PENGE
CYCLE CLUB
WWW.PENGECC.ORG

Rider Information and Sign-on Sheet

Non-members are very welcome, but we ask that you join our club after attending 3 rides.
Members are required to have their own liability insurance through membership of British Cycling, CTC or LCC

Ride please circle: Leisure/Steady/Med-short/Med-long/Fast

Date: _____

Ride Leader: _____

Contact Number: _____

Our Rides:
Leisure Ride: 6-18 miles. Moving average speed 10 mph
Steady Ride: 20-25 miles. Moving average speed 10-12 mph.
Medium Pace – Short Ride: 30-35 miles. Moving average speed 12-14 mph.
Medium Pace – Long Ride: 40-50 miles. Moving average speed 12-15 mph.
Fast pace ride. 40-50 miles. Moving average speed 16-18 mph.

Riders' Responsibilities:
Ride responsibly for the safety of yourself, the group and other road users. Follow the direction of the ride leader. Don't ride ahead of the leader. Be aware of the speed and position of others in the group. Make sure that your bike is in good working order. Be prepared: wear appropriate clothing, carry essential tools and spare tubes, food and drink for the duration of the ride. Carry a mobile phone, ID and some money.

Name	Mobile No.	Emergency Contact	Emergency Contact. No.	Are you a member? Y/N	Email address for non-members to be contacted about joining the club