

Seamons Cycling Club - Organised Club Run Descriptions, April 2019

Each of our Sunday rides is open to members and guests. Should you opt to change from your usual group, it is essential that you observe the guidelines for the group you have joined. You must bring with you easily accessible emergency contact details, sufficient food / drink for your intended route, phone, working pump and at least one inner tube and tyre levers. Accidents and mechanicals happen – be prepared! (See our Ride Guidelines for additional info)

While waiting to set off from Rackhams, (9am each Sunday), do not obstruct the pavement or the access to Pure Gym.

When Youth / Junior members are present, every group has a collective responsibility to ensure that these members arrive back safely, at the end point of the ride. When riding with the Social Group, U18s will be accompanied to Costa Coffee in Hale, unless an alternative has been agreed with parents or guardians.

All groups are expected to ride with care, showing respect for one another and for other road users. This includes care at all junctions and safely regrouping following any hazard or challenging climb. To be extra safe, exchange your mobile number with at least one other ride member, in case you lose contact with the group.

For reasons of safety and as a courtesy to other road users, the club recommends limiting any group to 16 members, and never more than 20. If more than that are present, re allocation / reorganisation will take place at Rackhams, or at a convenient stop soon after the beginning of the ride.

This will be done by a Committee member or by a senior/experienced Club member. For the Social Run Supported Ride it will be the designated coordinator.

SOCIAL: Supported Ride on First Sunday of month – Coordinator Present (else Self Supported) – Destinations on Club Website

This is our entry level ride and caters for newer but regular cyclists who wish to experience group riding with the Club. These rides are less demanding than the other club runs, and move at a gentler pace. All have a designated SCC member as the coordinator. They are around 30-40 miles.

Cycling parents of younger riders are both welcome and encouraged to take part. Rides usually take around 3-4 hours, including a cafe stop. If anyone is struggling, they will be supported on the ride and offered guidance on how to prepare before further participation. Experienced club members are asked to join these rides from time to time, to meet and support the newer members.

TEMPO 1: Self Supported – Destinations on Club Website

These runs are our intermediate level rides containing many experienced and some competition riders. They are usually around 55-75 miles and always take in a cafe stop. To take part you will need a moderate to good level of cycling fitness. The rides aim to maintain an average speed of around 16-18mph, may speed up towards the end, and aim to return around 1-2pm.

TEMPO 2: As Above but at a slightly gentler pace - Destinations on [Club Website](#) & routes on "[Ride with GPS](#)"

TEMPO 3: As above but at a slightly gentler pace than TEMPO 2 - Destinations on [Club Website](#)

TEMPO 4: As above but generally shorter than TEMPO 3 - Destinations on [Club Website](#)

HALF DAY: Self Supported – Destinations on Club Website

These runs are our fastest and contain many competition riders. You will be expected to have a high level of cycling fitness and be capable of riding independently. If you can ride in reasonable comfort on your own for 30 miles at an average speed of 18mph, then you should have the required level of fitness to stay with the group. Rides are usually 55 – 75 miles, always take in a cafe stop and may speed up considerably towards the end.