



WEST KENT ROAD CLUB

A friendly and vibrant club with regular Sunday club runs through the lanes of Kent

Preparing for your first club run

We understand that your first club run may be daunting. The following tips should help.

- Bring a couple of drink bottles filled with energy drink. An emergency snack is also advised.
- Some money will be needed for the cafe stop for teas and a cake or breakfast.
- Ride behind another rider as this will conserve your energy.
- Put two spare inner tubes in a back pocket, tire levers and a pump in case of a puncture.
- Let a member of the club know that you are coming so that members can look out for you and make you feel welcome.
- Put a spare top in your back pocket. This may be useful if there is a stop on a chilly day
- Bring a mobile just in case!

ABOUT THE CLUB

The club was formed over 70 years ago as the racing offshoot of the Cycling Touring Club. Today the club caters for those who simply want to ride as part of a group,



together with those with racing aspirations.

Sunday Club runs

Our club runs are open to all and take place on Sunday

mornings. The usual distance is 50 miles with the group split into different paced rides. The club runs often have 15 to 20 riders.

Each week a different cafe is visited after a couple of hours riding. This ensures a variety of routes to maintain interest. New members are always given a warm welcome.

Timings:

Meet at 9am

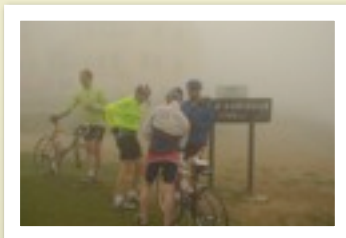
Start at 9.15am

Cafe stop 11.15am

Return home at 1pm
(depending upon the cafe)

The Aubisque

Our our de France trip in 2008 and the club decide to climb the Aubisque. As we climb, the weather deteriorates.



Soon the group is in fog and cloud with no visibility. At the summit, a cafe. All members dive in for several coffees and hot chocolates before

braving the descent.





Sportives and trips abroad

The club for 2009 intends to pick out a few Sportives for the club to ride as a group. In 2008, club members joined together to ride a hilly Chiltern Sportive and was represented at several other Sportives including the Southern Sportive and the Surrey Legs of Steel. A trip to participate in the Tour of Flanders has been arranged for April 2009 with club members watching the race the following day. Several members of the clubs join together for overseas holidays and have been to watch the Tour de France several times in recent years.

COMPETING MEMBERS

Several members race and are to be found at local time trials. The club has several trophies that are awarded at the annual dinner in December. Members also participate in road races (mostly in the Veteran categories). Each year the club runs a hill climb competition with the hill selected in rotation. This year the hill was Exedown. Those competing often opt for a quicker pace club run depending upon who is out.

Did you know that Sidcup Cycles offer a discount to club members? The current special offer to club members is half price servicing in January. There are two levels of servicing that are available. A full strip down to the frame, degrease and then rebuild including new bearings and grease and a frame polish is available for £62.50.



WKRC Membership Application and Renewal Form

West Kent Road Club - affiliated to British Cycling, Cycling Time Trials, Kent Cycling Association, Eastern Counties Cycling Association, South East Road Racing League and the Cyclists Touring Club.

Membership runs from 1 January to 31 December.

Surname

Forename

Address

Postcode

Telephone number

Mobile

Email

Date of birth

*I do/do not wish to race as a first claim member for the West Kent Road Club.

If you answer 'I do' in the above statement you have agreed to ride solely for this club in open and semi open events.

Insurance

Note: Members taking part in club runs must be insured against 'third party' claims. This can be achieved by purchasing membership of:

- British Cycling (www.britishcycling.org.uk) (be sure to get the right class of membership)
- The Cyclists Touring Club [www.ctc.org.uk]
- League of Veteran Racing Cyclists [www.lvrc.org]

This insurance must always be in place whilst a member of the West Kent Road Club.

* I am a member of: British Cycling / CTC/ LVRC

My membership Number is: _____

Declaration

My signature below signifies that I will abide by the club rules and the above insurance requirements.

I enclose a cheque to the value of £20 for full membership or £8 for second claim membership (made payable to "West Kent Road Club").

Signature

Date

Please return to: Claire Hitchings, WKRC Secretary,
Corner Cottage, The Chase, Kemsing, Kent, TN15 6TP
e chitchings@bases.org.uk