



## Bigfoot Cycle Club Family Ride

You are welcome to join us on the ride detailed below. The ride is organised by the club's volunteers and is free!

### SUNDAY 14<sup>th</sup> MAY – THE DEER RUN – FAMILY RIDE

#### **What:**

A Family Ride first! A lovely easy ride round Richmond Deer Park in a figure of eight - suitable for young people, adults and children – in fact anyone who fancies a nice easy ride. When scouting the ride along with spotting hundreds and hundreds of cyclists (from adults to kids on stabilisers) we also spotted 3 herds of deer in the distance and got up close to two other herds! This is a great place, so get close and personal to your Deer friends!

We will be taking it easy and having fun – the start / finish is at a café too! It's only 10 miles and not too hilly. At a leisurely pace it's a 1½ to 2 hour ride

The surface is a purpose made cycle path, shared with walkers, and is made of compacted earth and fine gravel – suited to all bikes. A couple of short sections are a bit rocky, so some of you with fancy road bikes might walk these bits. A few sections on roads in the park.

Ride will keep together as one group.

#### **Meeting point and route:**

Meet at car park by Roehampton Gate, Priory Lane, Richmond Park (18 miles and 1 hour by car from Hayes) – gather 10:45am, ride 11-00am. For exact location see route map link below.

<http://ridewithgps.com/routes/7472416>

#### **Suitable Bikes:**

Any bike is fine, but if you are concerned at fine grit / fine stones hitting your perfect paint work then choose another bike!

#### **Bring:**

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

**Who can attend:** This ride is being organised by the Bigfoot Cycle Club and is open both to members of the club and to non-members, and is free. **Children under 16** must be accompanied and supervised by an adult, however members of Bigfoot Go-Ride aged 10 to 15 may ride with a club Ride Buddy (if they don't have a parent or adult friend of the family to ride with, if you need a ride buddy please email [adam@bigfootcc.co.uk](mailto:adam@bigfootcc.co.uk)). For **riders aged 16 and 17** who will not be accompanied by an adult – please contact Adam in advance of the ride at [adam@bigfootcc.co.uk](mailto:adam@bigfootcc.co.uk). For full "ride rules" please visit the Bigfoot Cycle Club website at <http://www.bigfootcc.co.uk>

**Insurance:** There is no Bigfoot CC insurance to cover your cycling, you participate entirely at your own risk. We recommend all riders young and old are members of British Cycling, the Cycle Touring Club or the London Cycling Campaign – with at least 3<sup>rd</sup> party liability insurance.

#### **Transport:**

You can arrive by car and park by Roehampton Gate (it's free), if that is crowded then try the car park by the nearby East Sheen Gate (18 miles and 1 hour by car from Hayes), or

You could look in to trains – nearest station is Barnes

If anyone needs help with transport – please contact Adam at [adam@bigfootcc.co.uk](mailto:adam@bigfootcc.co.uk) and we will see what we can do

**More Information:** If you have any questions please email [adam@bigfootcc.co.uk](mailto:adam@bigfootcc.co.uk) . If you can email to say you are coming, that would help us have an idea of numbers, but everyone is welcome whether sending an email or not

**Leader:** Adam (whose mobile is 0788 778 0542 in case you need it)