Sunday Rides/Club Group Rides

As, we are sure, everyone is aware we are in a privileged position, as a British Cycling Affiliated Club, to be able to organise group rides with up to 15 riders riding collectively as of the 29th March.

Great news!!! Yes indeed but to avoid confusion, poor perception by the public and to give comfort to those who are still, understandably nervous, we need to try and put some form of guidelines in place.

So with that in mind please see below:-

Previously there were 3 groups meeting on Sunday mornings.

Slower Group- Riders at a rate of 10-14mph on a variety of bikes, always stopping at a Café. Social ride in which no-one gets left behind. 25-45miles long

Medium Group- Riders at a rate 14-18mph usually on race bikes, sometimes stopping at a Café. Social ride in which no one gets left behind. 25-55miles long

Fast Group- Riders at a rate 18mph+ always on race bikes, sometimes stopping at a Café. Usually aggressively ridden with riders sometimes left when close to rides completion. 55miles+

As generally people will be allowed to meet in “bubbles” of 6, it is suggested that people gather in groups of 6 prior to setting off.

Therefore it is suggested that the slower group meet at St Peters Church, Market Hill, as per the previous norm, with the medium group meeting opposite the Black Boy Pub also Market Hill, whilst the faster group meet at the bottom of Market Hill opposite Greggs.

When meeting in these groups please try to group in collectives of 6no.

When meeting it is an absolute necessity that face coverings are worn. Buffs or masks are adequate but please do not turn up without one. If it’s good enough for Mathieu Van Der Poel it’s good enough for us!!!!!

When setting off, we will be able to leave in groups of 15, it is assumed that we will be able to organise ourselves so we don’t have 15 people riding together and leaving 1 other to ride solo!!

In order to ensure overtaking and bunching up of groups is avoided we will need to leave at staggered times with the Faster group leaving at 9am prompt, the Medium group leaving at 9.05am and finally the slower group leaving at 9.10am.

Though, due to the fact that people are outside and face to face interaction is minimal, it is suggested that riders try to maintain 1m distance when riding. Riding “crocodile” fashion automatically gives a meters gap but riding 2 abreast will require a bit more concentration and vigilance.

Not that we believe anyone would, please do not share food or drink and when stopping at Cafes please organise yourselves into groups of 6. Also please try to avoid physical contact (no hugging and kissing people!!).

The Public perception is key to ensure that these rides continue so please try to stick to these guidelines as best as possible at all times.

Further to the above we look forward to restarting rides in company once again and hope that we can continue them for the foreseeable future.