

Monday Sunset Ride

Supporting paediatric palliative care through the Sam Roberts Family Fund

6.30 pm Monday @ Mega Bike

To participate in this ride cyclists make a gold coin donation to the Sam Roberts Family Fund, this is collected at the start of each ride.

The Monday Sunset Ride puts into practice the skills learned in Mega Spin, on various routes through the Adelaide hills on Monday evenings during spring and summer.

Group Etiquette

The front riders are the eyes and ears of the whole group. The front riders should point out potholes, parked cars and other obstacles. Lead riders are also responsible for the group when approaching traffic lights and roundabouts, etc. and are responsible for ensuring it is safe for the group to enter an intersection. If a rider in the group gets a puncture the group will wait for that person to fix it before continuing.

Regrouping

At the top of each climb the lead riders will turn and head back down the hill to the last rider and ride back up the climb with them. Don't be discouraged if you can't keep up, it happens to everyone. Keep coming back with the goal to improve your fitness and finish the ride with the bunch.

What to bring

All riders must carry a tube, pump and/or CO2 canister and some tyre levers to fix any punctures that may occur on the ride. The group will wait for someone to repair a flat; you don't want to be 'that person' who holds up the group because you're not prepared.

Good quality, bright lights are essential as you will be descending in the dark.

Water is essential and some food/gels are highly recommended to keep the dreaded 'bonk' at bay.

This is your ride – take ownership – look after each other. Remember always that apart from the pleasure the group ride gives us it is also the perfect PUBLIC RELATIONS exercise. You are on show – be a good example of cycling.

Stay safe and have fun.

p.s. for safety reasons this ride will not take place when it is raining; cancellations and alterations will be advised via our Facebook page (MegaBikeAus) and Twitter feed (@MegaBikeAus).