

BIKE TO THE MOON 2019

THE CYCLING STUDIO GUIDE - FROM THE INDOOR CYCLING INSTITUTE

Apply these quick tips to ensure your event goes with a swing.

BIKE SETUP

Give bike setups to your riders. Especially if they're new or going to be riding for longer than usual. (For new riders, you could jot their bike setup on the back of a free ride voucher - 😊)

GET PADDED!

Provide additional padded seat covers for new riders who might not have 'acclimatised' - or those who are joining you for a longer ride.

BRAKE!

Ensure all riders know where the brake is and how to use it.

COACH PROPER TECHNIQUE AND RESISTANCE

Injuries are far more likely to happen when riders are pedalling too fast and with too little resistance. Describe what the proper resistance should feel like ('two turns up' means different things on different bikes!) Describe how it should feel to the leg muscles, and also ask riders to make sure they're not bouncing in the saddle, bobbing or rocking

GIVE REALISTIC CADENCE GUIDE

Give a realistic cadence guide - new riders may struggle to pedal safely above about 90rpm, regular riders may be able to cope with up to 115rpm. Faster than this is unsafe and ineffective. Not all riders have the same capability. If bikes are not equipped with a cadence meter, the instructor should set the pace, and riders can follow.

KEEP AN EYE ON YOUR RIDERS

Ensure you have enough instructors so you can make sure all riders are riding safely (larger studios will need more than one instructor as not all bikes will be visible from one vantage

BUDDY UP

Buddy riders together – your veteran riders can look after newer ones and help them to feel comfortable (and therefore more likely to come back). This also values your regular riders and creates a friendly atmosphere.

SPACE OUT

Space the bikes properly – there should be at least a bike width in between each bike. Preferably more. Why? Because injuries are more likely when riders dismount if bikes are squeezed too closely together.

GET PERSONAL

Remember people's names so they feel valued and motivated - and more likely to come back!

LEVEL UP

Offer different levels of events, or challenges within the event so riders don't feel out of depth.

STAY UP TO DATE

Don't use outdated and unsafe moves (*especially* with new riders) such as tapbacks, handlebar pushups, or pedalling 'as fast as your can'. Keep it safe and effective.

BREAK IT UP

Split the event into sections with different challenges to keep the energy high.

KEEP IT CLEAN!

Provide sprays and cleaning stuff so riders are not out off by dirty bikes.

FOLLOW UP

Can you give your new riders a reason to come back? A ride voucher?

ENJOY!

Goes without saying - riders catch their energy from their instructors. Have fun, and enjoy being part of something tremendous. Hurrah for Tackle!