



**FLABinati**

KEEPERS OF THE FLAB

**Rule #1// Re-write the rules**

**Rule #2// Lead from behind**

**Rule #3// It's all about the pie**

**Rule #4// No excuses, unless you've got an excuse**

**Rule #5// FLAB the man up! (FLAB the woman up too!)**

**Rule #6// Cake isn't optional, it's essential!**

**Rule #7// The correct number of cakes to have is  $C+1$  where  $C$  is the number of cakes already eaten**

**Rule #8// Coffee and tea must match the cake choice....**

**Rule #9// Refer to weight as "potential energy" it's what makes you go faster down hill, than those with less of it**

**Rule #10// Represent the FLAB always – any passing cyclist must be greeted with a cheerless "now then"**

**Rule #11// Riders are to be measured by quantity not quality**

**Rule #12// Waists and chests are to be measured in inches**

**Rule #13// Free your waistband and your legs will follow**

**Rule #14// Enjoy rather than endure**

**Rule #15// You've got a 32? Use it! If you haven't, get one. \*Addendum A 34 is also acceptable as is a triple**

**Rule #16// All cyclists faster up hill than you shall be referred to as 'hill whippets'**

**Rule #17// Fat shall be referred to as potential muscle**

**Rule #18// When you put on a FLAB jersey you instantly get 30,000 friends\*at time of printing. Subject to change**

**Rule #19// All fellow FLAB wearers will be greeted with an enthusiastic Ey Up/pat on the back/hug**

**Rule #20// Guide the Bulge**

**Rule #21// All rides must end with or include a refreshment stop**

**Rule #22// A FLAB out cycling in any weather is badass**

**Rule #23// Be self-sufficient - always carry pies**

**Rule #24// Beer is as a hydration fluid**

**Rule #25// FLAB kit is for members of the Bulge**

**Rule #26// Like your tums, saddles should be smooth and comfortable**

**Rule #27// Cycling efficiency is to be measured in miles per donut**

**Rule #28// There are only three remedies for hunger:**

**Cake**

**Pies**

**Butties**

**Rule #29// Join us and be proud**

**Rule #30// The rules are dead, long live the rules**

**To submit your suggestions email [fatlads@fatladattheback.com](mailto:fatlads@fatladattheback.com)**