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RIDE INSTRUCTIONS

Regular club rides are conducted each Monday, Wednesday, and Saturday morning, departing from a variety of locations. Most members carry their cycles by car to the departure location, and following a loop ride, return to the start point for a picnic lunch, particularly on Wednesdays. A folding chair is recommended. Where possible a morning coffee break is taken during the ride. Saturday rides are conducted from Carine for members living north of the river. For those living south of the river, rides start from Deepwater Point.

RESPONSIBLE HEALTHY CYCLING

Riders are responsible for their own health and safety. If conditions are not suited to your level of fitness (e.g. too warm), do not ride. Cycling is an outdoor activity, and it is important to use sunscreen.

Warm up

Preparation before cycling should be completed at least 10 minutes before the scheduled start time of the ride. It is recommended that prior to participation in a Club ride, riders should spend 10-15 minutes on simple warm-up exercises, either individually or in a group. Suggested activities include:

- a) A steady ride or a brisk walk around the car park, followed by.
- b) Muscle stretches of legs and arms; gentle bending from the waist.
NOTE: Do not stretch cold muscles: this can result in injury. Stretching should only be carried out after muscles have been warmed up.

These simple activities are recommended for a healthy beginning to your ride, warming up your muscles, joints, and cardio/pulmonary systems. Riding in very cold conditions can have health implications, and a warm up is even more important.

Cool Down

Stretching after completion of the ride is strongly recommended as part of the cool down to aid recovery and aid flexibility.

Which group should you ride with?

Members are encouraged to participate in the Club ride that suits them on the day. There is no necessity to remain in the one ride level. If you are struggling to keep up with the group, or the group has to continually stop and wait for you to catch up it is recommended that you drop back a group until you regain fitness. This also applies to those who have not ridden for two or more weeks. Conversely, if you find your current group is not meeting your needs in terms of the speed or distance of the ride, you are free to join another group.

Cancellation of Rides

An official forecast of 38 degrees C or higher on the evening before the ride will automatically cancel all rides. Rides may also be cancelled in the event of inclement weather, but this decision is not made until the scheduled start time. Ride Leaders may adjust the ride to allow for weather conditions.

All rides depart at the advertised starting times. **It is strongly recommended that all riders be at a start venue at least twenty minutes before the advertised start time.** This allows time for your warm up and any announcements to be made prior to the rides starting.

Please see Page 3 of this document for a Table of IMPORTANT VENUE LOCATIONS



To participate in a Club ride

Club members must ride with a suitable mirror, either mounted on handlebars or helmets. All riders must wear an approved cycling helmet, correctly fitted, carry a pump, tyre levers and spare tubes and a suitable spanner if your bike is not fitted with quick release levers.

It is strongly preferred that riders wear the club jersey on all Club rides. If, for any reason, the club jersey cannot be worn, then high visibility clothing must be worn. Dark black, red, blue and multi coloured jerseys, and open shoes are not permitted on Club rides. All riders should wear their Club name badge with the emergency contact information. All riders must carry drinking water and a small first aid kit is recommended. All riders should carry a whistle.

Riding in Groups

Please consult the document 'Group Riding Rules' regarding how to ride in a group on Club rides. It's available on the web site (under the Home Page).

RIDE GROUPINGS

Ride groupings are based on average speed and distance. Within any one grouping there may be several ride groups on any particular day (or even none), depending on numbers of riders and available leaders. It is recommended that the ride groups are limited to ten (10).

There are 5 speed groupings in each of two start times for Wednesday rides, with the earlier groups generally travelling further. The catalogue of rides can be downloaded from the documents section of the website. Route maps can also be found in the maps section of the website.

Note: The speed shown is the AVERAGE speed overall. To achieve this average speed requires the majority of the ride to be ridden at much higher speeds. Much of the ride will be at speeds 25-30% or more above the average speed. Note that the ride leader has the discretion to alter the route, and distances will also vary. If on any day you do not feel you are capable of maintaining this higher speed or distance you should ride with a slower group, both for the sake of your health, and to not spoil the ride for others who have to wait for you.

Ride groups on a Monday and Saturday will be arranged according to numbers and leaders present. Riders can anticipate leaders will ride at similar speeds to Wednesdays.

EARLY START (E) GROUPS (longer / faster rides)

Group	Average Speed	Average Distance
E1	28 km/h	80km
E2	26 km/h	75 km
E3	23 km/h	65 km
E4	21 km/h	58 km
E5	19 km/h	50 km

LATE START (L) GROUPS (shorter / slower rides)

Group	Average Speed	Average Distance
L1	25 km/h	55 km
L2	21 km/h	45 km
L3	18 km/h	40 km
L4	17 km/h	35 km
L5	15 km/h	30 km

**IMPORTANT VENUE LOCATIONS ARE:**

Venue	Location
BEATON PARK	Beaton Park, The Esplanade, Dalkeith
BURSWOOD	Charles Paterson Reserve (car park adjacent to Causeway)
CARINE	Monyash Road, next to Riding for the Disabled facility
CITY BEACH	Challenger Parade, north of Oceanic Drive
DEEPWATER POINT	Esplanade, Mt Pleasant, main car park near toilet block
MANNING	Manning Community Centre Hall, 2 Conochie Crescent, Manning
JOONDALUP	Neil Hawkins Park (Car Park at the east end Boas Avenue)
KENT STREET WEIR	Kent Street, Wilson
LAKE MONGER	Dodd Street, near Speech & Hearing Centre
LEEDERVILLE	Britannia Road Reserve, Britannia Road
MUNDARING	Sculpture Park, Jacoby Street, Mundaring
PERRY LAKES	Perry Lakes Drive, Floreat (next to the Hockey building)
POINT WALTER	Car park off Burke Drive (near the boat ramp)
SANDY BEACH	Sandy Beach Reserve, West Road, Bassendean