

ADDITIONAL GENERAL INFORMATION ABOUT RIDING WITH RBWM Breeze

When we start from Cookham, there is free parking on Whyteladyes Lane. Please avoid parking close to the junction and please be respectful to the residents.

RBWM Breeze Facebook Group:

Please join the RBWM Breeze Facebook group for information and ride photos. If you do not wish to have your photo taken during a ride, please let your ride leader know

<https://www.facebook.com/groups/rbwmbreeze>

RBWM Breeze Letsride.co.uk Group:

Please join the RBWM Breeze letsride.co.uk group as members will receive an automatic email communication when new rides are posted [here](#)

Rides often fill up quickly; full rides will no longer be listed on letsride.co.uk ride search but you can see the ride list and join a wait list by viewing rides via this [link](#)

Breeze Leaders:

Breeze is run by a network of female, unpaid, volunteer British Cycling Ride Leaders. Aside from leading the rides, Ride Leaders invest a significant amount of time into route planning, pre-riding/risk assessing routes, administration and maintaining their bikes and equipment, often fitting the role in around full time jobs and sharing their free time for the love of riding and to facilitate and encourage other women to ride.

Commitment When You Book:

Cancellations are of course sometimes unavoidable and understandable; we all lead busy lives and have other commitments that quite rightly need to take priority. If you need to cancel your place for any reason, please do so at the earliest opportunity so that someone else can take your place.

If you book a ride, I recommend you add a reminder to your calendar and get your bike and kit ready 24 hours in advance as a minimum to avoid ride day stress & cancellations.

No shows and last-minute cancellations from riders are sadly common and always disappointing, please respect your Ride Leaders and co-riders who may be waiting at the start for you to arrive delaying the start of the ride.

If you are nervous about joining for the first time, or unsure about anything, do contact your ride leader directly.

Rides will typically go ahead unless snow, ice, high winds, lightning, extreme heat or very heavy rain are forecast. If we need to cancel a ride, we will send a message on

letsride.co.uk that will trigger an email to you, we will also text you if the cancellation is short notice if you have entered your mobile number in the letsride site.

If you are a fair-weather cyclist who would prefer not to ride in inclement weather, please hold on booking your place until near the time of the ride when you've checked the forecast.

If you are unwell please cancel your place.

Ride Suitability:

Check in the ride details which bike types the ride is suitable for and what the distance is to make sure this ride is suitable for you. If you ride a mountain bike, keep in mind that the tyre resistance on the road will be greater and you will be working much harder than riders with other tyres

Pace :

We will always ride at the pace of the slowest rider.

Ride Duration:

The ride duration listed is a guide only, the end time is not guaranteed as rider speed, punctures and length of break that riders need can impact time taken.

Safety & Admin:

It is very important that your contact details in your letsride.co.uk profile are correct, ideally with your up to date mobile number in case of an incident during the ride, or if I need to inform you of a ride being cancelled at short notice.

It is also very important that your emergency contact's details are correct, ideally with a mobile number in case of an incident during the ride.

Checklist (tailor this to your needs, the weather forecast and the time of day):

Helmet, a drink, suitable clothing, gloves, glasses, lock/key, money for coffee stops, snacks, tubes, repair kit, front & rear lights, mobile phone.

A Easy Tips That Can Make A Big Difference To Your Riding:

Have a good meal around two hours before the ride begins to ensure you have enough energy to sustain you throughout the ride. Bring snacks to top you up along the way if you get tired, jelly sweets or cereal bars are good options.

Is your saddle at the optimal height? A saddle too high or low can restrict the amount of power you can push through the pedals and can cause aches and pains

<https://www.youtube.com/watch?v=CxUJPHwDELo>

Do you know how to use your gears correctly? Climbing can be extremely challenging if you don't use the full range of front and rear gears

<https://www.youtube.com/watch?v=i78Rym5hKas>

Do you know how to change an inner tube?

<https://www.youtube.com/watch?v=2GNqTHVp6RU>

Learn how to do an bike M Check to make sure your bike is ride ready & prevent further issues/damage

<https://www.youtube.com/watch?reload=9&v=JwSi-AGwm5g&safe=true>