

Cleveland Touring Club C Group Rides from Chagrin Falls on Tuesdays

Starting time and place

Throughout April we'll start at 6 p.m., sharp and we'll change to 6:30 sharp starting in May. All Tuesday Chagrin Falls rides leave from Mountain Road Cycles, 100 Industrial Parkway, Chagrin Falls. There is limited parking in front of Mountain Road Cycles, but there is plenty of parking nearby. We leave at the announced times so we can complete the rides by sundown.

Ride route

See the ride schedule and links to route maps at

<https://clevelandtouringclub1.wildapricot.org/rides/chagrin-falls>. **That Web page is accessible only if you're a member of the Cleveland Touring Club. If you haven't yet joined or renewed your membership, go to <https://clevelandtouringclub1.wildapricot.org/>**

I depend on you to download route maps, and to do that you will have to have joined the club or renewed your membership.

Waiver

Riders on all CTC rides are required to be members or to sign a waiver. CTC asks you to join the club if you ride with us more than once.

Trimming routes

Whenever necessary, I trim a scheduled route to complete the ride by sundown.

Safety

The highest CTC priority (mine too) is to have fun safely on our rides! The imperative is to wear a helmet, but a few additional steps will increase your safety and that of everyone else on the ride.

1. I obey *all* traffic laws on rides that I lead. That includes stopping for all red lights and stop signs. It also includes riding single file on roads in jurisdictions that prohibit two or more abreast (Gates Mills, for example).
2. Your bike should have a red tail light with good batteries. We're sometimes riding on cloudy days on tree-shaded roads with steep banks. A bright tail light makes you much more noticeable to drivers of motorized vehicles.
3. Bring adequate fluids and food. What is adequate depends on the weather, the length and hilliness of the ride, and you.
4. Wear gloves (half-finger or full-finger depending on the weather and your comfort). Gloves decrease the likelihood of your hands slipping and causing a fall. If you fall, they protect your hands (road rash on hands is very painful).
5. **Loudly** call out any information that may be useful to the riders ahead and behind you. Examples are "**Car back,**" "**walker up,**" "**hole on right,**" and "**rough pavement.**" Remember that *you* often block the rear view of the riders ahead of you, and the front view of the riders behind you. Their safety depends partly on you!

6. Wear brightly colored jerseys and jackets. Dark colors look great but they are particularly difficult to see at dusk.
7. Bring a spare tube and the tools to replace a flat and to reinflate a tire.
8. Be courteous to motorists. For example, if we are a large group, leave occasional gaps between riders so that a motorist can pass a portion of the group. Impatient motorists put all of us in peril.
9. Don't *use* aerobars on the Tuesday Chagrin Falls C rides (it's okay if the bars are on your bike, but don't use them during our rides). Your reaction times (the times to reach your brakes, to shift, or to grab your handlebar or hoods for an emergency stop) are longer when your hands are on the aerobars. First, many ride segments are short. Second, other riders aren't going to be told to keep a straight line over bumps and cracks. Your slower reaction times would lower your safety and everyone else's too.
10. It's a good idea to have a white headlight (in addition to a red taillight). The purpose is to be as visible as possible to oncoming drivers of motorized vehicles. Although the routes are trimmed so that the rides finish by sundown, you may have a flat that takes enough time to repair that you'll finish the ride past sundown.

Who decides if it is safe to ride?

Every Tuesday YOU are responsible for deciding whether it is safe for you to ride. On the one hand, I won't lead a ride into a definite heightened risk of, say, a thunderstorm. Also, I trim our routes aiming to complete the ride by sundown. Even then, a flat tire at the half-way point could mean returning after sundown. On the other hand, you know all too well that the weather in our region is fickle and storms during the summer can materialize out of nothing! For example, I may not cancel a ride if the weather forecast includes a 10% chance of thunderstorms, but ***you*** have to decide for yourself whether to ride or not.

Are you ready to join the group?

The CTC website says that C groups average 14 to 16 m.p.h. During 2013 and 2014, we averaged 14+ m.p.h. except 13+ a couple of times during April and 15+ a couple of times late in the season. Our lowest average was 13.3 m.p.h. in the season's first ride on the Auburn route that we will be doing April 7. The averages rose as the season progressed.

All of our Tuesday routes end where they begin, so we are likely to face headwinds. Also, our riding area is not flat! For example, the Auburn route, the *least* hilly of the routes, averages 42 climbing feet per mile if we trim it to 20 miles.

1. You should be able to ride 30 miles on the rolling hills that are typical in our region with sporadic brief rest stops.
2. Your average rolling speed throughout the 30 miles should be at least 13 m.p.h. Starting in May, it should be at least 14 m.p.h.
3. You should have some experience riding on roads. If you have ridden only on bike paths, then your transition to road cycling should begin with the CTC Wednesday weekly 7 p.m. rides from North Chagrin Metropark. See the CTC

Website for details. We'll be delighted when you join us after you have some experience riding on roads.

Contact me

If you have questions about the Cleveland Touring Club Tuesday rides from Chagrin Falls, particularly the C group rides, contact me at *matthew.sobel@case.edu*.

If you need to contact me during a ride (accident, flat, lost, etc.), call 216-570-7427. Except during rides, this phone is usually off and is not checked for messages.

Let's ride!

Matt

Matthew J. Sobel

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