



Glasgow Green Cycle Club

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GGCC Hill Climb Event

17th March 2013



Get involved
with the
first Hill
Climb event
of 2013

This programme has been produced to give each club rider as much information prior to the event in order that our members get the most from the Hill Climb event

This programme will cover all the points our members may need for taking part in this event. It is the clubs goal to hold a series of cycling events which are both all encompassing for each member of the club whilst also making sure rider safety is a priority.

Our aim is to hold at least two Hill Climb events per year. It is traditionally within cycling clubs to hold a Hill Climb event at the start and end of the racing season.

On the morning of the 17th March, the members of GGCC will depart from Glasgow Green at 8:30 and cycle to the bottom of Crow Road, the exact start location will be given at the briefing. The pre event briefing will be held at approximately 9:30. This is when the start list will be confirmed to give each rider the opportunity to ask any questions.

Sign on for the event will take place at the start area. Each rider will be asked to sign the event register and will then be given their race number.

Following the briefing some of the group (those starting first) will make their way to the start line. Each rider will be set off at 30 second or one minute intervals. The Start line will be shown to all the competitors before they set off. The finish line will be marked with cones and be marshaled.

We ask that each member adheres to the rules of the event in that no drafting is to take place to give any rider an advantage over another.

For the first time, Dales Cycles will be on hand to offer technical, sign on and general support should it be needed prior to or after the event.

The main contact name and details for the event are David Sykes on 07810 221217 whoistm@me.com, or alternatively Ray Hicks, 07760 676262, ray@glasgowgreencycleclub.co.uk

GUIDELINES FOR THE DAY

This event is open to GGCC members only and is not an official British Cycling event. The Hill Climb will be held under our own club insurance and therefore should be treated as a club run.

In order for the Hill Climb to be carried out in a safe manner and that every participant has a fantastic experience we would ask that the following points are read through which will help you all prepare for the ride itself.

RACE OFFICIALS AND MARSHALS

Commissarie for the GGCC Hill Climb is David Sykes. David will be main point of contact on the day and will carry out the duties associated with the start and finish areas.

Other associates of GGCC will be supporting the event in the capacity of Assistant Commissaires.

They will be responsible for the course. For everyone's safety, please follow the directions of the race officials at all times including the run up to the event and after you have crossed the line.

SUMMARY OF THE EVENT

1. **PRE RACE BRIEFING/SIGN-ON.** This will be held around 30 minutes before the start of the event. This will take place at set point at the bottom of the Crow Road HC. Each rider will be given their race number prior to the race.
2. **COMPETITORS TRAVEL TO START LINE.** Each competitor will be fully notified of their individual start time before race day, or on the race day.
3. **START LINE.** Each rider will be set off in thirty second or one minute intervals. The commissaire will notify you 20 seconds before you set off then will count you down from 10 seconds.
4. **ON THE COURSE.** Whilst riding on the course you will adhere to a few simple rules. These are that you should not obstruct a rider who may be overtaking you. No drafting is allowed and its the responsibility of the passed rider to ensure that they are more than 10 bike lengths behind the bike which has passed you. If you are overtaking another rider then its your responsibility to do so in a safe manner allowing plenty of room for the overtake. Please follow the rules of the road at all times as the event will be taking part on open roads.
5. **FINISH LINE AREA.** As you cross the finish line please give your name to the timekeeper in order that the correct time is placed against your name. Please use the car park just after the finish line to slow down and dismount.
6. **POST RACE.** We ask that each rider turns into the car park following their ride, and upon leaving exits at the top exit. Please do not bunch up prior to or upon descending the hill. We need plenty of space for cars to pass other riders still climbing, and bunching may result in the slowing of the riders still competing or putting them at risk of a traffic accident.
7. All race numbers are to be handed back to the sign on area before you leave the event.
8. **RACE RESULTS & BREIFING.** A post race briefing and coffee break will take place at the Kirkhouse Inn (Strathlane) after the actual event. A full list of the race results will be published on the GGCC website within 24 hours of the event.
9. **RIDE BACK TO TOWN.** The plan is continue the club run with a group ride back to Glasgow Green.

Important points!!!!

