised in fork
- No spokes missing or loose
- Wheels roll smoothly
- Rims running free



# GAINING MOMENTUM SCHEDULE

Session	Duration (mins)	Distance (KM)	Pace (kph)	Route Type	Terrain	Type of Cycle
1	90	16	Average 15kmh (9mph)	Traffic free or quiet lanes.  Some main roads to link route for short periods.	Tarmac paths. Hard packed shale. Predominately flat. Introducing some short hills.	Mixed Adapted Cycles
2	90	20	Average of 17.5kmh (11mph)	Traffic free or quiet lanes. Some main roads to link route for short periods.	Tarmac paths. Hard packed shale. Predominately flat. Introducing some short hills.	Mixed Adapted Cycles
3	90	24	Average of 17.5kmh (11mph)	Traffic free. Suburban Routes. Roads.	Tarmac paths. Tarmac roads. Hard packed shale. Predominately flat introducing small inclines/descents.	Mixed Adapted Cycles
4	90	28	Average of 19kmh (12mph)	Shared User Paths and Cycle paths, country lanes, some main roads to link lanes	Gravel Paths. Tarmac paths. Tarmac lanes. Predominately flat with slightly more inclines and descents. (Ebikes rides will include greater includes and descents)	Ebike Road bike Mixed Adapted Cycles