



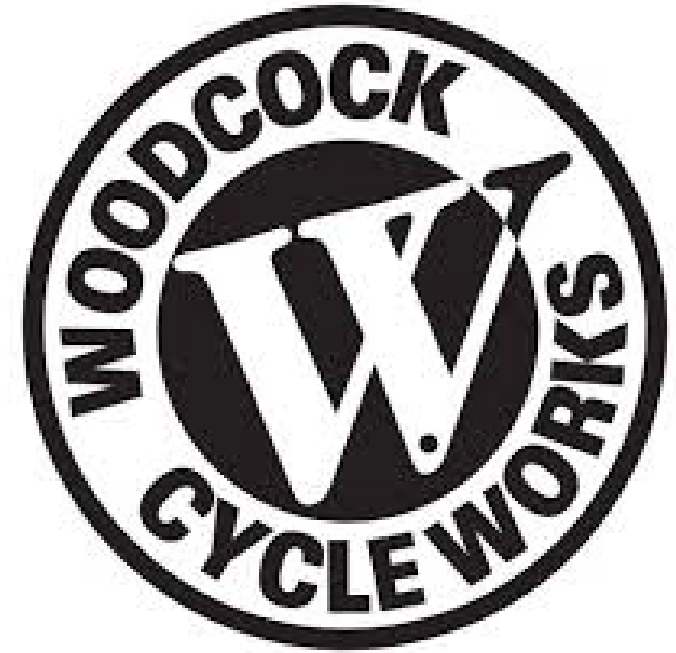
Cycle of Hope & Spirit of Hope



Woodcock No-Drop Training Rides

- [Easy Peasy Rides](#)
 - April to September*
 - Tuesday nights - 6:00 to 9:00 pm
 - Distance: 20 to 30 km
 - Speed: 17 to 22 km/h
- [Destination Rides](#)
 - May to September
 - Friday nights - 6:00 to 9:00 pm
 - Distance: 50 to 80 km
 - Speed: 25 to 30 km/h

*Start date is based on weather and road conditions



Woodcock Training Rides

- MCA membership is required
 - Cost: \$70 (General membership)
 - Click [HERE](#) to get yours
- Ride Club Etiquette
 - Don't be THAT person... read [THIS](#)
- If you have questions about the rides, contact Brett or Miles for more information



**MANITOBA
CYCLING
ASSOCIATION**

2018 Manitoba Cycling Association Licenses & Memberships

Group Ride Etiquette

- Arrive on time & be ready to ride
 - Smart phone
 - All waivers are done online
 - Helmet
 - Headlight & taillight
 - Clothing to suit the weather
 - Bright colours recommended
 - Water bottle(s)
 - Practice drinking & cycling



Group Ride Etiquette

- Other recommended items
 - Spare tubes, tire levers, pump
 - Be as self-sufficient as possible
 - GPS / speedometers
 - Padded cycling gloves
 - High energy snack food
 - Especially for longer rides
 - Mirrors and bells
 - Money
 - Sometimes we stop for treats



Group Ride Etiquette

- You are responsible for the person behind you and their safety
 - Point out road hazards
 - Periodically check to make sure they are still behind you
 - Advanced tip: Look for their shadow
 - Be consistent & predictable
 - Don't surge forward
 - Don't swerve left or right
 - Don't brake abruptly



Group Ride Etiquette

- All message / signals should be passed from front to back AND back to front of the group.

Including:

- “Slowing” / “Stopping”
- “Gap” (unable to keep up with the group)
- “Glass” (broken glass on road)
- “Flat” (flat tire)
- “Rider Back / Car Back” (overtaking)
- “Walker Up / Car Up” (approaching)



Group Ride Etiquette – Hand Signals

- Cycling Hand Signals
 - Featuring Miles Purdy
 - <https://youtu.be/eX11u8Xz5c4>



Group Ride Etiquette

- Overtaking
 - Always pass on the left and announce “On your left” before passing
 - Do not pass on the right
 - Stay in your lane
 - Do not cross the center line of a street. There is a risk of being hit from behind
 - Please stay behind the ride leader



Group Ride Etiquette

- General
 - We ride 1 meter out from the curb or hazard (puddle / parked car)
 - Ensure you always have room to maneuver
 - We “take the lane” when there is not enough room for cars to pass safely.
 - IE: Roundabouts, narrow roads, passing parked cars
 - The sweep rider will inform the group when it is clear to take the lane



Group Ride Etiquette

- Intersections
 - When we are riding as a group, we act as one vehicle.
 - We will “take the lane” at intersections
 - We will cross the intersection as a group
 - Starting from a stop, should be slow and controlled to ensure the group stays together



Group Ride Etiquette

- Triathlon bars
 - These type of handlebars can be very dangerous in a group setting
 - Hard to maneuver quickly
 - Hard to access your brakes quickly
 - Participants are prohibited to use them on group rides
 - Note: The bars do not have to be removed from your bike



