



**Come and try a 'Family Ride' with
Farnborough & Camberley Cycling Club.
Sunday July 30th, 2023
9am to 11am**

As part of British Cycling's 2023 Summer of Cycling the **Farnborough and Camberley Cycling Club** ("FCCC") (www.fccc.org.uk) is proud to announce it will be hosting a **family ride** where parents can bring their young children aged 5 to 12 along to try a club ride of approximately 75-90 minutes duration.

A few of our British Cycling trained coaches from our FCCC Flyers (an accredited GoRide Coaching Scheme) will lead a couple of 'family rides' where your children (who must be accompanied by a parent or guardian during the ride) may try a social ride on an off-road circuit to enjoy an hour or so of riding.

All riders must be capable of riding for at least one hour but no more than 90 minutes. We will, nevertheless, make the occasional stop(s) to pause for the children (and maybe the odd mum or dad too) to catch their breath.

We will design two rides to allow for the younger children to ride for only one hour and the older and more experienced children to ride for 90 minutes.

We will split the children into groups based upon a combination of both age and/or ability. Each group will be chaperoned by at least one of our coaches plus other volunteers on the day.

All our coaches are 'enhanced DBS checked and cleared'.

The Rides will start from the car park inside Fleet Pond. Registration will commence at 8.45am. The rides will start promptly at 9am. **IMPORTANT - Cycling Helmets are mandatory for all who participate.**

The rides will be inside and around a combination of the Fleet Pond/former Southwood Golf Course areas.

To register a place please email kids@fccc.org.uk whereupon we will send you a special consent form and further details.

We look forward to welcoming a few new riders wishing to try a ride with a friendly club steeped in cycling history.

Paul Hosemann
FCCC Chair and BC Coach



FCCC Flyer's is an accredited British Cycling GoRide Coaching Scheme

