

# SAFECC

Welcome to **Week 4** of **SAFECC**

First, we wanted to start with a couple of reminders:

1. All riders must be register with the club and the Ontario Cycling Association to ride with us. It is a simple, but significant rule. Only \$15 + OCA fees for returning members.

[Join ECC 2025](#)

2. Operational front and back lights are mandatory for all riders, period. No excuses. Forgot to charge them, your problem. Forgot to put them on, your problem.

Lights are a key aspect of riding safety and everyone benefits when everyone complies.

## ***Climbing***

A slight deviation this week, as we thought we'd address climbing.

Climbing for some, can be their arch nemesis, while for others it is an embraced challenge that gets their adrenalin flowing. Most of us are likely somewhere in between.

There is no doubt that improving ones climbing skills brings greater overall cycling enjoyment. Our city rides do not typically have any "epic" climbing, however, our Outta Town and gravel riders can speak to some longer or steeper climbs, with cumulative elevation exceeding 1000 m on some rides.

Climbing ability often comes down to practice — the more you do it, the better you'll get. So instead of avoiding those big climbs, start riding them. You'll build confidence, leg strength, muscular endurance, and a bigger aerobic capacity. (ha ha, easier said than done!)

From a safety perspective, monitor your heart rate to ensure you are not pushing yourself beyond your own limits. This is particularly important for “us older riders”. Knowing your limits is very important.

### **Slow and Steady Wins the Climb!**

Aim for a cadence which might be between 75-95 rpm, which is the speed at which you spin your cranks. Start slow and build up your effort gradually. Avoid going too hard too early, which can lead to fatigue later in the climb.

On steep pitches, focus on minimizing effort and maintaining a smooth, graceful, and as effortlessly pedaling as one can in these situations.

Don't forget to breath!!

### **Vary Your Position**

Mix up your riding position by standing and sitting to avoid fatigue and excess pressure on your bottom or shoulders.

### **Don't Let Gears Get Too Far "On Top":**

Avoid letting a gear get too difficult before shifting to an easier one, as this can strain your legs and mechanicals. Where there are flat sections within the climb, don't forget to change gears.

Click the link for a video on climbing. Be forewarned, this guy makes it look easy! : [GCN climbing video](#)

For those who have any questions, suggestions or comments, please send us an email at [safecc@etobicokecyclingclub.com](mailto:safecc@etobicokecyclingclub.com) and if a response is appropriate, we will get back to you as soon as we can.

***Next week: Cornering***

***Ride Safe and Ride Longer***