

OVER 55 CYCLING CLUB INC

ACHIEVEMENT RIDES

General

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 Rides	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.

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 the 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 10) 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 situation, such as illness, accidents, hazards or punctures
10. Provide all necessary assistance to a team members who may be unable to complete the ride, to ensure the ride's safe return
11. Ride the bicycle that is usually ridden during regular Club meetings.

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