



WEEKLY RIDES

Meet at Blackwell Post Office,
Carmel Road South, DL3 8QW

Weekends

Saturday 9:00am (usually back by 12:30-1:00PM)

- **Entry Ride: 10-12 mph / 25 miles** (Entry Ride start is 09:30)
- **Social Ride: 12-14 mph / 35-40 miles**
- **Faster Social Ride: 14-16 mph / 35-50 miles**
- **Intermediate Ride 17+ mph / 40-60 miles** (1 or 2 groups, depending on No's)
- **Fast ride: 18-20 mph / 40-60 miles**

Get out and explore the local area and meet new people, ideal for those new to the area or new to cycling. New members are always welcome, so come along and give it a try. Rides include a café stop. Some rides could be longer than stated, please check.

Sunday 9:00am

- **Social ride: 14-16 mph / 50-65 miles** (often two groups)

Weekday Rides

Tuesday & Thursday 9:30am

- **Two Social Rides: 13-14 mph & 15-17 mph / 40-75 miles**
(Usually back by 2:00pm)

Tuesday & Thursday 6:00pm

(April – early October, back 7:00 – 8:00pm depending on daylight)

- **Social Ride: 14/15mph / 25-35 miles**
- **Intermediate Ride(s) 17+ mph / 30-40 miles** (1 or 2 groups, depending on No's)
- **Fast ride: 19+ mph / 25-40 miles**

Wednesday 10-mile Time Trial

Club 10-mile Time Trial: from mid-April to Mid Sept
(you can just turn up and take part).

See <https://www.darlingtoncyclingclub.co.uk/time-trials> for details

For more information:



DarlingtonCyclingClub



DarlingtonCyclingClub.co.uk





Whether you want to race, improve your fitness or meet new people this club is for you.

For more information visit www.darlingtoncyclingclub.co.uk

Or find us on Facebook  /darlingtoncyclingclub