



## The Alchemy Cycling Club Newbie Rides

1 June – 1 July 2024

Sundays Only

May be extended should we have significant uptake

### **Where does the New Ride start?**

The Alchemy Cycling Club Newbie Rides starts from Terazzo Centre in Florida Glen, specifically the Ackroyd Avenue entrance which is located at the upper parking to the back of Woolworths/Builders Warehouse. Location link here: <https://maps.app.goo.gl/uBuKg6JuAUd1iGXq8>

Alternatively google “Terazzo Centre” and be sure park in the upper parking area.

### **What time does the ride start?**

We will host Newbie Rides every Sunday and we will start promptly at 7am. This means that you will need to be kit “ride-ready” by 06:50.

There is a compulsory ride briefing, which takes place at 06:50.

### **What if I am late?**

If you are late to the start, please note that we are unable to hold the group for you. You will need to postpone or have someone drive you to a spot in front of the group so that we can meet you up ahead. This is not ideal and not encouraged.

### **Where do we cycle?**

We will cycle from Terrazo Centre off Gordons Road to Randfontein and back. The route is fairly flat with minor hills.

### **What mileage and what speed will we ride?**

We tend to keep these rides short but impactful. We will average a 40-60km distance which will take at least 2-3 hours at the slower pace. We should average at least 20km/h.

### **What support will I have?**



There will always be a support vehicle and the captain and marshals assigned to the ride will always be in attendance. You must obey the instructions of the captains and marshals. Should you be unable to continue with the ride you are welcome to jump into the support vehicle and your bicycle will be placed in the vehicle as well. Should a small recovery period be needed you may rejoin the ride. You will however be encouraged to push through the ride. No one will be left behind.

### **Is there medical assistance?**

Your attendance to the ride acknowledges and waives any responsibility of Alchemy club, its members, management and sponsors for any injury, death or accident. As a matter of caution, we do have a medical kit, but this is for minor cuts only.

### **What happens if I can't keep up with the group?**

The Ride Captain and/or Marshall will always be with you. You will not be left alone at any stage. The support vehicle will escort the last rider until the end of the ride. Again, no one will be left behind.



### **What do I need on the ride?**

It is important to ensure that you are packed the night before. Packing and prepping list includes:

- Cycling Kit packed out (a minimum of least three layers of clothing during winter)
- Cycle shoes (in bag)
- Helmet (no helmet, no ride) (in bag)
- Winter Gloves (in bag)
- Wheels pumped
- Watch or Garmin charged
- Bike Light / Electronic shifters Charged
- Sunblock
- Please do wear a buff during winter
- Winter Jacket
- Bottles of performance drink/nutrition/gels/snack bar/banana (in bag)
- Sense of humor – this must be packed well in the morning and ensure to take plenty of pics before and after the ride!!

It is more efficient to ensure the “in the bag” items are always packed together after a ride.

