

DCC New Rider Info

Please Take a few moments to complete this form as it will help make your first cycle run with the club more enjoyable

1. Please circle one of the options below-
 - a. I have never cycled before
 - b. I have cycled on my own
 - c. I have cycled with other clubs

2. Keeping in mind that our club runs are approximately 50 miles (ave. speed 17mph) which of the below applies to you-
 - a. I can complete 50 miles
 - b. I have not ridden this distance before
 - c. I have ridden this distance several times

3. Please circle-
 - a. I would like a club member to ride with me on the route
 - b. I am happy to ride without support for the run

4. Please circle as appropriate-
 - a. I have a properly serviced bike
 - b. I wear a helmet
 - c. I have spare inner tubes and a pump etc
 - d. I will carry a mobile phone on the run

Thanks - please return completed form to Club Chairman