

# OVER 55 CYCLING CLUB INC

## 2017 Achievement Rides

The following information is provided to assist members in their planning and preparation for the Achievement ride and to ensure that the ride is conducted in a professional, responsible and safe way.

### Ride organisation

The Achievement ride recognises individual achievement within a **team structure**.

The Achievement ride comprises teams of at **least 4** (but preferably between **4 and a maximum of 10**) riders who are committed to ride **together for the entire ride** and to the safety and wellbeing of all members of the team.

### Start times

200 km	6.30 am
3,4 Dams Ride	6.30 am
150 km	6.45 am
100 km	7.00 am
75 km	7.30 am
50 km	8.00 am

All riders must complete their nominated course by **5.00 pm** to qualify for an Achievement Award. Riders should report to the Ride Captain and be ready to ride at least 10 minutes before the scheduled start time. **NO LATE STARTERS.**

Riders **must not** operate radios, earphones, mobile phones or any device that interferes with hearing, sight, or control of their bicycle.

## Rules

All riders **must**:

1. follow the official ride route.
2. wear an approved cycle helmet and footwear.
3. observe the Club's riding etiquette as described in the members' handbook.
4. wear their Club badge with current emergency contact details on it.
5. ride in a team of at least 4 (but preferably between 4 and a maximum of 8) riders and stay together for the duration of the ride.
6. ride in single file at all times except when changing leader and then only when safe to do so.
7. carry sufficient water, food and money for the ride.
8. carry two spare tubes, tyre levers, and a pump.
9. carry a whistle to alert other riders of emergency situations, such as illness, accidents, hazards or punctures.
10. provide all necessary assistance to a team member who may be unable to complete the ride, to ensure the rider's safe return.
11. ride the bicycle that is usually ridden during regular Club meetings.



## Registration

Members will be eligible to register for the Achievement ride from **9<sup>th</sup> of March 2017**.

**Registrations will close at 12 noon on the 12th of April 2017. This is a strict deadline and no registrations will be accepted after this time.**

**A teams practise will be held on Wednesday the 12<sup>th</sup> of April. During this practise teams can firm up on details of their selected ride including drink stops, tactics, support if required, emergency procedures, exchange of phone numbers etc.**

## Reserve date

If the weather on Wednesday 19th of April is not suitable, the ride will be postponed until

**Wednesday 26th April 2017**

## Preparing for the Achievement ride

During the weeks leading up to the Achievement ride, it is strongly recommended that riders

- appoint a team leader to be responsible for the team's overall planning, safety and wellbeing.
- ride together as a team to determine the optimum speed for the group.
- conduct training rides prior to the Achievement ride to build up fitness and practise changing leaders.
- service their bike well in advance.

## On the day of the Achievement ride

Riders should

- check before departure, that each team member has a phone, name badge, water, food, money, spare tubes etc.
- ride safely at all times (especially from Burswood to Success and on the shoulder on the Forrest Highway).
- ensure that their bike has front and rear lights (in the event of an early start).
- stop for a short hydration break at least once every hour.
- wear a Club shirt (for visibility and Club spirit) and their Club badge with current emergency contact details on it.
- carry a mobile phone with the Club's mobile number loaded in.
- carry a whistle to warn other riders of punctures, accidents or mishaps.
- tell their emergency contact person the details of their ride and expected time of return.
- Phone the organiser if there is a problem or a late finish is anticipated.

# OVER 55 CYCLING CLUB INC

Perth, Western Australia

**Achievement ride  
Wednesday 19 April 2017**



Once a year, the Club organises achievement rides during which members challenge themselves to complete a ride of **50 km, 75 km, 100 km, 150 km, 200 km, 3 Dams Ride** or the **4 Dams Ride** on the nominated day.

Successful completion of each of these rides is acknowledged with a Club badge, which members can attach to their riding shirts.

## Club contact details

**Website:** o55perth.bike

**Telephone** 0451 051 504

**Email:** ridecaptain@o55perth.bike