

# Darlington Cycling Club - Membership Application Form

Name: ..... Signature: .....

I have read and understand the Rules and Etiquette on page 2 of this application

Address: .....

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Post Code: .....

Home Tel: .....

Mobile No: .....

Date of Birth: .....

email address: .....

1st Claim Club (If you are racing for another club) .....

Parent or Guardian if under 18 years of age:

Name: ..... Signature: .....

Contact Number: .....

Proposed by:

Name: ..... Signature: .....

Seconded by:

Name: ..... Signature: .....

Notes:

The Proposer and Seconder must be current full members of Darlington Cycling Club. The completed form should be passed to the club secretary or proposer with the annual subscription of £10 for adult members or £5 for under 18's. Cheques should be payable to Darlington Cycling Club. Subs are due on the 1st January, new members joining during the year please use £1.00 per month (50p for juniors) to calculate fees due. Those joining after 1st October pay the full fee, which covers the following year. Membership will be confirmed following a vote by full members present at the next club meeting.

Darlington Cycling Club accepts no liability for any loss or injury resulting from participation in club events or activities. 3rd party insurance cover is a mandatory requirement of membership from 1<sup>st</sup> January 2010 and is available through British Cycling, The Cyclists Touring Club (CTC) or the League of Veteran Racing Cyclists (LVRC). Affiliated membership of the CTC, including insurance, is available for £12 per annum, payable with the annual subscription.

[www.darlingtoncyclingclub.co.uk](http://www.darlingtoncyclingclub.co.uk)

email: [wilf.mcnaughton@gmail.com](mailto:wilf.mcnaughton@gmail.com)

## Notes on Membership:

Before you apply for membership, we ask that you join us on at least 6 club runs, this gives you the opportunity to meet club members and decide if Darlington CC is the club for you.

- 9:00am Sunday from the Market Square. Steady ride.
- 9:30am Tuesday and Thursday from the Blackwell Post Office. Steady ride.
- 9:00am Saturday from the Blackwell Post Office. Barnard Castle with a café stop, can be fast depending on the weather and who's riding.
- 6:30pm Tuesday and Thursday from the Blackwell Post Office during the summer, 30+ miles. During April and September the ride starts at 6:00pm.

## Rules & Etiquette:

- Safety 1st - Remember, tarmac is harder than you!
  - Obey traffic signs and signals, point out and call out any road hazards ahead. This is particularly important in a group of riders, as those at the back often can't see oncoming traffic or road hazards.
  - If road conditions permit groups normally ride two abreast. Remember that TWO is the limit, single out if necessary to stay safe and avoid holding up other traffic.
  - When the riders on the front of the group want a break, there are 3 options:
    - the inside line slows to let the whole group rotate one position anti-clockwise
    - the riders on the front single out and allow the group to pass
    - if road conditions permit, the riders on the front may separate to allow the group to ride between them
- If you're struggling to keep up, stay at the back of the group.
- Carry basic tools, at least a pump, spare tubes and a mobile phone.
  - Experienced riders sometimes ride very close together; don't panic if the rider next to you bumps bars or shoulders.
  - Shout and signal if you intend to move out or stop.
  - Don't overlap wheels, if you contact the wheel in front you will probably come off, along with anyone behind you.
  - When climbing hills, avoid following a wheel too closely, some riders move back when they get out of the saddle.
  - "Half wheeling" is when one rider pushes the pace a little harder and moves slightly ahead of their riding partner. If you're on the front and the pace is too fast, take a break (and ignore any sarcasm!)
  - In a group of cyclists there's always an element of competition, whether it's a town sign or the top of a hill - it's up to you, but remember to hold your line!
  - Maintain your bike. A badly maintained bike will let you down when you're furthest from home, and could cause an accident.
  - 3<sup>rd</sup> party insurance will be a mandatory requirement of membership from 1<sup>st</sup> January 2010. This protects you against claims from others and vice versa. Insurance is available as part of the membership of the CTC, British Cycling, LVRC. Darlington Cycling Club will be offering affiliated membership to CTC.