



## OVER 55 CYCLING CLUB INC

### 2023 Achievement Rides

Wednesday the 19<sup>th</sup> of April

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.

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 no more than 8** 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

Riders should report to the Ride Captain and be ready to ride at least 10 minutes before the scheduled start time. **NO LATE STARTERS**

200 km.	6.30 am
4 Dams Ride	6.30 am
3 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

## Rules

All riders **must**:

1. follow the official ride route.
2. complete the Achievement Ride by 5 pm on the day to qualify for the Badge.
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 no less than 4, and no more than 8 riders, and stay together for the duration of the ride.
6. ride in single file at all times except when changing leaders 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, a first aid kit, your ID badge 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.

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

## Registration

Members will be eligible to register for the Achievement ride from **29 of March 2023**.

**Registrations will close at 12 noon on Wednesday the 12 th of April 2023. This is a strict deadline and no registrations will be accepted after this time.**

## **Reserve date**

If the weather on Wednesday 19<sup>th</sup> of April is not suitable, the ride will be postponed until Wednesday 26<sup>th</sup> of April.

### **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.