1. Check your bike is fully maintained prior to the event. Should you need to have your bike checked please get in touch with the technical team @ Dales Cycles in the days before the event to obtain your membership discount on parts and servicing rates.
2. Bring along spare tube, pump, multi- tool as you may have a mechanical on the course.
3. Do not test new equipment on the day of the ride. This could lead to avoidable mechanicals on the day
4. Ensure you have enough fluids/snacks for the event. 1.5 miles may not sound like a big distance though your effort over this course may need you to take on some additional fuel in the form of liquids or snacks.

Required Equipment for the event

- Cycling Helmet (mandatory)
- Cycling clothing
- GGCC Club Kit (optional)
- Bike tool kit

Please come with an open mind and a positive attitude

Links to relevant Hill Climb websites

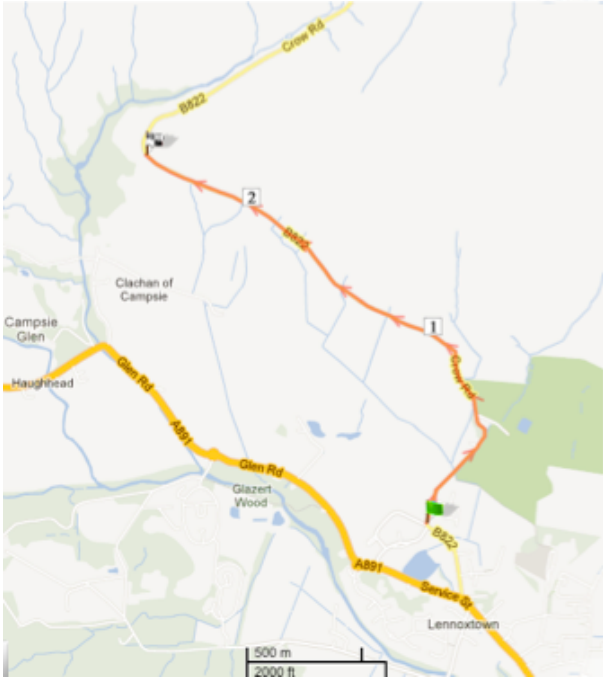
<http://cyclinginfo.co.uk/blog/508/cycling/hill-climbs/>

<http://www.bikeradar.com/fitness/article/technique-how-to-become-a-hill-climbing-star-12092/>

<http://www.cptips.com/climb.htm>



Course Elevation



Start area photo

Finish Area Photo



General Hill Climb advice from GGCC

Practice your starts. Have a teammate hold you and practice doing held starts at least a dozen times before race day.

Pre-ride the course if possible.

Tune your bike up before the race. Clean and lube the chain and check the shifting to make sure it is smooth. Make sure the rear wheel is secure and not going to shift and go against your chain-stays. This can be especially problematic with the hard initial acceleration at the start line.

Keep a bottle of energy drink or hydration mix with you from the moment you wake up. Hydration is essential to peak performance.

NEVER ride new equipment, wear new clothes or try out a new drink or food on race day

Get a really good warm up. The shorter the event, the longer the warm up

Generally you should start with your chain in the low ring and a medium cog in the back. However, in practice, make sure the chain angle is not too severe.

Start with your hands in the drops and your front leg in the 10:00 position.

Get up to speed as quickly as possible but do not go above your race (hill climbing) pace. Aim for negative splits meaning you speed up very slightly, rather than slow down over the course of the race. In a perfectly paced ride, you will be completely spent when you cross the line.

Unless you have a power meter, pace yourself on perceived exertion. Heart rate can take up to 10 minutes to adjust to your effort. Keep in mind that due to the adrenaline of race day, you will be able to ride at a higher heart rate than in training.

Optimum cadence for is probably to keep your legs spinning rather than pushing big gears

Keep your head up! Not only is it safer, but it is actually more aerodynamic. There's no "point" in having the rear of your aero helmet (if you have one) sticking up high in the air!

Count your pedal strokes or breaths to distract from the pain. If you notice you are breathing only on the right pedal stroke, alternate it to the left from time to time.

Drafting is not allowed. If you catch up to a competitor, the overtaken rider is required to fall back to a specified distance (usually about 50 meters) behind the other or maintain wide horizontal separation so that he receives no aerodynamic shelter or help from the other. When passing a rider, make sure you do it authoritatively and don't get caught for drafting yourself.

Start your recovery the moment you cross the line. Use a recovery drink such or recovery bar.