



# BANBURY STAR

## — CYCLISTS' CLUB —

# CHAIN GANG

### *What is a chaingang?*

A chaingang is sometimes known as through and off. Riding in a chaingang allows everyone in the group to work together whilst riding in a group. The principle is that everyone should take short turns at the front of the group before rotating off. Smooth riding is key. Please follow the link *here* for more specific information on riding a chaingang.

### *Why chaingang?*

A chaingang will improve group riding skills and is a fast way to become much fitter on the bike whether to get up the local climb or to ride in club TTs.

### *BSCC Chaingang*

Our Monday chain gang evenings are open to riders of all abilities. We will form groups of around 6 riders. Each group will be of similar abilities which allows every rider to work hard within their capability.

The slowest group will set off first with subsequent groups getting faster and faster. This allows riders to finish the course at a similar time and allows a competitive element to all.

Date and Time: **Mondays at 6:00pm**  
Meet Location: **CHECK EVENT AND FACEBOOK POST**  
Route: **CHECK EVENT AND FACEBOOK POST**



# BANBURY STAR

## — CYCLISTS' CLUB —

# CHAIN GANG

### *Top tips for a successful chain gang*

- Start slow and build up speed as a group without surging
- Smooth riding the key for a successful chaingang
- Avoid touching the brakes. Braking causes uneven splits in the group.
- When moving from the faster line into the slower line of a chaingang do not slow up too much. Keep 'soft pedalling' as you move across so riders behind do not need to brake and keeps the group rotating smoothly.
- When you move through to the front of the group, do not accelerate. The only acceleration should be at the rear when rejoining the fast line.
- Often, it helps a rider coming through to know when their rear wheel is clear of slower lines front rider's wheel with a loud shout of 'clear'.
- The rotation direction is determined by the group depending on weather and road conditions.
- As with all group riding the usual calls for potholes etc still apply to ensure the safety of all riders.

