Solihull CC Club rides – newcomer's guide

Introduction

This guide is designed to help newcomers to our recreational club rides, so you know what you can expect of our rides, and what we expect from you. More detailed information is available from our website at: https://solihullcc.org.uk/club-runs and https://solihullcc.org.uk/rules-%26-safety-guidance

The club rides programme

We offer a wide range of graded club rides to suit most levels of fitness and abilities. Most rides will have a refreshment stop about halfway through the ride, and sometimes finish with an optional post ride pub stop. These are provided through experienced club members acting as voluntary ride leaders. **Participation in club rides is entirely at your own risk.**

This is just a summary, but the fine detail is available at: https://solihullcc.org.uk/core-programme#b575aeb1-3359-406f-9551-b747a12eeb37

Sporting rides

The gold and silver standard A and B runs operate on Sundays only. To join these rides, you will need a very good level of fitness and be riding self-propelled bikes. These rides are not suitable for e-bikes due to the distance and average pace.

Recreational rides

Graded C to E, these rides operate on Sundays and some on Tuesdays and Thursdays. E-bikes are welcomed although the pace and distance on the C runs will mean (on level roads) the electric assist will be non-functional at times, so you will have to work a bit harder to maintain the pace.

Novice ride

On Sundays we offer a novice (F) ride aimed at those wanting a shorter and steadier ride before progressing to the C-E runs.

About you – what we expect from you.

It's a condition of club membership that you have suitable 3rd party liability insurance, ideally through full membership of one of the National cycling bodies, British Cycling or Cycling UK.

Although we do not insist on helmets because there is no legal requirement, we recommend and expect these for your own safety. We expect you to carry your club membership card with emergency contact details, and to let the ride leader and clubmates know of any medical conditions like asthma, diabetes, or blood thinning medication. If in doubt, let us know.

Specific additional requirements apply to young riders (under 18 years). These can be found at: https://solihullcc.org.uk/parents-and-guardians

Please wear clothing suitable for the weather expected on the ride and have sufficient drink and food to keep you hydrated and fuelled during the rides. Even if you are not technically minded, it's important to carry a few spare parts to enable simple issues with your bike to be fixed during the ride. There will always be someone to help with most mechanical issues that happen.

Please follow the run leaders instructions / request that are all there to create a safe and enjoyable club ride. Remember to be respectful to fellow riders, and other road users who share the road space. In particular, be careful when approaching/passing walkers and horse riders.

A more comprehensive list of do's and don'ts can be found by downloading the Club Runs Handbook at: https://solihullcc.org.uk/documents

About your bike

Club rides can be done on two wheeled road bikes, including cyclo-cross, gravel or hybrid (flat bar) bikes. We do not allow time trial bikes on club rides. In winter (Nov-Mar inclusive) we expect full length mudguards with a long rear mudflap to be fitted, unless the roads are bone dry.

It goes without saying your bike should be fully roadworthy and well maintained, so you can expect the undertake the ride without disruption. Pay particular attention to tyre condition and brakes. We recommend LED front and rear lights to be used, especially in low light conditions, and wear some hi-vis clothing.

Please bring spare inner tube(s), tyre levers and a good pump to enable you to fix a puncture, and a small multi-tool to enable you to fix minor mechanicals. Other bits and pieces are likely to be carried by other rider to help fix less common problems – eg broken gear cables, snapped chain etc.

Draft guide V 0.1 1 May 2023