

COME & TRY A CYCLING CLUB

**Every Sunday 9.30 am
The Forum, Norwich**

Velo Club Norwich run group rides from the Forum each Sunday morning, starting at 9.30 am. No need to join, as we have a "Try Before You Buy" policy.

How far & how fast?

- The "Club Run" is an ideal place to start. We ride a total of about 50 miles to a cafe and back, returning to Norwich by between 1.00 and 1.30 pm.
- The average speed for the "Club Run" is usually about 16 mph, but we ride at the speed of the slowest rider and no one will be left behind.
- There are faster groups ranging from an average of 18 mph to 20+ mph for fitter riders and those who are experienced at riding in a group at pace.

Is there an age limit?

- These rides are not for young children.
- Teenagers (under 18) are welcome, but we must have a signed Parental Consent Form beforehand. (Contact us at info@vcnorwich.co.uk)

What will you need?

- A road worthy cycle capable of doing 50 miles in a morning
- A helmet
- A pump, 2x tyre levers & a spare inner tube (there will be plenty of help on hand if you are unlucky enough to get a puncture)
- A drinks bottle
- Cycle appropriate clothing
- Some money for the cafe

What do you need to do?

- Email us beforehand (info@vcnorwich.co.uk) to let us know you are coming to check you have not chosen one of the very few Sundays when we don't run a ride.
- Arrive at the Forum ready to ride at 9.30 am on a Sunday
- Make yourself known to a club member in club kit, who will introduce you to someone organizing the rides.
- If you want to email us to let us know you are coming, we will look out for you. (Tell us what bike you are riding, as we are good at recognising those!)

We look forward to meeting you on a Sunday. If you have any questions, please email us at info@vcnorwich.co.uk