



Bigfoot Youth Cycle Club and Bigfoot Racers Ride

SATURDAY 23rd MAY – LEVEL 8 RIDE:

What:

Some of you may have done a Level 8 ride before, if not here is your chance to impress the adult club on a Saturday morning by proving you can get up early and cycle too! We start at the same place as the adult club, finish in the Village Café in Hayes with the adult club for coffee / hot chocolate etc – but in between do our own group rides. These rides are road rides, mainly on quiet roads.

We will decide what groups and routes based on who turns up on the day – please can as many of you as possible download the routes and be familiar with them. One ride will be a “Bobbing” ride lead by Adam – what? – well Bob Wilson is one of our adult riders who has just done our Brighton ride and later this year will be taking part in the Pru 100 mile ride; so we are here to help with his training – so come on you young ones, join in and encourage him along the road!

Meet:

Meet at the rear of the George, 29 Hayes Street, Hayes, Bromley, BR2 7LE – in the car park off George Lane at 8-15am for an 8-30am start, returning around 11-30am to 12-00noon

Suitable Bikes:

Any bike will do

Bring:

Helmet, spare inner tube, bike lock, drink, snack and some money if you want drinks and food at the café.

Sensible clothes. A card with the riders name, address, medical details, two emergency contact phone numbers and any medicines they require

Route options chosen from:

20 miles – <http://ridewithgps.com/routes/5481288>

30 miles - <http://ridewithgps.com/routes/5481521>

40 miles - <http://ridewithgps.com/routes/5481381>

If you are going “Bobbing” (riding with Bob) we will do a nice 20-25 mile ride

Ride Buddies:

All Young Riders need a Ride Buddy (which could be your parent or a friend of your family), each Ride Buddy can take up to 2 Young Riders.

We haven't fully mastered our new website yet, so if you need a Ride Buddy please contact Adam at adam@bigfootcc.co.uk. Any Ride Buddies who fancy joining us – that would be great and could be very helpful

Cost:

Free to our club members and Ride Buddies.

Coming?:

Again we need to master our new website. So on this ride we will just have to “wing it” – so just turn up, from past experience we should be able to cope with the numbers.

Ride Captains:

Adam and other club volunteers, any other questions please contact Adam at adam@bigfootcc.co.uk