

Tuesday Night Rides

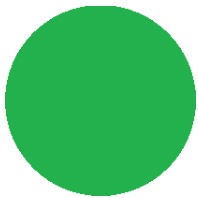
Tuesday Night Ride Out every week, we usually meet at 6.45 to head out 7.00 from Kirroughtree trail head car park.

We ask that riders are members of the club or invited guests.

If you wish to join a Tuesday Night Ride please book into a group via the members portal or contact a club member.

Our mountain biking group ride abilities explained

Green: Easy



Green grade trails are suitable for almost every type of cyclist and almost every type of mountain bike.

Suitable for: Beginners or novice cyclists.

Bike required: Most mountain bikes are suitable.

Skills needed: Basic bike skills.

Trail and surface types: Relatively flat and wide. Trail surface might be loose, uneven or muddy at times. Might include short flowing singletrack-style sections.

Gradients and technical trail features: Climbs and descents are mostly shallow. No challenging features.

Suggested fitness level: Suitable for most people in good health.

Blue: Moderate



Blue grade trails are great fun for anyone who wants to experience the thrill of rough, off-road cycling! You might encounter some roots, small rocks or short, steep slopes, but nothing that a basic mountain bike with wide, knobby tyres can't handle.

Suitable for: Intermediate cyclists or mountain bikers with basic off-road riding skills.

Bike required: Basic mountain bike with Knobby tyres and gears.

Skills needed: Basic off-road riding skills to cope with uneven surfaces and small obstacles.

Trail and surface types: Much of a blue trail can be the same as a green trail. However, you will likely encounter sections of narrow singletrack trail and rough, bumpy surfaces.

Gradients and technical trail features: Most gradients are moderate but might include short steep sections. Keep an eye out for small technical trail features such as tree roots and rock.

Suggested fitness level: A good standard of fitness can help.

Red: Difficult



Feel you've got to grips with blue trails and want to test your skills going up steep climbs and down drop-offs? Red trails are for fit, proficient mountain bikers. A good mountain bike with front suspension will make all the difference here! Expect rides of around 15Km and 250M ascent

Suitable for: Proficient mountain bikers with good off-roading skills.

Bike required: Proper off-road mountain bikes only - wide, knobby tyres are a must.

Skills needed: Good off-roading skills and techniques to cope with technical trail features.

Trail and surface types: Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.

Gradients or technical trail features: A wide range of climbs and descents of a challenging nature. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers and water crossings.

Suggested fitness level: A high level of fitness and stamina is required.

Black: Severe



Trails for the experts. You'll need to have long mastered the red trails before taking on our black trails! These tend to be long and technical, with plenty of unavoidable features to keep fit and experienced riders on their toes. Expect rides of more than 18Km and 400M ascent

Suitable for: Expert mountain bike riders, used to physically demanding routes.

Bike required: A good quality, off-road mountain bike is needed. Front suspension is a must!

Skills needed: Advanced off-roading skills and technical ability.

Trail and surface types: Much will be similar to red, but expect greater challenge and continuous difficulty. Can include any useable trail and might include exposed open hill sections.

Gradients or technical trail features: Expect large, committing and unavoidable technical trail features. Sections will be challenging and variable. Might also have 'downhill' style sections.

Suggested fitness level: Suitable for very active people used to prolonged effort.

Code of Conduct for Club Rides

This page provides details of the Code of Conduct that should be followed by all cyclists taking part in club rides.

Principles When out on Club Rides

- behave in a manner which represents the Club in a good light
- obey the rules of the road including the Highway Code
- act for our own safety and well-being and respect other trail users

Riders are responsible for their own health and safety at all times. Disregard for the Highway Code and behaviour that endangers yourself, other Club members or other trail users may lead to disciplinary action by the committee.

Accidents and Injuries

The Club does not provide first aid cover or medical support for riders on Club runs. In the event of an accident, fellow riders must do all they can to support any injured parties.

Ride Discipline and Etiquette

- riders must be members of the Club or invited guests.
- a guest may only ride with the club on two occasions before being required to join the club.
- wearing a helmet is mandatory unless previously agreed with the committee.
- all riders must be aware of the route prior to the commencement of the ride (this should be clearly communicated by one of the ride leaders)
- riders should endeavour to ride smoothly and not brake without warning if it can be avoided
- do not overlap wheels
- call out warnings for other trail users (for example: “walkers”, “dogs”)
- shout warnings and signal to other riders if there is a danger or obstacle on the trail (for example: “tree!”)
- repeat warning calls up and down the bunch
- slow down for horses and give them plenty of room
- should a particular group in the ride split, unless agreed prior to the ride, riders should slow down or regroup at key points on the route
- no rider should leave the group without first notifying other riders in order that they are not posted missing (this information should be relayed to a ride leader)
- the group has an obligation to stop and assist any of its riders suffering from mechanical or physical problem
- individual riders must not be left on their own and a special awareness should be given to new or inexperienced riders

Dealing with Mechanical Problems

To ensure that mechanical problems are minimised, riders must keep their bikes in a roadworthy condition. A tool kit should be carried that includes, ideally, the following:

- a pump,
- two spare inner tubes
- puncture repair kit
- tyre levers
- multi-tool.

Front and rear lights should be fitted where necessary.

Mobile Phones

It is advisable that riders carry a mobile phone in order that emergency services can be contacted if necessary. It would also be useful to programme in phone numbers of those riders who normally carry a phone, in order to improve communications should the group get split unexpectedly.

Clothing and Food

It is the individual's responsibility to wear appropriate clothing for the prevailing weather conditions. Riders should be self-sufficient in relation to food and drink. Bring enough water, or energy drink, and food to sustain the course of a ride.