

Arrangements for Club Rides

Following the discussions at the Open Forum on January 9th I have tried to summarise below, in the form of a discussion document, the issues that arose. It was my impression that many members are in favour of refreshing our arrangements for rides, and to formalise some arrangements that have developed organically over the last twelve months.

I would propose that we review the information we currently provide on the website and replace it with something along the lines

Rides – weekends/evenings

I found it interesting to look at what Chorley do. Below are extracts from their webpage:

Club Ride

As a guide, the Club Ride is suitable to anyone who would average 14-16mph on a 50 mile flat route with favourable weather conditions. However this is for guidance only to help you find a suitable group. The actual pace of the ride will be determined by many factors including distance, route, weather etc. The Club Ride will typically be 50 to 75 miles long with the odd longer ride in the summer. There will always be a cafe stop to replenish food stocks, drinks bottles and to rest weary legs. Keep an eye on our Facebook page for the route a few days before the event.

Inters Ride

The Inters Ride (aka Intermediate Ride) is aimed at riders who want to, and have the ability to ride at a quicker pace than the Club Ride but think the Sporting Ride is a step too far. As a guide, this ride should be suitable to anyone who would average around 17mph on a 50 mile flat route with favourable weather conditions. As with all our rides the actual pace will be determined by many factors including distance, route, weather etc. The Inters Ride will typically be 50 to 75 miles long and there will usually be a cafe stop on route. The Inters Ride will be ridden as a group at a controlled pace with rolling regrouping when required.

Sporting Ride

The Sporting Ride is suitable to anyone who would average 18+mph on a 50 mile flat route with favourable weather conditions. However this is for guidance only to help you find a suitable group. The actual pace of the ride will be determined by many factors including distance, route, weather etc. The Sporting Ride on a Sunday will typically be 50 to 80 miles long with some longer rides in the summer. There will usually be a cafe stop to replenish food stocks, drinks bottles and to discuss the route home. We will always sit up to regroup when required.

I think that Chorley's 3 levels of ride equate roughly to our rides as follows:

- Club ride = Weekly 9:30 rides, 3rd Sunday rides
- Inters = Saturday 8:30 ride; Thursday evening ride
- Sporting = Sunday, Blackgate Lane ride

For discussion:

- a) Is there merit in adopting a similar categorisation? If so, should we review what is on our website and aim to produce something similar?
- b) Should there be a formal weekly evening ride(s)? If so, what night, what level(s) of ride?
- c) Should all rides have a common departure venue i.e. the clubhouse?
- d) Should we review arrangements for ladies rides?

- e) Can we arrange for more club/inters rides on the same day, at the same time, but with riders following different routes before meeting up at the same café etc? We already do this on two rides: The Fleet Moss Audax provides 3 routes (Hard, Very Hard and Dead Hard), the Velo Café ride

Rides – weekdays

These rides are club rides, as defined above, and usually go to Cedar Farm.

For discussion:

- a) There are occasions when the ride doesn't go to Cedar but goes further afield. Can longer midweek rides be advertised in advance?

Introductory Rides

This is what appears on Chorley website:

“Look out for our Club Introductory Ride to which everyone is welcome. We try to keep to quiet lanes and cover about 30 miles including a stop at a café for refreshments.

The 'Intro Ride' is a flat route. The 'Hilly Intro Ride' will be a route that features a few gentle hills.

The aim of these events is to provide a relatively short, easy-paced ride suitable for newcomers or riders who are not yet confident of being able to ride with the main club runs, riders returning to cycling or those who are still gaining cycling fitness.

The rides are intended as an introduction to club cycling, not as an introduction to cycling and a minimum level of fitness is expected.

As a guide, participants should be comfortable completing solo rides of 15 miles in approximately 1.5 hours before attempting one of our introductory rides.

We do not leave anybody behind but a reasonable rate of progress must be made and we expect a minimum average speed of approximately 13mph.”

For discussion:

- b) Should we organise something similar?
c) If so, how frequently?
d) What are Mecycle and Switchback Café (and other organisations) doing for new riders? Can we build on existing links to promote our rides/club membership?

Annual Challenge Event

Should we introduce an annual 'Challenge Event'? The challenge could vary each year, and could take place over one day or a weekend. On occasions it might be abroad.

Ideas for Challenge Event:

- Coast to Coast
- Coast to Coast and back
- Majorca 312/232/167
- London to Paris
- Hadrian's Cycle Way
- Way of the Roses
- Tour of Flanders Sportive
- Mons Dragon Sportive
- Fred Whetton
- Tour of the Peak District

Rides Calendar

The Rides Calendar below is an example of what an 'Intermediate Rides' calendar might look like. I haven't produced one for the Weekday Club Rides or the Blackgate Rides because these rides have established traditions. However, there is no reason why this couldn't be done if members so wished.