Group Ride Etiquette

- Flat tires
 - It happens...
 - Notify the other riders by yelling “FLAAAAT”
 - Other riders should echo it
 - Carefully move to the right side of the road if you can
 - Slow down and stop when there are no riders behind you
 - DO NOT stop abruptly
 - The group will stop while flat is repaired



Group Ride Etiquette

- Keep your eyes up
 - Look past the rider ahead of you
 - Do not focus on the wheel in front of you.
- NEVER overlap your front tire with the rear wheel of the rider ahead
 - If they swerve, you will crash (as shown in the photo)



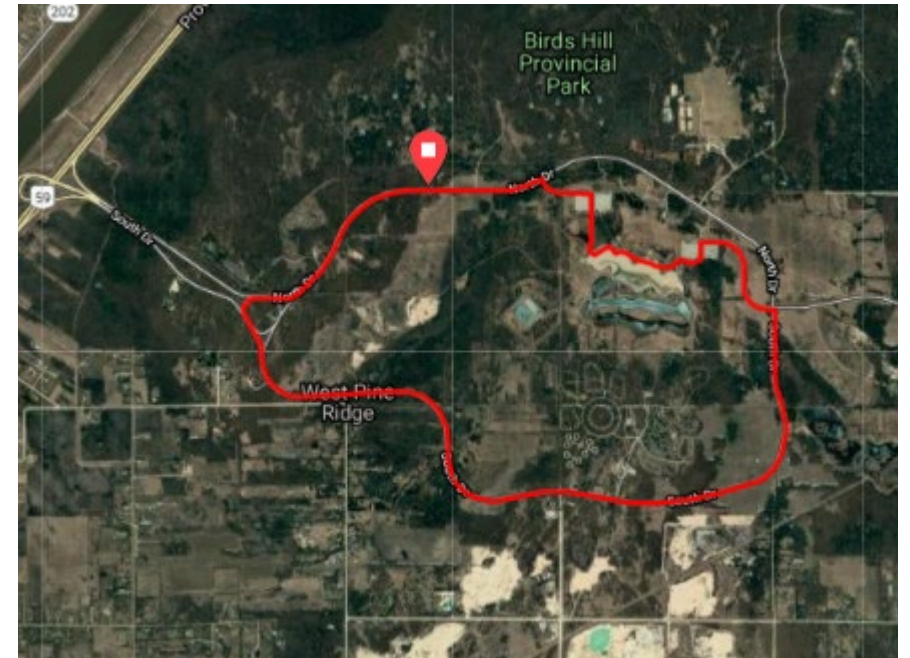
General Tips

- Tips for Riding in the Heat
 - Stay Hydrated! Set a timer to go off every 10 minutes and alternate between water and electrolyte beverages.
 - Use waterproof Sunscreen! Apply liberal amounts of SPF 30 everywhere.
 - Use Chamois cream to prevent chafing
 - I recommend Bag Balm available at Lee Valley Tools



