

INFORMATION SHEET (October 2016)

Cyclists' Touring Club, CTC West Sussex, Bognor Regis & Chichester Group (Part of Cycling UK)

CTC West Sussex Local CTC members throughout the country are grouped into Member Groups. CTC West Sussex covers the area between Brighton and Chichester. Bognor & Chichester Group is a sub Group. CTC West Sussex also publishes a quarterly magazine "The Pedaller" which includes all the Groups' Ride Lists and reports on events of interest to cyclists.

Bognor Regis and Chichester Group The Group was founded in March 1984 and now has over 100 members.

Club Rides

An experienced rider leads each club ride. The rides follow interesting and relatively traffic-free routes. New riders are helped as necessary and nobody is left behind. Any roadworthy bike will do for a ride. You should note that to keep the group together everybody should stay behind the Leader except on hills. Regroup at the top.

Every Sunday we organize an all day ride. This varies in distance from about 30 to 60 miles with an average ride being between 35 and 40 miles. Rides are grouped as Hills - (fairly strenuous) Rolling – (some ups and downs) and Flat (easier rides on the coastal plain} As well as the midday pub or cafe stop for a meal (or sandwiches if you prefer) we usually have two breaks en route - elevenses (when possible we stop at a cafe) and a tea stop in the afternoon. **You must remain a National CTC member to take part in Sunday Rides after the first 3 rides as a Guest.** This is not required for Saturday Rides, Evening Rides or Wednesday Rides.

Every fortnight we have a Saturday afternoon ride for beginners. These are always easy-paced rides on the flat over a short distance. During the late spring and summer we have weekly evening rides. These are also ideal for beginners as they are always to a pub within our local area. Throughout the year we hold full day midweek rides every week on Wednesdays.

Social Activities During the winter months as an alternative to summer evening rides we hold monthly club nights at a local hall. During the year several weekends away are organized together with touring holidays abroad. At Christmas and New Year we arrange special rides and social events. In addition we hold slide shows, a summer barbecue and a skittles evening.

How much does it cost?

In addition to your CTC dues, the Group asks for a payment of £5 that covers the cost of "The Pedaller" local magazine.

You are very welcome to ride with us for a few months before deciding whether to join our Group. If you do decide to join, please complete the online form for New Members on the Renew Join Page at <http://www.bognorchichesterctc.org.uk/RENEW%20OR%20JOIN.htm> Then either pay online through Paypal or a Debit Card or send a cheque to David Sinclair, 2 Victoria Mews, Victoria Drive, Bognor Regis, West Sussex, PO21 2EP. Please make cheques payable to **CTC Bognor Regis and Chichester Group.** (**Please do not send cash**) Please pay online if at all possible. Cheques much increase the admin time of our Volunteers.

Further information about the Club and Rides from: Graeme Hodge 07968 696004