The calendar includes a number of weekend club rides that have traditionally been supported by a wide range of riders plus some additions. It isn't set in stone, it is intended to be used as a basis for discussion.

The advantage of this calendar is that 'ride members' can see very clearly which rides are coming up etc and plan their riding accordingly, if they wish.

I have included information about other significant club activities that are taking place at weekends where appropriate.

For discussion:

- a) Should anything be added?
- b) Is the pattern of rides appropriate?

Organisation

Clearly some of these suggestions require that individuals take on responsibility for their organisation. I am happy to continue to organise/plan the 'Intermediate Ride' (working title) activities and I know that others will help out with this. I am also happy to help coordinate events that are designed for a mix of Club and Intermediate riders.

Draft Calendar						
Jan	Sun	1	New Year's Day Ride: MTB	9:30	40 miles	
	Sat	7		8:30	60 miles	
	Sat	14		8:30	50 miles	
	3 rd Sun	15		9:00	80 miles	
	Sat	21		8:30	50 miles	
	Sat	28		8:30	70 miles	
Feb	Sat	4		8:30	60 miles	
	Sat	11		8:30	50 miles	
	Sat	18		8:30	50 miles	
	3 rd Sun	19		9:00	70 miles	
	Sat	25	Winter Warmer*	8:30	80 miles	
Mar	Sat	4		8:30	60 miles	
	Sat	11		8:30	50 miles	
	Sat	18		8:30	50 miles	Dolan Races
	3 rd Sun	19		9:00	70 miles	
	Sat	25		8:30	80 miles	Dolan Races
April	Sat	1		8:30	60 miles	Dolan races
	Sat	8		8:30	50 miles	
	Friday	14	Not the Bill Bradley	9:00	90 miles	
	Sat	22		8:30	50 miles	Youth Races
	Sat	29		8:30	80 miles	
May	Sun	7	Lancashire Lanes	9:00	75 miles	
	Sat	13		8:30	50 miles	
	Sat	20		8:30	50 miles	
	3 rd Sun	21		9:00	80 miles	
	Sat	28	Yorkshire Dales/Buttertubs	8:00	50/80 miles	
June	Sat	3		8:30	60 miles	
	Sat	10		8:30	50 miles	
	Sat	17		8:30	50 miles	
	3 rd Sun	18	Fleet Moss Audax	7:00 - 9:00	80 – 120 miles	
	Sat	25		8:30	80 miles	
July	Sat	1		8:30	60 miles	
	Sat/Sun	8/9	Club Weekend and/or Challenge Event			
	Sat	15		8:30	50 miles	Road Races Bickerstaff
	3 rd Sun	16		9:00	70 miles	
	Sat	22		8:30	60 miles	
	Sat	29	Peak District	8:00	50/80 miles	
August	Sat	5		8:30	80 miles	
	Sat	12		8:30	50 miles	
	Sun	13	Ben Gautrey (?)	9:00	30/50 miles	
	Sat	19		9:00	70 miles	
	3 rd Sun	20		8:30	80 miles	
	Mon	28	Rise Above Sportive N Wales	7:00 - 9:00	80 – 120 miles	
Sept	Sat	2		8:30	60 miles	
	Sat	9		8:30	50 miles	
	Sun	10				Clieves Hill Women's Road Race
	Sat	16		8:30	50 miles	
	3 rd Sun	17	Velo Café Club Ride – all riders	9:30	15 - 30 – 50 miles	
	Sat	23		8:30	60 miles	
	Sat	30		8:00	80 miles	
Oct	Sat	7		8:30	60 miles	
	Sun	1 st or 8 th	SCC Hill Climbing Championship			SCC Mallorca Week?
	Sat	14		8:30	50 miles	SCC Mallorca Week?
	3 rd Sun	15	SCC Downhill Championships, Bleasdale	9:00	75 miles	
	Sat	21		8:30	50 miles	
	Sat	28		8:30	70 miles	
Nov	Sat	4		8:30	50 miles	
	Sat	11		8:30	60 miles	
	Sat	18		8:30	50 miles	
	3 rd Sun	19	Eureka Café, Wirral	9:00	80 miles	
	Sat	25		8:30	60 miles	
Dec	Sat	2		8:30	50 miles	
	Sat	9		8:30	50 miles	
	Sat	16		8:30	45 miles	
	3 rd Sun	17		9:00	70 miles	
	Sat	23	Mince Pie Ride – Club Ride	9:30	30 miles	
	Tues	26	Boxing Day TT	10:30	5 miles	
	Sat	30	Pines Ride – Club/Inter Ride	8:30	50 miles	