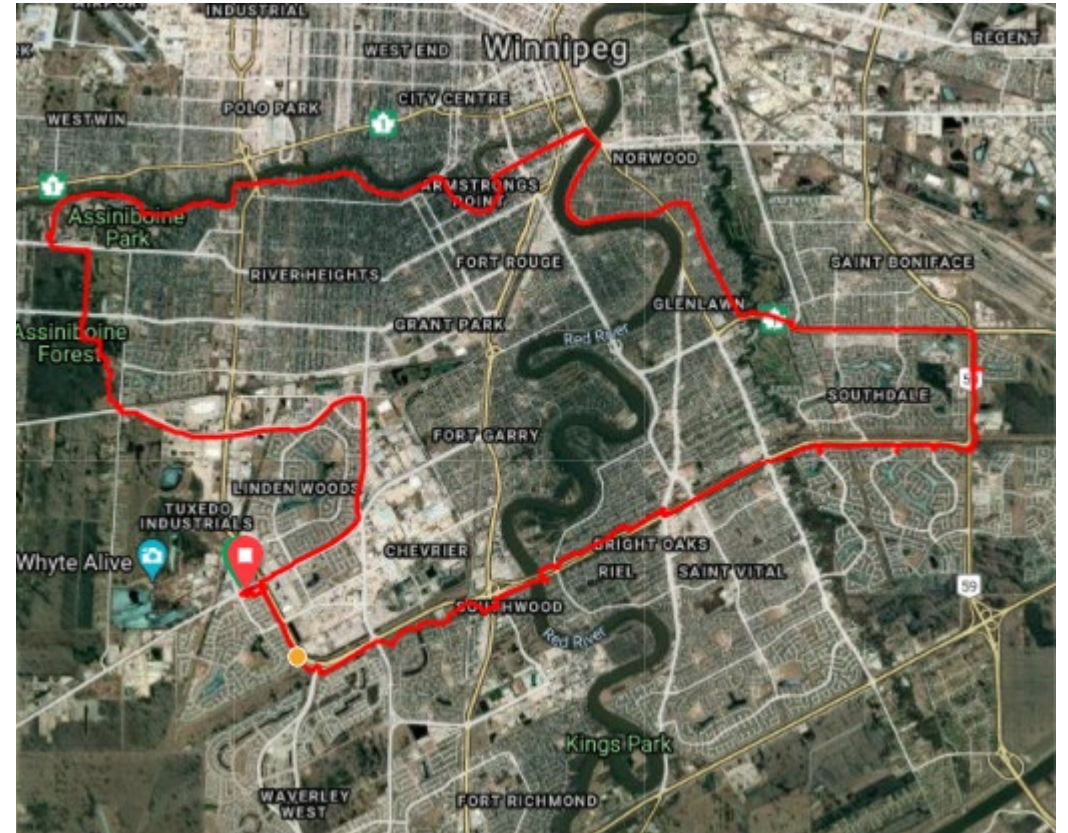
Recommended Local Routes

- Popular Routes to Explore
 - Birds Hill Park Loop (11 km)
 - <https://ridewithgps.com/routes/36291617>
 - Good to ride early in the season
 - Habitat – St. Vital Loop (27 km)
 - <https://ridewithgps.com/routes/36291035>
 - Habitat – Birds Hill Loop (28 km)
 - <https://ridewithgps.com/routes/35911811>
 - Habitat – St. Boniface Loop (29 km)
 - <https://ridewithgps.com/routes/36291124>
 - Grants Mill – Forks Loop (30 km)
 - <https://ridewithgps.com/routes/36083855>



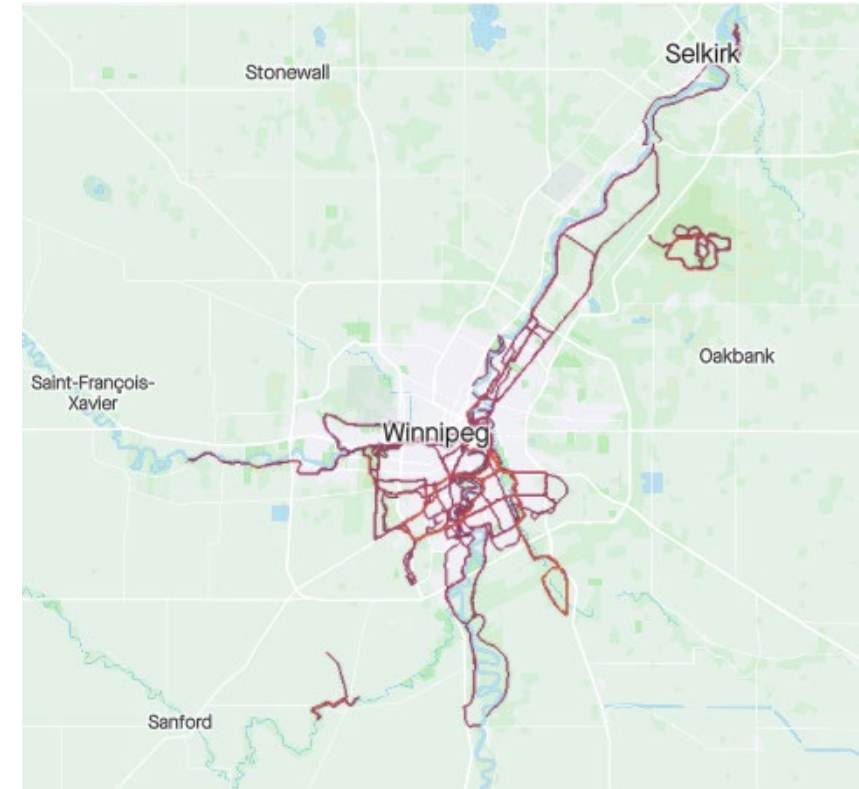
Recommended Local Routes

- Assiniboine to Headingley Loop (32 km)
 - <https://ridewithgps.com/routes/36291873>
- South Winnipeg Loop – (50 km)
 - <https://ridewithgps.com/routes/36038907>
- Habitat – Lockport Loop (53 km)
 - <https://ridewithgps.com/routes/36290806>
- Muddy Waters (70 km)
 - <https://ridewithgps.com/routes/29440284>
- Muddy Waters (110 km)
 - <https://ridewithgps.com/routes/29440297>
- Muddy Waters (160 km)
 - <https://ridewithgps.com/routes/29440443>



Local Cycling Route Resources

- Other relevant route information:
 - [Bike Map](#)
 - [Bike Winnipeg](#)
 - [City of Winnipeg Maps](#)
 - [Manitoba Cycling Association](#)
 - [Manitoba Randonneurs](#)
 - [Northgate Trail Maps](#)
 - [Trail Forks App](#)
 - [Winnipeg Trails](#)





Any Questions?

Contact Brett:

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every gift makes a difference