

# U3A Darebin Cycle Group

## Description

The rides will be scheduled for the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month - including school holidays – with a break from mid-December through to early February. The duration of each ride will be approximately 3 to 4 hours – stopping occasionally to rehydrate.

Rides will be in the Melbourne metro area; and we may travel on public transport for some outings.

## Requirements

A reasonable level of fitness is required because some rides may involve moderate hills. Please check with your medical practitioner for advice on your suitability for these walks.

Closed shoes are recommended, e.g. runners or walk shoes.

Wear layers of clothes that can be easily removed, as you may warm up during the ride – even on a cool day.

A day pack (usually a small back pack or saddle bag) is recommended to carry your, a drink bottle, sun screen and additional clothing for changes in the weather conditions.

Bring your Myki card – for rides that include train travel.

Bring some money (small change of up to \$10) for a coffee stop.

Bring a sense of adventure.

## Other Information

We'll meet at a designated point in the local area at approximately 9:00am.

On most occasions we'll return to Fairfield between noon and 1:00 PM.

Keep to the left when riding on pathways.

Always give way to pedestrians.

Warn pedestrians when approaching from behind.

Ride no more than two abreast when riding on roads.

The rides will be cancelled if the weather forecast is for above 30 degrees (in the morning), or for persistent rain in the planned location.

***Members of the Cycle Group are not covered by U3A insurance. Bicycle Network – Victoria membership includes insurance.***

## Train Etiquette

Bike groups can take up a lot of space on a train, so below are some handy hints:

Don't forget to touch your Myki on and off for each journey.

If you have an electric bike, swap bikes with some-one who may find it easier to manoeuvre on and off the train – and on the escalators.

Don't use the door behind the driver, because this area is reserved for the driver to assist wheel chairs.

Spread out along the train – two people per doorway is ideal.

Be ready to move quickly when the train stops at the platform.

Park your bike in a space so that it is not blocking the doorway.

Make sure there is plenty of room for other passengers to move through the carriage.

Attach your helmet and bag to your bike – so they don't get left on the train.

Sit close to you bike while travelling on the train.

Get ready to leave the train before it stops.

Leave the train before the other passengers.

***Happy Riding!***