



VCF HQ - (Entrance to) Flintham Sports Pavilion

Inholms Road

Flintham

Newark

NG23 5LQ

[www.veloclubflintham.co.uk](http://www.veloclubflintham.co.uk)

[secretary@veloclubflintham.co.uk](mailto:secretary@veloclubflintham.co.uk)

A very warm welcome to Velo Club Flintham.

## Introduction

Velo Club Flintham has been affiliated to British Cycling since 2013 and has grown from strength to strength – thanks to the enthusiasm and dedication of our members. We are a very friendly crowd and while we have a loose club structure, we also have a fairly informal approach to organising our rides. Our ethos has always been to **Love the ride**.

Our members are very supportive and only too happy to offer advice or lend an ear and it's this knowledge and information sharing that makes our club successful.

We understand that people join for different reasons; whether you want to improve your cycling skills, increase your stamina, spend time with other people who enjoy the same hobby, or because you can hear cake calling you during the ride!

Whatever your reasons for joining, we have several regular club events aimed at meeting the needs and levels of all our members. We are always looking for volunteers to help organise and lead our rides and we also encourage you to create your own event for others to join. We have a strict **non-drop** policy – we will **never** leave a member behind.

If you would like to try out riding with us or would be interested in trying a beginner's ride of around 20 miles first (see Love the ride section below), please email:

[secretary@veloclubflintham.co.uk](mailto:secretary@veloclubflintham.co.uk)

## Keep in touch

Velo Club Flintham uses various forms of communication: -

A **Facebook public profile page** is open to all and can be found at <https://www.facebook.com/veloclubflintham> Please like and subscribe to the page.

A **Facebook 'VCF Network' closed group page** for club members only and can be found at [www.facebook.com/groups/vcfnetwork](http://www.facebook.com/groups/vcfnetwork). This page contains a mixture of information, including club rides and routes. Simply click on the 'ask to join' button and one of the admins will approve you to join the group, once you have become a member. ***See the Membership section below.***

A **dedicated website** [www.veloclubflintham.co.uk](http://www.veloclubflintham.co.uk) has information on forthcoming events, club photos, minutes of meetings, VCF chatter on various topics. To be able to log on to the website, just enter your email on the front page.

## Membership

Your membership of Velo Club Flintham is £5.00 for the whole year and is due on 1 January, *regardless of the month you joined and is accepted exclusively through British Cycling:* [www.britishcycling.org.uk](http://www.britishcycling.org.uk) You will be sent a reminder when your renewal is due.

## Love the ride

Our regular club-organised rides include: -

**Sunday mornings** – these rides take place throughout the year and are our core event. There are usually two rides on offer, 35 and 50 miles, led by volunteers, (in time we would hope you will volunteer too)! The ride is split into groups to manage numbers and match abilities and there is always a café stop where we all meet up if we can. Rides usually start at 9am prompt from VCF HQ (address at top) or from Café Velo Verde in Screveton. Parking is available at both. ***During the winter months or inclement weather, the ride leader/s may decide on a slightly later start time.*** Details of rides and routes are posted before each weekend.

**Timed Circuits** – held monthly on Tuesday evenings between April and September. A 9.6 mile lap, registration at 6.45pm for a 7pm start from VCF HQ. Open to club members of all abilities

**Chain Gang** – held weekly on Wednesday evenings from the end of March till early September. A challenging evening ride starting at 6.30pm from VCF HQ. A 20.2 mile loop ridden at a faster pace on the same route each week, split into groups to manage numbers and match abilities.

**Friday evening social** – Occasional Friday night social rides are posted. You could post one! They end in a pub. As the title describes, it's a 'social' not fast, just fun!

**Beginners 20** – held on request: an opportunity for newcomers and beginners, or for anyone getting back into cycling. Basics of group riding and safety are covered during the ride. Also includes a café stop at the halfway point. Start time and meeting point as above.

**Other events** are organised throughout the year, including hill climbs, rides to celebrate our birthday, Halloween, Remembrance Day and Christmas (baubles and tinsel are optional!) as well as a fundraising ride.

**Our annual 100-mile sportive**, the 'Flintham Flower' is a fun event consisting of 4 X 25 mile routes. You can complete as many, or as few as you wish. We will of course 'encourage' you to complete all four **and** you get cake at the end of every 25miles!

## **Safety**

Velo Club Flintham fully supports safe and responsible group riding. Helmets must be worn on all club rides and compliance with the Highway Code is expected.

The minimum age for joining the club is 18. We welcome younger cyclists but they **MUST** be accompanied for the duration of the ride by a parent or legal guardian who will be solely responsible for their safety and well-being. The accompanying adult must have assessed that the ride is suitable for the underage cyclist.

The committee also request that as a courtesy to other members, you use rear mudguards during the winter months.

Group riding tips for all: please spare a few minutes to look at this video on the basics of group riding. Log on to British cycling and search for 'How to ride in a group.'

**MEDICAL CONDITIONS** – As a duty of care, the committee request that members inform the ride leader of any medical condition that might affect their ride (i.e. allergic reaction to a wasp/bee sting, requiring the use of an Epi-pen).

## All kitted out

Due to minimum order quantity restrictions placed on us by Castelli, we generally place two orders per year. Further details are on our VCF Network Facebook page and website.



## Your VCF committee

**Ride leader coordinator:** Philippe Cassabois

**Treasurer:** Richard Brown

**Secretary:** Jane Everton

**Welfare:** David Brewer

**Club Kit Coordinator:** Emma Murphy

**Communications:** Andrew Fletcher

**General:** David Drew

## Committee meetings

Club members are very welcome to attend and take part in our committee meetings. These are usually held at the Boot & Shoe Inn, Flintham at 7.30pm. Agendas are sent to members a week in advance of each meeting.

Feedback is welcomed so that we continue to improve our club, please contact us if you need any more information or have any ideas about what we can do to make your membership even more enjoyable. We look forward to seeing you out on a ride with us soon. **VCF Love the ride!**