



# GGCC Hill Climb

28th October 2012



## THIS DOCUMENT WILL GIVE YOU AN INTRODUCTION TO THIS EVENT

**On the 28th October 2012, GGCC will be holding its first ever Hill Climb (HC). This event is aimed at every member and associate of GGCC.**

This event fact sheet will cover all the points our members may need for taking part in this event with the club. It has been our sole purpose to hold a cycling event which is both all encompassing for each member of the club whilst also making sure rider safety is a priority.

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

On the morning of the 28th October, the members of GGCC will depart from Glasgow Green at 8:30 and cycle to the bottom of Crow Road, the exact location will be given at the start of the ride. 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.

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 before the bend to the car park. The start and 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..

The main contact name and details for the event are David Sykes on 07810 221217 [whoistrm@me.com](mailto:whoistrm@me.com), or alternatively Ray Hicks, 07760 676262, [ray.hicks@live.com](mailto:ray.hicks@live.com)

The start will be at the junction between Cumroch Road and Crosshill Street under the "Twenty's Plenty" sign- so no breaking the

speed limit... ;-)) Riders who are next to start their hill climb are to line up for their turn on the cross hatched area behind the start. All other riders are to keep off the road on the other side of the road, on the pavement next to the bus stop. Please do not get on the way of the traffic going through the estate.

The finish will be just after the barrier ends on the left hand side of the road, a few metres past the ICE warning sign. Once you have completed your ride keep going past the finish line and turn left into the car park. Please keep out of the way of other traffic at all times!

Once you have completed your Hill Climb, by all means recover in the car park, but do not go back to finish line, you will be informed of your time at the cafe stop. When descending from the car park, please ride down the hill in turns and singularly, this will prevent traffic from being slowed. Please be aware that you may have finished your hill climb, but others may still be riding and cars will be passing them.

Also please be aware the road is WET and SLIPPY and have many LEAVES on it, ESPECIALLY on the bends at the bottom of the hill. DO NOT race down the hill, take it easy and ensure your brakes are dry and working prior to arriving at the bends. If you fall and have to be picked off the side of the road, we will have to stop the Hill Climb!

Once returning to the bottom of the hill please do not interfere with the starting of the hill climb. Thanks.

The course is approximately 2.5km or 1.5 miles in length and is outlined on the map shown on page 3.

# GUIDELINES FOR THE EVENT

The team @ GGCC have detailed some useful information to help you prepare for the TT

## 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

Commissaire 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. This will be held around 15 mins before the start of the

event. This will take place at set point at the bottom of the Crow Road HC.

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 it's 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 it's 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



Come prepared and have fun

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. RIDE BACK TO TOWN. The plan is continue the club run with a group ride back to the Boathouse for coffee.

8. RACE RESULTS & BRIEFING. A post race briefing and coffee break will take place in the Boathouse at Kilsyth after the actual event. A full list of the race results will be published on the GGCC website within 24 hours of the event.

## QUESTIONS

Should you have any questions before or after the event then please contact David Sykes.

## Important points!!!!

1. Check your bike is fully maintained prior to the event. Should you need to have your bike checked please contact Billy Bilslands 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.

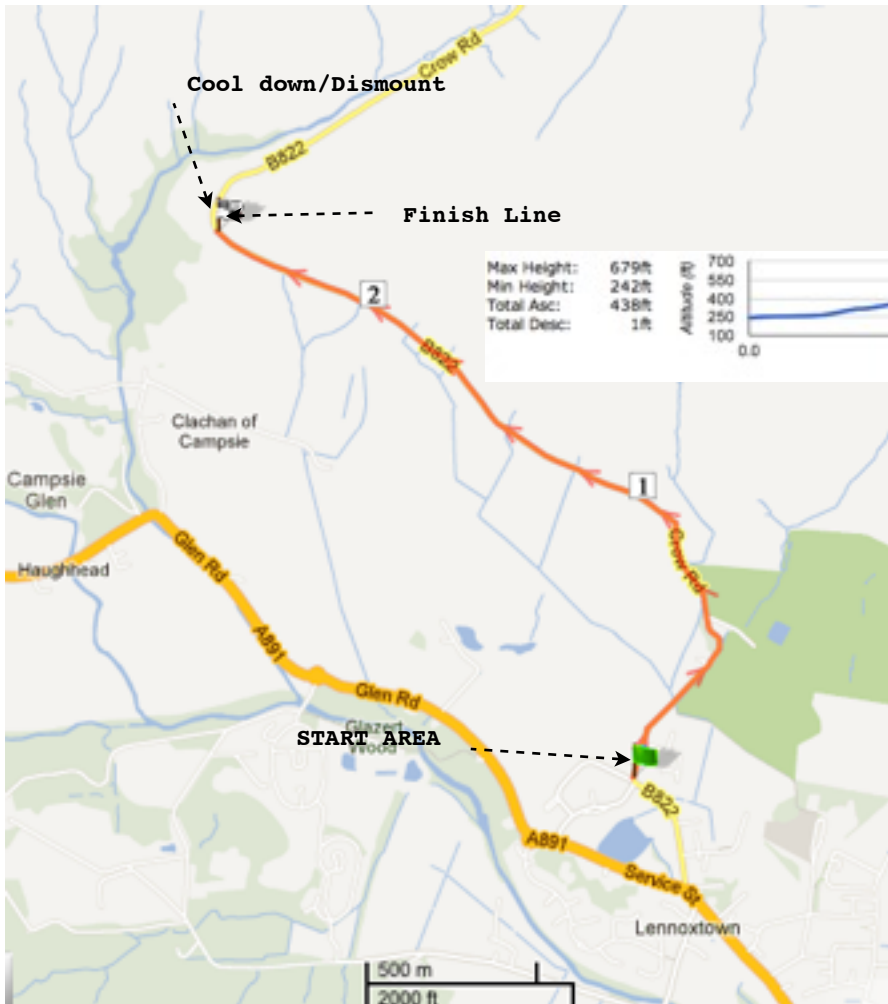
3. Do not test new equipment on the day of the ride. This could lead to avoidable mechanicals on the day
4. Ensure you have enough fluids/snacks for the event. 1.5 miles may not sound like a big distance though your effort over this course may need you to take on some additional fuel in the form of liquids or snacks.

## Equipment

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

**Please come with an open mind and a positive attitude!**

FULL COURSE MAP, TAKEN FROM MAPOMETER



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.

Practice turnarounds during a hard interval effort to most closely approximate race conditions. Practice it somewhere safe so if you overestimate your speed, you won't go down.

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.

## links to relevant 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>