Women on Wheels
How to join us...

Our aim is to provide an inclusive, supportive environment that inspires women to get the most from their riding. Our rides are led by qualified British Cycling Ride leaders, all volunteers, who are dedicated in ensuring everyone enjoys their time in the saddle and also enjoys a well earned coffee and cake along the way! We offer a range of rides to suit progressing abilities, supported by regular training and coaching sessions. If you're new to cycling or would simply like to ride with like minded women - led by women, then come and join us.

CLUB MEMBERSHIP:

You are welcome to join us for up to 3 rides before becoming a member to ensure that you enjoy it, which we are sure you will!

HOW TO JOIN - Membership runs from 1st January to 31st December and costs £20 per year plus £1 admin fee. There is a video to give you a flavour of what we are all about, and a club membership user guide for step by step instructions on how to join. You can find both on our website here. You can join or renew your membership online at https://www.britishcycling.org.uk/club/profile/8219/women-on-wheels and once your membership application is accepted and processed, you will receive a welcome email and an invitation to join our Let's Ride members group.

Please see our club constitution on page 3 for more details.

MEMBERS ONLY BENEFITS:

As a member you get a whole host of benefits including:

- A wide range of FREE bike rides from around 20miles to 60-70 miles;
- Ability to purchase customised Women on Wheels kit;
- Opportunity to take part in events such as sportives and audaxes as a WOW team;
- Discounted trips such as riding at the velodrome;
- Discounted bike maintenance workshops;
- Discounts at local cafes and bike shops;

WHAT YOU WILL NEED:

If you have any questions about what you need then please get in touch and we will happily talk through with you.

- A roadworthy bike
- Clothing appropriate for the weather conditions
- Inner tubes
- A pump or CO2 inflator and cartridges
- Tyre levers
- A multi tool
- Bike lights during autumn, winter and in low visibility

INTRODUCTORY RIDES OPEN TO NON-MEMBERS:

You are welcome to join us for up to 3 rides before becoming a member to ensure that you enjoy it, which we are sure you will!

Our introductory rides, or "EASY" rides, operate under the British Cycling Breeze Programme and aim to offer a nurturing, friendly and supportive environment to help women get into cycling. These rides offer an introduction to group cycling on quiet roads; perfect if you are new to cycling or returning to the sport. Easy rides are usually between 10 and 15 miles and as we cycle at an average of 8-10mph, are generally around 1 to 2 hours in duration. They take place on flat or gently undulating routes and we always ride at the pace of the slowest rider. Our Easy rides will have 3-4 leaders who will support you throughout the ride, marshal junctions and introduce you to group riding etiquette such as safely riding two abreast and communicating messages to your fellow riders. These rides are suitable for all types of bikes and take place fortnightly (subject to volunteer availability) on a Sunday. Rides are advertised on our Facebook page in the week running up to the ride, where you can join via a link.

CLUB RIDES:

We offer a range of club rides to our riders including Steady, Intermediate, Advanced and evening training/fitness rides. As a member you are welcome to join us for any of these rides, please just make sure you read the expectations and ride criteria first to make sure you sign up to the most appropriate ride.

Our club rides are usually once a week (subject to volunteer availability) and take place on a Saturday or Sunday, as well as training/fitness rides in the evening during the summer.

Our club rides will always have 1-2 leaders, depending on the ability/level of the group with one leader at the front and another at the back. On a club ride, all riders will be expected to communicate with each other at junctions e.g. shout "clear" if there is no traffic coming. All our riders will also be expected to point out (or shout out) any hazards and communicate these with other riders in the group. If you have joined the club and would like to progress onto our longer and faster rides, but lack confidence in your skills (such as pointing out hazards, drinking and eating whilst riding) then speak to your ride leader who will be happy to help you with some guidance and tips. For further information on all of our club rides, including expectations for ALL riders, then please visit our website – www.women-on-wheels.co.uk/bike-rides

3RD PARTY LIABILITY INSURANCE is extremely important and we would like all our members to be insured to protect themselves, other riders and other road users. All Women on Wheels Ride Leaders are members of British Cycling which provides 3rd party liability insurance. When you join the club as a new member you are entitled to a fantastic introductory discount through British Cycling and can take out RIDE membership for only £19.50 (usually £39) at https://www.britishcycling.org.uk/clubs/membership

Existing members and those who have been members in the past are eligible for a 10% discount when they set up a direct debit instruction to renew or rejoin their British Cycling membership.

If you have any questions or would just like to find out more, please email Sam or Rachel at info@women-on-wheels.co.uk and we would be delighted to help.

We look forward to welcoming you to Women on Wheels!



Our Constitution

The club will be called: Women on Wheels

The Purposes of the Club
The club is a non-profit-making organisation whose purpose is to:
Promote and encourage women aged 18 years and over to participate in leisure cycling.

Standards
The club is committed to encouraging the highest ethical standards. All club members must conduct themselves honestly, openly, fairly and with respect for all other people.

Affiliations
The club may be affiliated to any national cycling or other related organisation as determined by the committee. For example: British Cycling and Audax UK.

Membership
Membership of the Club shall be open to all women aged 18 years and over completing a membership application form, together with the relevant annual membership fee.

Membership starts from the date of application and is non-refundable. It shall be paid upon joining the club and is due for renewal on January 1st. The subscription of members joining after October 31st shall be valid for the following year.

The club committee may only refuse membership, or remove it, for reasons such as conduct or character likely to bring the club or sport into disrepute. If membership is refused the subscription will be returned.
All members joining the club shall be deemed to accept the terms of this Constitution and Rules.
All members are encouraged to contribute to the running of the club. This may take the form of volunteering to run an event, assisting at events, e.g. standing for an official post, or by any other means they are able to offer.

Annual General Meetings (AGM)
The Club will hold an AGM once in every calendar year and not more than 15 months after the last AGM. All members will be encouraged to attend and the following activities will happen.

- The committee shall be elected annually by club members at the Annual General Meeting. There shall be no bar to re-election.
- The Treasurer will produce accounts of the Club for the latest financial year audited as the Committee shall decide.
- The Members will discuss and vote on any resolution (whether about policy or to change the Rules) and deal with any other business put to the meeting.

The Committee
The Club will be managed by a committee comprising as a minimum: Chair, Secretary, Treasurer and three other officials. All major decisions will be made by the committee, except in exceptional circumstances where Members will be encouraged to participate. The committee may also have additional officials to run club activities.