

# Over 55 Cycling Club – Perth WA



Ride Captain: Sandra Patullo  
Deputy Ride Captain Steve Napier  
Email: [ridecaptain@O55perth.bike](mailto:ridecaptain@O55perth.bike)

## 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. 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 Deep Water 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
- 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?

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DEEPWATER POINT	Esplanade, Mt Pleasant, main car park near toilet block
MANNING	Manning Community Centre Hall, 2 Conochie Crescent, Manning
1`6780	Neil Hawkins Park (Car Park at the east end Boas Avenue)
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### 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
1`6780	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