

INFORMATION SHEET (October 2016) [Applies if you are not a current Member of National CTC \(Cycling UK\)](#)

CTC West Sussex, Bognor Regis & Chichester Group (Part of Cycling UK)

The CTC The Cyclists Touring Club now called Cycling UK is Britain's largest national cycling organization. Founded in 1878 it promotes all forms of cycling. Cycling UK vigorously campaigns for safer roads, better countryside access and improved provision for all types of cyclist everywhere.

Membership includes FREE route and travel advice, technical help on all aspects of cycling, hundreds of local and national events plus the chance to ride with more than 200 local groups throughout the UK. Membership includes third party liability Insurance. Cycling UK also offer cycling specific Travel Insurance and Cycle Insurance. Members receive the bi-monthly magazine "Cycle" For further details and to join the national Club Telephone 01483-238301 or visit <http://www.cyclinguk.org/>

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' Rides 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 be a National Cycling UK member to take part in Sunday Rides after the first 5 rides as a Guest.** This is not required for Saturday Rides, Evening Rides or Wednesday Rides.

Every month we have 2 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? Membership of the Cycling UK entitles you to the benefits listed above and gives you full voting rights in our Group. CTC dues are currently £43.50 per annum for an Adult in employment but there are different classes of membership such as reduced rates such as £28.50 for unwaged or Seniors. To join National Cycling UK go to <http://www.cyclinguk.org/join> In addition to Cycling UK dues, the Group asks for a contribution of £5 that covers the cost of "The Pedaller", Alternatively if you do not join Cycling UK you can join as an Associated Club Member if you will not take part in Sunday Rides. The payment to the Associated Club is also £5

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 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