

DARLINGTON CYCLING CLUB



COME AND JOIN IN THE FUN!

- 🕒 Get Fit
- 🕒 Meet new people
- 🕒 Learn new skills

Whether you want to race, improve your fitness or meet new people this club is the club for you.

For more information visit www.darlingtoncyclingclub.co.uk

Or Find us on  [/darlingtoncyclingclub](https://www.facebook.com/darlingtoncyclingclub)

WEEKLY RIDES

ALL RIDES LEAVE FROM BLACKWELL POST OFFICE, CARMEL ROAD SOUTH

NEW TO CYCLING?

Contact Chris Flood 01325 495451

Saturdays 9.30am

Friendly Entry & Intermediate Level Rides

Get out and explore the local area and meet new people, ideal for those new to cycling. Rides are 15 - 25 or 25 -35 miles in length depending on the group and include a cafe stop on the way.

Tuesday 6.30pm

A social ride at approx 14mph, these generally start when the clocks go forward, so please ensure you have a working front & rear light, just in case. We typically ride between 25-30 miles and we may stop for refreshments.

Wednesday 6:45pm

Club 10 mile Time Trial – starting mid-April to mid-August from a different location see <https://www.darlingtoncyclingclub.co.uk/club-10>

Thursday 6:30pm

A training ride at approx 16-18mph, these generally start when the clocks go forward, so please ensure you have a working front & rear light. We typically ride between 25-30 miles and we may stop for refreshments.

STEADY RIDES

Sunday 9:00am

50 - 65 miles

Route decided on the day, with a cafe stop. Typical pace 14-16 mph

Tuesdays and Thursdays 9:30am

40 - 75 miles

A second group may leave at the same time depending on the make-up of the group on both of these rides.

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