



Road Race Training (Chaingang)

Wednesdays - Leaving Gosling at 7pm (sharp)

For Seniors, Juniors, U16 and competent U14s by Coach recommendation or invitation. All riders must be self-sufficient.

These are one hour 40 minute or more rides targeted at those road racing with the aim of improving skills, speed and endurance. The rides are open to those that the coaches believe have the skills and fitness to do the rides, so please ask. It is best that you have experience of group riding on the road before venturing out.

Depending on the size and ability spread of the group, we may separate riders into ability groups subject to adequate ride leader cover.

These are NOT coached rides but we look after each other.

What you need :

- *Appropriate clothing for the weather, helmet , gloves, glasses etc.*
- *Well maintained Road bike*
- *Ability to fix your bike: spare inner tube, tyre levers, pump, multi tool*
- *A fully charged front and rear light*
- *Other: water, energy bar, anything you need for allergies.*

We will be setting off at 7pm prompt and this is going to be enforced so you need to be at the track early. We aim to be back by 9pm. As the nights begin to draw in we will be returning to Gosling in the near darkness so please ensure that you bring along a set of working lights.

If any riders do not wish to first meet at Gosling but would prefer to meet out on the course, then we ask that they be in the Layby approximately 500 metres west of the junction with the B656 at 7:20pm. In the event of broken bikes, parents/guardians must be prepared to collect younger riders that can't get back to the club under their own steam, wherever they may be.

Each week we will be riding out from Gosling to complete two laps of the Codicote/Whitwell road race circuit, a map of which and a further route description can be viewed below.

<https://ridewithgps.com/routes/43614802>

(cont)

Route description:

Start from Layby approximately 500 metres along Whitwell road, Codicote from the junction with the B656.



Continue east until T junction with B656 and turn left towards Hitchin.

Continue for approximately 4 miles along B656.



(cont)

Turn sharp left onto B651 towards Whitwell.

Continue for approximately 2.7 miles along B651.



Turn left onto Codicote road.

Continue for approximately 2 miles to complete 1 lap.

