



## Droitwich Cycling Club Group Ride Guide.

There are many ways to describe a group ride. Here are the most common types you will see advertised on the [Droitwich Cycling Club Facebook Page](#) . All the speeds given below are estimated averages, and can vary greatly due to weather, hills, road conditions, equipment and most importantly riders. As such, they are only intended as a guide and won't ever provide a perfect picture. The most important thing is to talk with the ride leader at the start of the ride to make sure there is a common understanding about speed, style and what to do if someone is riding too fast at the front or can't keep up at the back.

The main location for rides to start will be at [Droitwich Spa Lido Park WR9 8AA](#), where car park and toilets are available. Café is open during summer months. For more details on location and facilities please click on the link provided. However, rides may start from other locations at the discretion of the ride leader and full details of start point will be included in the ride description when posted on the Droitwich Cycling Club Facebook Page.

We welcome any new riders to join us for up to 3 rides before joining us as a member. Whether you are a beginner looking to gain more confidence on the roads, or a confident cyclist looking to ride with other like-minded cyclists.

Droitwich Cycling Club Group Ride Guide			
Ride Category	Description	Average speed (mph)	Café or Pub stop
Introduction - Easy	Distance of 10-15 miles on roads which are as flat as possible. Beginners and less confident riders seeking support and guidance on riding on the road and with other riders. Also for club riders who want a slower ride. These are at the pace of the slowest rider. The group will always wait for riders at hilltops and junctions to catch their breath and cross the junctions of main roads safely.	Slowest Rider	Yes
D -Steady	Distance of 15 – 40 miles on roads which try to avoid major hills. Social rides which will always be friendly, chatty and non-competitive. No one gets left behind on a social ride, and no one minds	11 - 15	Yes

	slowing up if someone is struggling. The group will always wait for riders at hilltops and junctions to catch their breath and cross the junctions of main roads safely.		
C - Intermediate	Distance of 30 – 50 miles and can sometimes be very hilly. Riders work at a friendly pace; never to make someone else uncomfortable. The group will always wait for riders at hilltops and junctions to catch their breath and cross the junctions of main roads safely. Café stop usually included.	15 - 17	Yes
B - Advanced	Distance of 50 – 60 miles and often very hilly. Experienced riders who want to ride a little faster and start sweating, without a café/pub stop during the ride. The group will always wait for riders at hilltops and junctions to catch their breath and cross the junctions of main roads safely.	17 - 20	Maybe at end
A – Fitness Ride	Distance on this ride varies from 30 up to 100 miles on mixed and frequently very hilly terrain or closed courses. This is a serious training ride for the racers and club Strava warriors, usually riding through-and-off for extended periods and trying to keep the pace as high as possible while keeping the group together. These rides get a little race-like sprinting for town lines, climb summits and for their final few miles towards home. The group will always wait for riders at hilltops and junctions to catch their breath and cross the junctions of main roads safely.	20+	Maybe at end

### **What should I bring with me on a ride?**

- Yourself and your road bike
- Helmet - this is mandatory for all DCC club rides
- Water (please make sure you have a bottle cage on your bike to hold your water bottle)
- A gel(s) or small snack(s) (eg banana / flapjack) Sugary snack- Jelly babies or Jelly beans
- Spare inner tube, tyre levers, tyre pump or gas canister, repair chain link and multi tool
- If the ride is stopping at a café/ pub, please bring money for food and drink
- You will not need panniers or a rucksack – try to get everything in your pockets or in a saddle bag if you can
- You may wish to bring a small bike lock for the café/pub stop but we always keep an eye on our bikes if we need to stop anywhere
- Time Trial bikes and clip on Tri bars are not permitted on group club rides
- Wear comfortable cycling or sports gear. You may want to bring a waterproof if it looks like it is going to rain

- Emergency Contact details. This can be on your phone, a specially printed card or just a scrap of paper. We hope that we will never need to use these but it will save time in an emergency if you carry these details on you.
- In winter (or wet weather) we expect riders to have full mudguards out of respect for other riders to protect them from spray – not having them will mean you have to ride at the back and remain behind riders with full length mudguards fitted at all times please. Cafes/pubs may refuse entry to cyclists who leave wet and dirty seats behind.
- Front and Rear lights on winter / dark rides
- On winter / dark rides, riders must put rear light onto group ride mode to ensure they do not distract other riders in the group

### **Do I need Insurance?**

All riders are recommended to have 3<sup>rd</sup> party liability insurance to cover you for being sued by a driver or fellow-rider's insurance company. Membership (Gold, Silver and Ride) with [British Cycling](#) provides you with liability insurance and legal support via their essential cover for leisure sportive and affiliated club rider cover for third party claims against you for up to £15m for the first year only.

Please see [British Cycling membership benefits page](#) for more details.