

# Welcome to the OVER 55 CYCLING CLUB INC

“The club for people with time to enjoy themselves”

We hope you will enjoy cycling in company on our regular Wednesday, Saturday and Monday morning rides.

The aims of the Over 55 Cycling Club Inc are:

- To promote interest in cycling for members of the public who are 55 and over.
- To promote fitness and good fellowship amongst cyclists.
- To educate, train, coach and encourage members.

- All riders must wear an approved cycle helmet and closed footwear.
- All riders must have a bike mirror attached either to the handlebars or helmet.
- Riders must not operate radios, earphones, mobile phones or any device that interferes with hearing, sight or control of their bicycle.
- All riders should carry drinking water and first aid items.
- All riders should carry a whistle to alert other riders of emergency situations, such as illness, accidents or punctures.
- Riders should carry two spare tubes, tyre levers, and a pump.
- Riders should observe the club's riding etiquette as described in the members' handbook.

## Membership

Details of initial membership fees and annual subscriptions are available on the club's website at:

[o55perth.bike](http://o55perth.bike)

Prospective members may participate in three rides before they are required to pay the membership fee. Before riding, prospective members must read and sign a Non-member declaration on the club's indemnity form.

The Club does not allow the use of E-bikes on club rides unless there is a specific (typically medical) reason why a normal bicycle cannot be ridden. Applicants need to apply for approval.

Rides are conducted every Wednesday morning; departing from various locations and returning to the departure point for a picnic lunch (bring your own lunch and folding chair).

Rides are also conducted on Saturday mornings from:

**Deepwater Point** for south-of-the-river riders, and

**Carine** for north-of-the-river riders.

A weekly Monday ride is also provided starting at Burswood or Leederville.

Rides are graded to suit a range of cycling capabilities. All rides on a given day start from the same location and include a morning tea/coffee break.

Further information on ride departure times and locations are published for the coming week on the Club's website and in the annual ride program.

If the official temperature forecast on the evening before a scheduled ride is 38°C or higher, the ride will be automatically cancelled.

Rides may also be cancelled in the event of inclement weather. As it is difficult to predict the severity of the weather, rides are not cancelled until the scheduled start time.

## Car watch

Every member is asked to set aside one Wednesday per year to provide security for members' vehicles at the various venues.

Safe riding

Ride schedules

### Club rides

All rides commence from a common point in the metropolitan area. The location is changed from week to week to provide variety to the available rides.

The Ride Leader endeavours to conduct the ride with a level of care appropriate to the:

- ◆ route
- ◆ speed
- ◆ length of ride
- ◆ weather conditions
- ◆ traffic conditions
- ◆ fitness of the group.

### Ride groups

Ride number	Average speed km/h	Distance km
E1	28	75 – 80
E2	26	70 – 75
E3	24	60 – 70
E4	21	55 – 60
E5	20	45 – 55
L1	26	50 – 60
L2	21	40 – 50
L3	18	35 – 45
L4	17	30 -- 40
L5	14	20 – 30

For safety, groups are limited to 10 riders.

During rides the following riders are catered for as much as practical - new members, new riders, or members returning to riding after an injury or illness.

The Ride Captain will assist new members and visitors to select an appropriate group.

### Achievement rides

Once each year, the club organises achievement rides. Members can challenge themselves to complete a ride of 50 km, 75 km, 100 km, 150 km or 200 km, or ride the 3 Dams or 4 Dams on the nominated day. Successful completion of each of these rides is acknowledged with a badge, which members can attach to their riding shirts.

### Riding camps and tours

From time to time the club conducts cycling camps (Busselton, Albany, Collie) and tours. In addition, the club draws members' attention to details of local cycling tours organised by other groups.

### Social outings

During the year a variety of social events are organised.

### Good fellowship

Riding provides the opportunity to see many interesting parts of the metropolitan area that motorists often miss. At the same time, members of the Over 55 Cycling Club enjoy congenial company of fellow riders.

### Liability Insurance

The Club has Public Liability Insurance. For details see 'Insurance Information' under 'Documents' on the club web site.

# OVER 55 CYCLING CLUB INC

Perth Western Australia

## Information for new and prospective members

2023



**President:** Andrew Simpson

**Ride Captain:** Teresa Liddiard

**Secretary:** Fred Tindale 0413 448 866

### Club contact details

**Website:** o55perth.bike

**Email:** secretary@o55perth.bike