

THE
BIG
FAT
BIKE RIDE

ON T'ROAD



This year we are running a free virtual event for the entire FLAB community, the Big Fat Bike Ride On T' Road.



The event will take place on Saturday 22nd May, when restrictions affecting local group rides are scheduled to be lifted and will encourage riders to do their chosen distance on their local roads.

ABOUT VIRTUAL SPORTIVE



This is a chance for you to get a group of local Flabbers together, eat cake and have a fun day out on your bikes.



Our FLAB Social Ride Flampions will be organising groups and will state their chosen distances either on the event group or on their specific Social Ride Groups which can be found on our website.



In this starter pack you will get a step-by-step guide to joining the virtual sportive, some tips on creating a great route from our Chief Flampion and your very own name badge to wear out on your ride.



Make sure you get involved with all that's going on for your chance to win some great prizes throughout the day.



COVID-19 GUIDELINES



It is imperative that all participants and group leaders adhere to the government guidelines regarding Coronavirus.



As we all know, the guidelines can be vague so make sure you stay updated with them at [Gov.uk](https://www.gov.uk)



We will update the event with any relevant information regarding guideline changes if there are any.



STEPS TO THE VIRTUAL SPORTIVE

1



Click 'Going' on the Big Fat Bike Ride On t' Road Facebook event.

2



Find your riding buddies/group through the Big Fat Big Ride On t' Road Facebook group or use the 'invite' button to invite your mates.

3



Purchase your Big Fat Bike Ride On t' Road special edition socks and donate £2 to charity.



4



Print and cut out your riding name badge. You can find this at the end of this printable starter pack.

5



Tune in to the pre-ride punditry with The Original Fat Lad the night before for some top tips for riding as well as a shout out to the groups that are planned in!



6



Enjoy your ride! Remember to tune back into the Facebook event on your café stops for your chance to win surprise prizes throughout the day.



7



Get yourself a beer and a pie to celebrate. Upload a celebratory photo or video to share with everyone on the event.

USE AN APP/WEBSITE TO HELP YOU BUILD A ROUTE

I recommend Strava, Ride With GPS or Komoot to create a route as they will give you both the distance and elevation of the route and you can then create a gpx file for people to upload onto their GPS cycling computers, such as Garmin and Wahoo.

B ROADS

Build your route on quiet country lanes and B roads where possible so that everyone feels comfortable. It's not always possible to avoid A roads so think about how far you'll need to ride on them and how you approach them; turning right onto a busy A road and trying to cross 2 lanes of potentially fast-moving traffic is very difficult, it's much safer to turn left.

KNOW WHERE YOU CAN STOP FOR A SNACK BREAK

As well as cafe stops it's a good idea to think of other places on route for the group to stop for a breather, a snack and to log back into the FLAB event for chances to win prizes and to share some photos of your group. Make sure you finish with a café or pub with outdoor seating so you can bask in your glory together!

MAKE SURE TO SCHEDULE A CAFÉ STOP (OR MULTIPLE)

Consider how far into your routes the cafe stops will be, on a shorter route of 25 or 50 miles ideally have it around the halfway point. For longer rides (75 miles plus) look at having a cafe stop at 1/3 and 2/3. Consider if there is enough outside seating for your group and perhaps contact the cafes beforehand to let them know you are coming so they can accommodate.

ALWAYS, WHEREVER POSSIBLE, CREATE A ROUTE ON ROADS YOU HAVE CYCLED BEFORE

Just because the route builder says its a tarmac road it is not guaranteed that is the case. If you are going to be using unfamiliar roads try do a rekey first.

STAY TOGETHER

It's important that everyone stays together so nobody gets lost, a good way to ensure this is to lead from the front at the pace of the slowest rider. Have an experienced cyclist you trust to bring up the rear and keep everyone together, that person can also shout for the pace to be slowed if required. For any big climbs or descents let everyone do it at their own pace and regroup at the top/bottom.

HOW TO CREATE A PROPER GOOD ROUTE

Creating your own group ride and struggling to know where to start in planning your route? Here's some top tips from our Chief Flampion Chris Jones.



GET ME A GROUP

Really want to do it but don't have
any mates in your local area?



You can get in touch with your local Flampion who will
be arranging their own riding groups.
Find your local FLAB Social Ride here -

https://fatladattheback.com/pages/flab_social_ride_locations



Or you can find people in your area on our big
fat bike ride group.
Search by topic e.g. #Ilkley #25mile to find people -

<https://www.facebook.com/groups/252598103012760>

We were going to give out numbers then panicked that our admin skills couldn't keep up so we thought we'd provide you with some funny name badges. Choose which one suits you best, cut it out and attach it to the front of your bike. You can use the dotted circles to help with attaching.

PRINT AND CUT ME OUT



**I'M FEELING
FLABULOUS**



PRINT AND CUT ME OUT



**FAT LAD
UP FRONT**



PRINT AND CUT ME OUT



**FAT LASS
UP FRONT**

PRINT AND CUT ME OUT



**LANterne
ROUGE**



PRINT AND CUT ME OUT



**POWERED
BY PIE**



PRINT AND CUT ME OUT



**WILL RIDE
FOR CAKE**

